

CANNING

GUIDE



COMPLIMENTS OF THE LONDON LIFE INSURANCE COMPANY

DUE TO PREVAILING CONDITIONS THE RACK IN THIS ARTICLE IS SUBJECT TO RUSTING. CARE SHOULD BE TAKEN TO PRESERVE ITS LIFE AFTER USE. PLEASE DRY THOROUGHLY.

INSTRUCTIONS FOR HOT AND COLD PACK CANNING

Certain fundamental rules must be followed. They apply to both methods.

Berries, soft fruits or tomatoes may be packed hot or cold.

Select firm, sound fruits and vegetables and wash thoroughly. Take particular care that every trace of soil is removed.

Jars, caps and their sealing edges must be perfect, without dent or chips. They must be clean and completely sterilized. Place clean jars, caps, lids and rubbers in water and boil for five minutes. Keep in hot water until ready for use.

Simply pour boiling water over "self-sealing" lids.

Preheat glass jars to prevent breaking. Arrange in canner to allow water circulation around them.

Have water boiling constantly during processing. The jars may be completely covered with boiling water during processing. Satisfactory results may also be had if water comes to the neck of the jars and the canner is kept covered.

Process the containers immediately after packing.

Preparation of Food.

Whole fruit that has not been peeled must be punctured with a fork to prevent the skin from bursting. "Blanching" is a quick way to remove skins from tomatoes, peaches and other fruits. Immerse fruit in boiling water for one to two minutes, drain and cover with cold water to permit handling, then peel.

Pack food solidly into containers. Cover solid food with clear water, syrup or liquid from precooking (hot-pack) and work out air bubbles with knife blade.

Allow 1-inch head space for starchy foods (corn, peas, beans). Allow ½-inch head space for other vegetables and fruits.

A general rule for canning vegetables: Add one teaspoonful of salt for each quart after packing.

Prepare syrup in advance and have boiling hot when pouring over fruit:

Syrup	Proportions	Directions
Thin	1 part sugar to 3 parts water	Boil sugar and water together until sugar is dissolved. Fruit juice may be used in place of water.
Medium	1 part sugar to 2 parts water	
Thick	1 part sugar to 1 part water	

Screw "Mason" caps tight, then turn back $\frac{1}{4}$ turn to allow steam to escape during processing. Do not pull clamp-tight lid tight for the same reason. Screw "self-sealing" caps tight BEFORE processing.

When raw or cold food is packed in tin cans place open cans packed with food in a bath of hot water that comes within two inches of the top of can. Boil until temperature of food reaches 140° for fruits and soft vegetables or 180° for harder foods. Seal cans while hot, then process.

After Processing.

Tighten screw and clamp-type lids immediately after processing time has been completed. "Self-sealing" caps have been tightened before processing.

Before storing keep samples at room temperature for two or three days to check seal and condition.

Inspect canned food before eating. Discard leaky containers or those showing discoloration or unnatural odor.

Do not taste food to determine spoilage. An outburst of air or spurting of liquid when the container is opened usually indicates spoiled food.

NOTE: It is not recommended that non-acid vegetables or meats be canned by the Hot Water Bath method. To insure killing of bacteria in these foods it is necessary to process at higher temperatures.

TIME TABLE FOR FRUITS

Increase time 20% for each 1000 ft. in all places above 1000 ft. in altitude. Increase time 20% for half-gallon jars.

Product	Style of Pack	Processing period in boiling water 212° F.		Type of tin can	Syrup
		Pt. & Qt. glass jars	No. 2 & 3 tin cans		
Apples	Steam or boil to wilt; pack in hot syrup or water.	15 min.	10 min.	Plain tin	Thin
	Same as above but dry-pack.	20 min.	15 min.	Plain tin	
	Bake or boil whole; pack in hot syrup.	5 min.	5 min.	Plain tin	
	Apple sauce, pack hot	5 min.	5 min.	Plain tin	

Product	Style of Pack	Processing period in boiling water 212° F.		Type of tin can	Syrup
		Pt. & Qt. glass jars	No. 2 & 3 tin cans		
Apricots	Pack raw.	25 min.	No. 2, 15 min. No. 3, 25 min.	Plain-tin	Medium
	Precook and pack hot	15 min.	15 min.	Plain tin	
Berries:					
Blackberries	Pack raw; cover with hot syrup.	20 min.	15 min.	Sanitary "R"enamel	Medium
Blueberries Dewberries Huckle-berries Logan Black-berries Raspberries	Precook and pack hot	5 min.	5 min.	Sanitary "R"enamel	
Cherries	Pack raw; cover with hot syrup.	25 min.	20 min.	Sanitary "R"enamel	Sweet, Medium Sour, Thick
	Precook and pack hot	5 min.	5 min.	Sanitary "R"enamel	
Currants	Precook and pack hot	5 min.	5 min.	Sanitary "R"enamel	Medium
Figs	Let stand in boiling soda bath (1 c. soda to 1 gal. water for 6 qts. figs) for 5 min. Drain, rinse, precook 1 hour in medium syrup.	30 min.	30 min.	Plain or "C"enamel	Medium
Gooseberries	Pack raw; cover with hot syrup.	20 min.	15 min.	Sanitary "R"enamel	Thick
	Precook and pack hot	5 min.	5 min.	Sanitary "R"enamel	
Peaches	Pack raw; cover with hot syrup.	Firm, 35 Soft, 25	Firm, 30 Soft, 20	Plain tin	Medium
	Precook and pack hot	15 min.	15 min.	Plain tin	
Pears	Pack raw; cover with hot syrup.		No. 2, 20 No. 3, 25	Plain tin	Medium
	Precook and pack hot	20 min.	20 min.	Plain tin	
Pineapples	Pack raw; cover with hot syrup.	30 min.	25 min.	Plain tin	Thin
Plums	Pack raw; cover with hot syrup.	20 min.	15 min.	"R"enamel	Medium
	Precook and pack hot	5 min.	5 min.	"R"enamel	

