



Cheese-Cloth Wrapped Product Being Lowered Into Boiling Water for Blanching.

Throw out all vegetables and fruits which are withered or unsound. Wash out all grit and dirt. If possible, use only fruits and vegetables picked the same day and never can peas and corn picked more than five hours.

Prepare fruits and large-sized vegetables for blanching. Remove all spots from apples. Prepare beans and greens as for cooking. Be especially careful to remove all foreign plants from the greens.

Blanch vegetables and all fruits except berries by leaving them from three to five minutes in clean boiling water, or by steaming them for a similar period in a colander over a vessel of boiling water or in a steam cooker. Remove the blanched products from the boiling water or steam and plunge them quickly into cold water, the colder the better. Take them out immediately and let them drain. Don't let them soak in the cold water.

From this point on, speed is highly important. The blanched vegetables and fruits, which are slightly warm, must not be allowed to remain out of the containers a moment longer than is necessary.

Remove skins when required, and as each article is pared out it up into proper size and pack directly into the clean, scalded cans or jars.

Pack as solid as possible, being careful not to bruise or mash soft products.

In the case of fruit, fill the containers at once with boiling hot sirup.

In the case of vegetables, fill the containers with boiling hot water to which a little salt has been added.

Place scalded rubber rings on the glass jars and screw down the tops. Seal tin cans completely. Watch them for leaks. As the preliminary

Table listing various vegetables and fruits with their prices per unit. Includes items like Cabbage, Brussels sprouts, Cauliflower, Carrots, Parsnips, Salsify, Beets, Turnips, Sweet potatoes, etc.



Homemade Hot Water Bath Sterilizing Outfit, Showing Satisfactory Type of Wooden False Bottom.

Table listing various food items and their prices. Includes Fish, Shellfish, Camp Rations, Soups, Cream of tomato soup, etc.

Amount should be added in excess of the amount in the tomatoes canned. Add Sugar and Salt. In addition to the liquor, a mixture of sugar and salt adds greatly to the flavor of such products as tomatoes, peas, Lima beans and corn.

Time schedule given is based upon the one-quart pack and upon fresh-picked products. When processing fruits in steam-pressure canners, not over five pounds of steam pressure should be used.

When processing vegetables and meats do not use over fifteen pounds of pressure. After processing, remove the containers. Tighten the tops of jars immediately and stand the containers upside down in a cool place, being careful that no draft strikes the hot jars.

Use band labels for cans, being careful not to let the glue get on the can itself as it may cause rust. From time to time, especially in very hot weather, examine jars and cans, making certain that there are no leaks, swellings or other signs of fermentation.

There will be no spoilage if the directions are followed implicitly and the containers are sealed up tight. Fruits which are put up with heavy sirups can be kept under cork and paraffin seal. Save all wide-necked bottles, glasses and jars for putting up fruits.

Vegetables, meats, and fish, however, cannot be kept safely unless they are hermetically sealed. Reserve regular jars for products that cannot be packed in other ways. As there may be some difficulty in securing cans and jars, dry or keep in other ways everything that need not be canned.

The labeling should be done with a rather dry paste, which is put only on the end of the label, so that it does not touch the tin. Paste may cause rust, and in damp climates it is sometimes customary to lacquer the outside of the can before it is labeled.

In packing fruits and vegetables, it is necessary to surround them with brine, sirup or water, but under the terms of the federal law governing the interstate shipment of canned goods, no more of this liquor is allowed than is actually necessary to cover the contents after as full a pack as possible is made.

With tomatoes no water whatsoever should be added and no tomato

fruit juices for jellies. May Be Sterilized and Bottled Without Sugar and Made Into Jelly at Any Time.

(From the United States Department of Agriculture.) Fruit juices for use later in jelly making can be sterilized and bottled without sugar and made into jellies at the housewife's convenience.

Put up unsugared fruit juices for jelly making proceed exactly as if jelly were to be made at the time. Cook the fruits until they are soft and strain the juice through a flannel bag. Heat and pour while hot into bottles previously scalded.

Place the filled sealed bottles on their sides in water near the boiling point, and keep them in the bath for about thirty minutes. Make sure that the corked or sealed end is under the hot water. As soon as the bottles are cool cover the cork with a paraffin seal.

Thorough sterilization and sealing are absolutely essential to success.

Stocking Up. Conversation overheard on the train: "Understand you're in the Home Defense league?" "Yep, I was out all night."

"What doin'?" "Watching the water tower." "Watching the water tower?" "Yep. Come on and help us."

"Not me. Look here, old man; it's going to be only a little while before we have home-dry prohibition in this country, and I haven't got any time to waste watching water."—New York Evening Post.

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fletcher.

General Worry Note. Nothing has alarmed us more in years than the talk of a general substitution of kilts for trousers. We do not think we would look well in kilts. —New Orleans States.

Total Loss. Mrs. Kricker—"As a patriotic duty we should eat the perishable things." Mrs. Becker—"Everything is perishable when Jack sits down at the table."—Life.

