

The Greater Omaha Guide's HOME-MAKER'S CORNER



Fruit	Preparation Required	Processing
Apples	Wash, pare, core, cut in pieces. Drop in slightly salted water. Pack. Add syrup. Or boil 3 to 5 minutes in syrup. Pack. Add syrup.	25 10
Apricots	Wash, halve and pit. Pack. Add syrup.	20 10
Berries <i>(except Strawberries and Raspberries)</i>	Wash, stem, pack. Add syrup or water.	20 8
Cherries	Wash, stem, pit. Pack. Add syrup.	20 10
Cranberries	Wash, remove stems. Boil 3 minutes in No. 3 syrup. Pack.	10
Currants	Wash, stem, pack. Add syrup or water.	20 10
Figs	Put in soda bath 5 minutes, rinse. Precook 5 minutes in syrup. Pack, add syrup.	30 10
Grapes	Wash, stem, pack. Add syrup or water.	20 8
Peaches	Peel, pack, add syrup, or precook 3 minutes in syrup, pack, add syrup.	20 10
Pears	Select not overripe pears, pare, halve, precook 3 to 5 minutes in syrup. Pack. Add syrup.	25 10
Pineapple	Peel, remove eyes, cut or slice. Precook in No. 2 syrup 5 to 10 minutes. Pack with syrup.	30 15
Plums	Wash, prick skins. Pack. Add syrup.	20 10
Quinces	Wash, pare, cut in pieces. Precook 3 minutes in syrup. Pack, add syrup.	35 15
Rhubarb	Wash, cut into pieces. Pack. Add syrup.	10 5
Strawberries	Wash, stem, precook gently for 3 minutes in syrup. Remove from syrup and cool. Boil syrup 3 minutes. Add berries and let stand for several hours. Reheat. Pack.	20 8
Tomatoes	Scald 1 minute, cold dip 1 minute, peel, core, quarter. Pack.	35 10

Handy Chart for Fruit Canning (See Recipes Below)

Fruitful Canning

Of all the canning you can do this season, it is the canning of fruits which will pay the biggest dividends. Not only are fruits a good source of vitamins and minerals, but they will enable you to save hundreds of points this year as they did last year.

Since rationing began, fruits have always carried a high ration value, and yet, they are essential and convenient to serve for breakfast, luncheon and dinner. Fruits may be canned with or without sugar, but the fruit will mellow and ripen in the jars much more satisfactorily if a sugar syrup is used. With syrups plentiful, part, usually half, of it is sweetened with a light or dark corn syrup. Honey may be substituted for one-half the sugar, also. It will darken the fruit and give it a somewhat stronger flavor, but it is good.

Only fruits that are good in flavor, uniformly ripened and firm in texture should find their way to the jar. Just as it is true of any other canning and preserving, you get only what you put into the can. Canning is designed for preserving the fruit, not for improving poor quality produce.

When large fruits such as peaches, pears or apples are canned, they require peeling and should be placed in brine (2 teaspoons salt to 1 quart of water) to prevent them from turning dark while peeling.

The open kettle method of canning fruit has been a favorite among many generations because it gives such attractive results. However, the hot water bath has found many users because the danger of spoilage is reduced to a minimum and the appearance of the fruit still retains its shape, flavor and texture. On the table, time is also given for processing in the pressure cooker if one is available, but it is not essential for fruit canning as it is for vegetable preserving.

Syrup Making Guide. This syrup for fruit canning will be most popular this year because

LYNN SAYS

Fruit Canning Tips: Fruit sometimes discolors at the top of the jar if the fruit is under-ripe or when accurate processing time or temperature is not maintained. Discoloration of the top layers of the fruit is caused by oxidation which means that air has not been expelled from the jar by the heat of processing.

If food is packed too solidly or jars filled to overflowing instead of to within a half inch of the top, some of the liquid may boil out of the jars during processing.

Canning powders and preservatives are not necessary in the canning procedure.

of the sugar shortage. For this type, use 1 cup sugar to 3 cups water. Heat the sugar and liquid together until sugar is dissolved and syrup is boiling. Or, use 1/2 cup corn syrup (light or dark) or 1/2 cup honey with 1/2 cup sugar.

