

TIME-TABLE FOR BLANCHING, COOKING, ETC.

The following table shows the necessary time for blanching and scalding and also for sterilizing the various fruits and vegetables:

	Blanch or Scald	Time of Cooking 212 degrees F.
Apples.....	2 minutes	15 to 20 minutes
Blackberries.....		15 "
Blueberries.....		15 "
Cherries.....		15 "
Crisp apples.....	2 "	20 "
Currants.....		15 "
Grapes.....		15 "
Gooseberries.....		15 "
Peaches.....	1-2 "	15 "
Pears.....	1-2 "	15 "
Plums.....		15 "
Raspberries.....		15 "
Rhubarb.....	1-3 "	20 "
Strawberries.....		15 "
Beans, Lima and string.....	5-10 "	90 "
Beets.....	6-10 "	60 "
Beet greens.....	10 "	90 "
Carrots.....	5 "	60 "
Corn.....	5-15 "	40 "
Dandelion greens.....	10-20 "	90 "
Parsnips.....	3-10 "	90 "
Peas.....	5-10 "	90 "
Pumpkin.....	5-10 "	60 "
Spinach.....	10-15 "	60 to 90 minutes
Swiss Chard.....	10 "	90 "
Tomatoes.....	1-2 "	22 "

TO TEST CANNED FOOD

After several days loosen the clamp and grasp the jar by the edges of the glass top. If sterilization is not complete, if the can leaks, or if decomposition has set in, the top will come off. If the top stays on, tighten the clamp and the food is ready for storage.

KOVEN'S MY CLOTHIERS

Corner Water and King Streets, ST. STEPHEN, N. B.

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