

TEST FOR RUBBERS

A good rubber will stand considerable pulling and will return to its original shape. A good rubber will also stand several hours boiling when placed on jars, without being affected. Sterilize rubbers by pouring boiling water over them and allowing them to stand for a few seconds before using. Never use rubber rings more than one season.

EQUIPMENT FOR CANNING

The equipment for canning is simple. An ordinary wash boiler may be used for the work, but it must be fitted with a false bottom or slats of wood to prevent the jars coming too near the direct heat.

COLD PACK METHOD

The fruit or vegetable is partially sterilized by scalding, blanching and cold dipping, then packed in jars and the jar filled with water or syrup, according to food canned. This cold pack method is used when a natural flavor is the object and a rich, highly sweetened product is not desired.

The advantages of the cold pack method are many. In the case of vegetables, it makes it possible to can successfully many more varieties than in the old way. In the case of fruits, the flavor is better and the shape is more successfully retained. One of the greatest advantages is that most of the work may be done away from the stove. The food may be carefully and leisurely packed in the jars near some cool window and thus the hot work is reduced to a minimum.

PRACTICAL POINTS IN CANNING

1. Select firm, well grown, but not over-ripe fruit.
2. Choose vegetables that are young and have made a quick growth.
3. Best results are obtained by grading the fruit or vegetables with reference to size and quality, so that the contents of each jar will be uniform.
4. Can all fruit and vegetables as soon as possible after being picked; very often failure to do this results in spoilage.
5. Avoid very dirty fruit or vegetables.
6. If the fruit or vegetable is a kind that discolors after being pared, cover with slightly salted water until ready to can.
7. Prick skins of plums or cherries to prevent them from bursting.

KOVEN'S MY CLOTHIERS

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

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