

"Do's and Don'ts" for Your Success in Canning Tomatoes



—Photo Courtesy Ball Brothers Co.

The huge number of new home canners who sail through with flying colors, while those who boast of years of experience flounder, is amazing. Or is it? Gladys Kimbrough, Home Service Director for Ball Brothers Company, manufacturer of glass fruit jars, sees nothing unusual in the situation because she finds it far easier to teach a person who has never canned than to "unteach" one backed by years of haphazard experience.

To prove her point, Miss Kimbrough calls attention to the fact that tomatoes rate top place in both ease of canning and spoilage after canning. What's the answer? Sheer carelessness plus old-fashioned open-kettle canning. Anybody can rig up a water-bath canner for processing fruits and tomatoes. A lard can or a wash boiler, fitted with some sort of platform to hold the jar half an inch or so from the bottom of the utensil is all that is needed for a water-bath.

Carelessness Causes Spoilage

Spoilage of water-bath processed tomatoes is usually traceable to carelessness in selection and preparation or failure to follow the manufacturer's latest instructions. Pre-war instructions should in most instances be forgotten. Remembering them gets a lot of old-timers into trouble.

Tomatoes should ripen on the vine and be used as soon as they are firm ripe. They should be canned the day they are gathered, but if kept cool they may stand as much as 24 hours before processing. This is mentioned because some persons must depend upon a market for their supply. Any tomato containing a decayed spot, no matter how small, should be discarded. Canning those from which such spots have been removed leads to spoilage. Sound over-ripe ones and those from which small spots have been cut may be made into chili sauce or ketchup—never, never into juice. Juice requires sound tomatoes.

The jars, caps, rubbers, and canner should be ready before one prepares the tomatoes. Every tomato should be carefully washed before it is scalded for skimming. If you have no wire basket, a square of cheese cloth will serve the purpose of holding tomatoes for scalding. Simply put enough tomatoes for filling one or two jars on the cloth, catch up the four ends of the square, and hold the "bag" in boiling water from one-half to one minute. Then, if you like, dip the bag in cold water, making it a little easier to remove the skins. Next use a sharp pointed knife to remove every bit of the core, slip the skins, cut away any green or white spots and drop the tomato into a clean hot jar. Cut tomatoes if they won't go in whole. After two or three tomatoes are in the jar, press them with a clean wooden spoon (one which has been boiled) until they crack and the juice runs out to fill the spaces between the fruit. Yes, "fruit" is right. We call them vegetables because they grow in gardens. When the jar has been filled to within

about one inch of the top, add salt to suit your taste, and adjust the cap according to the manufacturer's instructions. After two or three jars have been filled, ease them down in the canner.

Have the water in the canner steaming but not boiling. When all the jars are in, the water in the canner should cover them an inch or more and should be brought to boiling as quickly as possible. Keep it boiling steadily but gently. When processing time (from 30 to 45 minutes) is up, remove the jars, stand them out of a draft and several inches apart to cool. If most of the pulp goes to the top of the jar and the juice stays at the bottom, it is because the tomatoes were poor quality, picked green, packed too loose, or the water in the canner boiled too hard.

The cold pack, water-bath processed method is probably preferred by the majority of authorities on the subject but for the last few years there has been a trend toward hot packing.

Selection and preparation for hot packing is the same as for cold packing. After the cores and skins are removed, the tomatoes are quartered and cooked until they have boiled gently for 5 minutes. Then they are put into hot jars and processed 20 minutes in a hot-water bath canner.

Boil Tomatoes Slowly

Open kettle? That's what causes most of the spoilage! Those who are not willing to adopt the more modern methods should remember that the prepared tomatoes should be boiled slowly for 20 minutes, then poured into hot jars. The kettle of tomatoes and the pans of water holding jars, caps, and rubbers, should stay over the heat so that a jar may be lifted out of boiling water, placed on a cloth folded in a pan, then filled with boiling tomatoes, and sealed lightning quick.

Mason jars which are to be sealed with zinc caps and Ideal jars may be filled to the top but should not be overflowed. About one-half inch head space should be left when glass top or two-piece metal Vacuum Seal caps are used.

Yes, open kettle canning is hot work and results are uncertain, so why not now, since food is so priceless, change to better methods? Of course, the newest is not always the best. For example, oven canning, new in comparison to some of the others, has been given a fair trial and condemned because it is unreliable and dangerous.

A great many persons like to process tomatoes ten minutes at five pounds in a steam pressure cooker. This is safe enough but tends to over-cook the tomatoes, so our best home canners use a water bath for processing all acid foods.

ANY BONDS TODAY? By Frank Morgan

Illustrated by Harry C. Wood



HARRY C. WOOD

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THE SWANNANOVA VALLEY GRANGE

The Grange is America's oldest and largest farm organization and is the only farm fraternity in the world. The Grange has lived for 76 years and is stronger today than ever before because its ideal set-up and its program of work. Beginning with the farmer and his family, and centering around the rural community, the Grange springs from the grass roots and grows and serves from the bottom up, not from the top down. There are four logical organization steps that make the grange ideally suited to serve Agriculture.