Medium type syrup is good for most fruits and berries, but it requires a little more sugar. The proportion is 2 cups water to 1 cup sugar, or half corn syrup or honey and half of the amount in sugar.

In past years, peaches and pears and some of the other fruits have always been canned with a thick syrup—1 cup water to 1 cup sugar. Don't feel that you cannot can if the sugar doesn't reach around for this type of syrup. A thin or medium syrup can do the job.

Packing Jars.

Fruits, berries and tomatoes (which are considered a fruit for canning purposes) are delicate in texture and high in juice content. They should be packed solidly in the jar to prevent undue shrinkage and consequent "empty" appearance after processing. Precooking of the fruit is suggested because it shrinks the fruit or berry and enables you to get more in the jar. It takes a little bit longer to can by precooking, but the results are worth the effort.

Jars should be filled to within 1/2 inch of the top. If tightly packed up to this point, fruit and berries will rarely float after processing, and the jars will have a much nicer appearance because they are full of fruit.

Make sure the rims of the jars are not chipped as this will prevent a perfect seal. It's a good idea, too, to wipe the rims after the fruit and syrup are added so that no particles of food or juice stick to them to prevent them from sealing properly.

Making a Hot Water Bath.

A water bath canner may be made from a wash boiler or any other large deep vessel that has a close fitting cover and is deep enough to permit the jars to stand upright and still have enough water to come an inch or two above the jars. This water should be kept boiling during the entire processing period. It should never be allowed to boil away enough to come less than 1 inch above the jars. If necessary have a kettle of boiling water on the range, beside the water bath, to replenish the supply in the canner.

A rack which will hold the jars 1/2 inch from the bottom of the kettle is also essential. The jars should be set wide enough apart to allow for free circulation of water.

How do you count processing time? As soon as the water starts boiling briskly around the filled jars is the rule. The times given on the above table are tested and accurate. Set the clock with an alarm, if necessary, and do not try to whistle it down.

As soon as the processing period is up, remove the jars and place on several thicknesses of cloth or newspaper in a place free from drafts and allow to cool. Then store in a cool, dry place. The jars should be set far enough apart to allow for free circulation of air to bring them to room temperature as quickly as possible.

Released by Western Newspaper Union.

NOTED NEGRO ATHLETE TO HELP WAR REFUGEES

Harry F. V. Edward (left) of Princeton, N. J., widely known Negro track star of the early twenties, discusses with Raphael O'Hara Lanier some of the problems Edward expects to encounter in Germany where he is to direct an assembly center operated by the United Nations Relief and Rehabilitation Administration to help repatriate persons displaced by war activity. Edward, a former British subject, was born in Berlin and educated in London. He has lived in the United States since 1923 and is now an American citizen. Mr. Lanier, dean of

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facility at the Hampton Institute, Hampton, Va., is presently serving as a special assistant in the Bureau of Services, UNRRA Headquarters, Washington, D. C.—United Nations Relief Photo from OWI.

Warner Bros. Wins Interracial Award

Hollywood, Calif.—Warner Bros. earned the Interracial Film and Radio Guild's Franklin Delano Roosevelt Award, given each year to "the studio having contributed the most toward universal understanding through the medium of the motion pictures," receiving the citation at the organization's Unity Awards Assembly, attended by four thousand at the Shrine Auditorium in Los Angeles.

Alan Hale received the honor in behalf of Executive Producer Jack L. Warner, from Charles Dennis, Liberian secretary of state, who flew from the San Francisco Conference for the occasion.

In his speech of acceptance, Hale stated: "I think I'm being very accurate in saying that for a long while Warner Bros. has recognized the overwhelming responsibility incumbent upon those who make motion pictures, influencing as their product does, the minds and lives of untold millions throughout the world.

"We believe this responsibility is first to entertain — yes. But more than that. It is the responsibility to reflect and give encouragement to that common yearning of all men to be respected and understood by their brothers of other nations, colors, and creeds."

Bette Davis was also honored "for her outstanding work toward interracial harmony."