Product	Style of Pack	Processing period in boiling water 212° F.		Type of tin can	Syrup
		Pt. & Qt. glass jars	No. 2 & 3 tin cans		
Rhubarb	Precook and pack hot	5 min.	5 min.	"R"enamel	Thick
Strawberries	Precook and pack hot	5 min.	5 min.	"R"enamel	Medium
	Pack raw.	45 min.	35 min.	"R"enamel	
Tomatoes	Pack raw.	45 min.	35 min.	"R"enamel	
	Precook and pack hot	5 min.	5 min.	"R"enamel	
Tomato Juice	Pack hot.	No processing	5 min.	"R"enamel	

TIME TABLE FOR VEGETABLES

(for glass jars or tin cans)

Product	Preparation before canning	Precooking time	Processing time	Type of tin can
Asparagus	Wash; tie in bundles; keep tips above water	5 min.	3 hrs.	Plain tin
Beans: Green or Wax	Wash; string	5 min.	3 hrs.	Plain tin
Beans: Lima	Shell; grade	5 to 10 min.	3 hrs.	"C"enamel
Beets	Wash; retain 1 inch stem.	15 min. or until skin slips	3 hrs.	"R"enamel
Brussels Sprouts or Cabbage	Wash.	5 min.	2 hrs.	Plain tin
Carrots	Wash; scrape.	10 min.	2 hrs.	Plain tin or "R"enamel
Corn, whole grain		5 min.	3 hrs.	"C"enamel No. 2 can only
Greens	Wash; steam in covered vessel.	15 min. or until wilted	3 hrs.	Plain tin No. 2 can only
Parsnips	Wash.	15 min.	2 hrs.	Plain tin
Peas	Shell; grade.	5 min.	3 hrs.	Plain tin
Pumpkin or Squash	Wash; peel; cut into pieces.	until tender	3 hrs.	"R"enamel
Sweet Potatoes	Wash; steam until skin slips; peel.		3 hrs.	Plain tin

The Canning Guide

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Canning Equipment

LITTLE equipment is needed other than that found in the ordinary kitchen. Sharp knives—preferably of stainless steel—a colander, bowls, a measuring cup, enamel pie plates, wooden spoons, a wide-mouthed funnel for filling jars, and a jar-lifter to save burned fingers in lifting jars from the sterilizer, are all the utensils necessary for canning.

PROCESSING OR STERILIZING

In canning, the words "process," "sterilize," "cook" and "boil" are almost interchangeable. They all refer to cooking a product until it will "keep."

In "sterilizing" fruit or vegetables, enough heat must be applied to kill the germs, but the product must be left uninjured as food.

An ordinary wash boiler may serve as a sterilizer, as may a steam-pressure cooker or even an ordinary oven. The equipment for each of these three methods is described in the following pages.

1. Hot-Water Bath Equipment

(The Hot-Water Bath sterilizing method is described on page 5.)

The hot-water bath method calls for a container of sufficient depth to allow the jars to be covered with water while standing on a false bottom. The purpose of the false bottom is to allow circulation of water under the jars. The container must have a tight-fitting cover. Special kettles may be bought for the purpose, having a wire rack with handles for lifting in and out of the boiling water, but the wash boiler or any other

deep pot may be fitted with a wooden rack and will answer the purpose nicely.

2. Steam Pressure Equipment

(The Steam Pressure sterilizing method is described on page 6.)

The steam pressure cooker consists of a heavy container equipped with a tight cover fastened in place with bolts, and with a pressure gauge and safety valve. Because of the pressure, a higher temperature may be reached and the time of sterilization shortened.

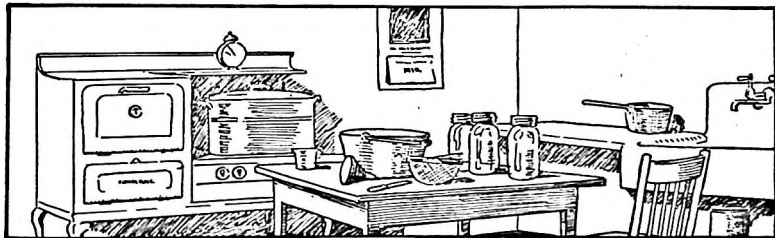
3. Oven Method Equipment

(The Oven Method is described on page 6.)

This is a comparatively new development in canning and has many enthusiastic supporters. It eliminates kettles, the kitchen remains comparatively cool during the process, there is no steam to settle on the walls, no lifting of a heavy boiler of water, no danger of scalding from hot water and steam, and no handling of hot jars as with the water-bath method. The temperature of the oven may be kept at the same heat.

* * * *

In referring to these three most effective sterilizing methods, mention should be made of the custom of cooking fruit with sugar in an open kettle. While common, this method is not recommended for canning fruits, and should never be used for vegetables. Jams and marmalades, however, are always done in the open kettle.





Jars should be carefully inspected before using.

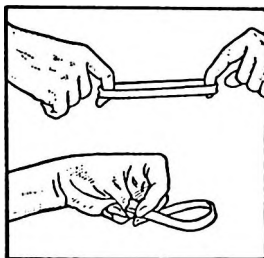
It is very important that all the equipment necessary for canning be ready before the fruit or vegetables are bought or picked.

