CANNING FRUITS WITHOUT SUGAR

Half of Battle Is to Have All Equipment Prepared and in Readiness for Use.

VARIETY ADDED FOR WINTER

Many People Prefer to Can Juices Unsweetened, as Individual Flavors Are Best Preserved-Many Utensils Needed.

Fruits can be successfully canned without sugar, and vegetables require mone. So the wise housekeeper is planning to can as much or more than usual this year. Plenty of canned vegetables reduce grocery and doctor's bills and add pleasing variety to the diet in winter. Fruit canned without sweetening can be sweetened when it is used. Fruit juices, too, can be canned without sugar. Indeed, many prefer to can them unsweetened, maintaining that the individual flavors are thereby best preserved. Part of the canned juices can be made into jelly next winter. Making jelly when the weather is cool rather than when the mercury lingers in the 90's appeals to many housewives as a sane and sensible procedure.

Getting Ready.

If one waits until the fruit is half ripe before making any preparation to take care if it, there is loss of time, and the senson of that particular prodnet is likely to pass before all the equipment for canning is in readiness.

One of the first steps is to order a canner, if you are planning to use one this summer, A wash boller or lard can with a false bottom will hold the cans and process them efficiently. The work, however, can be done more easily with one of the commercial types of canners. As the stock is usually low when the canning season is under way, it is well to select the kind you want In advance when there is a choice. The steam-pressure type is usually preferred for general canning, but the water sent and water bath are both popular with those who want a canner which costs less money.

If jars are needed, a supply should be laid in early. The tops of both The old and new jars should be gone over carefully and all the rough edges



With a Knife or Some Similar Instrument Smooth Away Any Sharp Edges on Jar Top.

smoothed down with a knife. There is no danger then that they will cut the rubber. This is something that can be gotten out of the way before the season opens.

Test Rubbers Carefully.

One of the make of rubbers which is to be used should be tested. A good rubber-one that will stand up under the heat which long cooking in the can entails—must possess clasticity enough to allow its being folded and pinched without breaking, say specialists of the United States department of agriculture. Another test is its ability to hold 13 pounds' weight without breaking when this weight is suspended by a hook from the rubber ring.

Whatever type of apparatus is used for processing or sterilizing, a number of utensils are needed for properly handling the products. These include five or six good porcelain sauce pans or those of some material that is acid proof, with covers for use in handling and blanching acid fruits. two tablespoons, one set of measuring spoons, one wire basket or several | zinc. yards of cheesecloth for use in blanching, six wiping cloths, two hand towels, one duplex fork for lifting hot jurs, and several sharp paring knives. Look over your supply and see if you have them in stock.

HONEY USED IN SANDWICHES

It Is Satisfactory When Mixed With Cream Cheese-Chopped Nuts May Be Added.

For a change, try honey and creamcheese sandwiches. Mix honey with eream cheese and use as filling for bread or baking powder biscuit sandwiches. Chopped nut may be added to the honey and cheese if desired.

"SALT-RISING" BREAD LIKE GRANDMOTHER'S

Favorite Where Difficult to Get Satisfactory Yeast.

Recipe Recommended by Home Eco nomics-Kitchen of Department of Agriculture-Fireless Cooker Maintains Temperature,

Self-rising bread, which is commonly called by the misleading name of "salt-rising bread," has been known in one form or another for generations, It has been a particular favorite wher and where it was difficult to get satis factory yeast. The following recipe is recommended by the home economics kitchen of the United States depart ment of agriculture:

1 cup sweet milk I tablespoon sugar 2 tablespoons white 1 tablespoon butter corn meal (if used) I teaspoon salt

Scald the milk. Allow it to cool until it is lukewarm, then add the salt, sugar and corn meal. Place in a fruit can or a heavy crock or pitcher and surround by water at about 120 to 140 degrees F. Water at this temperature is the hottest in which the hand can be held without inconvenience, and can be secured by mixing nearly equal parts of boiling water and tap water (unless the tap water is unusually warm). If placed in a fireless cooker a fairly even temperature can be maintained for several hours.

Allow the mixture to stand for six or seven hours, or overnight, until It shows signs of fermentation. If it has fermented sufficiently the gas can be heard as it escapes. This leaven contains enough liquid for one loaf. If more loaves are needed add one cup of water, one teaspoon of salt, one tablespoon of sugar and one tablespoon of butter for each additional loaf. Make a soft sponge by adding a cup of flour for each loaf to be made. Beat thoroughly and put the sponge in a convenient receptacle and surround by water again at the temperature of about 120 to 140 degrees F.