Appearing in a simple untrimmed black dress, the famous star stated:

"To fail to rally to the struggle for the dignity of man, which in the words of Franklin Delano Roosevelt, can be guaranteed only 'through eternal vigilance,' in my estimation would be to fail to justify one's existence.

"Ours is the responsibility, not only to heal the horrible wounds inflicted through the furtherance of man's greed and intolerance — but to inspire men toward brotherhood, one to another."

Others receiving awards were: Unity trophies: Lena Horne, for outstanding achievement; Ukrainian Films, for production of "The Rainbow"; Miguel C. Torres, for production of the picture, "El Padre Morelos"; British Films, for production of "Thunder Rock."

Radio section: Norman Corwin, Bob Burns, Nathan Straus (WMCA), Orson Welles, and Bing Crosby.

Unity Scrolls: Al Jarvis, Manton Moreland, Ben Carter, The Chariteers, Earl Robinson, Eddie Green, James Wong Howe, ace Warner Bros. cameraman; The Southernaire, Eddie Anderson, Clarence Muse, and the Columbia Broadcasting System (Pacific Network).

OUTLINE OF BOOK OF NEGRO IN THE FIELD OF JOURNALISM IN THE UNITED STATES

By Sgt. George Woods, Jr., "Somewhere in Europe"

Chapter 1 — Origin of the Negro Newspaper in the United States. Chapter 2 — America's Only Daily and 10 Leading Weeklies. Chapter 3 — Negro Newspapers of the Central States.*

1. Illinois, 9; 2. Indiana, 3; 3. Iowa, 2; 4. Kansas, 1; 5. Kentucky, 6; Michigan, 4; 7. Minnesota, 1; 8. Missouri, 4; 9. Nebraska, 1; 10. Ohio, 7; 11. West Virginia, 1; 12. Wisconsin, 1.

Chapter 4 — Negro Newspapers of the West.*

1. Arizona, 1; 2. California, 6; 3. Colorado, 4; 4. Washington, 1. Chapter 5 — Negro Newspapers of the East.*

1. District of Columbia, 2**; 2. Maryland, 1; 3. Massachusetts, 2; 4. New Jersey, 2**; 5. New York, 8; 6. Pennsylvania, 7; 7. Virginia, 1.

Chapter 6 — Negro Newspapers of the South.*

1. Alabama, 4; 2. Arkansas, 4; 3. Florida, 5; 4. Georgia, 5; 5. Louisiana, 6; 6. Mississippi, 8; 7. North Carolina, 3; 8. Oklahoma, 5; 9. South Carolina, 3; 10. Tennessee, 4; 11. Texas, 11.

* Pertains only to Commercial Negro Newspapers.

** Branch Offices of Negro Newspapers are located in these states. Chapter 7 — Negro News Gathering Agencies.

Chapter 8 — War Correspondents of Africa and Mediterranean Theatre of Operations.*

Chapter 9 — War Correspondents of Pacific Theatre of Operations.*

Chapter 10 — War Correspondents of the European Theatre of Operations.*

Chapter 11 — Negro Globe Trotting War Correspondents.

Chapter 12 — WAR DEPARTMENT PRO and the Office of War Information.

Chapter 13 — Columnist Writers.**

Chapter 14 — Negro Commercial Magazines.

Chapter 15 — Negro Religious

Periodicals.

Chapter 16 — Fraternal, Business and Labor Publications.

Chapter 17 — College and University Publications.

Chapter 18 — Schools of Journalism.

Chapter 19 — Negroes in Journalism in the Post War Era.**

Chapter 20 — Statistical Report on Negro Publications of the United States.

Pertains to War Correspondents of Negro Periodicals.

**Includes Negro columnist writers in Moscow, Russia and London, England.

***My personal predictions of new opportunities for Negroes in the field of Journalism during the post war period.

NAACP HITS ELIMINATION OF SCHOOL LUNCH BILL

Washington, D. C.—The Washington Bureau NAACP denounced the House Agriculture Committee this week for eliminating all provisions prohibiting discrimination against Negro children in the allocation of funds for the \$50,000,000 School Lunch Bill.