Jars

For use in canning, jars should have a smooth rim and good-fitting covers to furnish a perfect seal. Test each jar before using it. See that it is not cracked. See that there are no chips in the rim of the jar or of the cover. Fill the jars with water, adjust the rubber, seal and turn upside down to test for leakage.

Rubbers

Buy fresh rubbers every season. To test for freshness, first stretch the rubber. A new one will spring back to its original size. Then bend the rubber double. An old one will crack and show pinholes. Twelve new rubbers are much cheaper than one jar of spoiled fruit.



Test the rubbers by stretching and bending them.

The Packing Process

There are two methods of packing—

1. The pre-heat and hot pack,
2. The cold pack.

Both these methods are described below.

Hot Pack Method

By this method, fruits are pre-heated in syrup and vegetables in salted water and then packed piping hot in sterilized jars. Fruits or vegetables must be sterilized as soon as possible. The object of the pre-heat and hot pack method is to drive the air from the product.

Cold Pack Method

By this method, the raw food is put into sterilized jars, covered with boiling syrup (see page 6) or brine, partly sealed (see page 5) and then sterilized. This method is particularly suitable for berries, soft fruits and tomatoes.

Preparing the Fruit

Raspberries: Drop one box of berries at a time into a large kettle of water. Allow them to float about and then lift them out carefully with your hands. Shake off as much water as possible; place in sterilized jars. Handle carefully to avoid crushing the berries.



Wash the jars in hot soapy water.

Blueberries: Merely pick over, wash and pack into sterilized jars.

Cherries: Pit or, if you prefer, merely stem. Always wash them before either pitting or stemming them.

Plums: Wash and stem, then prick with a fork to keep the skins from bursting while being sterilized.

Pears: Peel, cut in halves, then core and drop into water containing a little lemon juice to prevent discoloration.

Peaches: Drop into hot water for about one minute, remove skins and then pit, if desired. Drop into water containing a few drops of lemon juice to prevent discoloration.

How to Sterilize Jars

The jars may be sterilized while fruits or vegetables are being prepared. Wash the jars in hot soapy water. Rinse in clear water. Half-fill each jar with water and stand them on the rack in the boiler. Surround them with cold water, then bring the water to the boiling point and boil for ten minutes. Keep the jars boiling hot until ready to fill. Never touch the inside of a sterilized jar with an unsterilized object.

Packing the Jars

When packing, work as quickly as possible. Corn, beans and spinach should be packed fairly loosely to allow perfect penetration of heat to the centre of the jar and thus insure perfect sterilization.

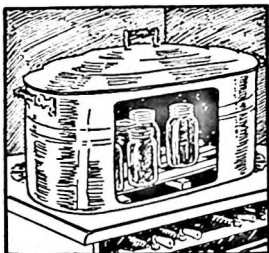
In the case of fruits, pack the jar and then fill with boiling syrup (see page 6). After filling, dip the blade of a knife in boiling water and run it down and around the inside of the jar to remove bubbles. Next take a rubber, which has been dipped in boiling water, and put it in place; then the glass top. Partially seal by tightening the zinc ring and then loosening it one-half turn to allow for expansion. After sterilizing, the rings must be securely tightened.



Cold pack method—
Packing the fruit.



Cold pack method—
Pouring in the syrup.



Drawing shows position of jars on rack
in boiler.

The Sterilizing Process

Hot-Water Bath Method

Fruits or vegetables to be canned by this method should be in jars which are placed in water that covers them by about two inches. Have the water near the temperature of the filled jars. Count the time of sterilization (see page 9 or 14) from the time the water boils. This is *very* important. Keep the water boiling until the time is up, then remove the jars, screw the tops on tightly at once and turn upside down to test for leakage.

Steam Pressure Cooker Method

Be sure that sufficient water is added to cover the jars. Allow the steam to escape for at least 3 minutes, then allow pressure to rise until the gauge registers the required pressure. When sterilized sufficiently (see table, page 9 or 14), leave until gauge registers zero, then open pet-cock slowly. When jars are removed, screw the tops down tightly at once and turn them upside down to test for leakage.

Oven Method

Place the jars about 1½ inches apart on the rack in an oven 275° F. for the required length of time (see table, page 9 or 14). Open the oven door and let the jars cool gradually to prevent cracking. Then remove and screw the tops down tightly. Turn them upside down to test for leakage.

Contents May Shrink

Sometimes the contents will shrink in sterilizing, leaving space in the jar. This is due to air spaces left in the jars, but the entire contents are sterile and should keep perfectly. It is very unwise to open a jar to fill a space, after the contents have been sterilized.

In Case of Leakage

If a leak is found, remove the cover, put on a new rubber seal and re-sterilize for one-quarter the time allowed for that particular product.

Cooling

After the jars of fruits or vegetables have been securely sealed and tested for leakage, they should be placed in enough cold water to cover them. Prompt cooling is one of the most important means of preventing sourness, and it also preserves the flavor and color of fruits and tomatoes. This results in products more nearly like fresh fruit and vegetables. Of course, care must be taken not to

plunge sizzling hot jars into icy water. Always test for leakage before cooling and thus give the jars a chance to cool slightly before putting them in the cold water.

Labeling

While waiting for preserves or pickles to cool before storing, prepare the labels and stick them on the jars.

Storing

Before storing, wipe the jars dry. Be sure there are no leaks. Store in a cool, dry, dark place, or wrap each jar in paper. The cartons in which new jars are packed make a satisfactory storage place for filled jars.

Syrup for Fruits

Very thin syrup—1 cup sugar to 2 cups water. Boil 5 minutes.

