

CONTENTS

	PAGE
LESSON 1. The Basic Principles of Chemistry	11
LESSON 2. Elementary Physics	21
LESSON 3. What Food is, and what it does	32
LESSON 4. The Causes of Food Spoilage	42
LESSON 2. Commercial Food Processing	50
LESSON 6. Preparation of Food for Canning	60
LESSON 7. Blanching, Filling and Exhausting	70
LESSON 8. Retorting, Cooling and Storage	80
LESSON 9. Double Seaming	89
LESSON 10. Quality Control	99
LESSON 11. Motion Study	107
LESSON 12. Foremanship	118