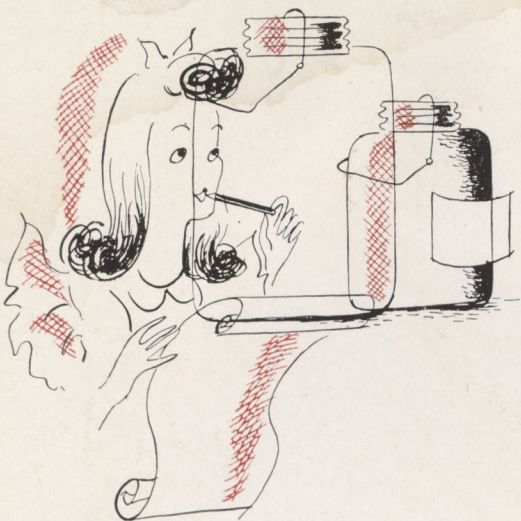


Canning Guide

Prepared by the
HOME ADVISORY BUREAU

TENTH FLOOR

Hudson's



CANNING NOTES

Home canning is the economical way to have vegetables and fruits when the fresh products are out of season. Let your family's tastes and needs guide you in selecting your fruits and vegetables. Can the surplus from your garden. Keep on the lookout for surpluses in your neighborhood or local market. A few jars canned a day soon add up to a surprising total.

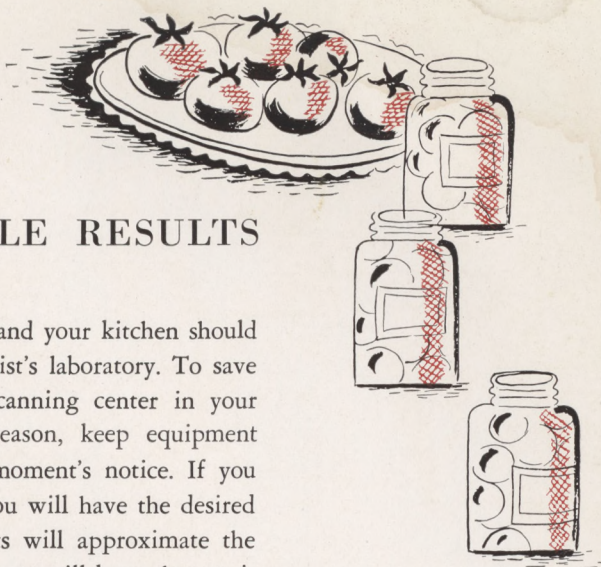
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This booklet is designed to help you preserve nourishing foods for well-balanced meals. The instructions and recipes are tested and dependable. If you have canning problems or questions, phone or write us.

THE HOME ADVISORY BUREAU
Phone: Wo. 3-5100, Line 8497

PLAN YOUR CANNING CAREFULLY FOR DEPENDABLE RESULTS

CANNING is an exact science and your kitchen should be as well organized as a chemist's laboratory. To save time and trouble, organize a canning center in your kitchen, during the canning season, keep equipment handy and ready to use at a moment's notice. If you follow all directions carefully you will have the desired results. Your preserved products will approximate the original in color, texture and shape; will keep the maximum food value; will be insured against spoilage.

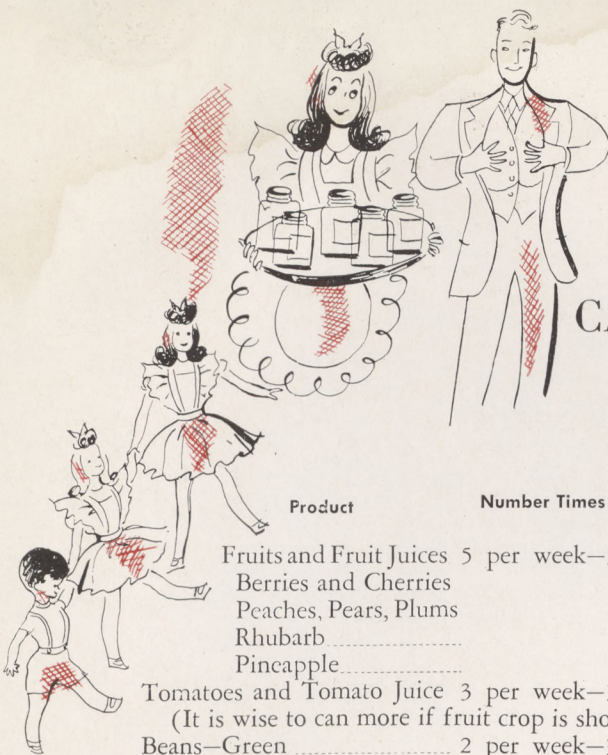


The Three Important Canning Steps:

PREPARATION includes all handling from garden to jar. Set up the kitchen first; then bring in the produce. (Let the pots and jars wait for the produce, never the other way round.) All food should be in peak condition—vegetables should be young, tender and freshly gathered—fruits, firm but well ripened.

