

# Canning: 1945 Style

By Jane Holt

**T**HE need for home canning, greater this season than it has been since the start of the war, comes at a time when sugar stocks are low. Fortunately, the shortage will not affect vegetables, which need little, if any, sweetening in canning, but it may hinder housewives in preserving fruits, which require sugar or a substitute for the best results in flavor, texture and appearance.

In the table below, prepared after extensive tests by the Corn Products Refining Company, directions for making canning syrups for many fruits are given, the proportions being for eight cups of syrup for eight quarts of fruit. These syrups are used like those ordinarily employed in preserving fruits—that is, the peaches, pears, etc., are simmered in a liquid of the sort, then covered with it and transferred to jars. Unlike the familiar syrups, however, these are combinations not only of sugar and water but also of corn syrup, which helps stretch the more familiar sweetening.

Directions are given for preparing both thin and medium syrups for fruits and with the use of either light or dark corn syrup. For best over-all results medium syrup made with light corn syrup is recommended. The dark variety works well with dark-colored fruits. Novices in home canning, indeed every home canner who uses the table, should consult, in conjunction with it, a standard guide on the subject, such as booklet AWI-93, "Home Canning of Fruits and Vegetables," which may be had free from the office of information, United States Department of Agriculture, Washington, D. C.

To show how the syrups are to be used, full directions for canning peaches follow:

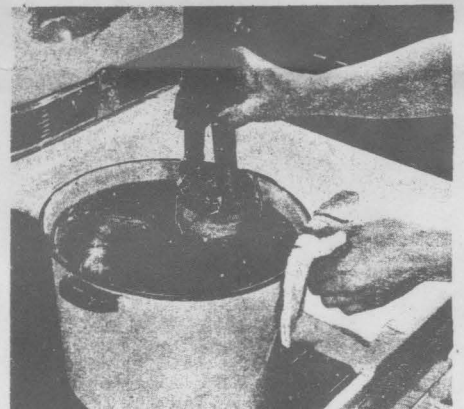
1. Choose sound, ripe peaches without decay.
2. After washing the fruit, dip in boiling water for about a minute, then into cold water, using a piece of cheesecloth or wire basket to hold fruit.
3. Slip off the skins, pit and slice or halve. To keep fruit from darkening drop at once into a solution made in these proportions: one gallon of water and two tablespoons each of salt and vinegar. Drain.
4. Drop fruit into a boiling syrup made from corn syrup, sugar and water (see chart) and heat fruit through.
5. Meantime, heat clean jars and lids in boiling water and when peaches are hot remove containers from water and pack peaches loosely, one at a time. Leave a half-inch head space.
6. Cover peaches with syrup, which must be boiling, still leaving requisite head space.
7. Work out the air bubbles by running a knife blade down the sides of each jar. Add more liquid if needed. Adjust hot, wet rubber rings and wipe to make sure they are clean. Put on the lid and adjust according to the type of closure used.
8. As jars are closed put them into a boiling water bath.
9. Put on water bath lid and process twenty minutes, starting to count time when water begins to boil hard.
10. When time is up, take out jars and adjust closures. Set jars out to cool right side up on a thick cloth or paper.



Highlights in canning peaches: Dip in boiling water a minute or two, then in cold water. This helps to loosen skins for ease in peeling.



After simmering the fruit in syrup, pack hot into clean, hot jars and cover with boiling syrup. Leave a head space in jars of a half inch



Seal according to type of jar used and process in boiling water bath 20 minutes. For full canning directions, see the adjoining article.



Set jars to cool right side up on folded towel or thick paper. Keep away from drafts and don't cover. In storing, choose a cool, dark spot.

## HOW TO SAVE SUGAR IN CANNING FRUITS

FRUIT	THIN SYRUP			MEDIUM SYRUP		
	Ingredients	Light Corn Syrup	Dark Corn Syrup	Ingredients	Light Corn Syrup	Dark Corn Syrup
Apples (Process 15 min.)	Water	7 cups	7 cups	Water	5½ cups	5¾ cups
	Corn Syrup	1 cup	1 cup	Corn Syrup	1¾ cups	1½ cups
	Sugar	1½ cups	1¾ cups	Sugar	3 cups	3¼ cups
Cherries Red Sour (Process 20 min.)	Not Recommended			Water	5¾ cups	5½ cups
				Corn Syrup	1½ cups	1¾ cups
				Sugar	3¼ cups	3 cups
Peaches (Process 20 min.)	Water	6½ cups	6½ cups	Water	5¾ cups	5¾ cups
	Corn Syrup	¾ cup	¾ cup	Corn Syrup	1 cup	1½ cups
	Sugar	2 cups	2 cups	Sugar	3½ cups	3¼ cups
Pears (Process 30 min.)	Water	6½ cups		Water	5¾ cups	
	Corn Syrup	¾ cup		Corn Syrup	1½ cups	
	Sugar	2½ cups		Sugar	3¼ cups	
Plums and Prunes (Process 20 min.)	Water	6½ cups	6½ cups	Water	5¾ cups	5¾ cups
	Corn Syrup	¾ cup	¾ cup	Corn Syrup	1½ cups	1 cup
	Sugar	2 cups	2 cups	Sugar	3¼ cups	3½ cups
All berries except strawberries (Process 15 min.)	Corn Syrup	1 cup	1 cup	Corn Syrup	2 cups	2¾ cups
	Sugar	3 cups	3 cups	Sugar	4 cups	3¾ cups
	Water	No	No	Water	No	No