Thin syrup—1 cup sugar to 1 cup water. Boil 5 minutes.

Medium syrup—1½ cups sugar to 1 cup water. Boil 5 minutes.

Heavy syrup—2 cups sugar to 1 cup water. Boil 5 minutes.

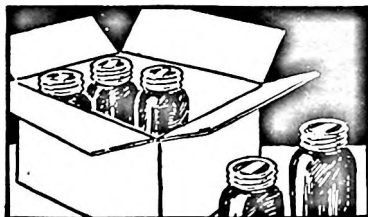
Jelly Pointers

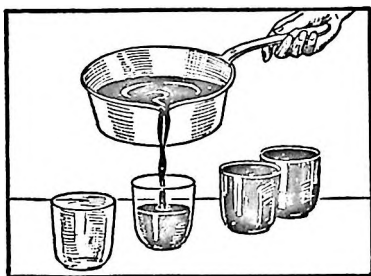
Much of the secret of making good jelly lies in selecting fruit that is slightly unripe and fruit containing enough jellying substance, commonly called pectin, and enough acid. If the fruit is too green, however, the flavor and color are impaired; if too ripe, there is not enough pectin.

Fruits which contain pectin and acid in about the right proportions to jelly easily are:

- Sour apples
- Currants
- Crabapples
- Grapes
- Sour plums
- Gooseberries
- Cranberries
- Loganberries
- Lemons

Other fruits, such as apricots, pears, peaches, raspberries and strawberries do not contain enough pectin and acid to jelly





Jelly should be poured into hot, sterilized jars.

readily, so they should be blended with fruits which do.

Sour apple juice, added to any fruit that does not jell easily, will give the desired effect and the apple flavor is easily covered by the flavor of the other fruit. Do not peel or core apples for jelly. Most of the pectin is found just under the skin and around the core.

Large fruits used for jelly should be cut and cooked until soft.

Filter the juice through a heavy bag. Letting the juice stand clarifies it.

Bring the juice to a boil and skim before adding the sugar; if the juice does not contain much pectin, boil it longer before adding the sugar.

Boil rapidly—slow simmering destroys the pectin.

If the fruit juice is boiled in small quantities, a clearer jelly will result.

When jelly breaks off from the spoon in filmy flakes, it is done.

JELLY TROUBLES

Here are some of the more common jelly troubles; the cause of each is indicated and a remedy suggested where possible.

Soft Jelly—There is too much sugar for the amount of pectin. Add more fruit juice or a little commercial pectin and reboil.

Tough Jelly—There is too little sugar for the amount of pectin.

Gummy Jelly—Over-cooking causes this.

Clouded Jelly—The juice is not well strained, or the jelly is not well skimmed. Letting the jelly stand until it partly congeals before putting it into the glasses also causes jelly to become cloudy.

Darkened Jelly—If cooked slowly, the pectin becomes inactive and the greater concentration of the juice makes it darker. If cooked too slowly, the juice will not jell at all.

Sugar Crystals—Insufficient cooking or stirring after the sugar is added will cause this. Too much sugar also causes crystals. Either too much may be added in the first place, or the juice may be boiled too long, so that the sugar concentration becomes too great.

Fermented Jelly—This is caused by under-cooking. Either boil longer or sterilize the jelly in sealed jars.

Moldy Jelly—This is a result of faulty paraffining. Be sure the paraffin is hot and, if possible, pour it on while the jelly is still hot. In paraffining cold, stiff jelly, be sure to get a good seal at the edge, and have the paraffin thick enough to cover thoroughly.

Jelly Recipes

CRANBERRY JELLY

1 quart cranberries 1 cupful granulated sugar
1 cupful water

Cook the cranberries in the water for 10 minutes. Rub through a sieve; add the sugar and stir until the sugar is dissolved; then pour into jelly glasses. This should not be allowed to boil or it will not jell.

MINT JELLY

Cut in eighths $\frac{1}{2}$ peck of apples; put in kettle with 1 quart of water. Cover, bring to boiling point, and simmer until apples are soft. Drain through jelly bag and measure. Bring juice again to boil and boil 20 minutes. Add three-quarters as much sugar (heated) as there is juice; stir and boil 5 minutes. Wash and bruise a bunch of fresh mint. Pass through boiling syrup until desired mint flavor is attained; add 2 tablespoons lemon juice and color with green vegetable coloring. Skim and pour into sterilized glasses.

GRAPE JELLY

Wash grapes on stems, then pick grapes off and put in a kettle. Let get warm through, then mash and boil $\frac{1}{2}$ hour; put no water on except what stays on grapes after washing. Strain overnight but do not squeeze. In the morning, place as much sugar as you have juice in the oven to warm; put juice on stove and bring to boil; boil 5 minutes, then add warm sugar and boil 3 minutes. Pour in jars and let stand 24 hours in the sun, then seal with paraffin.

Gummed Labels

for Your Preserves

for 5 minutes; add 1 cup sugar to 1 cup juice and boil 1 minute. Have sugar warmed in oven before adding to boiling juice.

CRABAPPLE JELLY

Remove imperfections and cut in quarters. Add water enough to cover. Cook slowly till soft. Let drip through a heavy cloth. Boil juice for 15 minutes. To 2 cups of fruit juice add $\frac{3}{4}$ of a cup of sugar and $\frac{1}{2}$ of a cup of corn syrup. Boil for 5 minutes. Pour into sterilized jars.