PACKING: Place produce in jar just the way you want it to look when finished. Close jar according to type used. *Hot pack* means pre-cooked, however slightly. Food goes hot into a hot jar. *Cold pack* is raw, but it goes into a hot jar, is covered with boiling liquid, and still has to be processed. Everything that is processed requires heat.

PROCESSING is heat treatment given completely packed jars of produce. Heat may come from submerging in water as in a *Boiling Water Bath*, or from steam under pressure as in a *Pressure Cooker*. Each type of food has definite time and temperature requirements needed to kill harmful bacteria.



CANNING BUDGET PER PERSON

Product	Number Times Served	Approximate Size Serving	Amount Needed for One Person
Fruits and Fruit Juices	5 per week—36 wks.	1 cup	45 to 50 qts.
Berries and Cherries			20 qts.
Peaches, Pears, Plums			25 qts.
Rhubarb			2½ to 5 qts.
Pincapple			3 to 5 qts.
Tomatoes and Tomato Juice	3 per week—36 wks.	½ cup	20 to 30 qts.
(It is wise to can more if fruit crop is short.)			
Beans—Green	2 per week—36 wks.	½ cup	9 qts.
Beans—(Lima or Shelled)	1 per week—36 wks.	½ cup	4½ qts.
Beets	1 per week—36 wks.	½ cup	4½ qts.
Corn	2 per week—36 wks.	½ cup	9 qts.
Carrots	1 per week—36 wks.	½ cup	4½ qts.
Greens—All kinds	2 per week—36 wks.	½ cup	9 qts.
Peas	1 per week—36 wks.	¼ cup	2¼ qts.
Soup Mixture	2 per week—36 wks.	1 cup	18 qts.
Preserves, Jams, etc.	6 per week—52 wks.	2 tbsp.	9¾ qts.
Relishes	3 per week—52 wks.	1 tbsp.	3 qts.
Pickles—Vegetables	2 per week—52 wks.		4 qts.
Pickles—Fruit	2 per week—52 wks.		4 qts.
Meats, Fowl, Fish	3 per week—36 wks.	½ cup	13½ qts.
Mincemeat	1 per week—16 wks.	½ cup	2 qts.
Miscellaneous—Asparagus, Okra, Snap Peas, Succo- tash, Sauerkraut.	5 per week—36 wks.	½ cup	22½ qts.

NOTE: 1 qt. vegetables yields 8 servings; 1 qt. fruit, 6 servings; 1 qt. meat, 6 servings.

Storing Produce—Per Person

Apples	2 (or more) bushels
Dried Beans	3 to 6 lbs.
Onions	15 to 25 lbs.
Cabbage	20 to 30 lbs.
Beets, carrots, squash (combined)	50 to 60 lbs.
Potatoes	1½ to 4 bu.
Turnips, parsnips, rutabagas (combined)	25 lbs.



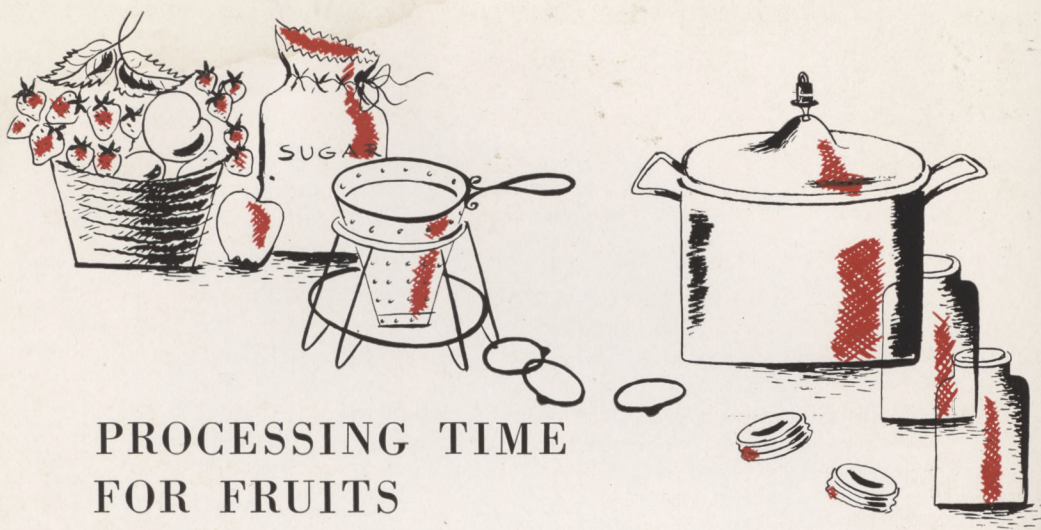
WEIGHTS AND MEASURES FOR CANNING

(A) Number of jars needed for canning one bushel of raw produce:

PRODUCT	MEASURE	WEIGHT	YIELD (quarts)
Apples.....	1 bushel	40 to 50 lbs.	20 to 22
Apricots.....	1 bushel	40 to 50 lbs.	20 to 24
Berries.....	1 crate (24 qts.)		15 to 24
Cherries.....	1 bushel	40 to 50 lbs.	18 to 24
Grapes.....	1 bushel	48 lbs.	16 to 20
Peaches.....	1 bushel	40 to 50 lbs.	18 to 24
Pears.....	1 bushel	50 to 55 lbs.	25 to 28
Pineapple.....	1 crate		12 to 16
Plums.....	1 bushel	50 to 55 lbs.	24 to 26
Tomatoes.....	1 bushel	50 to 60 lbs.	14 to 20
Strawberries.....	1 crate (24 qts.)		10 to 15
Asparagus.....	1 bushel	40 to 50 lbs.	12 to 14
Beans (lima—in pod).....	1 bushel	28 to 30 lbs.	6 to 8
Beans (Green).....	1 bushel	28 to 30 lbs.	15 to 18
Beets.....	1 bushel	50 to 60 lbs.	18 to 22
Carrots.....	1 bushel	50 to 60 lbs.	18 to 22
Corn.....	1 bushel	60 to 70 lbs.	8 to 12
Greens.....	1 bushel	12 to 14 lbs.	6 to 8
Peas (in pod).....	1 bushel	28 to 30 lbs.	6 to 8
Squash.....	1 bushel	40 lbs.	16 to 20
Sweet potatoes.....	1 bushel	52 lbs.	15 to 20

(B) Amount needed for one quart:

PRODUCT	COUNT PER QT.	POUNDS
Apples.....	7 or 8	2 to 2½
Apricots.....	16 to 22	1½ to 2
Berries.....	5 to 6 cups	1½ to 2
Cherries (with pits).....	5 to 6 cups	1½ to 2
(pitted).....	8 to 10 cups	3 to 4
Grapes.....		2 to 2½
Peaches.....	8 to 10	2 to 2½
Pears.....	6 to 8	2 to 2½
Pineapple.....		2 pineapples
Plums.....	24 to 32	1½ to 2
Strawberries.....	2 to 2½ qts.	2½ to 3
Asparagus.....	1 to 1½ bunches	3 to 3½
Beets.....	1½ to 2 qts.	2½ to 3
Beans.....	2 qts.	1½ to 2
Corn.....	12 to 14 ears	7
Greens.....	4 to 5 qts.	1½ to 2
Lima Beans.....	3 to 4 qts. (in pods)	3 to 4
Peas.....	4 qts. (in pods)	4
Pumpkin, or winter squash.....		4 lbs. (in shell)



PROCESSING TIME FOR FRUITS

Hot Pack and Cold Pack Methods Included

(Syrup instructions on page 9)

{ NOTE: When canning in half-gallon jars in hot water bath, }
add 10 minutes to the time given.

APPLES: **HOT PACK.** Wash, pare, cut in halves or quarters, remove cores. Slice if desired. Pre-cook 3 to 5 minutes in thin syrup to cover; pack apples and syrup hot in hot sterilized jars to $\frac{1}{2}$ inch from top. Adjust lids, process.

COLD PACK: Fill hot sterilized jars with peeled and quartered raw apples, cover with boiling water or thin syrup to 1 inch from top. Adjust lids, process.

APPLE SAUCE: Wash, pare, core, and slice apples. Add a little water, cook until soft. Press through strainer. Sweeten to taste. Reheat to boiling. Pack in hot sterilized jars; adjust lids; process.

APRICOTS: **HOT PACK.** Scald and peel, and leave whole, or halve and pit without peeling. Pre-cook in medium syrup 3 to 5 minutes, pack hot with syrup in hot sterilized jars to $\frac{1}{2}$ inch from top. Adjust jar lids and process.

COLD PACK: Pack peeled or unpeeled, whole or halved raw apricots in hot sterilized jars, cover with boiling hot medium syrup to 1 inch from top. Adjust jar lids and process.

BERRIES: **COLD PACK.** (All kinds except strawberries and cranberries). Stem and pick over carefully. Wash, pack in hot sterilized jars to $\frac{1}{2}$ inch from top. Fill to $1\frac{1}{2}$ inch from top with thick or medium syrup. Adjust lid and process.

CHERRIES: **HOT PACK.** Wash, stem, and pit. Add sugar to taste, pre-cook without water 3 to 5 minutes. Pack hot in hot sterilized jars to $\frac{1}{2}$ inch from top. Adjust lids and process.

Boiling
Water
Bath

15 min.

25 min.

15 min.

15 min.

20 min.

20 min.

10 min.

Processing Time for Hot and Cold Pack Methods

CHERRIES: COLD PACK. Wash, stem, pit if desired. Pack raw in hot sterilized jars; cover with boiling syrup (medium for sweet, heavy for sour) to 1 inch from top. Adjust lids and process.

CRANBERRIES: HOT PACK. Wash and remove stems. Drop into a boiling syrup. (Heavy.) Boil 3 minutes. Pack into hot sterilized jars, to ½ inch from top. Adjust lids; process.

CURRENTS AND GOOSEBERRIES: Follow directions for berries.

GRAPES: Same as cold packed berries. Use light, medium, or heavy syrup. (Slightly under-ripe Thompson Seedless are excellent for canning; also ripe Muscat, Concord, or Isabella Grapes.) Adjust jar lids and process.

