

Wrapped Product Being Lowered Into Boiling Water for Blanching.

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. Pack fruit juices in ordinary NULLIWEDIERN LOUF ONY, NEEKASKA

Throw out all vegetables and fruits		120	90	60
which are withered or unsound. Wash	Brussels sprouts5-10	120	90	60
out all grit and dirt. If possible, use	Cauliflower 3 Root and Tuber Vege	60 stable	40	30
only fruits and vegetables picked the	Carrots 5	90	80	60
same day and never can peas and corn	Parsnips 5	90	80	60
picked more than five hours.	Salsify 5	90 90	80	60
Prepare fruits and large-sized vege-	Beets 5 Turnips 5	90	80 80	60 60
tables for blanching. Remove all spots	Sweet potatoes 5	90	80	60
from apples.	Other roots and	1.4		
Prepare beans and greens as for	tubers 5 Combinations and So	90	SO	60
cooking. Be especially careful to re-	Lima beans5-10	180	120	60
move all foreign plants from the	Peas5-10	180	120	60
greens.	Vegetable combina-			
Blanch vegetables and all fruits ex-	tions5-10 Greens, Domestic or	120 Wild,	120	60
cept berries by leaving them from	Swiss chard 15	120	90	60
three to five minutes in clean boiling	Kale 15	120	90	60
water, or by steaming them for a sim-	Chinese cabbage	-		
ilar period in a colander over a vessel	leaves 15 Upland cress 15	120 120	90 90	60 60
of boiling water or in a steam cooker.	French endive 15	120	90	60
Remove the blanched products from	Cabbage sprouts 15	120	90	60
the boiling water or steam and plunge	Turnip tops (young.			
them quickly into cold water, the cold-	tender) 15 Spinach, New Zea-	120	90	60
er the better. Take them out imme-	land 15	120	90	60
diately and let them drain. Don't let	Asparagus 15	120	90	60
	Spinach 15	120	90	60
them soak in the cold water.	Beet tops 15	120	90	60
From this point on, speed is highly	Dandelion, culti-	100		-
important. The blanched vegetables	vated 15 Dandelion, wild 15	120 120	90 90	60 60
and fruits, which are slightly warm,	Dasheen sprouts			00
must not be allowed to remain out of	(tender) 15	120	90	60
the containers a moment longer than	Mustard, native 15	120	90	60
is necessary.	Mustard, Russian. 15 Mustard, wild 15	120 120	90 90	60 60
Remove skins when required, and as	Collards 15	120	90	60
each article is pared cut it up into	Rape(tender leaves) 15	120	90	60
proper size and pack directly into the	Pepper cress 15 Lamb's-quarter 15	120 120	90 90	60 60
clean, scalded cans or jars.	Sour dock 15	120	90	60
Pack as solid as possible, being care-	Smartweed 15	120	90	60
ful not to bruise or mash soft prod-	Sprouts 15	120	90	60
ucts.	Purslane, or "pus- ley" 15	120	90	60
In the case of fruit, fill the contain-	Pokeweed sprouts. 15	120	90	60
ers at once with boiling hot sirup.	Marsh marigold 15	120	90	60
In the case of vegetables, fill the	Milkweed (tender			
containers with boiling hot water to	sprouts and young leaves) 15	120	90	60
which a little salt has been added.	Soft Fruits and Berr	120 les	30	60
Place scalded rubber rings on the	Apricots 1-2	16	12	10
glass jars and screw down the tops.	Blackberries	16	12	10
Seal tin cans completely. Watch	Blueberries	16	12	10
them for leaks. As the preliminary	Cherries	16 16	12 12	10
	M.A.			207
	5	3		

Packing Blanched and Cold-Dipped Product Into Jars.





