

CANNING
AND
HOW TO USE CANNED FOODS



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Ruth Leslie



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HOW TO USE CANNED FOODS

A. W. BITTING, M.D.

K. G. BITTING, M.S.

THIRD EDITION

NATIONAL CANNERS ASSOCIATION
WASHINGTON, D. C.

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NICOLAS APPERT

1750-1841

Father of the Art of Canning

INTRODUCTORY

The object of this brief treatise is to acquaint those who are interested in how their foods are prepared with the methods employed in modern canning, and to indicate to those who use canned products that these should be considered stock upon which to build culinary operations, rather than as foods that are complete and ready for use.

Nothing has done more to lighten the burden of the kitchen than the modern cannery. By using highly specialized machinery, it is possible to save labor, to handle large quantities of a raw product, to use sanitary methods, and to prepare food better than it is possible to do in most homes. Each pea-viner will do as much work as a hundred or more women, and do it better. Likewise other machines, do what scores would have to labor hard to accomplish. In removing this drudgery, they make life more livable. The taking of the work away from home and away from observation, except to a comparatively few, has developed a lurking suspicion that possibly some of the material used and the care taken in its preparation are not all that they should be, and this suspicion has grown to a prejudice against canned foods. A presentation of the facts may serve to correct some of these misapprehensions.

The most serious error in the use of canned foods has been to consider the food ready to serve, or needing only to be heated, or given some other equally simple manipulation. The work of the canner has been to collect the raw material, to do the rough work, to get rid of the waste, and to deliver the food in the best possible condition for the housewife or a chef to exercise culinary skill in its dressing or final preparation. The difference between good dining, enjoying one's meals, and just eating, is in the appetizing way in which the dishes are prepared and served. An extra price is paid at the better hotels and