

CANNING AND PRESERVING

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649453382

Canning and Preserving by Mrs. S. T. Rorer

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MRS. S. T. RORER

**CANNING AND
PRESERVING**

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By MRS. S. T. RORER

Author of Mrs. Rorer's New Cook Book,
Philadelphia Cook Book, Bread and Bread-
Making, and other Valuable Works on
Cookery.

Revised and Enlarged Edition

PHILADELPHIA
ARNOLD AND COMPANY
429 SANSON STREET

6811;
192.1
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The 50's

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Replacement*



Printed at the Sign of the Ivy Leaf
in Sansom Street, Philadelphia
by George H Buchanan Company

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PREFACE

This book, a missionary to the country folk, will, if used carefully and wisely, save many a dollar, and enable them to have always on hand the best of canned goods, jellies, preserves and fruit juices.

It will also be useful to the town dweller where fresh vegetables can be purchased, at moderate prices, during the summer months. It is unfortunate that so many people use food put up at factories. Many of these are clean and use fruit of good quality, to be sure; but if the work is done at home, one knows that all materials are first-class, and then there is a comfort in having a closet filled with materials easy of access.

The maxim that "practice makes perfect" applies most admirably to canning and preserving. While the recipes contained in this book are written as simply and explicitly as possible, to insure perfect success the paragraphs at the beginning of each division must be read and re-read until they are thoroughly understood.

SARAH TYSON RORER

Mount Gretna, 1911.

CANNING

Canning is an improvement upon the old-fashioned method of preserving fruits pound for pound in sugar. It retains more of the fresh and natural flavor, is far less troublesome to do, and more economical. All fruits may be canned with or without sugar, as a thin syrup takes no part whatever in the preservation of fruits.

Canned fruits must be sterile, and in the ordinary household this can easily be accomplished by heat. There are a few golden rules to be followed, and then canning of both fruit and vegetables becomes easy to every housewife.

Choose only perfectly sound, fresh fruits.

Select jars with solid tops, either glass or metal.

Purchase the best quality of rubbers, and use new rubbers each year.

Use only granulated sugar, unless the recipe specifies loaf sugar.

All large fruits, as soon as they are pared, should be immersed in cold water to prevent discoloration.

Small fruits retain their shape more perfectly if they are sugared one or two hours before cooking, or if they are cooked in the jars.