

Vegetable	Preparation Required  Wash, precook 3 minutes,	PROCESSING Pressure Cooker Minutes Pounds	
Asparagus		40	10
Beans String	Wash, string, cut or leave whole, precook 5 minutes.	40	10
Beans, Lima	Shell, grade, wash, precook 5 minutes, then pack.	55	10
Beets	Wash, retain stem, cook 15 minutes, slip skins, pack.	40	10
Brussels Sprouts Cabbage	Remove outer leaves, wash, precook 5 minutes, add fresh water.	40	10
Corrots	Wash, peel, precook 5 minutes,	35	10
Couliflower	Remove outer leaves, wash, precook 4 minutes, pack.	35	10
Corn on Cob	Remove husk, precook 5 minutes,	80	10
Corn, Whole-Kernel	Cut from cob; precook 5 minutes,	80	10
Greens, all kinds	Wash, steam to wilt,	60	10
Parsnips, Turnips	Wash, pare; precook 5 minutes,	35	10
Peas	Shell, grade (use only young), precook 3 minutes, pack loosely.	60	10
Pumpkin, Squash	Cut in pieces, steam or bake until tender,	60	10
Saverkraut	Pack cold, add salt, no water,		1 Short

Vegetable Preparation and Processing (See Directions Below)

3. As soon as vegetable is pre-

possible, otherwise flat sour may

Packing Vegetable.

corn, peas and lima beans.

such as spinach and greens.

Before Processing.

on lid. Use manufacturers' direc-

kind of tightening is necessary.

Save Used Fats!

Processing.

7. Process vegetable, using time-

starting to count processing time.

When processing time is over, re-

move cooker from range, then let

pressure gauge come back to zero

Storage Tips.

lay on several thicknesses of cloth

or paper. Do not tighten lid unless

so directed by the manufacturer of

inverted. Here again, consult your

9. Store in a cool, dark place.

Make sure the jars are not in a

Use of Vegetables.

Before tasting or using any home-

canned vegetables, boil them in an

open vessel for 10 minutes. This

will kill any of the toxins which

Non-dieting friends will like this:

Chocolate Chip Pie.

1 tablespoon unflavored gelatin

Soak gelatin in cold water. Scald

milk. Add slowly to beaten egg

yolks. Add 1/2 cup sugar, salt and

nutmeg. Cook in double boiler over

hot water, stirring constantly until

mixture coats a spoon. Add soaked

gelatin and vanilla. Chill until

slightly thickened. Beat egg whites

until stiff. Beat in remaining 3 ta-

blespoons sugar. Fold in gelatin

mixture. Pour into baked pie shell.

Chill until firm. Sprinkle with

Lemon Meat Loaf.

(Serves 5 to 6)

114 pounds lean pork, ground

Juice and rind of 1 lemon

Combine the meat, eggs, cracker

crumbs, seasonings and lemon juice

and rind. Place in loaf pan and

cover with tomatoes and strips of

bacon. Bake covered in a slow

(250-degree) oven for 2 hours. Re-

move cover and add milk and con-

tinue baking uncovered for 1/2 hour

chipped semi-sweet chocolate.

14 cup cracker crumbs

1 cup canned tomatoes

Salt and pepper to taste

2 eggs, beaten

2 strips bacon

1/2 cup milk

may have formed in the jars.

l baked pie shell

14 cup cold water

11/2 cups milk

1/2 cup sugar

3 egg whites

1/4 teaspoon salt

¼ teaspoon nutmeg

1/2 teaspoon vanilla

3 tablespoons sugar

3 egg yolks

before opening.

individual directions.

pressure cooker,

allow steam

closing petcock.

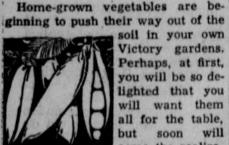
Allow pressure

gauge to come up

to desired tem-

perature before

Exceptions to this rule are



you will be so delighted that you will want them all for the table, soon will come the realiza-

tion that you can "put up" most of your points for next winter if you can them now.

Because pressure cookers are unrationed this year, most homemakers will use them for processing vegetables. That is all to the good, for the use of the pressure cooker cuts down processing time, and insures more success in canning if properly used.

Non-Acid Vegetables.

Before getting into the fundamentals of canning, we must understand table given above. In using the the difference between acid and nonacid vegetables. Tomatoes are in the acid group, but the others, green beans, corn, peas, etc., are all nonacid, and require processing under pressure so that they will keep. Fresh Vegetables.

Selection of the vegetable for canning is one of the important steps.

You will be much more careful of what vegetables you put up, if you remember these two points: 1. You get out of your can only

what you put into it, i.e., if you can an old, withered ear of corn, then that's what you'll have when you open the jar.