PEACHES: HOT PACK. Scald, peel, halve (or slice), and pit. Cover with boiling medium syrup, boil 3 to 5 min., pack hot with syrup in hot sterilized jars to ½ inch from top. Adjust lids and process.

COLD PACK. Pack peeled peach halves raw, cut side down, edges overlapping in hot sterilized jars. Cover with boiling medium syrup to 1 inch from top. Adjust lids and process.

PEARS: HOT PACK. Select firm, ripe pears. Wash, peel; leave whole or cut in halves; remove cores. Boil gently 4 to 8 min. in medium syrup. Pack hot in hot sterilized jars, cover with boiling syrup to ½ inch from top. Adjust lids and process.

COLD PACK. Prick skins, pack raw in hot sterilized jars. Cover with boiling hot medium syrup to 1 inch from top. Adjust lids, process.

PINEAPPLES: HOT PACK. Peel. Remove eyes. Cut in strips, cubes or slices. Pre-cook in medium syrup 5 to 10 minutes. Pack in hot sterilized jars, add syrup, adjust lids and process.

PLUMS, AND FRESH PRUNES: HOT PACK. Wash, cut in halves and pit, or prick with fork if left whole. Boil 3 to 5 min. in medium or heavy syrup. Pack hot in hot sterilized jars, cover with boiling syrup to ½ inch from top. Adjust lids and process.

COLD PACK. Wash, prick skins, pack raw in hot sterilized jars. Cover with boiling medium-syrup to 1 inch from top. Adjust lids; process.

QUINCE: HOT PACK. Wash, pare, cut in pieces. Pre-cook 3 min. in heavy syrup. Pack in hot sterilized jars, fill to ½ inch from top with heavy syrup, adjust lids and process.

RHUBARB (BAKED): HOT PACK. Wash and cut into one inch lengths. Place in baking dish and add 1 cup sugar to each quart of rhubarb. Cover dish and bake until tender. Pack rhubarb and syrup which has formed, in hot sterilized jars to within ½ inch from top. Adjust lids; process.

COLD PACK. Pack cut rhubarb raw in hot sterilized jars. Cover with boiling heavy syrup to 1 inch from top. Adjust lids and process.

Boiling
Water
Bath

20 min.

10 min.

30 min.

20 min.

15 min.

20 min.

20 min.

25 min.

20 min.

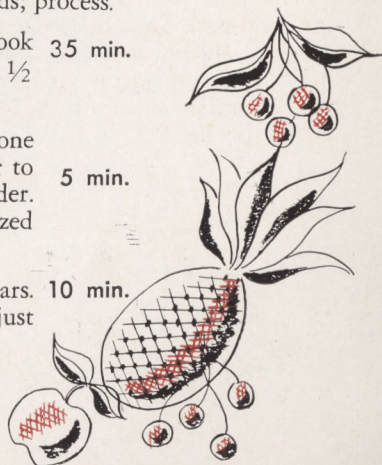
10 min.

20 min.

35 min.

5 min.

10 min.



Processing Time for Hot and Cold Pack Methods

Boiling Water Bath

SAUERKRAUT: When kraut is cured, pack into hot sterilized jars, add enough kraut juice, or weak brine made by dissolving 2 tbsps. of salt to a quart of water, to fill jars to $\frac{1}{2}$ inch from top. Adjust lids; process.

15 min.

STRAWBERRIES: Wash, stem, and pre-cook gently for 3 min. in medium syrup. Remove from syrup and cool. Boil syrup three minutes. Add berries, let stand for several hours or overnight. Reheat, pack in hot sterilized jars, adjust lids and process.

5 min.

TOMATOES: HOT PACK. Scald and peel; take care to cut out hard center cores. Leave whole or cut if desired. Pre-cook 3 min. and pack boiling hot in hot sterilized jars to $\frac{1}{2}$ inch from top. Add 1 tsp. salt per qt., adjust lids and process.

20 min.

COLD PACK. Scald, peel; cut out hard center cores; leave whole or cut as desired; pack without pre-cooking, in hot sterilized jars, to $\frac{1}{2}$ inch from top. Add 1 tsp. salt per qt., and cover with boiling hot tomato juice to 1 inch from top. Adjust lids and process.

30 min.

TOMATO JUICE: Wash unpeeled ripe tomatoes, place in kettle with 1 inch water, cover. Boil until soft and heated through. Rub hot fruit through fine colander or sieve to remove skin and seeds, but be sure to force red pulp through. Reheat to boiling, fill hot sterilized jars to $\frac{1}{2}$ inch from top, add $\frac{1}{2}$ to 1 tsp. salt per qt., adjust lids and process.

15 min.

FRUIT JUICE FOR JELLY: Berries and Currants: wash, crush to start juice, add no water; heat 5 to 10 min. Other soft fruits: wash, add just enough water to prevent burning, heat 5 to 10 min. stirring and crushing. Apples and other firm fruits: wash, cut or slice fine without paring or coring. Discard bad spots. Almost cover with water, boil 20 to 30 minutes, or until tender.

