

METHODS OF CANNING.

Foods—especially fruits and vegetables—are canned by many different methods to keep them from one season to another. The following are the most common of the home methods:

1. By cooking in hot water bath.
 - (1) On the stove.
 - a. By cooking once, and if no sign of bacterial growth is visible, it will keep indefinitely.
 - b. Intermittent process—cooking every twenty-four hours until growth disappears.
 - (2) In the oven.
 - (3) In the fireless cooker.
 - (4) By pouring boiling syrup on small fruits in jars and putting in boiling water and let them cool.
2. Cooking or stewing in a preserving kettle.
 - (1) Cooking in a syrup for a short time and putting into sterilized jars.
 - (2) Cooking with an equal weight or large quantity of sugar. This is known as "preserving."
3. Baking.
 - (1) In the oven.
 - (2) In the sun.
4. The autoclave.
5. Jelly making and marmalades.

The following directions give an idea of these methods of canning and preserving:

FRUIT COOKED IN A WATER BATH.

1. Prepare fruit and syrup—the richness of syrup depends on the fruit and individual taste.
2. Fill sterilized jars with fruit and cover with syrup, then put covers on loosely.
3. Place on a wooden rack in the boiler.
4. Add warm water to come 4 in. above the rack.
5. Place the filled jars on the rack far enough apart to not touch one another.
6. Pack securely with cotton to prevent the jars striking when the water boils.
7. Cover and cook ten minutes or more (according to the fruit) after the water boils.
8. Remove cover from boiler to allow steam to escape.
9. Remove one jar at a time and fill to overflowing with boiling syrup and seal.
10. Set aside where there is no draught and screw up tops as they cool and contract.
11. Jars may be turned on end to see if they are air-tight.

Another similar method is sometimes followed by putting only the fruit in the jars, and when cooked part of the juice may be drained off and used for jelly, and the jars filled as above with boiling syrup.