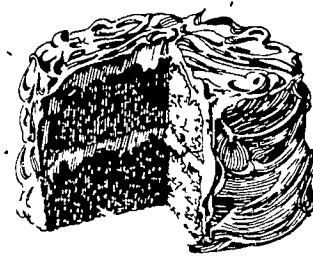


# Home On The Range



## Yes you can — preserve the bounty

While many of our readers have been up to their elbows in canning for some time now, other more timid souls have probably been waiting for a catalyst. Today's column should be just what you've been waiting for. For here in easy to understand newsprint, we've tried to compile the basics, the how-to's and the where to finds. So why not take a few minutes to skim the column, line up some family helpers and can the excuses. Take some time now to ensure colorful, flavorful fruits and vegetables on your shelves this winter.

According to Marceil Seckman, York home economist, getting organized for home canning has definite advantages. But even more important is managing your time and the amount of food you can at any one time. No matter how much food you have to process, she recommends you wash and prepare only the amount you can get into one canner load at a time. To retain the most nutrients, foods should be processed as quickly as possible.

When processing canned foods, you have to count the length of processing plus the time you need to fill jars, wipe sealing edges and apply lids. If you're using a boiling water bath canner, you also have to count the time needed for the water to return to a rolling boil. When using a pressure canner — exhaust and cooling time can add as much as an hour to the actual processing times, Marceil says.

For example, when directions for canning whole kernel corn in quarts call for processing 85 minutes you can assume that one canner load will require a total time of 145 minutes or 2 hours and 25 minutes.

She also suggests that to insure the most efficient home canning operation you have necessary equipment and supplies on hand, have countertops clean for more working space, plan other activities so they do not interfere with canning and know the capacity of your canner and how long the total heat process will take.

### Purchasing a boiling water bath canner

Marceil says a boiling water canner for acid foods such as fruits, tomatoes, pickled beets and jellies and jams sealed with 1 or 2 piece lids should cost between \$8 and \$15. She offers some tips on selecting a boiling water canner:



1. Get a canner large enough so that water can reach all jars evenly underneath, on top and on the sides. Additionally, the container should be large enough to allow 1, preferably 2 inches over the tops of jars to ensure proper vacuum seals and adequate processing. A canner should be at least 10 inches tall for quarts and 7 inches tall for pints. The diameter of the canner should be no more than 4 inches greater than the burner on which you use it, she adds.

She says that canners are available in porcelain-enamel or aluminum. They also can be obtained either smooth-bottomed or ridge-bottomed. The smooth-bottomed ones are best for electric ranges while the ridged ones would be the choice for gas ranges.

A lid helps to keep the water actively boiling, limit evaporation and save energy. The rack that comes with standard canners keeps jars evenly spaced in the canner and allows even heat distribution. It also makes it easier and safer to add and remove jars from the water. You can buy replacement racks most places where canning equipment is sold.

If you own a smooth-top range, a note of caution is in order. Marceil said that the early models of these ranges may not provide enough heat to keep the water in a water canner actively boiling. If you're planning on using a smooth top range for canning, it's a good idea to run a check first on how well you can regulate the heat in the canner. The same test should also be applied to a pressure canner before canning on a smooth top range.

### Taking the pressure off pressure canning

Have you heard tales of pressure canner explosions? Does a pressure canner scare you? If so, Marceil's advice

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Putting food by — canning, can be a peach of an activity for the family if a little thought is put into

organization before you plunge in. Our column today is loaded with tips for home canners.

### BRIGHT RED CATSUP

- 8 quarts ripe tomatoes, cubed
- 1 medium sized onion
- 3 teaspoons whole cloves
- 3 teaspoons broken cinnamon sticks
- 2 teaspoons celery seed
- ½ teaspoon cayenne
- 2 cups sugar
- ½ teaspoon garlic salt
- 3 tablespoons pickle salt
- 2 cups white vinegar

Cook the tomatoes and onion until tender, 20 minutes. Run through a food mill. Strain everything through a cheesecloth and save all the juice (strain overnight). It will be thick like a paste. Tie the whole cloves, cinnamon sticks and celery seed in a cloth and drop in 2 cups white vinegar. Simmer spices and vinegar for 20 minutes. Add the tomato pulp. Then add the remaining ingredients and boil for 10 minutes. Bottle and seal. Three batches will make 5 quarts.

Pat Stambaugh, Ellhottsburg

### TOMATO SOUP

- 6 onions, chopped
- 1 bunch celery, chopped
- 8 quarts fresh tomatoes, quartered
- 1 cup sugar
- ¼ cup salt
- 1 cup butter
- 1 cup flour

Cook the onions in a little water. Wash and add the chopped celery and tomatoes and cook until tender. Put through a sieve. Return the juice to the kettle and add the sugar and salt. Cream the butter and flour and add to the juice. Blend well and simmer until slightly thickened. Cook as long as you would for gravy. Put boiling soup into pint jars and seal. When serving, put in a saucepan and add 2 pinches baking soda. Heat slightly, stirring in an equal amount of milk.

Mrs. John Brubaker, Myerstown

### CUCUMBER RINGS

- 24 cucumbers
  - 6 onions
  - 5 peppers
  - 2 tablespoons salt
  - 2 teaspoons celery seed
  - 2 teaspoons mustard seed
  - 3 cups sugar
  - 3 cups vinegar diluted with water
- Wash and slice the cucumbers. Dice the onions and add the seasonings. Boil 10 minutes and put into jars.

Mrs. Charles Biehl, Mertztown

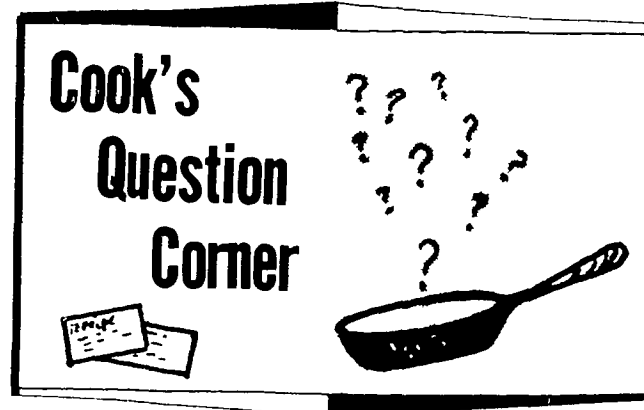
### TOMATO JUICE

- ½ bushel tomatoes
- 4 onions
- 2 teaspoons celery seed
- 1 tablespoon salt
- 1½ cups sugar

Boil the tomatoes, onions and celery seed together and sieve. Add the remaining ingredients and boil for 20 minutes. Seal hot in jars.

Mrs. Charles Biehl, Mertztown

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**QUESTION:** I'd like a recipe for Jalapeno Jam made with hot Jalapeno peppers and served with meats.

Mrs. Leo Barsnica, Neshanic Station, N.J.

**QUESTION:** I'd like a recipe for homemade root beer.

Mrs. Thelma Gavlak, Acme.

### Recipe Topics

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