Cheese-Cloth Wrapped Product Being Lowered Into Boiling Water for Blanching.

PROFITABLE DISPOSITION OF ALL SURPLUS FRUITS AND VEGETABLES

Every Ounce of Food That Can Possibly Be Produced This Year, Will Be Needed—Housewives Can Avoid Much Waste by Canning.

WASH-BOILER EQUIPMENT IS SATISFACTORY

Practically All Perishable Products May Be Canned by One-Period Cold-Pack Method of Canning, as Taught by the United States Department of Agriculture—All Cans Should Be in Good Condition and Absolutely Clean.

(PREPARED BY UNITED STATES DEPARTMENT OF AGRICULTURE.)

CAN SURPLUS FOOD, BUT USE JARS AND CANS WISELY

Don't have an empty preserving jar in your home next fall.

There may be some difficulty in securing cans and preserving jars.

Reserve regular tight-sealing containers for vegetables, concentrated soups, meats and fish.

Concentrate products so that each jar or can will hold as much food and as little water as possible. Pack fruit juices in ordinary bottles.

Put up jams, jellies and preserves in glasses sealed with cork or paper and paraffin.

Don't can anything that can be kept just as well dried or in other forms. Dry navy and mature lima beans for winter use.

Produce in your garden lots of cabbage, potatoes, and root crops that can be kept for the winter without canning.—U. S. Department of Agriculture.

The waste of surplus fruits and vegetables in this country each year is large. It would be deplorable if this normal waste were allowed to go on this year when every ounce of food that can be produced is needed. The waste can be avoided in large part if housewives will can as large a part of the surplus perishables as possible.

Any fruit or vegetable and practically any other food may be canned satisfactorily by the one-period cold-pack method of canning taught by the United States department of agriculture to the boys and girls of the canning clubs in the northern and western states. The homemade wash boiler equipment for use in this method of canning, described below, is entirely effective. Home-size water seal, steam-pressure or pressure-cooker canning outfits, which save time and fuel, may be used instead if desired.

Preliminary Preparation for Canning.

Provide a false bottom of wooden lattice work, crosspieces of wood, or coarse wire netting for your clean wash boiler or other large, deep vessel to be used for sterilizing. This is for the purpose of keeping the containers from contact with the hot bottom of the vessel and to permit the free circulation of water under them.

Fill the vessel with clean water so that the boiling water will cover the tops of the jars or cans. Begin heating the water so that it will be boiling violently by the time the containers are packed.

See that all cans or jars are in good condition and absolutely clean. Scald them thoroughly and put them in a vessel of water on the stove so that they will be hot when the product is ready for packing. Use new rubber rings for jars and scald them just before putting them on the jars.

Preparing Fruits and Vegetables.

Start with clean hands, clean utensils, and clean, sound, fresh products.

Throw out all vegetables and fruits which are withered or unsound. Wash out all grit and dirt. If possible, use only fruits and vegetables picked the same day and never can peas and corn picked more than five hours.

Prepare fruits and large-sized vegetables for blanching. Remove all spots from apples.

Prepare beans and greens as for cooking. Be especially careful to remove all foreign plants from the greens.

Blanch vegetables and all fruits except berries by leaving them from three to five minutes in clean boiling water, or by steaming them for a similar period in a colander over a vessel of boiling water or in a steam cooker.

Remove the blanched products from the boiling water or steam and plunge them quickly into cold water, the colder the better. Take them out immediately and let them drain. Don't let them soak in the cold water.

From this point on, speed is highly important. The blanched vegetables and fruits, which are slightly warm, must not be allowed to remain out of the containers a moment longer than is necessary.

Remove skins when required, and as each article is pared cut it up into proper size and pack directly into the clean, scalded cans or jars.

Pack as solid as possible, being careful not to bruise or mash soft products.

In the case of fruit, fill the containers at once with boiling hot sirup.

In the case of vegetables, fill the containers with boiling hot water to which a little salt has been added.

Place scalded rubber rings on the glass jars and screw down the tops.