PLUM JELLY

Pick plums over. Wash. Mash a few in bottom of kettle, adding more and continue to heat and mash till juice flows freely from all the fruit. Add no water. Strain through a heavy cloth. Boil juice 10 minutes. To every 2 cups of juice add 1 cup of granulated sugar and 1 cup corn syrup. Boil together for 5 minutes. Pour into sterilized jars.

CURRENT JELLY

Wash the currants, leaving the stems on, and wash. Put in kettle and cook ten minutes; strain through a sieve. To every cup of juice add one cup sugar. Cook until liquid will form a jelly when dropped on a cool saucer. Pour into hot sterilized glasses and seal with melted paraffin.

Jams

Fruit jams, sometimes called jam jellies, are easier to make than pure jams or preserves. In order to give jam flavor and color, at least three-fourths of the fruit should be fully ripe. Having one-fourth of the fruit slightly under ripe gives a jelly-like consistency to the product. If fully ripe fruits are used, commercial pectin will impart the jelly-like qualities.

For jams and preserves, one pound of fruit to three-fourths of a pound of sugar is the proportion used. The same proportion is used for fruit butters.

Seal with paraffin. First pour juice enough paraffin over the top of the jar or pint to cover it. Let this first layer harden slightly. Then place across it a hessian piece of string, leaving an edge of paraffin over each side of the jar. The jar is then covered with paraffin. When you are ready to use the jelly, you will

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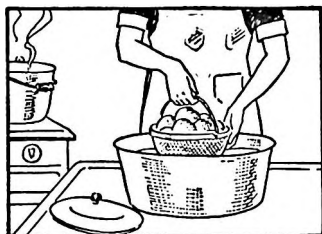
The Complete Process in Canning Peaches



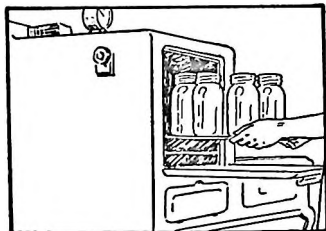
1. Scald the peaches in boiling water for about one minute to loosen the skins.



4. Pack. Place the halves in overlapping layers, the rounded side of each half being up. Fill the can with boiling syrup (see page 6). Seal jars not quite tight.



2. Cold Dip to cool so that they are easy to handle.



5. Sterilize. Place the jars about 1½ inches apart on the rack in an oven 275° F. for the required length of time (see time table, page 9). Allow to cool in the oven. Remove and screw the tops down tightly. Turn upside down to test for leakage. Cool as rapidly as possible (see page 6).



3. Slip Off the Skins, halve the peaches and remove the pits. Add two or three pits to each quart of peaches if you like the flavor which the peach pit imparts.



6. If Peaches are Hard and Firm pre-heat in syrup for four or five minutes. Pack hot and sterilize from five to ten minutes. Pre-heating softens the peaches and makes packing easier. It also makes it easier to get a full pack.

Relishes and Pickles



Pickles brined for winter use sometimes get soft and slippery. This is the result of bacterial action and occurs when pickles are not kept under the brine, or if the brine is too weak to prevent the growth of certain spoilage bacteria. Soft or slippery pickles cannot be remedied. If the pickles are to be kept in brine longer than a few weeks, the brine should contain at least 10 per cent salt.

Pickles shrivel if too much salt, too much sugar, or too strong vinegar is used on them. Avoid strong solutions or, if strong solutions are desired, start in with a weak solution first. Withering is most apt to occur with sweet pickles.

Use care in adding the sugar, as the presence of sugar in large quantities will always cause shrivelling. Hot vinegar sometimes causes pickles to shrivel.

Alum makes pickles firm and crisp but is a form of preservative that is not recommended.

If possible, do not use hard water in making a brine. But if it must be used, a little vinegar added to the brine counteracts the minerals present. Iron is very objectionable as it causes the pickles to turn black.

Better color and flavor are obtained if the spices are tied in a cloth bag and the spice bag removed when the vinegar is sufficiently spiced.

Vinegar loses strength in boiling. Pickles heated too long in vinegar will weaken.

Use an enamel vessel for cooking pickles and stone or glass crocks for storing them, if they are not canned.

Pickle Recipes

CORN RELISH

- | | |
|-----------------------|------------------------|
| 12 ears corn | 4 teaspoons flour |
| 1 bunch celery | 4 teaspoons salt |
| 1 head cabbage | 1 teaspoon celery seed |
| 3 green peppers | 2 cups sugar |
| 1 red pepper | 5 or 6 cups weak vine- |
| 1 tablespoon turmeric | gar—enough to cover |
| 2 teaspoons mustard | |

Cut corn off cob. Grind the other vegetables. Mix, add seasonings and vinegar. Add flour moistened with a little vinegar. Bring to boil slowly and simmer for 30 minutes. Pack hot in sterilized jars and seal.

CHILI SAUCE

- | | |
|-------------------------------|-----------------------------|
| 3 dozen chopped ripe tomatoes | 2 teaspoons ground cinnamon |
| 6 chopped green peppers | 2 teaspoons ground cloves |
| 6 chopped medium onions | 2 teaspoons ground cumin |
| 2 cups sugar | 1 teaspoon chili pepper |
| 4 teaspoons salt | 4 cups vinegar |

Cook chopped vegetables until tender. Add other ingredients and cook until sauce is of right consistency. Pack hot in sterilized jars and seal.

TOMATO CATSUP

- | | |
|---------------------------------------|------------------------------|
| 1 gallon peeled chopped ripe tomatoes | 2 tablespoons salt |
| 1 cup chopped red pepper | 1 teaspoon ground ginger |
| 2 medium onions, chopped | 2 teaspoons ground cloves |
| 8 tablespoons sugar | 1 teaspoon ground red pepper |
| 1 tablespoon powdered mustard | 1 teaspoon grated nutmeg |
| 1 tablespoon ground allspice | 2 cups vinegar |

Cook chopped vegetables until tender and strain through sieve. Add spices and vinegar to tomato pulp. Boil until right consistency. Pack hot in sterilized bottles and seal.

