

FOOD PRESERVATION

No. of Counties reporting work in Food Preservation 48

No. women 7,188 No. Girls 5,340

Food preservation plays an important part in the farm family's budget in North Carolina as the surplus is marketed to add to the income after the nutritional needs of the family have been provided for through the canned foods budget. This budget, which was made in cooperation with Garden and Nutrition Specialists, provides for an adequate supply of canned fruits and vegetables during the winter months to supplement the fresh vegetables from the winter garden.

Steam under pressure is used in canning meats, poultry, and all non-acid vegetables. The hot water bath method is used for fruits and certain vegetables.

In the advanced counties pickle, preserves, jam, jelly, and fruit juices are highly standardized products. The commercial pack is taking the place of the fancy pack and Agents and Leaders are given instruction frequently in judging standards.

Stanly County one hundred and forty women in eight clubs were given instruction in jelly making. Six of the demonstrations were given by leaders who had been trained by the District Agent. Ten clubs with two hundred and four women enrolled were instructed in pickle making. Anson County reports the following: "As a supplement to the winter garden the women of the ten clubs have endeavored to fill their pantries with canned and dried products. In their food work they have learned to use these products to a great advantage and in a variety of appetizing dishes.

"The women have also put up several thousand cans of string

beans, soup mixture, and tomatoes for sale. The demand for 4-H products by the housewives has always been strong in this county and the home merchants use them as long as the supply lasts."

The Agent from Columbus County reports: "There are fourteen communities in Columbus County in which work in preservation of foods was done in 1927. Twelve girls' clubs, with an enrollment of two hundred and nine, and ten women's clubs, with an enrollment of one hundred and nine. These club members began work in December and completed the work assigned in eleven months. The project was Preservation of Foods.

"Eleven meetings were held by leaders, who gave jelly making, conservation of over-ripe strawberries, canning peaches, apples, beans, tomatoes, corn, pimento relishes, and stuffed peppers. Four grape schools were held. At these schools the method of making grape paste, unfermented grape juice, grape jelly, and spiced grape hulls was taught."

Pasquotank County reports: "This year the women have canned 4,111 quarts of fruits and vegetables; 49 quarts meat; 3,989 quarts jelly and preserves; 50 quarts fruit juices; 838 quarts pickle; dried 108 pounds fruit; and cured 19,100 pounds meat. The girls have canned 225 quarts fruits and vegetables; 117 quarts jelly and preserves; and 211 quarts pickles."

In Northampton County Food Preservation was carried on in the eleven women's clubs in the county with seventy-five entering and the same number completing.

In Nash County five adult leaders and four junior leaders assisted the Agent with the canning and making of jellies. At the County Home the Agent supervised the canning of 1,500 quarts of vegetables. There have been six project meetings in Food Con-

servation for girls and eleven for women, with 320 women enrolled 214 competing, and 183 girls enrolled and 140 competing.

In Polk County most of the work done in foods was in the food preservation project. Seven girls' clubs and six women's clubs spent most of their time in canning fruits and vegetables and making pickles.

The Hertford County Agent reports: "Food preservation work was done in six girls' clubs. Ten meetings were held with these girls. Six adult leaders prepared exhibits for the fairs. Twelve meetings were held with the girls using five girls as leaders."

One agent reports as follows: "There are ten women's clubs with an enrollment of 230 in Halifax County. These women canned 39,500 quarts of fruits and vegetables this year. Each club was urged to hold an all day canning day with the agent to can soup mixture and tomatoes for school lunches in winter. Six of the ten clubs canned nine hundred quarts of soup mixture and tomatoes for the lunch rooms.

"Ten girls' clubs with an enrollment of 233 and five of the women's clubs with an enrollment of 94 had demonstrations in food preservation in 1927," writes the Agent from Guilford County. "The work with the girls was in canning corn, beans, tomatoes, and beets. Three of the women's clubs had demonstrations in jelly making, one in canning vegetables, and one in pickle making. A number of steam pressure cookers were bought for the women and instructions given in their use."

Rockingham County reports: "The women and girls have canned 20,488 quarts of fruits and vegetables, and 366 quarts of meats, and have made 2,956 quarts of jelly and preserves, 1,987 quarts of pickles, and 353 quarts of fruit juices. They have dried 2,697 pounds of fruit and vegetables, cured 24,068 pounds of meat, and have brined

1,104 quarts of pickles."

From Franklin County comes the following: "Local leaders have given nine demonstrations to individuals in the use of the pressure cooker in canning. During the summer, food preservation work was done in all the girls' clubs by local leaders."

In Vance County there were eighty-five women and twenty girls enrolled in food preservation, much of the work being carried on by local leaders.

The Agent from Richmond County reports: "Never since I have been in the county have we had better home gardens than this year and as a consequence more vegetables than usual have been canned for winter use. Last year we had an enormous peach crop; this year we had none, and as this is the main fruit crop we have not canned as much fruit as usual. However, we had a surplus left over from last year so we will not miss it so much. Most of the canning in my county is for home use as only a few women can for market. These are usually women who live a long way from town and cannot market their products fresh. There is not enough profit to justify the hard hot work.

"More steam pressure cookers are being brought in all the time and the women are finding it much easier to can with them. The women like them so much for canning meat. It gives a safe attractive product which they have never been able to have before. One woman told me her pressure cooker saved its cost the first year she had it for canning meat. She said they had always had to give away such quantities because it spoiled before they could use it, but that now she was able to can everything they could not use fresh."