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

ish	5	180	160	120	90	juice should be added in excess
hellfish Camp Rations.	5	180	160	120	90	amount in the tomatoes canned.
0. 1	122	90	60	50	40	Add Sugar and Salt.
0. 2		90	60	50	30	In addition to the liquor, a n
o. 3 Soups.	•••	90	60	50	40	of sugar and salt adds greatly
ream of tomato						flavor of such products as tor
ll o t h e r soup combination and	•••	30	20	18	10	peas, Lima beans and corn. Th ture recommended by the gover
Time schedule					45	specialists in canning is compo one-third salt and two-thirds
he one-quart pa						Two level tenspoonfuls of th
ick d products.						placed in a No. 3 can and one ter ful in a No. 2 can. For beans
When processin ressure canners,						cauliflower, etc., a brine contain
f steam pressure					uus	ounces of salt to a gallon of w
When processing vegetables and						used. For asparagus a heavier
neats do not use	OV	er fif	teen	pou	nds	four ounces to a gallon of wa
f pressure.						needed.
After processin	g,	remo	ve t	the c	on-	In order to conserve the sur
ainers.						tin cans, it is strongly urged t
Tighten the top	s o	f jars	im:	media	ate-	products intended for home use
y and stand the	c	ontai	ners	ups	side	be put up, whenever possible, in
own in a cool	pla	ce, b	eing	care	ful	The hermetic type of jar, howe
hat no draft str	ike	s th	e h	ot ja	ars.	not a suitable one for intern
Vatch for leakage and screw covers					processing, for which the best ty	
own tighter when necessary Store						glass-top jar with wire clamps

down tighter when necessary. Store in a cool, dry place, not exposed to ning of each processing to allow for freezing temperature. expansion. Use band labels for cans, being care-

ful 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, May Be Sterilized and Bottled Withmaking 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.

making can be sterilized and bottled 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,

FARM MORE LAND

Cultivate for the Soldier at the Front.

This question of conservation of food has become so agitated by those who have a knowledge of what it means in the preservation of life, who have made a study of the food conditions, and the requirements of the country, that it is beginning to arouse the entire nation. The economist whose duty it is to study the output and compare it with the consumption, sees a rapidly creeping up of one on the other, and, when the appetite of consumption gets a headway on the output, where will the nation be? It Is time the people were aroused, for there is danger ahead unless the intelligence of the people is awakened to the facts. The crop of 1917 will be iess than an average one, and see the work it has to perform. It has to feed the man producing it, and he is of less efficiency today than a year ago. His strength has been reduced by the drawing away of the thousands from the farms, who are now in the ranks of the consumer instead of in that of the producer. There is an inverse ratio here that can only be understood when confronted with the appalling figures presented by those in charge of the conservation work. The army has to be fed, dependents cared for, the navy has to have provisions, and we cannot sit idly by and see the women and children of the countries of the across the sea starve. There is such a great call for active participation in the matter of providing food, that to the those who are left at home in charge of this work have a responsibility matnes placed upon them fully as great as has he mixrnment | the man at the front who has gone out osed of to protect the homes, the sanctity and the honor of those who are left behind. The producer should think only of this; there should be economy, not only of labor. Every acre of availthe land should be producing. Adrater is "antage should be taken of every daybrine, right hour. It must not be a case of Low much can we make. It must be a case of "fight" with those who have gone overseas, but in our way, fight to that all win the war. Where that spirit pershould vades will be found the spirit of the patriotic American. There is no difficulty in securing land in any of the mittent states. It may be rented on easy terms ppe is a or purchased at low prices, and there should be little difficulty arranging The clamps should be raised at the beginwith bankers to get the necessary funds to carry on operations. Should you not be able to get what you want in your own state, Western Canada offers an immense wide field for operations at the lowest possible cost, and Americans are welcomed with open arms. Homesteads of 160 acres each may be had on easy conditions, and other lands may be purchased at low prices on easy terms. The yields of (From the United States Department of Agriculture.) all kinds of small grains are heavy. Fruit juices for use later in jelly The prospects for a 1917 crop are excellent, and it looks today as if there without sugar and made into jellies at would be as good a return as at any the housewife's convenience. This en- time in the past, and when it is realables her to do with fewer jelly glasses ized that there have been yields of and to distribute her purchases of su- forty and forty-five bushels of wheat gar for jelly making through the year. over large areas this should be en-

mixture

sugar.

nis are

aspoon-

okra.

ing 21/2

ater, is

pply of

glass.

ever, is

Put up jams, jellies and preserves in glasses sealed with cork or paper and paraffin.

Don't can anything that can be kept just as well dried or in other forms. Dry navy and mature lima beans for winter use.

Produce in your garden lots of cabbage, potatoes, and root crops that can be kept for the winter without canning .-- U. S. Department of Agriculture.