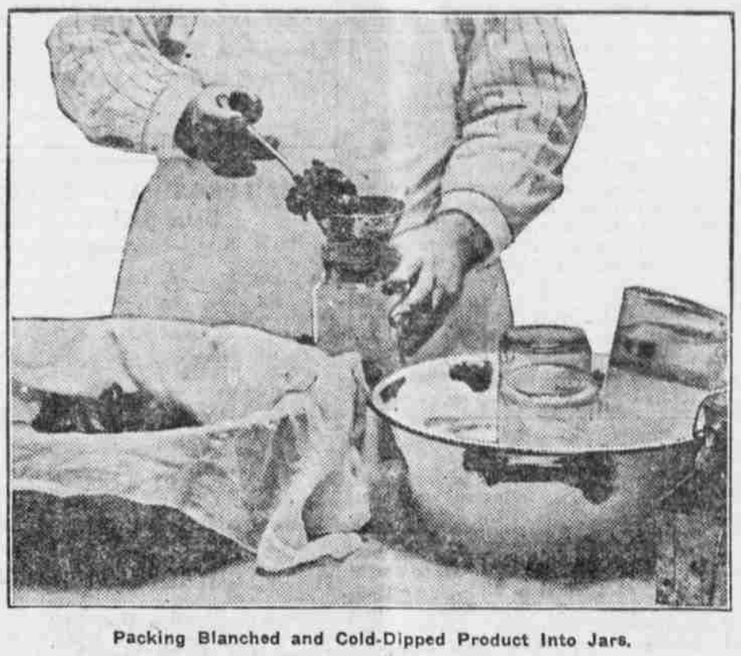
Seal tin cans completely. Watch them for leaks. As the preliminary treatment has taken care of expansion it is not necessary to exhaust the cans.

How to Sterilize or Process.

Put the jars or cans as soon as possible into boiling water in a wash boiler or into your canning device. Let them process for the time specified in the table, counting from the time the water begins to boil again, or the gauge on the canning outfit registers the proper pressure.

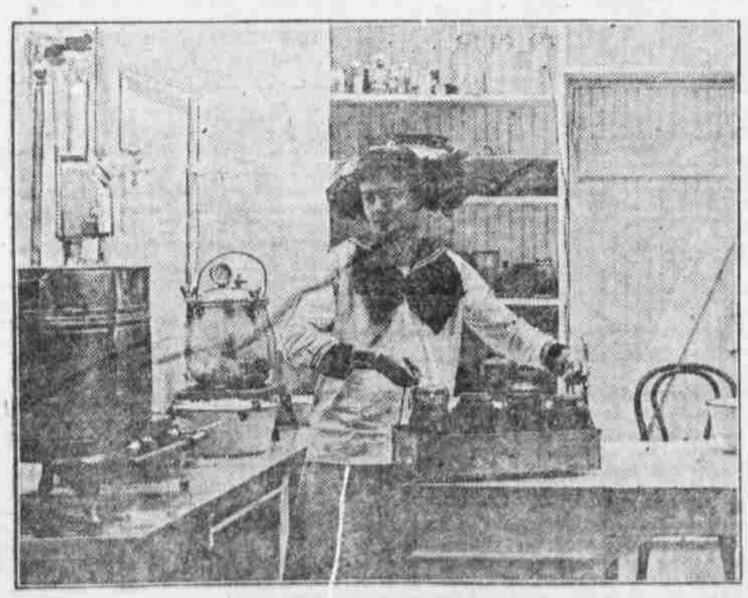
Time Table for Scalding Blanching, and Sterilizing Vegetables, Soups, Fruits, and Meats.

