

Canning Vegetables and Fruits at Home

Every Housewife can Preserve Foods in Jars, if Care is Used to Have Product Thoroughly Sterilized

"Canning," as the term is employed nowadays, is commonly applied to the preservation of food not only in tin cans, but also in glass jars. The cans are better for commercial use because they are cheaper and can be discarded after being opened, but for domestic use the jars are better, as they are more easily handled and can be used, if not clipped, year after year, only the rubber rings requiring to be replaced annually.

Decay of food products is brought about by minute forms of vegetable life—moulds, yeasts and bacteria. Canning preserves food by destroying these and then by excluding them. Their destruction is brought about by subjecting the products and containers for a certain period to a high temperature (at least 212° Fahr.) and their exclusion is achieved by hermetically sealing the containers immediately after sterilization. If the sterilizing and sealing have been properly done, the foods should keep in good condition for months or even years.

STEPS IN THE CANNING PROCESS

1. Prepare the canning utensils and jars. Have everything thoroughly clean and see that the tops of the jars fit properly.

2. Wash the fruits or vegetables carefully.

3. Blanch the product by putting it into a cheesecloth and by dipping in boiling water till the skins are loosened. This step may be dispensed with for berries and soft fruits.

4. Immediately after blanching, plunge the product into cold water.

5. Pack the fruit or vegetables into the jars, which should be clean and hot.

6. Add hot water and salt seasoning to the vegetables or hot syrup to the fruits till the jars are full.

7. Put on the tops, but do not seal tightly.

8. Sterilize. This may be done in an ordinary wash-boiler provided with a false bottom, which should also be equipped with rims and handles so as to serve as a tray for removing the jars. The boiler should be filled with water about half-way up the sides of the jars and the cover of the boiler should be tightly shut to retain the steam. The time of sterilization should be counted from the time the water begins to boil actively and it should be kept on the jump till the process is finished. The periods for various food products are as follows: Strawberries, 8 minutes; peaches, 17 minutes; other soft fruits, 12 minutes; hard fruits 20 minutes; tomatoes, 30 minutes; greens, beets and carrots, 1½ hours; peas, beans and corn, 3 hours.

9. Seal tightly immediately after removal from the sterilizing bath. Invert to test for leaks. If a leak is discovered, sterilization should



WRONG WAY TO "STORE" IMPLEMENTS
(See article on page 41)

Can No. 193

Australian Federal House-Building Plan

Commonwealth to Aid Returned Soldiers and Dependents to Erect Homes—Scarcity of Materials

The Federal Housing Commissioner of the Commonwealth of Australia states that operations for building houses for returned soldiers and dependents of deceased soldiers will be commenced very soon and will be pushed as rapidly as possible. The shortage of dwellings is serious and there is an unfortunate scarcity of building materials.

Before the war, in the city of Melbourne, an average of 75 houses were begun every week. It is estimated that the yearly construction for the Commonwealth must be at least 25,000 houses. To build that number of 4-roomed cottages would require 875,000,000 bricks, which is more than the annual pre-war production. Hence the manufacture of bricks will have to be greatly increased. It is also estimated that a minimum of 200,000,000 feet of lumber will be required annually to relieve the present congestion.

Soldiers are to be encouraged to build new houses rather than to purchase places already built. The deeds will be retained by the Government until 25 per cent of the price has been paid off, when they may be handed to the buyer. The Commissioner hopes to be able to build at 15 per cent below the market price asked by private contractors.

be repeated, though not necessarily for the same length of time. Trouble may be saved by making sure that jars are tight before using.

10. Protect the products from light by wrapping the jars in thick brown paper. Label and date. Store in a dark and not too warm place.

More detailed information on food preservation may be had on application to the Ontario Department of Agriculture, Toronto; the Macdonald College, Ste. Anne de Bellevue, Que.; the Manitoba Agricultural College, Winnipeg; or the Commission of Conservation, Ottawa.

Salmon Fisheries Treaty Concluded

New Convention between Canada and U.S. will Endeavour to Save Sockeye from Extinction

High commendation is due the Canadian fisheries authorities who have been instrumental in securing joint action by Canada and the United States to prevent the threatened extermination of the salmon of the Fraser river. Negotiations to this end have been taken up from time to time since 1905, but had not been successful in reaching an agreement.

At last, however, a treaty has been concluded, which will provide for a yearly close season of 12 days (July 20 to 31 inclusive). The treaty also specifies the number of licenses to be issued to take salmon in the waters of the Fraser river and its approaches, lays down regulations for traps and purse seines, and provides for a weekly close period.

The treaty will be operative from 1920 to 1926, both years inclusive. An important provision is the creation of a permanent international commission to study the question of the conservation of the salmon, to observe the effect of the new regulations and to recommend such alterations as added knowledge and experience may show to be desirable.

The Fraser River sockeye have of recent years, been most seriously depleted. There can be no doubt, however, that the treaty marks a great advance over the conditions of the past. It shows that fishing interests, on both sides of the line, are at last awake to the necessity of severe restrictions if the very valuable and once numerous sockeye are not to be finally exterminated.

Conservation of our resources was never so necessary as to-day. During the war we have necessarily been wasteful, as all considerations of expense were subordinated to one supreme object. But this waste not only cannot continue, it must be made good so far as possible.

Model Garden Suburb Proposed for Quebec

Canada's Diamond Jubilee to be Celebrated by Monument of Social Importance

A group of influential citizens of Quebec city, including university professors, lawyers, journalists, medical and other professional men and government officials, have presented a memorial to the Mayor of Quebec asking for encouragement to form a housing company on the lines of the Co-partnership Tenants of England with a view to building a model garden suburb in Quebec, to commemorate the Diamond Jubilee of a Canadian Confederation, July 1, 1927.

The committee wish to proceed under the Federal Housing Act and declare their willingness to accept its provisions. They propose to incorporate a housing company in the interests of better housing for working people, with a limited dividend of 6 per cent the capital to be redeemed in a thirty years' period. They undertake to supply private capital to the extent of \$225,000 (15 per cent of the estimated cost) and ask assurance from the city of Quebec that a loan will be granted from the Quebec apportionment under the Federal housing grant equal to \$1,275,000 (85 per cent of the estimated cost). The committee estimate that the cost of the project is approximately \$1,500,000. The allocation to the province of Quebec under the Federal grant is \$7,000,000.

The memorial includes a plan of a "confederation garden village" with all streets and boulevard converging to a circular civic centre named "Canada" with provision for "places" named after the principal cities of the Dominion such as "Toronto Place". A special district is set aside for manufacturing purposes so as to prevent the familiar encroachment of manufacture into residential districts with the consequent impairment of the amenities of domestic life. The garden suburb is surrounded by four playgrounds named Unga, Kwatin, Newfoundland and Alaska. This plan is intended as a guide in the development of the project.

The annual rent of the house will be fixed at 10 per cent of the total cost of the house and lot and the rents will be from \$10 upwards. A determined effort will be made to supply houses for families of small incomes though there is no intention of segregating any one class of residents.

The project has qualities of idealism, but such projects are no longer "castles in the air." They have been built on solid ground in other countries and they are the deliberately chosen methods for the restoration of the devastated regions of France and Belgium. They are admitted to be economically sound by all serious students of sociology and the best solution for the multitude of social evils attendant upon the uncontrolled development of cities.—A.J.