

**PRESERVING AND
CANNING: A BOOK FOR
THE HOME ECONOMIST**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649437504

Preserving and Canning: A Book for the Home Economist by Emily Riesenberg

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

EMILY RIESENBERG

**PRESERVING AND
CANNING: A BOOK FOR
THE HOME ECONOMIST**

**PRESERVING AND
CANNING**

PRESERVING AND CANNING

A BOOK FOR THE
HOME ECONOMIST

By

EMILY RIESENBERG

*Cooking Expert, Special Writer for the
"Chicago Record-Herald"*



RAND McNALLY & COMPANY

CHICAGO

NEW YORK

Copyright, 1914
by
RAND McNALLY & COMPANY

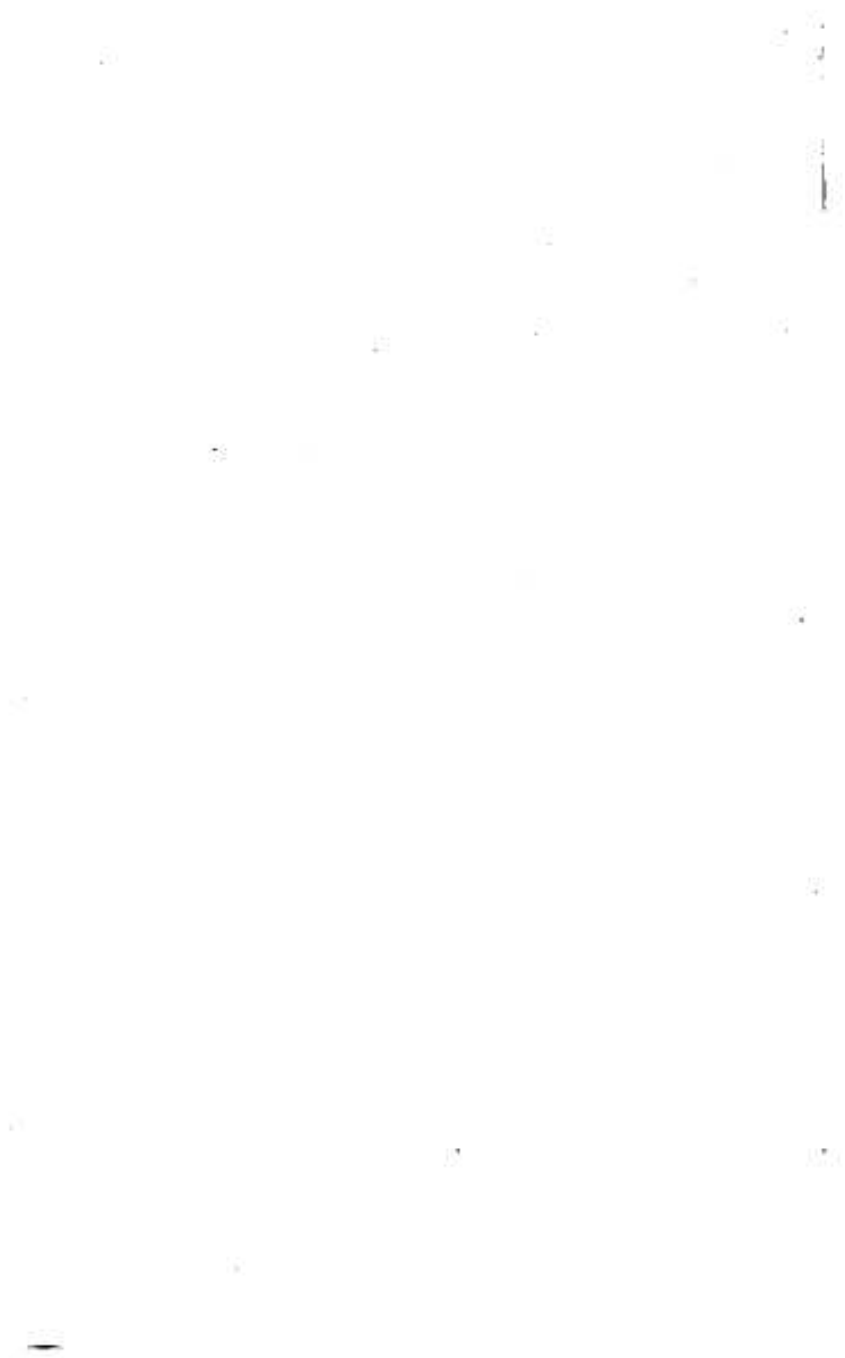
THE RAND-McNALLY PRESS
CHICAGO

© 1915 A. R. B.

CONTENTS

| | PAGE |
|--|------|
| INTRODUCTION | 5 |
| CANNING FRUIT | 18 |
| JAM AND PRESERVES | 31 |
| JELLIES AND MARMALADES | 45 |
| SWEET PICKLED FRUITS AND MISCELLANEOUS RECIPES | 63 |
| BEVERAGES | 77 |
| HOMEMADE PICKLES AND CONDIMENTS | 84 |
| CANNING VEGETABLES | 93 |
| INDEX | 100 |

279397



PRESERVING AT HOME

INTRODUCTION

Fruits are too often looked upon merely as table luxuries, and because of their rather low nutritive value are not always estimated at their true worth. Fruit, both fresh and cooked, has great dietetic value and should be used generously but wisely. Fruits supply a variety of flavors, acids, and sugar, while they are generally rich in potash and sodium salts as well as other minerals; the vegetable acids have a solvent power over the nutriments, and if taken in moderation are an aid to digestion, as the necessary bulk and waste matter promote intestinal action. Fruit and fruit juices keep the blood in a healthy condition, and if the supply of fresh meat, fish, and vegetables is limited, fruit and fruit juices are needed to balance the food allowance.

PRESERVING AT HOME

Fresh fruit is generally conceded to be more refreshing and cooling than that which is cooked, but if used too freely is apt to cause intestinal disturbances, especially with children and old people. Cooking changes the character of the fruit, and the addition of sugar increases its food value, but it is well to remember that too much sugar diminishes the fruit flavor and hinders digestion.

The methods of preserving fruit are many, and range from the simple and wholesome canned fruit to all manner of jams, jellies, marmalades, and the rich conserves, spiced fruit, condiments, and sweet pickles. The thrifty housewife will make her selection according to the needs and means of her family, but every homemaker should aim to have a variety of neatly labeled jars and glasses of fruit on her pantry shelves before winter, when the daily menus threaten to become monotonous.