

TOMATO CANNING DIRECTIONS GIVEN BY U. S. EXPERTS

Presence of Vitamins and Original Food Values After Cooking Make Tomatoes Desirable in Diet

(By Bureau of Home Economics, U. S. Department of Agriculture)
The big tomato canning season is now on—and it is one of the biggest ever, for there is a record tomato crop this year.
The best tomatoes for canning are those that have ripened on the vine. The home canner, wherever she lives, waits for the ripe home-grown tomatoes, which are cheaper as well as better for canning.
Tomatoes are a big item in every well-planned family canning budget. Most people like them. Tomatoes are so different from other vegetables that they add variety to any

meal. They are useful to the meal-planner also because they fit into almost any part of a meal—in cocktail, soup, main dish, or salad, or in "trimmings," such as sauce, preserves, pickles or relishes.
Tomatoes fill an unusual place in a balanced diet, the bureau of home economics of the U. S. department of agriculture emphasizes. Better than most other vegetables, they retain their original food values when cooked or canned, so there is almost any form they are depended on as one of the chief "protective" foods. They contain several of the vitamins, and are one of the best sources of the elusive vitamin C, which in many other foods is destroyed by cooking.
Of all the vegetables, tomatoes are the easiest to can. To put up a good winter's supply no expensive canning utensils are needed, and the method is the same as for peaches, pears, or other fruits. Tomatoes can be packed either hot or cold, in glass or tin, and then "processed" in boiling water. The purpose of this final heating or "processing" is to destroy bacteria, molds, or other organisms in the foods that might cause spoilage. Processing at boiling temperature is enough to keep canned tomatoes and fruits from spoiling (though not enough for corn or beans or other non-acid vegetables).
Directions for Canning
Select firm, ripe tomatoes of medium size and uniform shape, free

from spots and decay. Put into trays or shallow layers in wire baskets and dip in boiling water for about a minute, according to ripeness. Remove and plunge quickly into cold water for an instant. Drain and core and peel promptly.
For a hot pack, which is the quickest way to can foods and the surest—cut the tomatoes in quarters, heat just to boiling, and pack hot. Seal the jars or cans, and put them on a rack in a boiling water bath, in a wash boiler or some big deep kettle that will hold water so cover them. Place them far enough apart on the rack to allow the water to circulate freely under and around them, and see that the level of the water comes over the tops. "Process" the filled jars or cans—that is, leave them in the boiling water—for five minutes, counting time as soon as the water begins to boil vigorously.
Another method, often called the cold-pack, takes more time, but for some purposes is preferred. For this, use the tomatoes whole, do not heat them after peeling, but pack them at once into the jars or cans as closely as possible. Fill up the spaces with the juice of other tomatoes and season with one teaspoon of salt per quart. The cold pack does not give a whole tomato suitable for salad, as some home canners have found in their disappointment, but it does give a more attractive product than the other method gives.

Cold-pack tomatoes, however, must be handled differently in processing, for they have not so far, been heated through. If they are packed in glass jars, do not seal them entirely before they go into the boiling water-bath, but "exhaust" them first; that is, drive air out of the jars by heating them partly sealed. If they are in glass jars with screw-top, screw the caps down evenly until it catches hold of the rubber ring.
With wire-clamp glass-top jars, put the cap on the rubber and raise the upper clamp in position to hold the lid in place, but leave the lower clamp loose. On the automatic, or self-sealing jar, fasten the cap with the metal spring or clamp, if that is the kind of self-sealer you are using, or screw on the band, as the case may be.
Then put these partially-sealed glass jars in the boiling water, just as for the hot-pack, but leave them in for a longer time, because the cold-pack tomatoes have not been heated enough to sterilize them. For quart and pint glass jars the "processing" time is 45 minutes in boiling water. Then take them out of the water, finish sealing them, and let them cool—but be sure they are out of a draft, or the glass may break.

Cold-pack tomatoes in tin cans (No. 2 and No. 3 open-top cans are the usual home kind and size), should be "exhausted" before the top goes on. For this purpose an extra water or steam bath is necessary, and the cans filled but without their tops, should be set in boiling water which comes to within 1 1/2 to two inches of the open edge. The whole bath should be tightly covered, to hold in the steam, and the cans should be left in for five to seven minutes, so the steam can drive air out of the cans. Then put the lids on, seal the cans, and "process" them in boiling water for 35 minutes. Cool them by plunging into cold water.
Directions for Tomato Juice
Use fully ripe, firm tomatoes, freshly picked from the vines if possible, and with no spots or other defects. Green parts make the juice bitter, and moldy or decayed parts ruin the flavor and make the juice spoil.
Work with rather small quantities—say a peck of tomatoes at a time, and work fast. If the juice stands, either hot or cold, it loses flavor and also loses vitamin value.
Wash the tomatoes, core them and cut them into small pieces. Peeling is not necessary but improves the flavor of the juice. Simmer (do not boil) until soft. Then put the softened hot tomatoes through a fine sieve at once. Salt the juice if desired, but for babies or invalids unseasoned juice is better. In any case, one-half to one teaspoon of salt to the quart of juice is enough.
To pack in glass, the safe way is to heat the juice quickly just to boiling, if there is no thermometer

handy. Heating to 190 degrees Fahrenheit is really enough, but it is necessary to have a thermometer to be sure. Don't let it cook for an instant longer than necessary. Then pour the hot juice into hot sterilized jars or bottles, fill them up right to the top, and seal at once. No processing is necessary for tomato juice put up this way in glass. Set the hot jars or bottles aside to cool, out of drafts.
With tin cans, the method is a little different. Heat the tomato juice just to the simmering point. Stop it before it comes to the boil. Pour the hot juice into the tin cans until they are full, seal them, and put them immediately in a boiling water bath. Keep them there five minutes counting time when the water actually boils, not before. After this processing, cool the tin cans of juice at once in running water.

MOTORISTS GIVEN ADVICE ON LIQUOR

WASHINGTON (UP)—The American Automobile association has warned touring motorists to familiarize themselves with liquor regulations in various states.
A considerable number of tourists "run into serious trouble" if they carry a nip or two as they travel, the organization said.
"Motorists generally," the association said, "appear to assume that

the repeal of the federal prohibition amendment restored John Barleycorn to good standing before the law everywhere. Not only is this assumption unwarranted, but much confusion exists even in those states where liquor has been legalized."
As a result of a continued high record of automobile fatalities and accidents, it was explained, "transportation of liquor in automobiles even in 'wet' territory involves serious risks and should be avoided. The tendency almost everywhere is to press charges of driving while under the influence of liquor and to impose heavier penalties."
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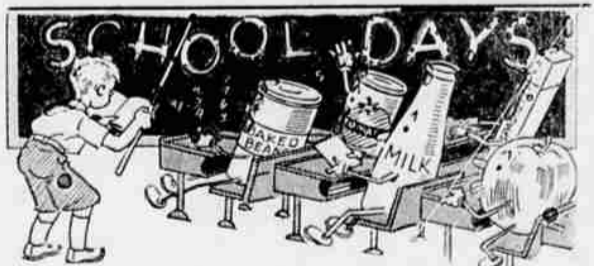
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