He reckoned. Visitor—"When did your boy Josh pass his examinations?" Farmer—"Iunno exactly, but I reckon it must have been when nobody was lookin'."

The Trouble. "What was the matter with Blink's lecture about the ethics of military aviation?" "I think it was over the people's heads."

Father Was Wise. Son—"Dad, the fish are biting like anything down the river." Father—"Well, son, keep on hoeing and they won't bite you."

As soon as a man's mind ceases to broaden it begins to contract. A kind act is never a stepping stone to misfortune.

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PROFITABLE DISPOSITION OF ALL SURPLUS FRUITS AND VEGETABLES

Every Ounce of Food That Can Possibly Be Produced This Year, Will Be Needed—Housewives Can Avoid Much Waste by Canning.

WASH-BOILER EQUIPMENT IS SATISFACTORY

Practically All Perishable Products May Be Canned by One-Period Cold-Pack Method of Canning, as Taught by the United States Department of Agriculture—All Cans Should Be in Good Condition and Absolutely Clean.

(PREPARED BY UNITED STATES DEPARTMENT OF AGRICULTURE.)

CAN SURPLUS FOOD, BUT USE JARS AND CANS WISELY

Don't have an empty preserving jar in your home next fall. There may be some difficulty in securing cans and preserving jars. Reserve regular tight-sealing containers for vegetables, concentrated soups, meats and fish. Concentrate products so that each jar or can will hold as much food and as little water as possible.

The waste of surplus fruits and vegetables in this country each year is large. It would be deplorable if this normal waste were allowed to go on this year when every ounce of food that can be produced is needed. The waste can be avoided in large part if housewives will can as large a part of the surplus perishables as possible.

Any fruit or vegetable and practically any other food may be canned satisfactorily by the one-period cold-pack method of canning taught by the United States department of agriculture to the boys and girls of the canning clubs in the northern and western states.

See that all cans or jars are in good condition and absolutely clean. Scald them thoroughly and put them in a vessel of water on the stove so that they will be hot when the product is ready for packing. Use new rubber rings for jars and seal them just before putting them on the jars.

Preparing Fruits and Vegetables. Start with clean hands, clean utensils, and clean, sound, fresh products. treatment has taken care of expansion it is necessary to exhaust the cans. How to Sterilize or Process. Put the jars or cans as soon as possible into boiling water in a wash boiler or into your canning device.



Packing Blanched and Cold-Dipped Product Into Jars.



Dipping Blanched Product While Hot Into Cold Water.

Products by Groups. Special Vegetables. Tomatoes, Pumpkins, Squash, Hominy, Sauerkraut, Corn, sweet, Corn, field, Mushrooms, Sweet peppers, Pod Vegetables and Other Green Products.

Table listing various food items and their prices. Includes Special Vegetables, Beans, Peppers, Fruit Juices, etc.

FRIED FOOD NOT HARMFUL

Is Wholesome and Nutritious When Fried to Properly Done, But Few Cooks Know the Art. There are certain kinds of food that are delicious when fried in hot fat, and when frying is properly done, such foods are wholesome and nutritious and not harmful to stomach or complexion.

Frying, when properly done, is in no way inferior to boiling. The fat must be deep enough to cover entirely the articles to be cooked, and the same fat may be used over and over; each time strained before it is set away to cool. It is not necessary to bring fat to the boiling point; it must merely be smok-

ing hot. When it begins to smoke drop in a bit of bread. If it browns while you count forty, it is right for croquettes, fishballs, oysters; if it browns while you count sixty, it is right for doughnuts or potatoes. All articles to be fried should be slightly warmed and thoroughly dry. If moist or too cold the fat is chilled and soaks into them—this accounts for the greasy, soggy, indigestible condition of much fried food. There is danger also as the fat reheats, that the water from the moist food will make it

boil over and spatter the stove or your clothing. Be very careful not to let a drop of water fall into a kettle of steaming hot fat. The best way is to have a frying basket in which all the articles can be cooked at one time. Plunge the basket into the hot fat and raise it quickly if the fat begins to boil over. Fishballs and croquettes should brown perfectly in one minute. Fritters require a longer cooking. Keep a tin plate in your left hand and hold it under the basket or ladle as you re-

move articles from the fat, and place the articles immediately on soft, unglazed paper until ready to serve. Never pile fried croquettes, oysters or doughnuts one on the other. Keep them separate, so that they may remain crisp all over.

Not a Preservative. There is no corn meal and water preservative for vegetables. A report to this effect recently published, and credited to the United States department of agriculture, probably originat-

ed from the fact that a mixture of corn meal and water had been used by a department specialist to start the lactic-acid ferment in cull potatoes put up for feed in the form of silage. This starter has been used in the case of vegetables fermented for food but it is not the preserving ferment, the specialists explain; it only starts the ferment. It is not recommended for household use, however.

Pickle or brine suitable vegetables in crocks.