2. Canning, at best, does not improve your food; it only preserves

Save Used Fats!

Short Route to Jar. Another old maxim that comes in handy during canning time is the one which goes, "two hours from garden to can." That means that you pick the vegetables from your garden and start canning immedi-

If you buy vegetables, get to the market early, and select those that come in fresh in the morning. Take them home and get them started on their way to the jar as fast as pos-

Incidentally, if you are using your own Victory garden as a supply base for canning vegetables, be sure to pick them



#### not give nearly as good results. Preparation Required.

1. It's a good idea to wash jars first in hot soapy suds and check them for nicks and cracks. All canning equipment may be prepared a day ahead to have everything in readiness when canning actually be-

2. Prepare vegetable as directed in chart above. In many cases precooking is recommended to shrink the vegetable and set the color.

#### Lynn Says:

Are you perplexed as to how many jars you should have for canning? How much will the vegetable make when "put up?" Here are some guides:

Aspargus—12 pounds yields 6 pints "stalk," or 2 pints "cut." Beets-1 bushel makes 40 pint jars, cut in thin slices. Corn-100 ears of Golden Ban-

tam yields about 14 pints. Greens - 1 bushel spinach yields 13 pint jars. Dandelion greens - 1 bushel

yields 15 pint jars. String beans-1 bushel yields 17 to 20 quarts.

20 quarts.

If you wish more detailed instructions on vegetable canning, write to Miss Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Illinois. Please don't Tomatoes-1 bushel yields 16 to forget to enclose a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union.



# MR. WINKLE THEODORE GOES TO WAR

THE STORY THUS FAR: Forty-four- | of newspapers so Mr. Winkle could | weepy Amy alone in the back seat, the Fixit repair shop, is notified by his draft board that he is in 1-A. He breaks the bad news to his domineering wife, Amy, who suddenly becomes very tender. Mr. Winkle is sent to Camp Squibb, where he graduates from Motor Mechanics school, and then goes home on a furlough. After the furlough Mr. Winkle finds himself, with his friend, Mr. Tinker, in a big convoy. They land on the island of Talizo, where they meet several old pals. One day the Japs come. Mr. Winkle dives under a command car while Mr. Tinker shoots it out with a plane. Mr. Tinker is hit, Mr. Winkle grabs a machine gun and mows down the Japs.

#### CHAPTER XIII

As he aimed, the officer was passing Mr. Tinker. To Mr. Winkle's amazement, one of Mr. Tinker's legs moved out and tripped the man, sending him sprawling. Mr. Tinker's jump at him was more of a crawl, but he made it before the Jap could fire his pistol.

The hairy hands of Mr. Tinker found the officer's throat. They held on while the two rolled on the ground. Gradually the Jap's convulsive movements stopped and he lay still. Mr. Tinker continued to retain his grasp on the other's throat, viselike, even when, in turn, there was no more movement from

Mr. Winkle turned back to his main business.

He felt no shock when he saw more assault boats coming out of



He wasn't aware that other men. live men, were in the fox hole with

the mist in addition to the two now beaching themselves. He had only the determined desire to kill and must be overpowered.

8. Remove jars from cooker and He didn't hear, above the noise of his gun, the trucks grinding to a stop in back of him with a shriek of the jar. Some jars should not be brakes. For some time he wasn't aware that other men, live men, were in the fox hole with him and that still more were firing from the sand for some distance on either

He didn't know when he left the fox hole and with the others ran upon the beach with a rifle in his hands. He was astounded, once, to note the bayonet on the end of the rifle, and that he had plunged it into a Jap soldier and was having difficulty in getting it out. Twist, he thought, that was it. He twisted, and the blade came free. It was true what they said.

He felt a sharp sting in his left On top of his head there was a blinding clang.

His helmet was knocked off. Something crashed on his bare head and after that he was aware of

nothing. Mr. Winkle opened his eyes cautiously. He had been conscious for a few minutes, but he couldn't place

where he was. The first thing he saw was the face of Jack Pettigrew. Jack had only a head, which floated in the air all by itself. The mouth in the head said, "Hello, Pop."

"So you made it, too," observed Mr. Winkle. "'Made it?' " Jack's head in-

"We're dead, aren't we?" asked Mr. Winkle. "You were dead the last time I saw you. This is Heaven, I suppose. Or is it-?" In some panic he demanded, "Which one?"
The head laughed. "We're in an Army hospital just outside of Los Angeles."

The rest of Jack came into focus.' Clad in pajamas and a bathrobe, he was sitting on the edge of a white bed. There were lines of white

"I don't understand," Mr. Winkle said. "We're supposed to be on Talizo. You-and the Japs . . ."

"The Japs," Jack grinned, "didn't get anywhere. We've taken the whole island since then. You saved it. You're a hero. You're going to get a medal. The President told about you in one of his speeches."

