

HANDBOOK OF SUBSISTENCE STORES

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VARIOUS

**HANDBOOK OF
SUBSISTENCE
STORES**

HANDBOOK
OF
SUBSISTENCE STORES.

COMPILED UNDER THE DIRECTION OF THE COMMISSARY
GENERAL FROM MONOGRAPHS WRITTEN BY
OFFICERS OF THE SUBSISTENCE
DEPARTMENT.

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APPLES, CANNED.

For canning purposes, moderately tart apples are better than sweet ones. Canned sweet apples usually have little flavor, are insipid, and not desirable for Army use.

What are known as winter varieties of apples are better for canning than the earlier varieties. Good apples are put up in Maine, Michigan, Missouri, and other States, but most extensively in the State of New York; and Western New York apples, on account of their firmness and flavor, are considered the best for canning.

There are two grades of New York canned apples, viz: "Standards" and "Seconds." The "Standards" are made from selected Greenings or Baldwins; the "Seconds" from irregular pieces of Greenings or Baldwins, and from apples of other varieties. The "Standards" grade may be distinguished by the even and regular appearance of the fruit, and the tartness, firmness, and flavor peculiar to the Greening and Baldwin varieties of apples.

Apples to be canned are, after careful selection, peeled, cored, and quartered by machinery; then dropped into tubs of cold water to preserve their color; from these they are packed in cans, each containing as much fruit as it will hold, and the interstices filled with water. The cans are then capped and processed.

Canned apples are generally put up in either 3-pound or 1-gallon cans.

Upon opening a can of good apples, the fruit appears bright (tart) and free from bruises or discolored pieces. Unnatural whiteness indicates that it has been bleached with sulphur.

Canned apples that have been imperfectly processed, or damaged from any cause, ferment quickly, a condition discovered by the swelling of the cans. Cans that have fermented

are sometimes reprocessed. Apples or other fruits that have been reprocessed should not be purchased for Army use.

Canned apples are packed in cases containing six or twelve 1-gallon cans, or twenty-four 3-pound cans.

APPLES, EVAPORATED.

Evaporated apples are cured by the Alden process.

Slightly tart, sound, fresh apples, without bruises, are required for making good evaporated apples.

The peeled, cored, and sliced fresh apples are subjected for a sufficient time to the action of a strong current of hot, dry air, whereby a large proportion of their water is evaporated and a very considerable proportion of their starch converted into sugar.

The effect of the process is to preserve the sliced apples by desiccation and saccharization, conjointly.

Evaporated apples are put up in 50-pound boxes.

APRICOTS, CANNED.

Apricots, for canning, should be ripe on both sides, but still firm. If they are not ripe, the canned product will not have the proper flavor; if too ripe, it will become mushy while being processed.

After the cans are filled, a quantity of the best refined cane sugar, sufficient to neutralize the natural acidity of the fruit, is added.

In processing, some packers use the open-vent method, *i. e.*, the method of closing the can and leaving a slight puncture for the escape of the steam and air, and afterwards closing the puncture with solder. A better and more cleanly method is to hermetically seal the can, and then, after processing it for about ten or twelve minutes, puncture and resolder it immediately. The sirup should have a good body and a fruity flavor, and the can should be well filled with fruit.

If the cans are processed too much, their contents become soft and will not stand transportation; if too little, their contents are apt to be hard and deficient in flavor.

Canned apricots, peaches, and pears, properly put up, improve with age until they have been packed three years. None of these fruits should be kept in an opened can.