When the sponge is filled with tiny gas bubbles and has more than doubled in volume add more flour gradunlly until the dough is so stiff that it can be kneaded without sticking to the hands or to the board. Knead ten or fifteen minutes, put at once into the pans, allow to rise until about two and one-half times its original bulk, and bake. Self-rising bread is never so light as the bread raised with yeast. A loaf made with one cup of liquid therefore will come not quite up to the top of a pan of standard size,

MIXED VEGETABLE CHOWDERS

Nourishing and Substantial Dish Is Well Liked by Majority of Farm People,

A mixed vegetable chowder is a subthe majority of people for luncheon or supper. The following recipe is one recommended by the home economic specialists of the United States department of agriculture:

2 tablespoonfuls fat, 4 potatoes, or a piece of salt 3 carrots. level tablespoon- 1 pint canned to-

matees 2 teaspoonfuls sait. 2 cupfuls skim milk.

Cut potatoes and carrots in small pieces, add enough water to cover, and cook for 20 minutes. Do not drain off the water. Brown the chopped onion in the fat for five minutes. Add this and the tomatoes to the vegetables. Heat to boiling, add two cupfuls of skim milk, and thicken with flour. Celery tops or green peppers give a good flavor, too.

HEAT CORNMEAL AND WATER

Best Results Secured by Placing Them in Double Boiler and Not Stir the Mixture.

In experiments made in the home economic department of the United States department of agriculture it has been found that it is best for almost every purpose to put cornmeal and cold water together and then heat them over boiling water in a double boiler. Except when very finely ground meals are used it is unnecessary to stir the mixture at any time, not even when the men! and water are put together. The conclusion has been reached that in all cases the best results are obtained by heating the meal and liquid together without stirring.



Vinegar will remove stains from

Gelarin desserts are Ideal for hot

Old felt hats can be cut up for in-

soles of shoes. Raisin sauce is excellent served with a very plain pudding.

Grapenuts may be used in place of nuts in salads and cookies.

. . . A piece of zinc placed on glowing coals will clean the chimney of soot.

When you are froning a garment iron every portion of it until it is

IMPORTANCE OF MAINTAINING BEEF PRODUCTION CHEAPLY AS POSSIBLE



Making Beef From Lespedeza In Central Mississippi.

a foothold.

variable.

"Is the price of beef high?"

This question is heard on all sides today. The producer says, "No, considering the price I get for my cattle." The consumer says, "Yes." So there you have it. But whatever the right answer, the fact remains that prices may go higher if there is not enough beef to supply the demand for julcy steaks and rib roasts with brown gravy.

On the other hand, prices may de-

cline if an over-supply is produced. What is the present situation? We have today less beef in sight than for several years, according to reports to the United States department of aggriculture, which is kept closely advised as to conditions on the ranges and in the markets. The present price of feeding stuff, scarcity of farm labor, reduced numbers of breeding animals, and a small margin of profits to the producer the past year are all factors which tend to limit production, and impress upon us the importance of maintaining production and producing beef as cheaply as possible.

Utilize Pastures to Utmost. For an answer to this question, we must look to Mother Earth. This is springtime, the crops are planted, the grass is growing, and the cattle are on the green. This means, in its last analysis, utilize pasture to the limit, conserve roughages to the utmost, and produce forages and feeding stuffs

which will make the most beef at least

The bureau of animal industry of the department of agriculture has for several years been studying the problem of utilizing these feeds to best advantage. In 1914 the department, in co-operation with the West Virginia agricultural station, began a series of beef cattle experiments in Greenbriar county, West Virginia, to solve beef production problems in the



A Hereford Bull of High Quality.

Appalachian mountain region. This station is located in the southwestern part of the state, in the blue grass area, and the problems undertaken are: First-Most economical and satisfactory rations for wintering beef steers; second—The influence of these rations upon the gains of steers the following summer from grass.

The results of the experiments apply not to West Virginia, alone, but to all states having similar conditions, which, in fact, includes the whole Appalachian region, extending from southern Tennessee to New York. It is within this general area that abundant pastures, cut-over and waste land is found, producing abundant pasture of high quality for beef production.

Abundant Pastures Available.

The South, with its delightful climate and long grazing period of approximately ten months of the year, where carpet grass. Bermuda and other kinds almost equally as nutritious abound over the plains, the cut-over regions and waste lands of this area; the Great Lakes region, properly termed "clover land," where millions of acres today are not completely utilized by live stock, all provide abundant pasture that is well adapted for beef production.

The West, with its vast plains, wide prairies and the resources of forests and streams, may be used by the beef producer to even better advantage, although overstocking is a factor not to be overlooked.

