

INSTRUCTIONS

By carefully following the instructions for canning as outlined in this little book you should have no failures. Read carefully when you are ready for work, and remember the secret lies in having your jars perfectly sterilized and air-tight.

Everything on kitchen table should be clean and sanitary. Use clean cloths in handling and wiping jars. Never use dish-cloth; no matter how clean it appears, it may be full of germs.

BLANCHING

Place vegetables on piece of cheese-cloth or wire strainer, and blanch by placing in boiling water (see instructions for each vegetable); drain.

Dip in pure, cold water for one minute, now you are ready to pack products in sealers. The reason for blanching is to get rid of acid flavors and bacteria, also to reduce the vegetable creek. The reason for cold-dipping is to harden the vegetable pulp and make it easier to handle in packing, to coagulate the coloring matter, or prevent the flow of juices and color.