FOR THE HOME AND COMMUNITY

The Grange is organized around a logical community center. It includes the entire family in its membership and admits those of good moral character who are directly interested in rural life. The Grange is always the unfailing supporter of the school, the loyal ally of the church and is ever ready to lead or support other leadership in improving every aspect of the home and community.

Grange projects include such items as beautifying the church, and school grounds, improving the appearances of mail boxes and home surroundings, ministering to the needs of the sick and unfortunate, promoting rural electrification and telephone development, organizing milk routes, establishing better roads, sponsoring health clinics for the children, helping to provide school lunches for children from low income families, promoting baseball teams and other recreational programs, sponsoring community fairs sponsoring 4 H Clubs and Scout clothing, Cancer and Polio Campaigns, and countless other services are rendered that benefit the entire community. The Grange can make any programs, Red Cross, War Fund Drives, the conservation of food and North Carolina Rural Community a better and happier place in which to live.

The Grange pioneered in the Youth Movement 76 years ago by giving young people equal voice and vote in determining its policies. A permanent Youth organization has been set up within the Grange in North Carolina. Through this medium a special youth meeting is conducted where the young people discuss problems of interest; a summer camp is sponsored for healthful recreation and wholesome association; the most representative Grange boy and girl is selected in each county and in the State each year; essay contests are encouraged; contacts maintained with young members called into the military service of their country and other interesting features are carried on by this group of enthusiastic members. In the Grange we see young people and their elders working together for a well rounded program of home and community life. The Grange is the open door of opportunity to the young people in every community.

FOR CHILDREN:

Believing that the future of the nation depends upon the training of its children, the Grange set-up also includes the Juvenile Grange, open to the children of the community and a distinct unit in itself. Juvenile Granges have their own rituals and degree work; conduct an educational hour at their meetings; carry on wholesome and social activities and even undertake community projects—all under the direction of a competent adult selected by the Subordinate Grange, which has jurisdiction over the Juvenile. Thousands of rural children are enrolled in Juvenile Granges and the greater part of them "graduate" into the parent Grange when they reach the age of 14 years.

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| H. D. Smith | Master | M. C. Stanley | Gate Keeper |
| Ben Buchanan | Overseer | The above are the principal officers of the Grange. The present membership is between 40 and 50. | |
| C. S. Betts | Treasurer | The last meeting they took in 10 | |
| E. W. Jackson | Secy. | new members. | |
| Mrs. E. W. Jackson | Lecturer | | |
| C. J. Rich Jr. | Steward | | |
| John Gregg | Asst. Steward | | |

EDMONDS ON FURLOUGH

Pfc. Theodore R. Edmonds whose present address is McGuire General Hospital Richmond Va. is spending 90 days at home with his mother. He is in the McGuire General Hospital being treated for shrapnel wounds received in the leg.

He entered the service in Sept. 1942. He received his basic training at Ft. Benning Ga. and later saw action with Pattons Third Army in southern France, in Bastogne, and in Germany. He was fighting near the Rhine River before the crossing when he was wounded, for this he was given the purple heart, wounded, for this he was given the purple heart.

He is a graduate of Swannanoa high school and was employed by the Beacon Mfg. Co. Before entering the service. Pfc. Edmonds also has two brothers in the service, Robert in the army in the South Pacific and Elroy in Texas, Elroy has also action in the air force in Germany.

They are sons of Mrs. Lula Edmonds of Swannanoa.

MOORE ENTERS SERVICE

Pvt. Tom Carson Moore, is stationed at Fort Bragg N.C. He entered service in the latter part of July. Pvt. Moore is receiving his basic training at Fort Bragg.

He attended Swannanoa School and is a former employee of Beacon Manufacturing Co. He is the son of Mrs. Ella Moore Wilson of Swannanoa.

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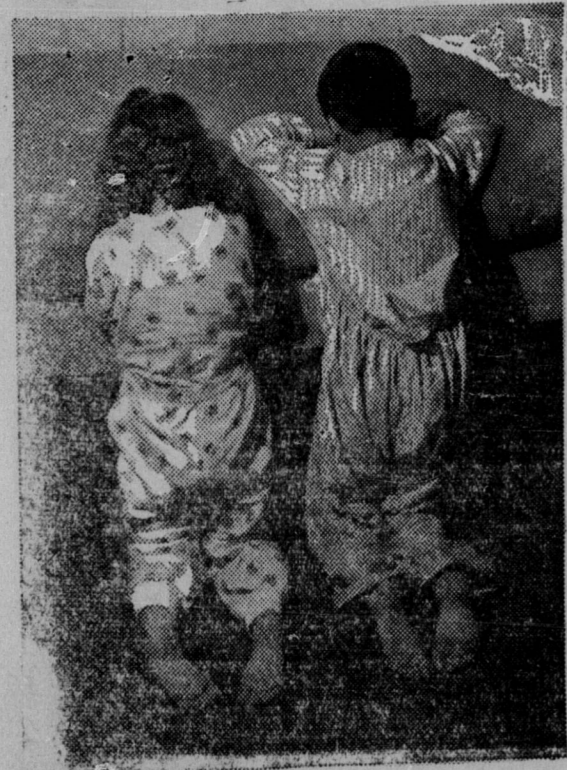
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