

Ladies Have You Heard?

By Doris Thomas
Lancaster Home Economist



HOW TO CAN FOOD COMBINATIONS SAFELY

All modern canning references are explicit about using boiling water bath canners to can acid foods and pressure canners to can all other foods. But what heating method do you use when canning a combination of foods or an exotic food not listed in any canning reference?

To can any combination of foods the safe way, keep this rule in mind: Process the food combination for the time recommended for the ingredient requiring the greatest amount of time. If one of the ingredients requires pressure canner processing, then use that heat process.

Take tomato sauce with ground meat for example. Normally, it's recommended to process tomato sauce in a boiling water bath canner. But ground meat must be processed in a pressure canner for a safe product. Therefore, to safely process tomato sauce with ground meat, look up recommended processing times for ground meat and follow the directions and times listed.

Do not add oils or starches to such foods as they decrease movement of heat through contents of jar and result in underprocessing.

If any food or combination of food is not listed in any reference - play it safe. Don't bother to preserve the food by canning. Check to see if the food may be frozen.

MAKE SURE HOME CANNED FOOD IS SAFE BEFORE YOU TASTE IT

Although you have carefully followed modern canning directions and timetables and don't expect any food spoilage, it's a good idea to watch for signs of food spoilage when you open a jar of home canned food. Look carefully at the food, as

well as the jar and lid, and be alert for anything that doesn't quite look or smell right. Do not taste even a bite of the food until you are sure it's safe. Examine all jars carefully, before you open them, while you are opening them and after they are open, for these reasons:

Before opening a jar look for a bulging lid, which indicates gas formation inside the jar. Discard the food if the lid is bulging.

While opening a jar look for spurting liquid or other signs of gas formation. Smell carefully to detect any unnatural or off odor. Do not taste. If you have any question, boil the food hard for 10 minutes, smelling it as it boils. Heating usually makes any odor more evident. Do not taste the food until it has boiled for 10 minutes.

If you have any question about the safety of a food - discard it.

Products or devices sold commercially for indicating the safety of foods are not recommended because they can change color in safe foods, because they react to the presence of carbon dioxides. They do not adequately distinguish between safe and unsafe foods. Safe foods may be wasted unnecessarily; unsafe foods can be detected by the signs mentioned above.

The most crucial form of spoilage is botulism, caused of *Clostridium botulinum*, an anaerobic bacteria which produces toxins only in the absence of air.

The bacteria itself is harmless; you can safely eat fresh or frozen vegetables that may have these bacteria. But when the bacteria are not destroyed by sufficient heat treatment during processing, they grow and produce toxins in sealed food jars. Even a taste of food

containing these toxins can be fatal.

During home canning, the boiling water bath temperature (212 degrees F) is not hot enough to kill the bacteria, *Clostridium botulinum*, in vegetables. A temperature of 240 degrees F in a pressure canner at 10 pounds pressure for specified times is needed for processing all meats and all vegetables except tomatoes and pickled beets. The length of processing time in the pressure canner varies with the kind of food, whether it is packed in the jars raw or hot, and the size of jars. The pressure canner must be accurate, and all air must be exhausted so proper pressure and temperature will be reached.

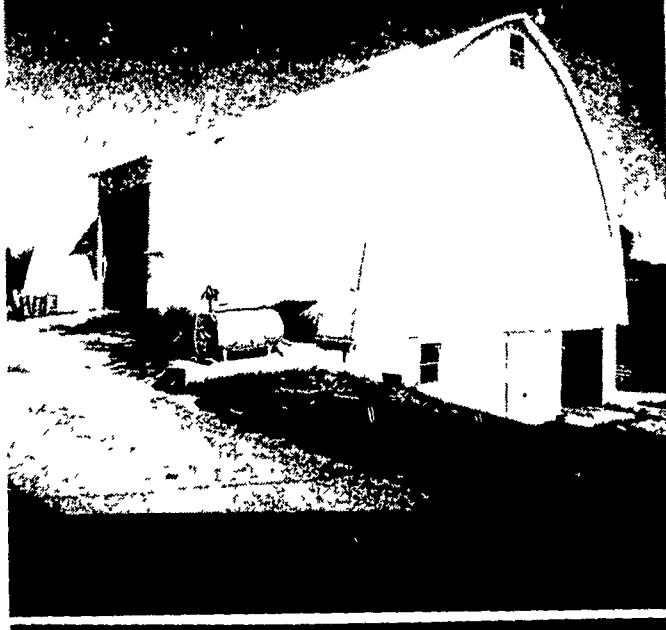
If you persist in canning



Telephone: (717) 866-6581

RIGIDPLY RAFTERS
MANUFACTURERS OF
LAMINATED RAFTERS
and WOOD ROOF TRUSSES

RICHLAND RD1, Pennsylvania 17087
OAKLAND RD2, Maryland 21550



Md. Angus breeders hold annual field day

WOODSBORO, Md. - A large group of cattlemen and friends attended the 1977 Maryland Angus field day at Dr. and Mrs. Thomas Michael's Broad Run Farm on the Monocacy River in Woodsboro, Md., on July 23.