Will this vast area of unused pasture be used for immediate production? No; it's a more difficult problem than that. To use some of it involves an expense not justified by pres-

ant prices of cattle. The danger of overstocking, with

DADDY'S EVENING BONNER RE

LAMMERGEYER.

"There is a bird," said Daddy, "called the Lammergeyer." "What?" said Nick and Nancy in

the same breath and at exactly the same time.

"It's an awful name," said Daddy, and I think we will not use his real name all the time but we will call him Bearded Vulture which is another name for him.

"He is gray and white and very big and chunsy looking. He has a little beard and so he got his second name. He comes from central Europe and from Asia and is one of the wildest and most furious of all the birds of prey of Europe.

"He feeds often on young lambs which he knocks off the edges of precipices. He has even been known to attack human beings in the same way so you see he is a very horrible and cruel creature but he is never found in this country except in the zoos,

"Beside him in the zoo was a North American Turkey Vulture who had come from southern Canada and his relatives come also from the northern parts of Mexico. He was standing with outspread wings. He was gray in color and was talking with the Bearded Vulture. The North American Turkey Vulture is protected and liked because he does much good work for human beings, clearing up and taking away all thrown off rubbish. He is quite a tidy fellow.

"On the other side of the Bearded Vulture was a Hooded Vulture, his brown head held quite high in the air. He had come to the zoo from southern



"You Should Be Ashamed."

"He had always lived in a great big

nest which had been in a tree and

he had eaten almost anything at all

and hadn't been in the least dainty in

his habits. These three vultures were

"'I'm not so nice as the North

American Turkey Vulture," said the

Hooded Vulture, 'but I wouldn't be as

"You dont have to be,' said the

Bearded Vulture, 'You're only a

Hooded Vulture and I'm a Bearded

Vulture. My very name is finer. It

makes me sound bigger and stronger

and more manly. It is a wonderful

name. And there is truth about it too.

I have a heard, a lovely little beard.'

"'Now look here,' said the North

American Turkey Vulture, 'you needn't

talk about your beard making you

"Beards may be manly but there

is nothing manly about you and after

all it isn't whether a creature has

a beard or hasn't a beard that makes

it manly. It is what the creature

of creatures, to be cruel and to get

your prey at your mercy and then take

advantage of it. You've been known

to be cruel not only to sheep but to

"'Ah ha, so I have,' said the Beard-

"'And you shouldn't be proud of it,"

said the North American Turkey Vul-

ture. You should be ashamed of it.

"'I'm too cruel,' said the Bearded

Vulture, 'to care about being admired.

Gracious, I'm not kind and human

enough to enjoy such human things,'

it is a good thing you are in the zoo.

where you can't be cruel.'

said the Bearded Vulture.

the Hooded Vulture.

" 'Then,' said the Hooded Vulture,

"I can look in an ugly mean way

"'But you can't do anything,' said

"That's too bad I know, said the

Bearded Vulture, but as I sit here I

think of the cruel deeds I've done and

which my family have done for years

and years and I take a flendish, hor-

"'Yes,' said the Hooded Vulture,

"'Creatures can't be bappy and

'anyone could tell it was taking a

flendish and horrible delight, for your

cruel, I agree with you about that,"

said the Bearded Vulture, 'and so I

am cruel and not happy. I don't even

Flannel Like a Tramp.

Why is a tramp like flannel? Be

Best Hotel Servants.

understand the word, I don't."

cause he shrinks from washing,

hotels? The inn-experienced.

rible delight in such things,'

face never looks happy."

at people and give them the shivers,"

"'It's not manly to take advantage

manly and all such nonsense.

does itself.

ed Vulture.

mean as you are for anything."

all talking together.

Time of Seeding Depends Upon Europe and he also had relatives who had lived in China and in the When Ground Is Burned. northeastern part of Africa.

Sufficient Moisture Is Secured From Rains to Cause Good Germination If Seeded in Unsettled Ashes in

Late Summer.

its attendant loss in profit, is frequent-

ly emphasized, but the decreased re-

turns due to overstocking should be

considered as well. When the num-

ber of cattle on a given area fall to

keep the grass short, that which is

allowed to grow becomes less palat-

able and less nutritive. Moreover, ob-

jectionable weeds are certain to gain

Utilization Increases Land Value.

