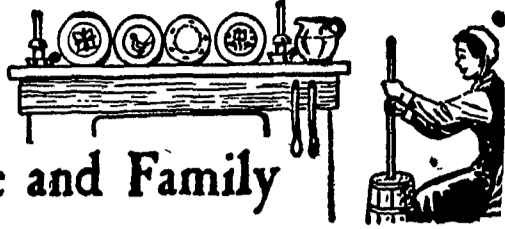


For the Farm Wife and Family



Successful Home Canning

By Mrs. Richard C. Spence

Success in canning comes easy to those who follow certain rules. These rules and procedures have been adopted after years of research and practical testing in thousands of homes throughout the country.

Disappointments in home canning are usually caused by several causes of sealing failures. Attempts to bypass some of these causes and ways they can be remedied:

1. Leaving wrong amount of head space when filling jars. Some brands of two piece metal caps require less head space than others. Read directions on the box that your jar lids come in.
2. Reusing jars in which commercial food is sold. Commercial food jars are designed for use on high speed packing machines and with caps developed especially for the product being packed. These jars are excellent for their intended use but ARE NOT

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made for reuse. You may use them for jellies when paraffin provides the seal.

3. Using old fruit jars. This is a common cause of sealing failure, particularly those experienced by middle aged or older home canners. Most of the older Mason jars were made to seal on the shoulder with zinc cap and rubber and were not finished for vacuum sealing.

4. Not taking time to "knife-out" air bubbles.

5. Not applying enough heat during processing to force the greater part of the air from the jar.

6. Failure to exhaust (vent) canner for a full 10 minutes before closing petcock when processing fruits and tomatoes under steam pressure.

7. Not keeping everything boiling hot and working "lightning quick" when doing open kettle canning.

8. Using warped, rusty or worn bands, or old commercial caps instead of bands.

9. Failure to screw bands down evenly all the way around.

10. Screwing bands too tight. A band MUST be tight enough to hold the rubber sealing compound closely against the top of the jar. However, if the band is forced as far as it can be turned with a strong hand or wrench, the jar cannot vent naturally. When the jar can't vent, pressure within the jar causes the lid to buckle.

11. Not screwing bands tight enough (see above)

12. Reusing lids. The lid of

a two-piece metal cap should not be used more than once. This applies to all brands.

13. Not removing particles of food, seeds, seasonings or what not from top and threads of jar before putting on lid.

14. Letting pressure in canner fluctuate. This can cause food particles to be forced between jar and lid. The same thing may happen if steam is released too quickly after processing.

NOTE: When a jar suitable for vacuum sealing and containing a product requiring short processing fails to seal the first time processed, it will usually seal with the same lid when reprocessed. This is because the first heating drives part of the air from the jar and the second heating forces out enough more air to permit a vacuum seal.

UNDERSTANDING CANNING TERMS

Certain terms are used in canning directions which you need to understand to be able to understand the directions. The following are some of the less familiar terms you may find and not understand.

Blanching or scalding — dip vegetables in boiling water or steam over boiling water for a specified length of time. Then dip the product into cold water for easier handling and to stop the cooking process so that the product isn't overcooked.

Boiling — heating water to the point where it rolls and bubbles from the top to the

bottom of the kettle.

Pre-cooking — cooking food in steam, boiling, or simmering water or syrup for a given length of time before putting it into the jar for processing.

Sealing — adjusting the lid on a container to prevent air or bacteria from entering the jar and causing spoilage.

Simmering — heating food just below the boiling temperature.

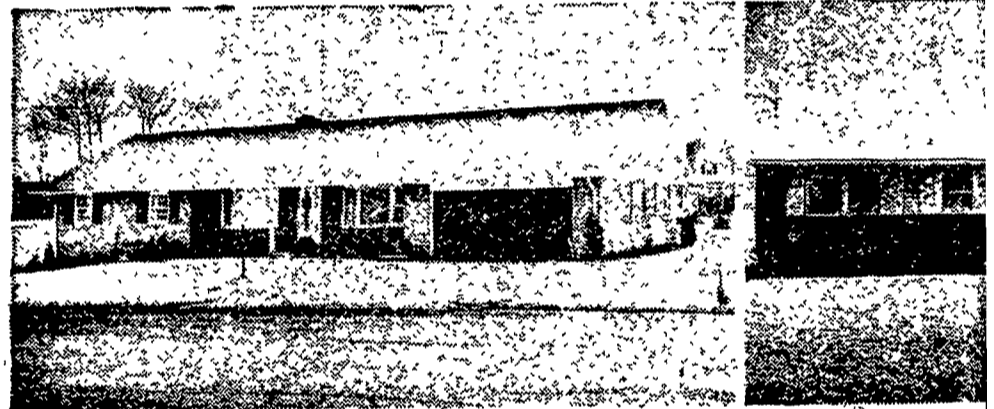
Head space — space left at the top of the jar when packed with food.

FAULTY JAR SEALS CAUSE FOOD SPOILAGE

Before you start your summer canning be sure you check out the jars you'll use. Start with standard canning jars so lids will fit properly and you know they won't break with the heat. You'll need to check the top edge and the rim of the jar, depending on the kind of lids you use. Use your finger with a thin cloth over it so you can find nicks or rough spots.

Always use new rubbers with a one-piece lid and a new inner part of a two section lid. When you buy two part lids check them in the store. See if they separate easily and aren't stuck together. If you have lids left over from last year check the same way.

Then, follow the rules for using the lids. With the one piece lid that uses a rubber tighten the lid on the jar, then loosen by only 1/4 inch before processing. When you take the jar from the canner,



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