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Many Foods Make Their Debut In The Canning Trade

By Jean Reis and Clare Pell

HOW many times has your entire family arrived home a few minutes before mealtime to find that no preparations for the coming meal have been made? What should you do for food when the crowd drops in on Sunday evening and the refrigerator is barren? How should you stretch a meal originally planned for four to satisfy eight at the last minute?

These questions are perplexing to many who have not yet learned the glory of canned foods. Of course everyone knows that stewed tomatoes, baked beans, peas and salmon are canned, but how many know that corn on the cob is now put up in tin cans? How many of you have eaten delicious canned chicken or canned cranberry sauce?

The wise housewife will have a variety of canned goods on her pantry shelf. Then let her go off to her bridge party or on a shopping tour. After she arrives home she opens a few cans, and, presto! the dinner is served.

Many attractive meats are now being put up by canning companies. No longer do you necessarily have to have corned beef if you want to use canned meat. Delicious steak with onions and gravy can be purchased in cans at your grocery. Then there is baked ham, ox-tail, roast beef and even rattlesnake meat which is sold in cans.

Meat stew that cannot be equaled in your own home is on the market now in cans. Some families are very fond of a meat pie which can be put together in a few minutes. To make the meat pie merely put the contents of a can of meat stew in a greased cas-

serole. Cover with baking powder biscuits and bake in a moderate oven until the biscuits are done. If time is a great element one may even use a biscuit mix in making the biscuits.

Another favorite in many homes is made with noodles and canned vegetable-beef soup. For this dish boil the noodles until tender in salted water. Mix the contents of a can of vegetable-beef soup with the noodles and serve hot.

Latest additions of the fruit industry to the canning parade are cranberry sauce, currants, gooseberries, grapefruit, oranges and raisins. Even rhubarb has a place among the canned fruits. It is always so much work to peel grapefruit, break them into sections, take out seeds and peel off the membrane. Why not buy the grapefruit already canned? For those who are fond of tangerines the canning companies are now canning that fruit. Something new in canned pineapple is the pineapple spears. They are long wedge-shaped pieces of pineapple which are very attractive in salads.

Now you can buy practically every kind of fruit juice known in cans. There is pineapple, pomegranate, prune, orange, grapefruit and grape-juice on the market. Vegetable juice, a combination of nine different fruits and vegetables, is also available.

The common potato is canned, too. You have all used the sweet potato, but have you tried his Irish brother that comes in small uniform balls? These look very neat on a dinner plate. If you are in a hurry for a picnic, just take along a can of French fries. In

preparation for the coming picnic rush, this product is being produced at the rate of 30 cans a minute, a fast pace in the canning industry. The newest potato dish to serve at a luncheon is sweet potato chips, very much like plain potato chips, but sold by the can.

Delicious brown bread which is heated in the can before serving has saved many a housewife some valuable time. It is even possible to buy cake mix in cans. All you have to do is add the liquid and bake the cake. Even pie crust is canned. To the contents of such a can add the liquid, roll and bake. Doesn't it sound simple?

Many Americans agree that their favorite food is a Chinese dish. Some canning companies specialize in chow mein and chop suey. You will find these products taste just as good as a Chinese dish in your favorite Chinese restaurant.

If some of your friends make an unexpected Sunday evening call a can of the new "ready made" fudge mixture will assure your success. It is very simple to prepare. Add boiling water to the mixture, beat and set in the refrigerator to chill.

When buying canned foods one should know what size of a can to buy to serve a certain number of people. The cans are distinguished by number. A number one can serves two or three people, while a number two serves five. A number two and one-half can is the correct size to buy for six servings, while a number three serves seven or eight people. A number five serves 10, and a number 10 can serves 22 people.