

The girl shown in the cover picture is Edith Wilson, Union County, state 4-H canning winner and one of the six national canning club winners in 1950.

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TAB

FOREWORD	. 4
PLANNING FAMILY FOOD SUPPLY	5
SOUTH CAROLINA CANNING BUDGET	6
METHODS OF CANNING	9
THINGS NOT TO DO	9
EQUIPMENT FOR CANNING	9
Boiling Water Bath	10
Steam Pressure Cooker	10
Containers	12
GENERAL DIRECTIONS FOR CANNING TOMATOES AND FRUITS	14
Table for Sirup	
Timetable for Fruits	16
CANNING VEGETABLES	18
Timetable for Vegetables	19
HOME CANNING OF MEAT	21
Chicken	23
Beef, Veal, Pork, Lamb	24
Ground Meat	25
Sausage	25
Heart and Tongue	26
Soup Stock	26
TO FIGURE YIELD OF CANNED MEAT FROM FRESH MEAT	26
WHEN CANNING IS DONE	27
GUARD AGAINST SPOILAGE	28
AVOID SPOILAGE	28
SOME CANNING PROBLEMS AND HOW TO PREVENT THEM	29
ACKNOWLEDGEMENTS	31

FOREWORD

This bulletin has been prepared for use by South Carolina families as a guide in conserving fruits, vegetables, and meats for home needs.

Information from the United States Department of Agriculture, Bureau of Human Nutrition and Home Economics, has been adapted to meet conditions and needs of the state.

The information has been checked and approved by the South Carolina food conservation committee, which is made up of representatives from all organizations in the state that are engaged in teaching the conservation of food. For best results it is recommended that this bulletin be used in preparing and conserving food for future use in South Carolina.