Products by Groups.	Scald or blanch	Hotwater bath outfits at 212 deg.	Water-seal outfits, 214 deg.	Steam pressure, 5 to 10 pounds	Pressure cooker, 10 to 15 pounds
Special Vegetables.					
Tomatoes	1½	22	18	15	10
Pumpkin	3	120	90	60	40
Squash	3	120	90	60	40
Hominy	3	120	90	60	40
Sauerkraut	3	120	90	60	40
Corn, sweet	5	180	120	90	60
Corn, field	10	180	120	60	50
Mushrooms	5	90	80	50	20
Sweet peppers	5	90	75	60	40
Pod Vegetables and Other Green Products.					
Beans, wax	5-10	120	90	60	40
Beans, stringless	5-10	120	90	60	40
Okra	5-10	120	90	60	40
Peppers, green or ripe	5-10	120	90	60	40
Cabbage	5-10	120	90	60	40
Brussels sprouts	5-10	120	90	60	40
Cauliflower	3	90	40	30	20
Root and Tuber Vegetables.					
Carrots	5	90	80	60	40
Parsnips	5	90	80	60	40
Salsify	5	90	80	60	40
Beets	5	90	80	60	40
Turnips	5	90	80	60	40
Sweet potatoes	5	90	80	60	40
Other roots and tubers	5	90	80	60	40
Combinations and Soup Vegetables.					
Lima beans	5-10	180	120	60	40
Peas	5-10	180	120	60	40
Vegetable combinations	5-10	120	120	60	45
Greens, Domestic or Wild.					
Swiss chard	15	120	90	60	40
Kale	15	120	90	60	40
Chinese cabbage leaves	15	120	90	60	40
Upland cress	15	120	90	60	40
French endive	15	120	90	60	40
Cabbage sprouts	15	120	90	60	40
Turnip tops (young, tender)	15	120	90	60	40
Spinach, New Zealand	15	120	90	60	40
Asparagus	15	120	90	60	40
Spinach	15	120	90	60	40
Beet tops	15	120	90	60	40
Dandelion, cultivated	15	120	90	60	40
Dandelion, wild	15	120	90	60	40
Dasheen sprouts (tender)	15	120	90	60	40
Mustard, native	15	120	90	60	40
Mustard, Russian	15	120	90	60	40
Mustard, wild	15	120	90	60	40
Collards	15	120	90	60	40
Rape(tender leaves)	15	120	90	60	40
Pepper cress	15	120	90	60	40
Lamb's-quarter	15	120	90	60	40
Sour dock	15	120	90	60	40
Smartweed	15	120	90	60	40
Sprouts	15	120	90	60	40
Purslane, or "pusley"	15	120	90	60	40
Pokeweed sprouts	15	120	90	60	40
Marsh marigold	15	120	90	60	40
Milkweed (tender sprouts and young leaves)	15	120	90	60	40
Soft Fruits and Berries.					
Apricots	1-2	16	12	10	5
Blackberries	"	16	12	10	5
Blueberries	"	16	12	10	5
Cherries	"	16	12	10	5
Currants	"	16	12	10	5
Dewberries	"	16	12	10	5
Figs	1-2	16	12	10	5
Gooseberries	1-2	16	12	10	5
Grapes	"	16	12	10	5
Huckleberries	"	16	12	10	5
Peaches	1-2	16	12	10	5
Plums	"	16	12	10	5
Raspberries	"	16	12	10	5
Strawberries	"	16	12	10	5
Citrus fruits	1-2	12	8	6	4
Fruits without sugar sirup	"	30	20	12	10
Hard Fruits.					
Apples	1½	20	12	8	6
Pears	1½	20	12	8	6
Quinces	1½	20	12	8	6
Windfall apples (pie filling)	"	12	10	8	5
Quartered apples (salad)	"	12	10	8	5
Whole apples, pared and cored	"	16	10	8	5
Apple sirup	"	15	10	8	5
Fruit juices	"	15	10	8	5
Preserves, after preparation and filling	"	20	15	10	"
Meats—Uncooked.					
Poultry and game	"	180	180	120	60
Beef	"	180	180	120	60
Corn beef	"	180	180	120	60
Prepared Young Meats.					
Spring frys	"	90	60	40	30
Fried meats	"	90	60	40	30
Baked meats	"	90	60	40	30
Stewed meats	"	90	60	40	30
Roast meats	"	90	60	40	30
Prepared Mature Meats.					
Wild game	"	90	60	40	30
Fowls	"	90	60	40	30
Cockerels	"	90	60	40	30
Fried meats	"	90	60	40	30
Baked meats	"	90	60	40	30
Stewed meats	"	90	60	40	30
Roast meats	"	90	60	40	30
Fish	5	180	160	120	90
Shellfish	5	180	160	120	90
Camp Rations.					
No. 1	"	90	60	50	40
No. 2	"	90	60	50	30
No. 3	"	90	90	50	40
Soups.					
Cream of tomato soup	"	30	20	18	10
All other soup combination and soup stock	"	90	75	60	45

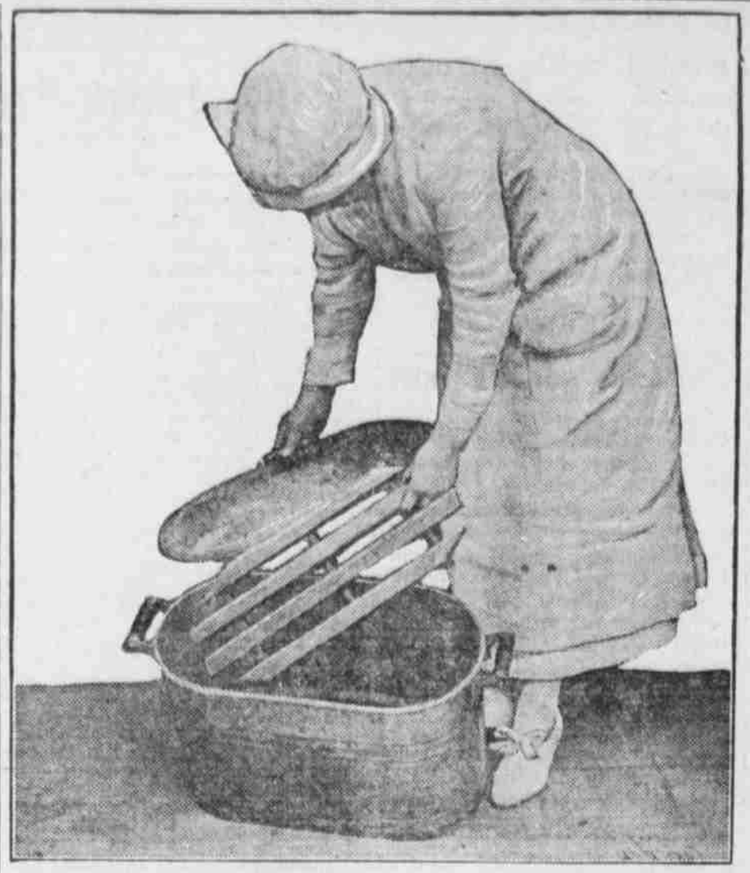


Packing Blanched and Cold-Dipped Product Into Jars.