By utilizing to the fullest extent

the land devoted to pasture the value

of the land is increased and greater

profit results. A system of cureful

management makes it possible to use

higher-priced land, than has heretofore

been used for such, for profitable beef

production. The intelligent use of

pastures gives a return which com-

pares favorably with that from the

cropping system, but requires less la-

It is not possible to state just how

many cattle should be allowed to the

acre for grazing purposes, because this

is determined largely by the quality

and stand of grass which is, of course,

In conclusion, it may be said that

the beef producer in most sections who

will obtain the largest net returns is

the man who will stock his pastures

so that the grass is kept fairly short,

PREPARE LOGGED-OFF

LAND FOR PASTURE

but in good condition.

In preparing logged-off land for pasture, the time of seeding depends upon when the land is burned over, according to specialists of the office of farm management of the United States department of agriculture. If the burn occurs during July, August, or early in September, the seed should be sown in the early fall before the ashes have been settled by the rains.

If seeded in the unsettled ashes, the first rains that come will cover the seed sufficiently to secure good germination. If the burn occurs so late in the fall that the seed cannot be sown until during October, it is best to sow the grasses then and walt until in Februray or March to sow the

The beaving of the soil during the late fall and winter, a condition caused by alternate thawing and freezing, often destroys young clover unless it is sown early enough in the fall to get a good start. If the fall-sown clover is destroyed in this way it may be reseeded during February or March. When sown in the early spring the heaving of the soil helps to cover the

PROPER TIME TO CUT WHEAT No one admires you for it, no one at

May Be Done With Safety When Straw Has Lost Its Color and Grains Are Not Hardened.

Wheat may be cut with safety when the straw has lost nearly all its green color and the grains are not entirely hardened. If cut sooner than this, shriveled kernels will result. If left standing until fully ripe, a bleached appearance, due to the action of the elements, often results, and loss from shattering may ensue. Wheat that is fully ripe is also more difficult to handle. Where the area of wheat is large, cutting should begin as early as it can be done safely.-Farmers' Bulletin No. 885, United States department of agriculture.

LIVE STOCK

Colts should not be allowed to fellow the mares in the field.

Feeders, drovers, and packinghouse men generally consider horns on feedlng cattle more or less of a liability,

Molasses is particularly valuable in fitting animals for the show ring. It gives them an even covering of fat and a shiny coat.



HO, HUM!

"It says here that the world is not revolving as fast as it did 10,000 years ago," said the Old Fogy, as he looked up from the magazine he was reading.

"Maybe not," commented the Grouch. "But it goes around fast enough to satisfy a man who has a note to meet and no money to pay

"Vamped."

"If you will permit me to say so, you have just had a beautiful caller." "Yes, a book agent," replied the business man, with a faraway look in

"What was she selling?" "I couldn't tell you to save my life.

All I know is that she smiled and I bought.'

A Lengthy Program.

"You have a pretty good library." "Yes," replied the patient man. "I have worked twenty years or so accumulating a lot of books and a place to put 'em. Now I'm going to start in and work another twenty years to provide for enough leisure to enable me to read 'em."

Far-Seeing. "They have some gazers into the future in the telephone exchange." "What do you mean?"

"I struck one the other day. She told me the line was busy before I had a chance to ask for it.



EASILY HIS FAULT. "What in the world made you filt Reggie?"

"Oh, ne got on my nerves, always asking permission to kiss me."

What Makes the World Go Round. The world moves on, though you may frown. Or smile in fortune's cup:

For one half's busy turning down The cranks that will turn up.

-Cartoons Magazine.

A Business View.

She-So papa said yes. Does he favor a long or a short engagement? Jack Poore-That depends, he says, if he has to support me, the longer the engagement the better.

Not Interested.

"The golfer must keep the eye strictly on the ball." "That must be why pretty girls don't go in much for golf,"

The Proverbs Applied. "I am tired of giving wedding presents," said Johnson.

"Vell, returned his cynical companion, "It is better to give than to re-

His Attitude.

"You wouldn't sell your vote to both sides, would you?" "No, but I don't mind letting both

Quite True.

candidates promise me a job."

"Pa, what is a peacemaker?" "He is a man, my child, whose chief success is in precipitating a fight."

Naturally. "What book in your library is a pronounced favorite with the family?" "Now that you come to speak of it, I guess it is the dictionary.

Illustrations.

"Trouble never comes single." "You bet it don't. Last year we had double pneumonin in the family, and this year we had twins."

Made Him Doubt HIs Judgment. Friend-What makes you think the new singer won't do? You said her

voice was good. Manager-Well, I did think so at first, but I'm a little doubtful about it now-none of the other singers are jealous of her.

Sentence Passed. "What's the matter, old man? You

look as if you'd been sentenced to hard

labor for life." What kind of servants are best for "I'm afraid I have been. Miss de Millyuns has just refused me."