SWEET PICKLES

The following recipe for Sweet Pickles adds the sugar gradually and prevents the pickles from withering or becoming white and pithy.

- | | |
|---------------------|-----------------------|
| 600 small cucumbers | 8 tablespoons mustard |
| 1½ cups salt | 1 cup mixed spices |
| 1 gallon vinegar | 6 pounds sugar |

Wash and dry the cucumbers. Sprinkle with salt and cover with boiling water. Let stand over night. Remove from brine and dry. Mix vinegar and spices and pour over pickles. Cover and set in cool place. Each morning add 1 cup sugar until all the sugar has been used. Then drain off vinegar and heat it to boiling point. Add enough pickles for a couple of jars at a time. Simmer five minutes. Pack. Fill jars with boiling vinegar and seal.

More Pickle and Relish Recipes

GREEN TOMATO PICKLE

- | | |
|------------------------|----------------------|
| 1 peck green tomatoes | 3 cupful salt |
| 12 medium-sized onions | 2 quarts vinegar |
| 2 cauliflowers | 2 pounds sugar |
| 3 green peppers | 3 cupful whole spice |
| 1 bunch celery | |

Wash the green tomatoes and slice. Peel the onions and slice. Separate the cauliflowers into small flowerets. Remove seeds from green peppers and chop. Wash and dice celery. Place all in layers in a large preserving kettle, sprinkling each layer with salt. Let stand over night. In the morning drain; add one quart vinegar and two quarts water, bring to a boil and cook 15 minutes. Drain again. Make syrup by boiling together for 15 minutes the other quart of vinegar, the sugar and the spices tied in a cheesecloth bag. Add the pickles, bring to a boil, and pack hot in sterilized jars. This makes 5 quarts of pickles.

SWEET SPICED VINEGAR FOR FRUIT PICKLES

- | | |
|------------------------------------|----------------------------|
| 7 cups sugar | 1 tablespoon whole cloves |
| 1 cup vinegar | |
| 1 pint water | 1/2 tablespoon ginger root |
| 1 tablespoon broken stick cinnamon | |

Mix all the ingredients together and bring to a boil. Let stand over night. Strain. Prepare small peaches or pickling pears the same as for canning (see page 5). Pack in sterilized jars. Cover with boiling sweet spiced vinegar.

VARIETY PICKLES

- | | |
|-------------------|---------------------|
| 1 quart cucumbers | 1 quart cauliflower |
| 1 quart onions | 3 sweet peppers |
| 1 quart cabbage | |

Cut all the vegetables very fine and then measure. After cutting, set each vegetable in a separate dish and let stand in salt and water over night. Drain off salt water in the morning, add 8 cups granulated sugar, 3/4 gallon cider vinegar, 1 ounce white mustard, 1/2 ounce celery seed, and let come to a boil. Make a paste of 1/2 cup flour, 1/2 pound mustard, 1/2 ounce turmeric. Mix a little vinegar and water and stir into the pickles. Let come to a boil to thicken. Bottle while hot.

BEEF RELISH

- | | |
|--------------------------------------|-------------------------------|
| 1 quart raw red cabbage—chopped fine | 1 tablespoon salt |
| 1 quart boiled beets—chopped | 1 teaspoon black pepper |
| 2 cups sugar | 1 teaspoon grated horseradish |

Cover with cold vinegar and bottle. No cooking is required.

PICKLED BEANS

- | | |
|--|--------------------------|
| 4 quarts beans, prepared and cooked as for table use | 1/2 cup mustard |
| 3 pounds white sugar | 1 tablespoon turmeric |
| 1/2 cup flour | 1 tablespoon celery seed |
| | 3 pints vinegar |

Cook the sugar, mustard, flour, turmeric, celery seed and vinegar together until thick and then pour over the beans which have been drained dry.

TOMATO MARMALADE

Pare and slice 4 quarts ripe tomatoes. Add 4 pounds granulated sugar, 6 large lemons, sliced thin, 1 cup seeded raisins. Put these into a kettle in layers and cook one hour, or until quite thick. Pack in jars while hot and cover with paraffin.

CHUTNEY SAUCE

- | | |
|---------------------------|-------------------------|
| 10 pounds ripe tomatoes | 1 quart vinegar |
| 4 pounds granulated sugar | 1/2 ounce cinnamon |
| 5 pounds diced apples | 1/2 ounce ground ginger |
| 1 quart onions | 1/2 ounce whole cloves |
| | 1/2 ounce mace |

(The cinnamon, ginger, cloves and mace must be securely tied in a cotton bag.)

Cook all ingredients slowly until quite thick, like jam. Bottle hot.

FRUIT RELISH

- | | |
|--------------------|---|
| 20 ripe tomatoes | 2 tablespoons salt |
| 8 pears | 6 large onions |
| 8 peaches | 2 red peppers |
| 4 cups white sugar | 2 tablespoons whole spices, tied in a bag |
| 1 quart vinegar | |

Chop the tomatoes, pears, peaches, onions and peppers coarsely together. Add the other ingredients and boil all together for two hours. Pack hot in sterilized jars.