The newest method is to strain the hot fruit through wet doubled cheesecloth or clean sugar sack, squeeze and press with spoon to extract all juice, rather than to let drip. If clear jelly is desired, let extracted juice drip 2 to 4 hours through wet canton flannel jelly bag, napside in. The pulp remaining after one extraction may be put through a sieve and used for fruit butter. Pack hot in hot sterilized jars to $\frac{1}{2}$ inch from top, adjust lids; process.

20 min.

FRUIT SALAD: COLD PACK. Prepare fruit as for canning. Leave whole or dice. Pack cold in hot sterilized jars to $\frac{1}{2}$ inch from top; fill with syrup (medium) to $1\frac{1}{2}$ inches from top. Adjust lids, process the time necessary for fruit requiring longest processing time.



HOW TO MAKE SYRUP

Thin Syrup—Use three parts water to one part sugar and bring to boil.

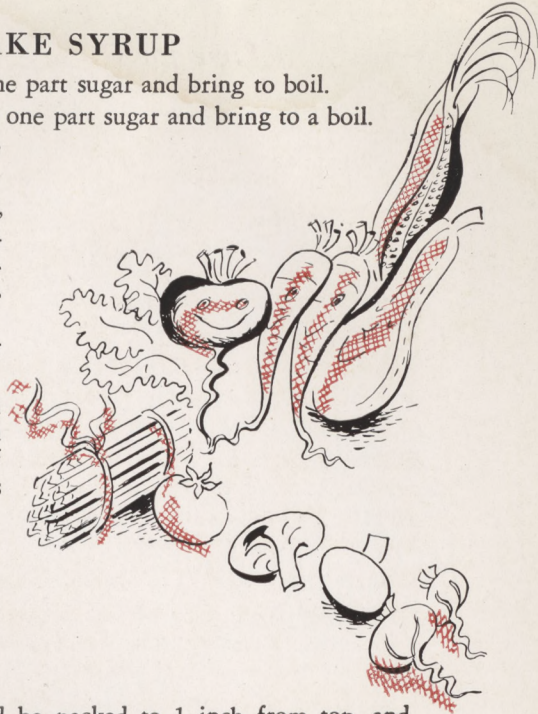
Medium Syrup—Use two parts water to one part sugar and bring to a boil.

Heavy Syrup—Use one part water to one part sugar and bring to a boil.

Thin syrups are used for small, soft fruits, such as peaches, sweet cherries, berries. Medium syrups are used for sour berries, acid fruits, such as rhubarb, cherries, gooseberries.

Heavy syrups are used for large sour fruits that are to be extra sweet.

NOTE: White corn syrup may be used in proportion $1\frac{1}{2}$ cups of corn syrup substituted for each cup of sugar. One cup of honey equals one cup of sugar.



PROCESSING TIME FOR VEGETABLES

All vegetables (except tomatoes) should be packed to 1 inch from top, and covered with boiling water in which they were cooked to 1 inch from top. Add 1 tsp. of salt to each qt. if desired.

- NOTE:** 1. The U. S. Dept. of Agriculture recommends the use of the pressure cooker for canning non-acid vegetables and meats.
2. All vegetables and meats canned at home should be boiled in an open vessel 10 to 15 minutes before tasting or using.

PROCESS IN PRESSURE COOKER

ASPARAGUS: Wash, trim, cut in lengths to fit jars or cut in 1 inch lengths. Pre-cook 4 min. in boiling water. Pack at once in hot sterilized jars, adjust lids; process.

BEANS, STRING OR WAX: Wash, string, cut in inch lengths. Pre-cook 2 to 5 min. in boiling water to cover. Pack at once in hot sterilized jars, adjust lids; and process.

BEANS, GREEN LIMA: Shell, wash, pre-cook 3 to 5 min. in boiling water to cover. Pack beans at once, loosely, in hot sterilized jars, adjust jar lids and process.

BEETS: Select young, tender beets. Wash; leave roots and 2 inches of stem to prevent bleeding; parboil 15 min. in water to cover. Drop into cold water, rub off skins. Cover with liquid made by adding 2 tbsps. vinegar, 2 tbsps. sugar, and 1 tsp. salt to 1 qt. of hot water. Reheat to boiling, pack at once in hot sterilized jars, fill with hot liquid to 1 inch from top. Adjust lids and process.

Pts.	Time		Pressure
	Qts.		
25 min.	55 min.	10 lbs.	
20 min.	25 min.	10 lbs.	
35 min.	60 min.	10 lbs.	
25 min.	55 min.	10 lbs.	

Processing Time for Pressure Cooker

PROCESS IN PRESSURE COOKER

CABBAGE AND BRUSSELS SPROUTS: Wash, remove outside leaves. Cut into desired pieces and pre-cook for 5 minutes. Pack in hot, sterilized jars, adjust lids and process.

CARROTS: Scrub fresh young carrots with stiff brush; scrape if necessary. If large, quarter lengthwise, slice crosswise, or dice; leave small ones whole. Blanch or pre-cook 3 to 5 minutes in boiling water to cover. Pack at once in hot sterilized jars, adjust lids and process.

CAULIFLOWER and BROCCOLI: Remove the largest leaves or stems. Wash through several waters, then pre-cook 4 minutes. Pack in hot, sterilized jars. Adjust lids; process.