"And look at these papers." Jack rummaged in a locker between the beds and then held the front pages

it and saw big black letters which

WINKIE, HERO OF TALIZO "I'm supposed to call the nurse if you wake up," Jack said. "You've been out for five weeks. You're not

supposed to talk." "You do the talking," Mr. Winkle

ordered. "And lots of it." "You don't have to worry," Jack said. "Mrs. Winkle knows. I went home to see my folks. I'm here now only for a check-up before I join my new company. We're headed for the Philippines this time."

"You left out something." Mr. Winkle said. "The most important part. The Alphabet, Freddie, and the others . . ."

In a low voice, Jack said, "I was the only one." It was a moment before he could

spoke only his name. "No," Jack told him.

At least, thought Mr. Winkle, Mr. Tinker had got his Jap himself. He would always cherish thinking of the sight of Mr. Tinker with his hands around the Japanese officer's throat.

"That's why I want to go back," Jack said. "I'm going, too," Mr. Winkle told

Mr. Winkle enjoyed, instead of shying from, every moment of his reception when he arrived in Springville. He beamed at the huge crowd waiting at the station. With satisfaction, he saw and heard the American Legion band which had turned out for him alone this time. He read the banners and posters people carried. He admired the decorations, one of which read unashamedly: "Our Hero."

There was Amy embracing him and murmuring brokenly, "Wilbert . . Wilbert . . .

"Look," he said. Right there before all the people he lifted his arm to shoulder height, telling Amy, 'That's as far as it will go." Amy stared at him, embarrassed

and stricken. The crowd hushed. "It's good enough for holding you," Mr. Winkle told his wife, putting his arm around her.

The crowd roared its approval. while Amy, blushing, whispered to him, "Wilbert, you're changed more than ever.' The Mayor stepped up and gave

him the keys to the city, in the form of a large wooden key painted gold and festooned with gay ribbons. Then came the most important part of the ceremony, the part that

made Mr. Winkle most appreciative and brought a lump to his throat. His own commanding officer be-

ing some distance away, it had been arranged for the Colonel who commanded the camp where Mr. Winkle was inducted into the Army to present him with the Distinguished Service Cross.

The Colonel read the citation from a scroll. ". . . awarded to Wilbert himself by extraordinary heroism in connection with military operations against an armed enemy . . beyond and above his duty . . . .

him. Mr. Winkle was so surprised back. Instead, he found himself shaking hands with the Colonel. In the Mayor's car, with the Mayor in front and Mr. Winkle and a

year-old Wilbert Winkle, who operates read them. One of them was The they paraded through the town to Evening Standard. Mr. Winkle took | the blaring accompaniment of the band and cheering people who threw a great many bits of paper from the buildings. Mr. Winkle waved and waved his good arm, and it was borne in upon him that it was most men's dream come true, notably because this time no one called out

derisively. Finally they were deposited in front of their house, where a num- farm Mr. Houser has a herd of 60 ber of people were gathered. Among Hereford cows and he has fed out them was Mr. Wescott, who had evidently come out to see for himself. And having seen, he didn't find any reason to laugh now. He couldn't say anything at all when he opened ing about 80 tons in bales. his mouth in that endeavor, but simply stood there with his lips part- The bales are dropped in the field ed, gaping.

with Amy up their walk.

Mr. Onward, the reportographer, ask about Mr. Tinker. Then he whom Mr. Winkle had seen at the station taking pictures, followed them up the walk. "Listen," Mr. Onward asked rather humbly, "how about an interview?"

"But-" Mr. Onward began to plead.

"Use the same one you printed before." Mr. Winkle suggested. 'That was a good one."

Winkle dabbed at her eyes with her



The Colonel pinned the medal on his tunic.

handkerchief, touched his medal with one finger, dabbed some more, and asked, "Whoever would have thought-?"

"Not me," said Mr. Winkle.

"Not I," she corrected. She spoke a little sharply, as if trying to hide her emotions or expressing a desire George Winkle . . . distinguished to bring him down a peg in case his popularity might have gone to his

In trying to determine which it was, Mr. Winkle saw the answer to The Colonel pinned the medal on his speculation on whether or not his tunic, stepped back and saluted Amy would continue in her new regard for him, or revert to the old. at being saluted first by an officer. He found a number of things to and especially one of such rank as support his belief that war had a Colonel, that he forgot to salute changed her as permanently as it had him.