BORDEAUX SAUCE

- | | |
|---------------------------------|-----------------------|
| 2 quarts chopped green tomatoes | 2 ounces mustard seed |
| 6 large onions, chopped | 2 ounces celery seed |
| 5 red peppers, chopped | 1 teaspoon turmeric |
| 4 quarts chopped cabbage | 4 cups sugar |
| | 2 quarts vinegar |

Stir all together. Boil slowly one hour. Pack hot and seal.

CRISP GREEN CUCUMBER CUBES

Cut 300 cucumber cubes, place in a vessel with 1/2 cup of salt; cover with boiling water. Let stand over night. Drain in the morning. Cover with vinegar. Add 2 tablespoons mustard, 2 tablespoons salt, 1 cup pickling spice. Measure 3 pounds of sugar. Each day add 3 tablespoons of the sugar, stirring well, until the 3 pounds of sugar is used. Either seal in jars or leave in a well-covered stone crock.

SLICED CUCUMBER PICKLES

- | |
|--|
| 2 quarts sliced cucumbers with peeling left on |
| 5 large onions, sliced |

Put in salt brine over night; drain well in the morning. Then boil together until the sugar dissolves.

- | | |
|---------------------------|--------------------------------|
| 2 1/2 cups vinegar | 1 tablespoon celery seed |
| 4 cups white sugar | |
| 1 tablespoon mustard seed | 1 teaspoon ground black pepper |

When the sugar has dissolved, add cucumbers and onions. Let all boil together for about 5 minutes. Seal hot in sterilized jars.

CHOPPED MUSTARD PICKLE

- | | |
|--------------------------|-----------------------|
| 2 quarts large cucumbers | 1/2 gallon vinegar |
| 1 quart large onions | 8 cups sugar |
| 1 cauliflower | 2 ounces mustard seed |
| 4 green peppers | 1/2 ounce celery seed |

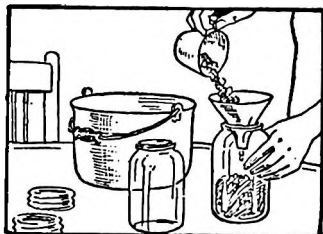
Let the cucumbers, cauliflower, peppers and onions stand in salt water over night. In the morning drain and add the vinegar, sugar, mustard seed and celery seed and bring to a boil. Make a paste of 1/2 cup flour, 1/2 pound mustard, 1/2 ounce turmeric and add very slowly. Stir quickly until it boils. Seal in sterilized jars.

(Continued on Page 15)

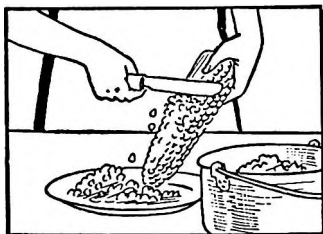
The Complete Process in Canning Corn



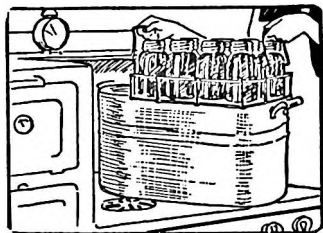
1. Husk and Silk. Can only freshly picked, tender, juicy corn. Most of the silk can be removed with the husks. A stiff vegetable brush is useful in removing the silks that cling to the ear. Work fast in every stage of canning corn.



4. Pack and Seal. Pack boiling hot in pint or quart jars. Shake down rather than press down, leaving about a three-eighth-inch space at the top of each jar. Corn swells during cooking. Put rubbers and lids on jars but do not seal quite tight.



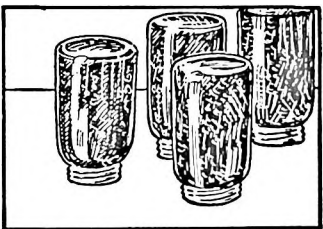
2. Cut from Cob. Cut the corn from the cob without pre-cooking or blanching. For quantity canning, a home type of corn cutter is a good investment. Scraping the cobs will yield a little extra fine quality product for corn soup.



5. Sterilize. Choose a cooker the right size for the number of jars you have to cook, otherwise you are heating too much water. For glass jars always have a rack lifting the jars from one-half to three-quarters of an inch above the bottom of the cooker (see illustration, page 5).



3. Pre-heat. Add just enough boiling water to keep the corn from burning. Season with a teaspoon of salt and two teaspoons of sugar per quart. Cover, bring to boil and boil for three or four minutes—just long enough to make sure the corn is thoroughly heated.



6. Turn the Jars Upside Down. By doing this you test for leakage. Do not move the jars while they are being tested. After the jars are cool, do not tighten covers because this breaks the seal already formed.

Time Table for Vegetables

PRODUCT	PREPARATION	Hot-Water Bath	Steam Pressure	Oven 275° F.
Asparagus	Wash. Tie in uniform bunches. Stand up-right in 2 inches of water. Boil 4 minutes. Drain. Pack into hot sterilized jars. Add $\frac{1}{2}$ teaspoon salt to each pint jar. Fill with boiling water.....	2 hrs.	40 min.	1 hr. 40 min.
Beans	Wash. String. Cover with water. Bring to boiling point. Boil 4 minutes. Pack hot. Add $\frac{1}{2}$ teaspoon salt to each pint jar. Fill with boiling water.....	3 hrs.	40 min.	2 hrs.
Beets	Wash and cut off tops 2 inches above beet. Cover with water. Boil 15 minutes. Cold dip. Remove skins. Pack. Add $\frac{1}{2}$ teaspoon salt to each pint jar. Fill with boiling water	1½ hrs.	40 min.	
Corn	Cut corn from cobs (see page 13). Cover with boiling water and bring to boiling point. Fill jars with corn, cover with boiling liquid. Add $\frac{1}{2}$ teaspoon salt to each pint jar	3 hrs.	1 hr.	
Peas	Use only tender young peas. Shell and wash. Cover with water and bring to boil. Pack. Add $\frac{1}{2}$ teaspoon salt to pint jar. Fill with boiling water. Sterilize for 1 hour on each of three successive days, if water bath used	3 hrs.	1 hr.	2½ hrs.
Pumpkin	Cut in pieces. Remove seeds and membrane. Peel. Steam until tender. Mash. Pack.....	3 hrs.	1 hr.	
Tomatoes	Scald and peel. Pack. Cover with boiling water or boiling tomato juice. Add $\frac{1}{2}$ teaspoon salt to each pint jar.....	22 min.	15 min.	35 min.