CORN: Whole Kernel. Remove husks, pre-cook 3 to 5 minutes. For each cup corn, add $\frac{1}{2}$ cup boiling water. Heat to boiling and pack at once, loosely, in hot sterilized jars, adjust lids and process.

CORN: Cream style (Pts. Only).

CORN ON COB: Remove husks, precook 3 to 5 minutes. Pack in hot, sterilized jars. Flavor is improved if no liquid is added. Adjust lids and process.

EGGPLANT: Peel, cut in slices and pre-cook for 5 minutes. Pack in hot sterilized jars, adjust lids and process.

GREENS: Select fresh, tender beet tops, chard, spinach, or other greens. Sort, remove stems, wash through several waters, having first two waters lukewarm to remove sand easily. Place in large kettle, heat 5 minutes. Pack at once, loosely, in hot sterilized jars; adjust lids and process.

MUSHROOMS: Wash; leave small ones whole, cut large ones and pre-cook 3 minutes. Pack in hot sterilized jars. Adjust lids and process.

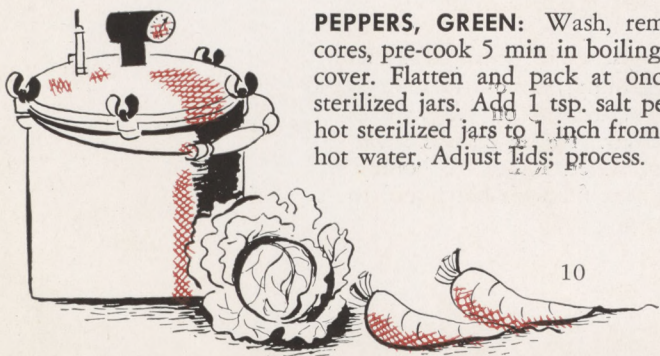
ONIONS: Peel, wash, pre-cook 5 minutes. Pack in hot sterilized jars, adjust jar lids and process.

PARSNIPS, TURNIPS OR RUTABAGAS: Grade for size. Wash thoroughly. Scrape or pare to remove skin. Pre-cook 5 min. Pack in hot sterilized jars, adjust lids; process.

PEAS: Shell and wash young, tender green peas. Cover and pre-cook 2 to 4 min. in boiling water to cover. Pack loosely boiling hot, in hot sterilized jars, adjust lids; process.

PEPPERS, GREEN: Wash, remove seed cores, pre-cook 5 min in boiling water to cover. Flatten and pack at once in hot sterilized jars. Add 1 tsp. salt per qt. Fill hot sterilized jars to 1 inch from top with hot water. Adjust lids; process.

Time		Pressure
Pts.	Qts.	
35 min.	35 min.	10 lbs.
20 min.	25 min.	10 lbs.
35 min.	35 min.	10 lbs.
55 min.	85 min.	10 lbs.
85 min.		
70 min.	70 min.	10 lbs.
40 min.	40 min.	10 lbs.
45 min.	70 min.	10 lbs.
40 min.	40 min.	10 lbs.
40 min.	40 min.	10 lbs.
35 min.	35 min.	10 lbs.
40 min.	40 min.	10 lbs.
35 min.	35 min.	5 lbs.



Processing Time for Pressure Cooker

PIMIENTOS: Wash, bake in 450° oven about 5 minutes, or until skins blister, then drop in cold water and peel. Remove seed cores, pack flat in half-pint or pint hot sterilized jars. Add ½ tsp. salt per pint, but no liquid. Adjust lids; process.

POTATOES: New: Wash, scrape, rinse freshly dug potatoes. Boil 10 min. Pack in hot sterilized jars, add 1 tsp. salt to each qt., cover with boiling water; adjust lids; process.

SWEET POTATOES: Wash, boil or steam for 20 min., remove skins. Pack in hot sterilized jars. Do not add water. Adjust lids and process.

PUMPKIN AND WINTER

SQUASH: Bake or steam until tender; mash or force through colander; season with 1 tsp. salt per qt., reheat to boiling, and pack at once in hot sterilized jars to 1 inch from top. Cover with boiling water. Adjust lids and process.

SALAD MIXTURES: Vegetables such as peas, celery, corn, carrots, placed in layers in jars, may be canned for salads, but be sure to process mixture time necessary for vegetable requiring longest processing time. Each vegetable should be prepared and pre-cooked separately as for canning.

SOY BEANS: Green soybeans of varieties suitable for table use may be canned. Wash, shell and place in pan with boiling water to cover. Pre-cook 3 min. Pack loosely to 1 inch from top in hot, sterilized jars. Adjust lids; process.

SQUASH: (Chayote, Zucchini, Italian, or Summer) Wash, pre-cook 3 to 5 minutes. Pack in hot, sterilized jars. Fill to ½ inch from top with water. Adjust lids and process.