Congressman John W. Flannagan, Jr. (Dem., Va.), chairman of the Agriculture Committee, introduced a bill May 7 (H. R. 3143) which would have authorized \$100,000,000 to provide lunches for children attending public and non-public schools. The original Flannagan bill, while recognizing that the states should control education, provided that:

"No funds made available pursuant to this title shall be paid or disbursed to any state or school if, in carrying out its functions under this title, it makes any discrimination because of race, creed, color or national origin

schools or with respect to a state of children or between types of which maintains separate schools for minority and for majority races, it discriminates between such schools on this account." The provision included also an allocation for \$3,000,000 for school lunches in the Virgin Islands, Puerto Rico, Hawaii and Alaska.

After extensive hearings on the bill, the Agriculture Committee, which is heavily loaded with Southern members, went into executive session to rewrite the new bill (H. R. 3370), which reduced the amount for school lunches to \$50,000,000, eliminated all protection against discrimination for children of minority racial, and religious groups, and reduced school lunch funds for the children of the Virgin Islands, and other American possessions from \$3,000,000 to \$1,500,000.

Termining the Committee's action "a snafu blow to minority groups," Leslie Perry of the Washington Bureau, said, "this may prove the undoing of an otherwise constructive piece of legislation. Not only do free school lunches improve the general health of children," Perry said, "but they also result in higher scholarship grades and greater school attendance."

"Under the bill an estimated \$11,000,000 would go to Southern states," he pointed out, "and unless a strong anti-discrimination clause is written into the measure, Negro children will not have a chance to share in it."

For the past 10 years school lunches have been provided for on an emergency year-to-year basis through an earmarked appropriation to the Department of Agriculture. The pending bill would make school lunches a permanent governmental

program operated jointly by the Department of Agriculture and the U. S. Office of Education.

The NAACP has arranged to have an amendment offered on the House floor prohibiting discrimination when the bill comes up for voting.

SENATORS PROMISE NAACP AID FOR FULL EMPLOYMENT

New York—In letters to the NAACP, U. S. Senators James E. Murray and Robert F. Wagner praised the Association's stand for immediate enactment of Full Employment Bill No. 380 and promised action on the measure as soon as possible.

In his message to NAACP Secretary Walter White, Senator Murray said, "It is exceedingly encouraging to know that your group is so active-

ly aware of the necessity for affirmative Federal action to assure sustained employment opportunities after the war for all who are willing and able to work."

Senator Wagner promised, "as sponsor of this legislation I will do my best to have the bill enacted in the near future. I hope we can begin hearings on the bill very soon."

Senators Wagner, Murray, Thomas and O'Mahoney are sponsors of Full Employment Bill No. 380.

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Here's Your Opportunity to Win Valuable Prizes on Your Home Canning

This year the Home Canners' Contest of the Omaha Chamber of Commerce Food Preservation Committee is being sponsored by the Nebraska Power Company. This is your opportunity to win valuable prizes on your home canning. The Nebraska Power Company invites you to participate in this contest. Entry blanks may be obtained from any Nebraska Power Company office in the contest counties, or they will be mailed on request.

HERE ARE THE RULES

- All home canners who are residents of Douglas, Saunders, Washington, Dodge, and Sarpy counties are eligible to enter the contest, except professional home economists and members of their immediate families, and employees of the Nebraska Power Company and members of their immediate families.
- All contest entry blanks are to be post-marked not later than midnight, September 30.
- Winners will be selected on the basis of the best assortment of home canned foods to meet family needs, the quality of the pack, and the observance of recommended canning practices (method of canning and size of jars used according to type of food, labeling, storage conditions).
- Contestants are to bring not less than 6 nor more than 12 jars of any assortment of canned fruits, meats, or vegetables (no jellies, jams, or pickles) to the Nebraska Power Company, 17th and Harney, Omaha, by October 6 for a display. Preliminary judging will be based on the quality of the products entered in this display. First prize of a blue ribbon and \$100, second prize of a red ribbon and 50c, and third prize of a white ribbon and 25c will be awarded to winners in each classification in this display.
- A contest board of judges comprised of home economists and canning authorities will do the final judging in the homes of the contestants who were selected as winners in the display. Decisions of the judges will be final.

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