

Lemon juice, vinegar or ascorbic acid cannot be substituted for citric acid because the amounts required would affect the flavor and taste of the tomatoes. Aspirin, because it is a drug must not be used either.

To add citric acid to quart jars half fill the jars with clean, peeled tomatoes. Measure a tablespoon of water into a small custard cup, add ½ teaspoon citric acid crystals and 1 teaspoon pickling salt, stir until dissolved, then add to each individual quart jar.

Fill the jars with more tomatoes and pour in water or hot tomato juice leaving a headspace. Repeat for each quart jar.

The same procedure is followed for pint jars except that ¼ teaspoon citric acid plus ½ teaspoon pickling salt is dissolved in 1 tablespoon of water and added to each jar.

#### 17. WHAT IS HEADSPACE?

This is the space which must be left at the top of the jar to allow for expansion of contents during processing. If sufficient space is not left the liquid from the jar could seep out and consequently prevent the air tight seal especially if there are particles wedged between the jar and the lid.

#### 18. IS IT POSSIBLE TO CAN WITHOUT SUGAR OR SALT?

Certainly. Use boiling water in place of syrup for fruit. Keep in mind however, that sugar affects the texture as well as the flavor of fruit.

Seasonings or flavorings such as salt can be added or left out as desired or required.

#### 19. ARE THERE ANY SHORT CUTS?

In a word—NO. The best way of doing anything is to do it properly the first time. This is the only way to ensure a safe product.

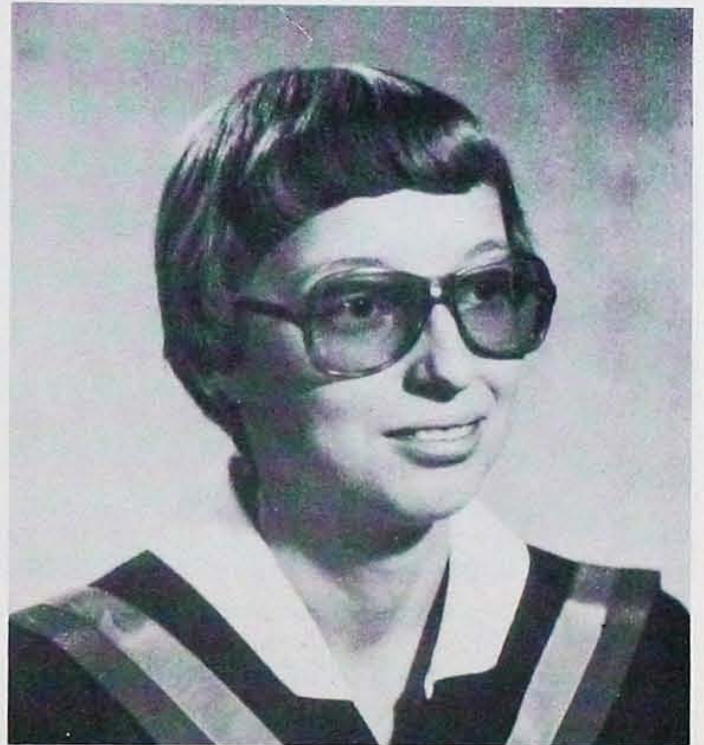
#### 20. WHERE CAN I GET RELIABLE INFORMATION?

Home canning can be done safely. Be sure your information is up to date and reliable. For information on the "how to's" of canning refer to publication 468, HOME CANNING ONTARIO'S FRUITS AND VEGETABLES. This and other reliable information is available free of charge from your local Home Economist at your nearest Ontario Ministry of Agriculture and Food Office.

## HONOUR FOUNDER



*Debbie Butcher, received Advanced Honours for completion of eighteen 4-H Homemaking Clubs. The Club is sponsored by the Roblin W.I. Lennox District.*



*Winner of the 1977 Dufferin County W.I. Scholarship Debra Bath, Orangeville completed her 18th project with the Camilla—4-H club. Debbie now attends the University of Waterloo.*

*Drumbo WI celebrated their 70th anniversary by erecting a memorial plaque honouring the Founder of Drumbo. L-r Robert Wilson, great great grandson of Squire Muma, Founder; Drumbo WI Members, Mrs. Ray Harmer, Treasurer; Mrs. Howard Vance, Secretary; Mrs. Cecil Cadwell, President; Miss Jessie Cowan, Curator; Howard Wilson, great grandson of Squire Muma.*