Dipping Blanched Product While Hot Into Cold Water.



Tray of Packed Jars Ready to Be Placed in Homemade Water-Bath Outfit—Aluminum Pressure Cooker Also Shown.



Homemade Hot Water Bath Sterilizing Outfit, Showing Satisfactory Type of Wooden False Bottom.

Time schedule given is based upon the one-quart pack and upon fresh-picked products.

When processing fruits in steam-pressure canners, not over five pounds of steam pressure should be used.

When processing vegetables and meats do not use over fifteen pounds of pressure.

After processing, remove the containers.

Tighten the tops of jars immediately and stand the containers upside down in a cool place, being careful that no draft strikes the hot jars. Watch for leakage and screw covers down tighter when necessary. Store in a cool, dry place, not exposed to freezing temperature.

Use band labels for cans, being careful not to let the glue get on the can itself as it may cause rust.

From time to time, especially in very hot weather, examine jars and cans, making certain that there are no leaks, swellings or other signs of fermentation.

There will be no spoilage if the directions are followed implicitly and the containers are sealed up tight.

Fruits which are put up with heavy sirups can be kept under cork and paraffin seal. Save all wide-necked bottles, glasses and jars for putting up fruits.

Vegetables, meats, and fish, however, cannot be kept safely unless they are hermetically sealed. Reserve regular jars for products that cannot be packed in other ways.

As there may be some difficulty in securing cans and jars, dry or keep in other ways everything that need not be canned.

The labeling should be done with a rather dry paste, which is put only on the end of the label, so that it does not touch the tin. Paste may cause rust, and in damp climates it is sometimes customary to lacquer the outside of the can before it is labeled. The label, if the product is intended for sale, must contain the net weight in pounds and ounces and the packer's name and address.

In packing fruits and vegetables, it is necessary to surround them with brine, sirup or water, but under the terms of the federal law governing the interstate shipment of canned goods, no more of this liquor is allowed than is actually necessary to cover the contents after as full a pack as possible is made. With tomatoes no water whatever should be added and no tomato juice should be added in excess of the amount in the tomatoes canned.

Add Sugar and Salt.

In addition to the liquor, a mixture of sugar and salt adds greatly to the flavor of such products as tomatoes, peas, Lima beans and corn. The mixture recommended by the government specialists in canning is composed of one-third salt and two-thirds sugar. Two level teaspoonfuls of this are placed in a No. 3 can and one teaspoonful in a No. 2 can. For beans, okra, cauliflower, etc., a brine containing 2½ ounces of salt to a gallon of water is used. For asparagus a heavier brine, four ounces to a gallon of water, is needed.

In order to conserve the supply of tin cans, it is strongly urged that all products intended for home use should be put up, whenever possible, in glass. The hermetic type of jar, however, is not a suitable one for intermittent processing, for which the best type is a glass-top jar with wire clamps. The clamps should be raised at the beginning of each processing to allow for expansion.

FRUIT JUICES FOR JELLIES

May Be Sterilized and Bottled Without Sugar and Made Into Jelly at Any Time.

(From the United States Department of Agriculture.)

Fruit juices for use later in jelly making can be sterilized and bottled without sugar and made into jellies at the housewife's convenience. This enables her to do with fewer jelly glasses and to distribute her purchases of sugar for jelly making through the year. Moreover, with the bottled juice she can make a greater variety of jellies, as juices which will not jell can be put up when the fruit is ripe and combined later with fruits that will jell, or fruits ripening at different seasons can be combined. For example, the juice of strawberries, cherries, or pineapple can be kept without sugar and later when apples are plentiful can be made into combination jelly.

To put up unsugared fruit juices for jelly making proceed exactly as if jelly were to be made at the time. Cook the fruits until they are soft and strain out the juice through a flannel bag. Heat and pour while hot into bottles previously scalded. Fill the bottles full, leaving no air space between juice and cork or seal. Place the filled sealed bottles on their sides in water near the boiling point, and keep them in the bath for about thirty minutes. Make sure that the corked or sealed end is under the hot water. As soon as the bottles are cool cover the cork with a paraffin seal. Thorough sterilization and sealing are absolutely essential to success.

Sealing a Packed and Sterilized Glass Jar.