The waste of surplus fruits and veg- | lattice work, crosspieces of wood, or etables in this country each year is coarse wire netting for your clean large. It would be deplorable if this wash boiler or other large, deep vessel normal waste were allowed to go on to be used for sterilizing. This is for this year when every ounce of food the purpose of keeping the containers that can be produced is needed. The from contact with the hot bottom of waste can be avoided in large part if the vessel and to permit the free cirhousewives will can as large a part of culation of water under them. the surplus periskables as possible. Fill the vessel with clean water so

Any fruit or vegetable and practical- that the boiling water will cover the ed States department of agriculture are packed.

ly any other food may be canned sat- tops of the jars or cans. Begin heatisfactorily by the one-period cold-pack ing the water so that it will be boiling method of causing taught by the Unit- violently by the time the containers to the boys and girls of the canning See that all cans or jars are in good

clubs in the northern and western condition and absolutely clean. Scald states. The hometunde wash boller them thoroughly and put them in a equipment for use in this method of vessel of water on the stove so that canning, described below, is entirely they will be hot when the product is effective. Home-size water seal, ready for packing. Use new rubber steam-pressure or pressure-cooker can- rings for jars and scald them just bening outfits, which save time and fuel, fore putting them on the jars. may be used instead if desired.

Preliminary Preparation fo Canning. Start with clean hands, clean uten-Provide a false bottom of wooden, sils, and clean, sound, fresh products.

Preparing Fruits and Vegetables.



Packed Jars Ready to Be Placed in Homemade Water-Bath Outfit-Aluminum Pressure Cooker Also Shown.

is Wholesome and Nutritious When Frying Is Properly Done, But Few Cooks Know the Art.

There are certain kinds of food that

boiled or saute.

mersion in smoking hot fat, says a articles to be fried should be slightly can be cooked at one time. Plunge main crisp all over. cooking expert. The fat must be deep warmed and thoroughly dry. If moist the basket into the hot fat and raise are delicious when fried in hot fat, and enough to cover entirely the articles or too cold the fat is chilled and soaks it quickly if the fat begins to boil plexion. Fried edibles have fallen into It is not necessary to bring fat to the also as the fat reheats, that the wa- plate in your left hand and hold it credited to the United States depart-

Dipping Blanched Product While Hot Into Cold Water.

treatment has taken care of expansion | Dewberries 12 it is not necessary to exhaust the cans. How to Starilize or Process Gooseberries1-2 12 12 12 How to Sterilize or Process. Grapes Put the jars or cans as soon as pos-sible into boiling water in a wash boiler Peaches 1-2 12 Plums . 12 or into your canning device. Let them Raspberries process for the time specified in the Strawberries table, counting from the time the wa- Citrus fruits 1-2 ter begins to boil again, or the gauge Fruits without sugar sirup... Hard Fruits. on the canning outfit registers the proper pressure. Apples Time Table for Scalding Blanching, Pears 11/2 and Sterilizing Vegetables, Soups, Windfall apples (ple Fruits, and Meats. filling) ... Quartered apples (salad) Whole apples, pared and cored Products by Groups. T Apple sirup Fruit juices Preserves, after preparation and filling ... Meats-Uncooked. Poultry and game. 180 180 120 Special Vegetables. Beef Corn beef 180 Fomatoes 11/2 15 180 180 120 Pumpkin Prepared Young Meats. Spring frys Fried meats 60 00 Baked meats orn, sweet ... 190 120 180 120 90 80 90 75 torn, field Stewed ments 60 Roast meats Mushrooms 5 60 weet poppers..... 5 99 75 60 40 Pod Vegetables and Other Green Pro-Prepared Mature Meats Wild game 90 Wax. Cocherels 40 :56 40 Fried meats 40 Baked meats 60 Stewed meats Peppers, green or 40 Ronst meats ...

packed in other ways.

