

## Extension Service Organizes

# Victory Canning Corps

*Extension training for food preservation assistants will aid home canning, explains Corinne Cunningham*

A CORPS of victory workers has been recruited to do reconnaissance work for the Iowa State College Extension Service. About 35 women serving as food preservation assistants in counties and cities throughout the state will supplement the work of the regular 71 county home economists.

Several days of intensive in-service training prepares the women, who are graduate home economists or senior college students and other women who have had practical food preservation experience, for the subject matter and organization work they will be called upon to do in their special war emergency jobs. Those who have completed the course include Betty Cruzen, Ex. '45, Mrs. Genevieve Gravatt Fischer, '41, Adele Janzo, '41, Ruth Kettleton, Ex. '46, Irene Runkle Mammer, '40, Dorothy Roberts, '43, Esther Tesene, '22. The second of these training courses this year will be held this month.

The training schedule is planned and conducted by the acting assistant extension director, Miss Louise Rosenfeld, and members of the home economics extension staff. Extension food preservation assistants were first employed during World War I, and the program was revived last year and reorganized to meet the needs of World War II.

The training period includes discussions of the latest information on food preservation and gardening as well as methods of organizing their work so they will reach as many rural and urban women as possible.

Observations and reports made on last year's food for victory program are reviewed, in order that the food preservation assistants may help homemakers and 4-H girls avoid spoilage and accidents which may have resulted from insufficient knowledge or careless practices in home canning. In addition, findings and recommendations of the Bureau of Human Nutrition and Home Economics of the United States Department of Agriculture are adapted to Iowa conditions and included in the program. Assistance in developing sound food preservation practices and techniques has been given by members of the teaching and research staffs in home economics and horticulture at Iowa State.

The home economics laboratories are opened to the trainees in order that they may observe and practice food preservation techniques. Their work in the counties and cities may include demonstrations, clinics, individual consultation and helping to set up food preservation and consumer information centers. The food preservation assistants will work closely with other organizations in each

community in an effort to promote efficient production and conservation.

In determining what practices should be recommended, the Extension Service takes into account efficient use of time, labor and materials. Thorough checking of equipment well in advance of the canning season saves time and energy during the busy season.

While a pressure canner is desirable for processing non-acid foods, Iowa conditions make it possible for the Extension Service to recommend boiling water bath canning to those who have no access to a pressure canner. To improvise a boiling water bath canner is possible in almost every home and tomatoes and fruits are better when processed in boiling water. Emphasis is placed on following reliable directions carefully. Open kettle canning is recommended only for relishes, preserves, jams and jellies.

In addition to canning, the Extension Service recommends freezing, storage, drying and brining. Because frozen fruits and vegetables are most nearly comparable to fresh foods in nutritive value, appearance and palatability, Iowa State encourages freezing wherever facilities are available. Drying and brining some products provides variety and requires a minimum of equipment and skill.

*Home economics extension workers recommend blanching asparagus when preparing it for victory canning with a pressure canner*

