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Canning and Preserving

IN THE HOME

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The human body may be kept in perfect order by using the proper quantities of the different foodstuffs to meet the demands of the body under whatever conditions the person may be living. Should, however, too little or too much of some kinds of body building material be taken into the system than can be disposed of without over-taxing the organs of the body, the result may be disease, which will necessitate the taking of medicines. To avoid this, the use of a moderate supply of fruits and vegetables—both raw and cooked—will keep the blood in a healthy condition, and also assist in a healthy intestinal action. Dangers may arise from eating too much unripe or over-ripe fruit, such fruit if cooked is less dangerous, but not so refreshing as raw, and has not the same flavor. The addition of sugar adds to the nutritive value, but changes the flavor, and is likely to make it less digestible.

Fresh fruits in season make an excellent substitute for desserts, or may be combined with other food materials to make many tempting dishes which will relieve the digestive organs of their strenuous efforts of digesting pies, which are the daily dessert in many homes.

Greater interest should be taken in growing an abundance of different fruits suited to the locality, in order to provide a sufficient supply for the summer season, and also enough for the canning and preserving for winter use, since it is not always convenient, and is less economical to purchase them on the market.

The first cost in purchasing a canning outfit is the greatest, but with reasonable care, it should last for years, and when the improved health of the family, and the reduction in doctor's bills are considered, it may be considered a wise and profitable investment.

COMPOSITION OF FRUIT.

The general composition of fruit is as follows:

Water	85 to 90 per cent.
Proteid	½ per cent.
Fat	½ per cent.
Cellulose	2½ per cent.
Carbohydrates	5½ to 10½ per cent.
Mineral matter	½ per cent.

In looking at the above, one observes that the food value is very low, since there is 85-90 per cent water in the composition. The chemical composition of fruits varies greatly as the process of ripening takes place. This change may continue after the fruit has been stored, and improve the fruit, or sometimes it causes it to deteriorate rapidly and become unfit for use. Green fruits usually are more acid than ripe, and contain a greater percentage of starch, woody material and pectin, (the jelly-like substance into which the pectose of unripe fruit is changed) and less of different kinds of sugar. It is partly on account of the presence of so much starch in the unripe fruit that necessitates cooking it, and as the fruit ripens, the starch is converted into sugar, and therefore ripe fruit (if not over-ripe) is quite safe to eat raw.