

THE TWO METHODS OF CANNING VEGETABLES COMPARED

Some vegetables are harder to sterilize than others. Those in contact with the soil have on them bacteria that offer much resistance to heat, and owing to this fact they form "spores" which are difficult to destroy. These spores are softened by boiling and grow into bacteria in a warm room. *This is why the intermittent sterilization method is often recommended for vegetables.* The spores remaining after the first boiling develop into bacteria during the twenty-four hours between the first and second boiling and are killed during this second period. If a few spores still remain they grow into bacteria and are killed by a third boiling.

The "cold pack" or single boiling method provides for only one boiling; *however, it is claimed by many who have used the single boiling method that good work may be done with it, even in canning vegetables.*

In *intermittent sterilization* the jars are screwed or clamped down tightly *after* each boiling, and loosened again *before* each boiling. The jars are, of course, removed from boiler after each boiling.

FAILURES

Beginners must expect some failures, and should not be discouraged if a small percentage of food spoils. *Remember that on no account must the jars be opened after boiling. This makes failure certain.*

SUGGESTIONS FOR THOSE PREPARING AN EXHIBIT

1. Use uniform jars. Different makes and shapes detract from the appearance of the exhibit.
2. Grade the fruit and vegetables as to size and quality in canning, so that the contents of each jar may be uniform.
3. Have each jar neatly and clearly labelled in ink, using gummed labels of uniform size.
4. Label might also give the date on which the food was canned.