

SIMPLE INSTRUCTIONS FOR CANNING VEGETABLES

1. Have the vegetables as fresh as can be procured,—after vegetables have been pulled for a few hours, they lose some of their flavor.
2. Wash vegetables clean and prepare as for cooking.

CANNING OF VEGETABLES AND FRUITS

Principal Points

1. Sterilize jars.
2. Use new rubbers.
3. Have jars perfectly air-tight.
4. Do not over-cook, as it spoils flavor and softens products.

IMPORTANT

1. Wash sealers perfectly clean. Too much stress cannot be laid upon this point.

Examine edges of jars and tops to see there are not little defects to cause air leakage.

Place jars and covers on rack in boiler. Have about eight to 10 inches of clean cold water in the boiler. Let it come to the boiling point slowly, and boil at least five minutes.

THREE-DAY METHOD

The reasons for this method are:—1st. The bacteria develops in the cooling-down process, and by giving them the second and third cooking, or three short periods of boiling—twenty minutes each day—it is a surer way to have certain vegetables keep in perfect condition. Experience has been that cooking the products for several hours in the one period, may destroy all bacteria, but also softens the product, and affects the flavor.