Topic of the day was "Pastures and Your Angus", which included ideas on pasture management for beef cattle and regional problems.

Keynote speaker was Charles Boyles of Ohio State University. He was backed up on the panel by Newbill Miller, Angus breeder from nearby northern Virginia,

and Dr. Neri Clark, agronomist from the University of Maryland. Dr. Michael was the panel moderator.

Highlight of the day was presentation of a lifetime membership and plaque in the Maryland Angus Association to Frederick County Angus breeder Elmer Hodges. Hodges has been breeding Angus cattle

in Frederick County at El-Kay Farm on Gashouse Pike, Frederick, Md., for over 30 years. He has recently been joined by his son George and daughter-in-law, Sally. His contributions to the Maryland Angus Association and to his community are immeasurable. The presentation was made by Jim Coyner, an Angus breeder who was Fieldman with the American Angus Association for 28 years.

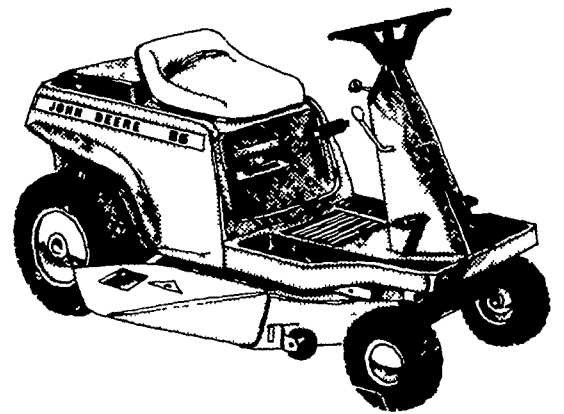
A tour of the herd and pastures at Broad Run Farm rounded out the day.

EXPERT REPAIRS

- Generators - Starters

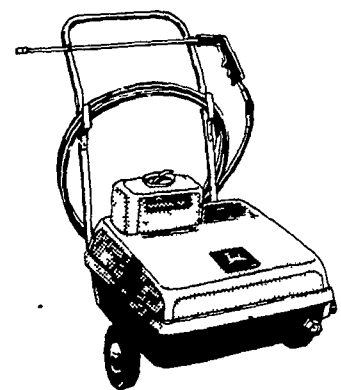
- Alternators

PEQUEA BATTERIES
Ronks, PA.



6-hp Riding Mower

The John Deere 66 Rider features sleek, contoured styling for a good sound reason. Enclosing the engine not only enhances design but also results in quieter operation. A 5-speed transmission offers a travel speed for any mowing job. Set mower height from 1 to 4 inches, cut a 30-inch swath.



New High-Pressure Washer

Speed dozens of around-the-home cleaning chores with this compact new washer. Just hook it up to a cold water supply, plug it in, and you're ready to start cleaning. A dependable pump generates 500-550 psi of quick-cleaning nozzle pressure. An accurate proportioning system meters detergent or other chemicals into the water supply at an economical 40:1 ratio.

A. B. C. GROFF, INC. **LANDIS BROS. INC.**
New Holland 717-354-4191 Lancaster, PA 717-393-3906

ADAMSTOWN EQUIPMENT INC.

Mohnton, RD2, PA 19540
[near Adamstown]
Phone (215) 484-4391

SCHAEFFERS WOOD PRODUCTS

Manufacturers Of:

- * FEEDER WAGONS * LOADING CHUTES
- * FLAT WAGONS
- * FEED BUNKERS * FEEDER RACKS - SKID TYPE
- Any Size Any Size, Cattle & Horse
- * HAY WAGONS

We Custom Build Anything Any Size To Suit. Your Needs Out Of Wood. Also, Ask About Our Repair Service!

(DEALER INQUIRIES INVITED)

Phone 717-933-4834

Or Write:

SCHAEFFERS WOOD PRODUCTS

Box 441B RD 3
Myerstown, Pa. 17067