VEGETABLE-SOUP MIXTURE: Combinations of vegetables for soups may include two or more of the following: tomato pulp, corn, lima beans, peas, okra, carrots, turnips, celery, onion, pimientos, sweet and red peppers. Wash and trim vegetables and cut into small pieces or cubes. Keep diced carrots and turnips covered with water or weak brine to prevent darkening. Seasoning should be light, and may include sugar, salt, white pepper, dashes of cayenne and garlic, parsley, thyme, and bay leaf. Bring soup mixture to boiling point, and pack in hot, sterilized jars, with sufficient liquid to cover. Process length of time necessary for vegetable requiring longest processing time.

PROCESS IN PRESSURE COOKER

Time		Pressure
Pts.	Qts.	
35 min.	35 min.	5 lbs.



45 min. 45 min. 10 lbs.

65 min. 95 min. 10 lbs.

60 min. 80 min. 10 lbs.

60 min. 60 min. 10 lbs.

30 min. 40 min. 10 lbs.

PROCESSING TIME FOR MEAT

	PROCESS IN PRESSURE COOKER	
	Time	Pressure
LAMB, VEAL, BEEF, PORK: Bleed well and cool thoroughly. Pre-cook, add 3 to 4 tbsps. liquid to each qt. jar, or pack raw in hot, sterilized jars and add no liquid.	60 min.	15 lbs.
PORK: Bleed well and cool thoroughly. Pre-cook, add 3 to 4 tbsps. liquid, or pack raw in hot, sterilized jars and add no liquid.	60 min.	15 lbs.
TENDERLOIN, HAM, PORK CHOPS: Fry until brown. Add 3 tbsps. water or broth, or pack raw in hot, sterilized jars and add no liquid.	60 min.	15 lbs.
SAUSAGE: Shape into cakes. Fry or bake until brown. Pack in hot, sterilized jars. Add 3 to 4 tbsps. liquid.	60 min.	15 lbs.
CHICKEN, RABBIT, DUCK, TURKEY: Bleed well, cool thoroughly. Pre-cook, add 3 to 4 tbsps. liquid or pack raw in hot, sterilized jars and add no liquid.	60 min.	15 lbs.
	or 90 min.	10 lbs.
DEER, WILD BIRDS, GEESE: Bleed well. Thoroughly cool. Soak in brine 30 min. or parboil. Pre-cook, add 3 to 4 tbsps. of liquid, or pack raw in hot, sterilized jars and add no liquid.	60 min.	15 lbs.
	or 90 min.	10 lbs.
FISH, all kinds: Use only firm fresh fish. Bleed well. Pre-cook or pack raw in hot, sterilized jars.	90 min.	15 lbs.

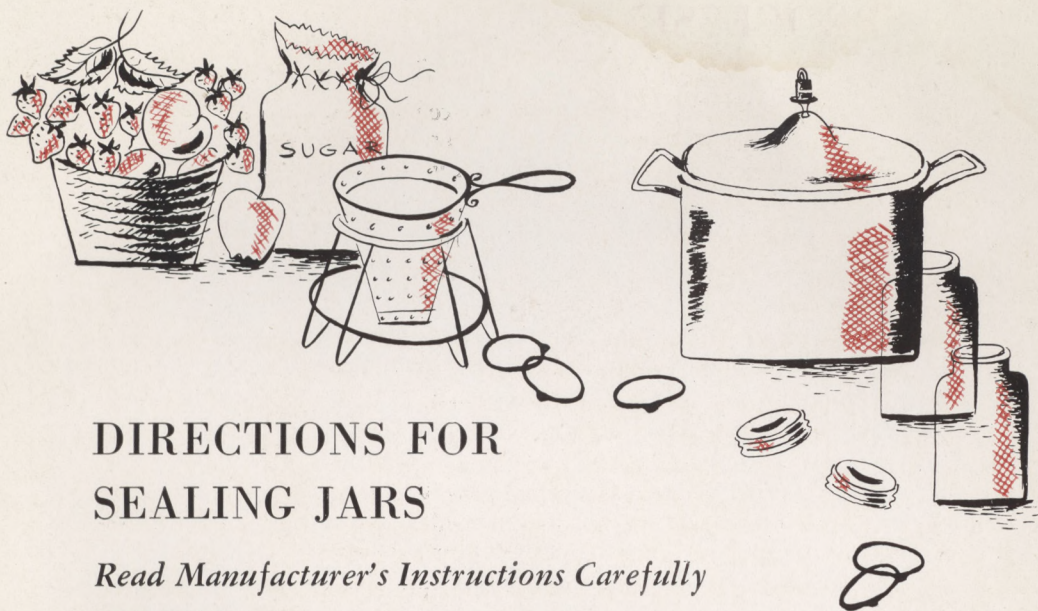
NOTE: Add 1 tsp. of salt to each qt. jar, if desired.

WARNING: Home Canned Vegetables And Meats Should Be Boiled 15 Minutes Before Tasting

As a safeguard against using canned foods that may have undetectable evidence of spoilage, meats and vegetables (except tomatoes) must be boiled 10 to 15 minutes in an open utensil *before tasting or using*. Boiling destroys toxins and makes the food safe to eat. Odors that cannot be detected in the cold product will often be evident when the food is boiling. If, after boiling, food does not smell right or look right, discard it without tasting.

