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HOME ECONOMICS NEWS SERVICE

EXTENSION SERVICE

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COLLEGE OF HOME ECONOMICS

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PROCESSING CHIEF STEP  
IN HOME MEAT CANNING

Washington State  
College Library

Although home canning of meat and meat products has become more widely used in recent years, it deserves a wider acceptance as a means of securing a satisfactory meat supply at low cost, for those producing their own meat or poultry, according to Miss Rae Russell, extension nutritionist at the State College of Washington.

Whether canned in jars or tins, whether pre-cooked or canned raw, "processing" is the most important step in meat canning. Processing means heating the meat to 240 <sup>to</sup> 250 degrees Fahrenheit, in order to destroy bacteria. This corresponds to 10 to 15 pounds steam pressure and can be obtained inside the can or jar only by means of the steam pressure cooker, Miss Russell, says.

Although meat can be placed in the container raw, she advocates that it should be lightly browned first in hot fat, or seared and roasted until almost done. The length of processing time is the same whether packed raw or pre-cooked.

All meat to be canned should be thoroughly bled and cooled. For beef, pork, veal or mutton 24 hours should elapse after butchering. Six hours or more should be allowed for rabbits or poultry. If necessary, the meat may be washed, but it should not be soaked in water.

Containers should be sterilized before using. Lids for tin cans should be kept dry. Meat and juice in the packed container should come within approximately one-half inch of the top. A half teaspoon of salt should be added to each pint jar or number two can. If the meat has been pre-cooked, the fat and juice should be strained over the packed contents of the jar or tin.

After pre-heating, packing and sealing, the containers of meat should be immediately processed. Directions for processing various kinds of meats are contained in Extension Bulletin 199 available at county agents' offices or at the state Extension headquarters at Pullman.



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\* H O M E M A K E R S   B R I E F S \*  
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State College Extension Service

There are enough apples grown in this country to supply each man, woman and child with more than a bushel each year.

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The term "root vegetables" should not be taken too literally. It includes potatoes, which strictly speaking, are tubers rather than roots; sweet potatoes, carrots, turnips, parsnips, beets, and salsify or oyster plant, which are true roots; and onions, though they are bulbs and belong to the lily family.

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The federal bureau of animal industry has notified meat inspectors and packers that markings required by the government on colored meat artificial casings must be printed plainly, before the casings are stuffed with sausage or other meat products. This ruling was made to assure housewives adequate information about the products involved.

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Vinegar is made from many things besides grapes, from which it gets its name. The English first made vinegar from malt liquor, and it is still standard there. In this country we began making apple-cider vinegar in colonial times. Other products from which vinegar can be and is made include: oranges, peaches, pears, persimmons, berries, watermelon, honey, maple syrup, molasses, corn, barley, rye and oats.

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When you try on a coat, try walking and sitting and moving your arms in it. Be sure the sleeves don't restrict you. Then be sure the skirt is not too tight for comfortable walking and sitting. Be sure the coat fastens comfortably and snugly.