



For The Homemaker

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We cannot recommend the open kettle method of canning. And, we can't recommend oven canning or the use of chemicals and preserving powders either. Here's why:

OPEN KETTLE CANNING DRAWBACKS

The drawback to the open kettle method of canning is that it seldom sterilizes food. And without sufficient heat to sterilize food--spoilage can result. Or the food might become contaminated with spoilage organisms on the way from kettle to jar. If that happens, the food will spoil--even if you've gotten a good seal.

Oven canning is another no-no. When you can food, it's important to know and control temperature. But in oven canning--the temperature will vary according to the accuracy of the oven regulator and the circulation of heat.

Dry heat--such as the kind you have in the oven--is very slow about penetrating food that is packed in jars. This means the temperature of the food probably won't get high enough to destroy bacteria--including the ones that cause botulism poisoning. What's more, oven canning could be dangerous. Jars might explode--damaging the oven and seriously cutting or burning someone.

Chemicals and preserving powders aren't good substitute for heat treatments either. In the home canning of food, you cannot rely on chemicals or powders to prevent spoilage or to give you a quality product.

It adds up to this. Open kettle canning, oven canning and chemicals and preserving powders are no substitute for the pressure canner and the boiling water bath.

BLANCH VEGETABLES?

There's one step in the freezing of vegetables that some homemakers think they can ignore. And that step is blanching.

But blanching--this is, the scalding of vegetables in hot water or steam before you put them into the package--is a must.

Here's why. Blanching inactivates most of the plant enzymes that might otherwise cause toughness, change in color, mustiness, loss of flavor, softening and loss in nutritive value.

And--blanching the vegetables before freezing reduces the number of micro-organisms in the food.

Also, blanching can enhance the green color of vegetables--including peas, broccoli and spinach--giving them a fresh-from-the-garden look.

It also wilts leafy vegetables--such as spinach and other greens--making them easier to pack in the freezer container.

In addition, blanching displaces air that is trapped in the tissues of vegetables--and it saves and reserves the flavor of fresh vegetables.

SWEET-SMELLING FREEZER

I hope it won't happen, but it might. A bad electric storm or a mechanical problem might cause your freezer to go off. The result could be food spoilage and a bad odor. But there are some things you can do that might help remove odors from the freezer.

The first step is to wash the freezer with a solution of baking soda and warm water. If that doesn't remove the odor, use a solution of bleach and water to wipe down the walls. Scrub around the gasket with a brush. And use a scrub brush to clean well in around seams and screws. Then rinse with clear water and dry.

It may help to lay non-burning charcoal on a saucer or piece of aluminum foil and put it in the freezer. But there may be no way to remove the odor--if it gets into insulation through cracks or screw holes.

However, you might check with a local service center for refrigerators and freezers.



Potters And Weavers Exhibit Goods

Elizabeth Kdan and Karen Young, Asheville and Salisbury, North Carolina display pottery and weaving in the 1974 Mt. Mitchell Crafts Fair in Burnsville. Mrs. Kdan learned her craft

at the University of North Carolina at Asheville. Note the loom that is used for inkle loom weaving done by Karen. Mrs. Kdan will be among the craftsmen returning for the 1975 Crafts Fair.



Paintings Displayed On Square

Paintings are among the many crafts found at the Mt. Mitchell Crafts Fair each year. Pictured above is Ophella Hart from Morganton, North Carolina. Surrounded by her paintings, Mrs. Hart found being at the Fair a time for visiting as well as for selling her crafts.

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