Other Evidence of Spoilage:

1. If jar shows signs of leakage or fermentation, do not use the contents.
2. If there is a spurting of liquid when the jar is opened, do not use the contents.
3. If the contents of the jar does not smell right, if the food is exceptionally soft or mushy, do not use it.



DIRECTIONS FOR SEALING JARS

Read Manufacturer's Instructions Carefully

ZINC CAPS:

Boil used zinc caps 30 minutes to sterilize before using them again. Place a new wet rubber flat on sealing shoulder. Screw cap tight then loosen slightly. Screw tight the moment jar is removed from canner. Do not lift jar by the top. Do not invert at any time.

LIGHTNING TYPE:

Place rubber ring, which has been dipped in hot water, flat on the rim of the jar. Adjust lid on jar so upper wire clamp lies in center of groove on lid. Leave lower clamp up during canning. Immediately after jar is taken from canner, seal by pushing down clamp.

COMBINATION GLASS-AND-METAL CAP:

Dip rubber ring in hot water, and fit it around projection on glass lid. Screw metal band tight; then unscrew slightly but not enough to make band loose. Turn screw band tight after jar is taken from canner. After 12 hours, when jar is cold, remove screw band.

TWO-PIECE METAL CAP:

Dip lid (the sealing composition is attached to lid) in hot water, or boil it—whichever the manufacturer directs. Place lid on jar, sealing side down. Screw band until it's on tight.

After you remove jars from canner, cool on a rack or cutting board, or on several thicknesses of toweling. After 12 hours, test them for seal. Pick up the lightning jars and turn them over to see if they leak. Remove the screw band on the combination cap and try lifting the jar by the lid. If the lid is sealed, it will hold the weight of the jar. You can test the two-piece metal cap by tapping the lid with a spoon. If the seal has been made, the sound will be clear and ringing; otherwise, it will be dull, or low. If some of the jars did not seal properly, don't try to reprocess them. Use the food immediately.

METHODS FOR PROCESSING FOODS

PRESSURE COOKER. A pressure cooker is recommended for processing vegetables, meats and non-acid foods as it gives a greater degree of safety.

Equipment—Pressure cooker fitted with rack in the bottom, steam tight cover, petcock and pressure gauge.

1. Prepare product according to directions for Hot and Cold Pack canning.
2. Place rack in bottom of cooker and add enough hot water to bring up to level of rack.
3. Place the filled jars on the rack in the cooker. Prepare only enough jars at at one time to fill the cooker. Do not allow jars to touch.
4. Adjust the cover of cooker and fasten securely by tightening opposite clamps or adjusting band.
5. Leave the petcock open until a jet of steam has been spurting from the petcock for 7 to 10 minutes. Then close petcock and start counting processing time from the minute the required amount of pressure is reached on the pressure gauge. Keep pressure uniform throughout the processing time.
6. Remove cooker from the heat as soon as the processing time is up and allow the hand on the pressure gauge to return to zero. Then open petcock gradually.
7. Remove jars from cooker. Do not tighten screw bands on "Self-Sealing" Mason Caps. For Glass Top Closures, tighten screw bands as much as possible. Press clamp down on economy cap. Set jars on several thicknesses of cloth and allow to cool in an upright position. Do not set hot jars in a draft.

HOT WATER BATH. The hot water bath is preferable for processing fruits and tomatoes. They are acid foods and can be canned safely at boiling temperatures and the texture, color and flavor of the finished product are better.

Equipment—A wash boiler or large deep vessel that has a close-fitting cover, may be used as a canner. A "Canner" must be fitted with a rack made of laths, galvanized wire or other perforated material. The rack must hold the jars at least $\frac{1}{2}$ inch above the bottom of the canner. Have the water in the canner near the boiling point.

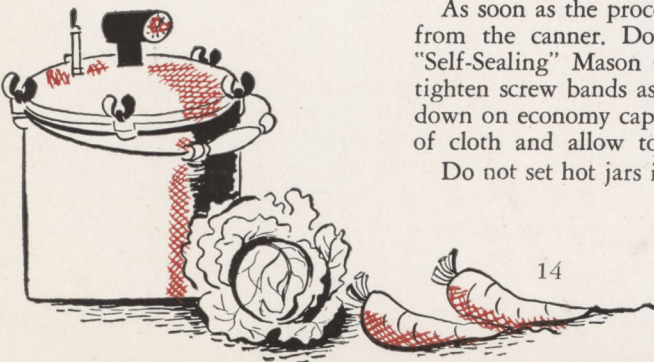
Prepare the product and proceed according to directions given in the tables.

Place the filled jars on the rack in the canner far enough apart to allow the free circulation of water around them. The water should cover the jars at least one inch over the top. Start counting processing time as soon as water surrounding the jars begins to boil. Keep the water boiling for entire processing period. If water boils down add sufficient boiling water to keep it at the required height.

Process the required length of time.

As soon as the processing period is up remove jars from the canner. Do not tighten screw bands on "Self-Sealing" Mason Caps. For Glass Top Closures, tighten screw bands as much as possible. Press clamp down on economy cap. Set jars on several thicknesses of cloth and allow to cool in an upright position.

Do not set hot jars in a draft. Test for seal.



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