

# LADIES, HAVE YOU HEARD?

By Doris Thomas, Extension Home Economist



### Acceptable References Required In Home Canning

A good reference is a home canner's most important tool. It is the first key to success. A good reference provides a basic discussion and description of the correct procedures, equipment and heat processing schedules. When used, a good reference allows home canners to achieve high goals of safety and quality in home canned foods.

Both of these important objectives have been fulfilled in The Pennsylvania State University Cooperative Extension Service Circular 561, "Canning Fruits and Vegetables", which was revised in 1974. You can get your free copy from the Penn State Extension office in your county.

Many past references, and favorite family recipes contain critical errors in heat processing schedules which, in some years have resulted in dangerous spoilage of canned foods. Some spoiled canned food may contain a dangerous botulinal toxin. Such references also often contain minor discrepancies which have resulted in harmless spoilage or unnecessary losses in the quality of canned food. Any spoiled food is unfit for human

consumption. All types of spoilage in home canned food can and should be prevented. Regardless of whether you are a home canner who has experienced some difficulty with jar seals, spoilage, or otherwise poor quality canned food; or one who plans to can food for the first time, get and use, without modification, the information given in a good, authoritative reference. Proper canning procedures and methods to achieve higher goals of safety in canned foods provide accurate directions for the following important steps in canning:

1. Selection and cleaning of fresh, wholesome food.
2. Selection and cleaning of jars and lids.
3. Filling jars and control of headspace.
4. Cleaning of the sealing surface on jars and lid preparation.
5. Tightening screw bands before heat processing.
6. Correct canning equipment.
7. Correct timing procedures for exhausting heat processing, and cooling in pressure canners.
8. Correct heat process schedules with adjustments needed for canning at high altitudes.
9. Correct handling, cleaning and storage

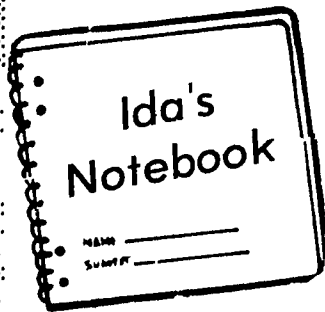
procedures of canned food. 10. Correct examination of stored canned food before tasting and serving.

If you have any doubts about the accuracy of your present references, check them against procedures and heat process schedules in a modern, up-to-date reference such as the Penn State Extension Circular 561, "Canning Fruits and Vegetables." In all cases, where you find inconsistencies between references, use the information in Circular 561. This publication includes modern research recommendations which dispute many canning methods formerly recommended.

If you haven't already done so, begin this year's canning season by getting and studying Penn State Extension's publication "Canning Fruits and Vegetables." It's available from the Penn State Cooperative Extension Service in your county.

### Make Energy Management A Family Affair

Daytime use of energy has been increasing in the home and in business and industry yearly. We now use energy faster than we produce it. Our needs increase 5 percent a year, however our energy supplies are growing at a rate of only 3 percent a year.



Ida Risser

"Man may work from sun to sun but woman's work is never done." These past few weeks cause me to agree whole-heartedly with this

statement. It seems there are always several things to be done at the same time. The hours I spend picking blueberries and raspberries are pleasant until I remember that I should be telephoning some of my 4-H members about demonstrations for the next club meeting. And, the house should be cleaned for a drop-in party we planned when our daughter came east to be married. I'll probably tell you more about the "small" wedding later.

Conservation is one of the national goals if we are to achieve energy independence by 1985. By making energy management a family affair in your home, you can help in the wise use of the nation's valuable resources. Generally the use of electricity is at its highest period from eight in the morning until eight at night. Some utilities say that if electricity use were more evenly distributed throughout the day and evening hours, they could delay building new power plants and thus keep future price increases to a minimum.

In your home, make a date for "after eight" in the evening for dishwashing, baking, washing and drying clothes, bathing or other functions that might be rescheduled for after hours. These are activities in which everyone can help in using energy more efficiently to keep costs down.

want it - right?

Well, I had lots of catnip plants, artichokes, marigolds, mint tea and larkspur growing where I didn't want them.

Through contact with the owner of an herb-store, I was able to sell these unwanted plants plus other lilies and flowers. The demand for this type of thing among suburbanites is amazing.

xxx

Allen tried no till corn this year and isn't saying much about it at this point. He had to plow up several acres and replant it because even though he sprayed it for cut worms, they had already done their damage.

The corn planted in the regular manner looks very fine. The problem with it is the ground which has been washed out on the lane is lost.

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