It is not desirable to can vegetables in jars larger than 1 pint as the time taken for penetration of heat prolongs the time of sterilization and affects the vitamins.

Conserve

(Continued from Page 8)

BLUEBERRY AND APPLE

1 pint blueberries Juice of 1 lemon —
1 pint tart apples, grated rind of 1
cut in squares lemon
3 cups sugar

Boil rapidly together. Bottle while hot, in sterilized jars.

PLUM CONSERVE

Pit 6 pounds plums and cut into quarters; add 6 pounds sugar, 2 pounds seeded or seedless raisins, 4 oranges put through food chopper.

Simmer for 24 hours, adding at the end of 2 hours, 1 pound walnuts chopped coarsely. The mixture should be jelly-like in consistency when done. Pour into sterilized jars.

APPLE CONSERVE

Peel and core 3 peck of apples and put through a food chopper together with 2 lemons and 1 cupful preserved ginger. Weigh and add 2 as much sugar and 1 cupful of water. Simmer until thick and rich—about 2 hours. Pour into sterilized jars.

CURRENT PARFAIT

Stem 4 quarts currants.
Place 2 quarts of them in a kettle.
Add 1 cupful water.

Simmer gently for 15 minutes, mashing currants gently at intervals during cooking period.
Strain through a jelly bag and measure juice.

Measure sugar, allowing 2 pints sugar to each pint juice.

Simmer juice ten minutes, skimming frequently, add sugar and when mixture comes to boil, add remaining 2 quarts of currants and 1 cupful of maraschino cherries cut up fine. Let simmer until the whole currants are tender, then pour into sterilized jars.

GOOSEBERRY JAM

1 pound gooseberries 1 pound white sugar

Remove stems and blossoms from berries. Weigh, wash and place in preserving kettle. Cover with boiling water. Let stand 10 minutes and drain. Add sugar and cook until thick. Seal in sterilized jars.

BLACK CURRENT JAM

1 pound currants 1 cup cold water
1 pound white sugar

Wash currants and remove stems, but not blossoms. Place fruit in preserving kettle, add water and bring to boiling point. Simmer for 20 minutes, then add sugar and boil for about 30 minutes or until thick, stirring frequently. Seal in sterilized jars. This, in addition to being a delicious jam, has excellent medicinal qualities and, diluted with boiling water and chilled, makes a comforting and healthful drink. The medicinal value is in the blossom ends of the berries, or so our grandmothers said.

RASPBERRY JAM

1 pound raspberries 1 pound white sugar

Pick over berries, wash and bring slowly to boiling point; boil 20 minutes, stirring frequently; then add sugar and cook 15 minutes longer, or until thick. Seal, while hot, in sterilized jars.

HONEY-RHUBARB CONSERVE

4 pounds rhubarb 1 lemon
5 pounds honey 1 pound seeded raisins
2 oranges

Wash and peel rhubarb, and cut in one-inch pieces. Put in preserving pan and add honey, raisins and grated rind and juice of oranges and lemon. Mix and cover. Allow to stand half an hour. Place on heat and bring slowly to boiling point. Allow to simmer 45 minutes or until thick, stirring almost constantly. Pour into sterile jelly glasses, cool and seal.

Canned Berries

Blackberries, blueberries, huckleberries, raspberries, loganberries, gooseberries and strawberries should be canned as soon as possible after picking. Hull or stem; wash by placing in a strainer and dipping quickly up and down in cold water. Pack into hot, sterilized glass jars, being careful not to crush fruit. To insure a close pack, put a two or three-inch layer of berries on bottom of jar, and press down gently with spoon. Repeat until the jar is full. A sugar and water syrup, medium or thin, according to taste, should be poured over the fruit while boiling hot. Seal loosely. Sterilize. Remove jars, tighten covers, invert to test, seal and cool.

More Pickle and Relish Recipes

(Continued from Page 12)

H. P. SAUCE

10 tomatoes 1 teaspoon pepper
1 lemon 1 cup vinegar
1 onion 1 tablespoon allspice
1 tablespoon salt 1 cup brown sugar

Cook all together until thick. Strain and bottle while hot in sterilized jars.

SPICED WATERMELON PICKLE

Pare off dark green edge of watermelon; cut green part in 3-inch by 1-inch strips. Bring to a boil in water. Simmer slowly 1 hour. Rinse with cold water 4 times. Boil 4 cups cider vinegar; 12 cups granulated sugar; 2 packages stick cinnamon and 2 tablespoons whole cloves (the cinnamon and cloves tied in a bag) and pour over the fruit. Let stand over night. Repeat this process for three days. Seal in sterilized jars.

SPICED TOMATO SAUCE

4 pounds tomatoes 1 cup each of whole
1 quart vinegar cloves and cinnamon
2 pounds brown sugar (tied in a bag)

Cook until the mixture jellies when sampled on a saucer. Be careful of burning as it has to cook 3 or 4 hours.