She would not find it comfortable to henpeck a national hero. [THE END]





### Illinois Man Speeds Up His Haymaking

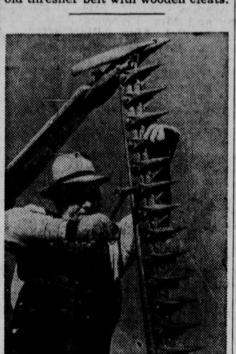
Tractor-Drawn 'Sled'

Used to Pick Up Bales A clever method of saving labor in haying has been worked out by E. Houser Jr., near Farmer City in DeWitt county, Ill. On his 560-acre as many as 175 feeder cattle and 1,000 western lambs in one year. To provide enough hay for this livestock, he fills two barns, each hold-

Mr. Houser hires a pickup baler. as they come from the baler. To Mr. Winkle greeted him warmly pick up the bales and haul them to and shook hands before going on the barn Mr. Houser built a sled which is pulled by a tractor. The sled is 20 feet long and 4 feet wide, and made from two logs and old lumber; it carries 33 bales, when loaded three bales high.

In picking up bales two men work on the sled with hooks: the tractor "No," said Mr. Winkle, "no inter- does not stop but moves continuously at about 21/2 miles per hour. When they come alongside a bale one of the men on the sled hooks it and pulls one end onto the sled. The forward motion pushes the bale onto the sled, where both men pile it in position. The Houser's find it much Alone together in their house, Mrs. easier to load this way than if the sled is stopped. They wait until the baler has made two rounds and pull the sled between two rows of bales, driving back and forth to load from either side. With the method used kittens, sketches of stitches used, color the three regular men on the farm chart for working the Kitten Towels (Patthe three regular men on the farm can put up the hay as fast as it is baled and Mr. Houser feels that the additional charge made if a loading device were pulled directly behind the baler would not be justified.

At the center of one barn there is an elevator running up over the roof like an outside corn elevator. It consists of a wooden chute a little wider than a bale and a single chain, from a corn elevator, with four steel cleats. Power for running this continuous chain is provided by an electric motor. The end of the elevator is close to the ground so that when the bales are pulled up to it on the sled they can be tipped onto the chain without lifting. Instead of the chain Mr. Houser originally used an



Make those mower repairs now, before having starts.

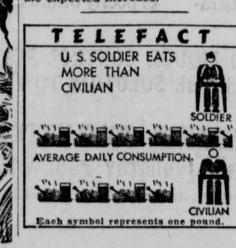
#### Larger Hybrid Acreage To Swell Corn Output

Increased plantings to hybrid varietes accounted for a large percentage of the 2,721,000-acre rise in the farm area devoted to corn in 10 Midwestern states this spring, according to a statement made public by the Middle West Soil Improvement committee, based on an analysis of U. S. department of agriculture figures. "This increasing trend to hybrids

will swell the Corn Belt's 1944 output," the statement points out. "While hybrids outyield open-pollinated varieties by 20 to 25 bushels per acre, they likewise make a bigger draft on the soil's plant food resources. Thus they create the need for better crop management methods, including the use of fertilizers not only to help produce bigger yields, but to replace to some extent at least, the soil wealth removed by the crop."

#### More Citrus Fruit

Total citrus fruit production for 1943-44 is expected to be about 6 per cent above 1942-43 and about 52 per cent above the average annual production in 1935-39, the U.S. department of agriculture reports. The larger orange crop is credited with the expected increase.



## Kitten Motif for Use On Towels, Curtains



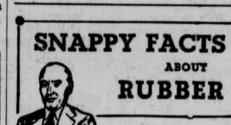
Kitchen Towels

HESE seven, smiling little busybodies of kittens will put you in a very good humor, indeed. Each design for towels, for kitchen curtains, for the corners of a breakfast cloth, is about 6 by 6 inches and is done in cross stitch and outline.

To obtain transfer patterns for all seven tern No. 5162) send 16 cents in coin, your name, address and the pattern number. Send your order to:

SEWING CIRCLE NE 530 South Wells St.	
Enclose 15 cents (pl cover cost of mailing	us one cent to
No	
Name	
Address	

# Well Groomed Hair MOROLINE HAIR TONIC (25)



Up to the beginning of last year, B. F. Goodrich produced more butadiene-type general purpose synthetic rubber than all other plants in America, including those owned by the government. The first U. S. commercial butadiene - type synthetic plant was set up by B. F. Goodrich in 1939.

Black derbies, frequently called "iron hats," are said to be the most popular exchange medium for rubber among the Indians of the San Blas region of Panama. No mention has been made of premiums for brown derbies!





# Do You Hate HOT FLASHES?

If you suffer from hot flashes, feel weak, nervous, a bit blue at times—all due to the functional "middle-age" period peculiar to women—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms.

Taken regularly—Pinkham's Compound helps build up resistance against such annoying symptoms. Pinkham's Compound is made especially for women—it helps nature and that's the kind of medicine to buy! Follow label directions. LYDIA E. PINKHAM'S COMPOUND