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 into combination jelly. not touch the tin. Paste may cause rust, and in damp climates it is sometimes customary to lacquer the outside were to be made at the time. Cook of the can before it is labeled. The the fruits until they are soft and label, if the product is intended for strain out the juice through a flannel train : sale, must contain the net weight in bag. Heat and pour while hot into pounds and ounces and the packer's bottles previously scalded. Fill the fense league?" name and address.

is necessary to surround them with the filled sealed bottles on their sides brine, sirup or water, but under the in water near the boiling point, and terms of the federal law governing the keep them in the bath for about thirinterstate shipment of canned goods, ty minutes. Make sure that the corked no more of this liquor is allowed than or sealed end is under the hot water. is actually necessary to cover the con- As soon as the bottles are cool cover tents after as full a pack as possible is the cork with a paraffin seal. Thormade. With tomatoes no water what- ough sterflization and sealing are abever should be added and no tomato solutely essential to success.

10 10

10

12

120

40

40

hermetically sealed. Reserve regular can make a greater variety of jellies. tries are allies and the cause is a comjars for products that cannot be as juices which will not jell can be put mon one there should be no hesitation up when the fruit is ripe and combined in accepting whatever offer seems to As there may be some difficulty in later with fruits that will jell, or fruits be the best in order to increase the securing cans and jars, dry or keep in ripening at different seasons can be production so necessary, and which combined. For example, the juice of when apples are plentiful can be made To put up unsugared fruit juices for

FRUIT JUICES FOR JELLIES

out Sugar and Made Into Jelly

at Any Time.

jelly making proceed exactly as if jelly bottles full, leaving no air space be-In packing fruits and vegetables, it tween juice and cork or seal. Place

cannot be kept safely unless they are Moreover, with the bottled juice she couraging. Now that the two counshould it not be met, will prove a sestrawberries, cherries, or pineapple rious menace. Particulars as to Canacan be kept without sugar and later dian lands, whether for purchase or homestead, may be had on application to any Canadian Government Agent .-Advertisement.

> Stocking Up. Conversation overheard on the

"Understand you're in the Home De-

"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 bone-dry prohibition in this country, and I haven't got any time to waste watching water."-New York Evening Post.



Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it



Children Cry for Fletcher's Castoria

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 Less.

Mrs. Knicker-"As a patriotic duty we should eat the perishable things." Mrs. Bocker-"Everything is perishable when Jack sits down at the tahle."-Life.

He reckoned.

Visitor-When did your boy Josh pass his examinations? Farmer-I dunno 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

proaden it begins to contract.

A kizd act is never a stepping stone to misforune.

When Your Eyes Need Care

Try Murine Eye Remedy No Smarting - Out Eye Comfort. 50 c Druggists of andl. Write for Free Bye MURINE EYE REMEDY CO., CHI

FRIED FOOD NOT HARMFUL how to fry correctly. Soggy, greasy, lig hot. When it begins to smoke boil over and spatter the stove or your move articles from the fat, and place | ed from the fact that a mixture of indigestible results follow the average drop in a bit of bread. If it browns clothing,

ducts.

ripe

when frying is properly done, such to be cooked, and the same fat may into them-this accounts for the over. Fishballs and croquettes should foods are wholesome and nutritious be used over and over; each time greasy, soggy, indigestible condition brown perfectly in one minute. Fritters preservative for vegetables. A report household use, however. and not harmful to stomach or com- strained before it is set away to cool. of much fried food. There is danger require a longer cooking. Keep a tin to this effect recently published, and

experiment with hot fat, and in many while you count forty, the fat is right Be very careful not to let a drop of glazed paper until ready to serve. a department specialist to start the families foods are served only baked, for croquettes, fishballs, oysters; if it water fall into a kettle of steaming Never pile fried croquettes, oysters or lactic-acid ferment in cull potatoes put browns while you count sixty, it is hot fat. The best way is to have a doughnuts one on the other. Keep up for feed in the form of silage. This Frying, when properly done, is im- right for doughnuts or potatoes. All irying basket in which all the articles them separate, so that they may re- starter has been used in the case of

descent bounder so few cooks know boiling point; it must merely be smok- ter from the moist food will make it under the basket or ladle as you re- ment of agriculture, probably originat- crocks.

the articles immediately on soft, un- corn meal and water had been used by vegetables fermented for food but it is not the preserving ferment, the spe-

Not a Preservative.

cialists explain; it only starts this fer-There is no corn meal and water ment. It is not recommended for

Pickle or brine suitable vegetables in

10 60 60 40 40 :30 20 40 40 Sealing a Packed and Sterilized Glass Jar. 30