

# What to Can and How to Can It

## Experts of Department of Agriculture Give Full Instructions for Preserving Fruit and Vegetables

**Can Surplus Food, But Use Cans and Jars 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 light-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. Put up jams, jellies and preserves in glasses sealed with cork or paper and paraffin. Pack fruit juices in ordinary bottles. 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.—United States Department of Agriculture.

practically every vegetable and fruit grown in this section can be canned. The wash boiler method described below is entirely effective. Those who desire may purchase home-size water-seal, steam pressure or pressure cooker canning outfits which save time and fuel.

**Preliminary Preparation for Canning.** Provide a false bottom of wooden lattice work, cross pieces of wood, or coarse netting for your clean wash boiler or other large, deep vessel to be used for sterilizing. Fill the vessel with clean water so that the boiling water will cover the tops of the jars or cans. Begin heating the water so that it will be boiling violently by the time the containers are packed. See that all cans or jars are in good condition and, absolutely clean. Scald them thoroughly. Use new rubber rings and scald them just before putting them on the jars.

**Preparing Fruits and Vegetables.** Start with clean hands, clean utensils, and clean, sound, fresh products. 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. Remove the blanched products from the boiling water 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 jars a moment longer than is necessary. Remove skins when required, and as each article is pared cut 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 with 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 treatment has taken care of expansion it is not necessary to exhaust the cans. 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 strike the hot jars. Watch for leakage and screw covers down tighter when necessary. Store in a cool, dry place, not exposed to freezing temperature. 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, 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. **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. Let them process for the time specified in the table, counting from the time the water begins to boil again, or the gauge on the canning outfit registers the proper pressure.

### STEAMSHIP HOUSES MEDLEY OF TONGUES

#### Diplomats of Five Nations Transact Business in Vessel Anchored Off Athens.

(Correspondence of The Associated Press.) Athens, April 28.—Devoted exclusively to the use of the British, Russian, Serbian, Belgian and Roumanian legations, which withdrew from Athens, a vessel anchored at a point half an hour's sail from Piraeus, in the direction of Salamis, fulfills a novel purpose as a diplomatic ship. "His Majesty's Legation E-620" reads the giant metal sign attached to its hull, and round it foremost-top there clings a union jack, bearing in its center the British royal arms, surrounded by a wreath. The ministers and their staffs have been on board this vessel for more than ninety days. They boarded it at Piraeus when the entente ministers had delivered their ultimatum to King Constantine's government last December and had to leave Athens until full reparations had been given. After a short stay in Piraeus harbor, the E-620 sailed out toward Salamis and has been there ever since. **Noah's Ark Outclassed.** Never perhaps in the whole course of diplomacy has there been such a competition with Noah or such a diplomatic life as is lived on board the E-620. When the ministers quitted Athens the French envoy boarded a French cruiser, and the Italian minister also had a cruiser at his disposal, but the E-620 had to house all the remaining legations. And a legation means not only minister, counselor, attaches and secretaries, but also their wives and families and a large body of secretaries and councilors, stewards, sailors, signalmen and the humbler members of a diplomatic establishment. The central salon is the most important part of the ship, for it receives almost everyone who comes on board. By some secret of construction all gangways, passages, staircases, appear to lead into it, and the traffic across the breadth of the vessel passes through it. Difficult and important work has been carried on in this room. In the days of the Greek crisis, round the dark table in the far right corner were the ministers of Great Britain, France, Russia, Italy, Belgium and Serbia, in deep conference; at the table beside them were the military attaches, plunged in papers; facing the ministers, across the salon, round an-

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Do not let valuable surplus fruits and vegetables go to waste. Adults and children in a very few hours, with little other home equipment than a wash boiler and cans and jars, can preserve much valuable perishable food for next winter's use. Succulent vegetables and fruits are important to health the year round. See that your table is supplied. The simple one-period cold-pack method described is that taught by the United States Department of Agriculture for the boys and girls of the canning clubs in the northern and western states. With this method thousands of boys and girls each season put up vast quantities of fruits and vegetables. With this method

Time Table—For scalding, blanching and sterilizing of fruits and vegetables by one-period cold-pack method—See N. R. Series.

Products.	Head of	Water Bath					Products.	Scald or	Water Seal				
		Min.	Min.	Min.	Min.	Min.							
<b>FRUITS OF ALL KINDS</b>													
Apples	1 to 2	16	12	10	5								
Blackberries	no	16	12	10	5								
Blueberries	no	16	12	10	5								
Cherries (sweet)	no	16	12	10	5								
Dewberries	no	16	12	10	5								
Grapes	no	16	12	10	5								
Peaches	1 to 2	16	12	10	5								
Pineapples	no	16	12	10	5								
Raspberries	no	16	12	10	5								
Strawberries	no	16	12	10	5								
Citrus fruits	1 1/2	12	8	6	4								
Cherries (sour)	no	16	12	10	5								
Cranberries	no	16	12	10	5								
Currants	no	16	12	10	5								
Gooseberries	no	16	12	10	5								
Rhubarb (blanch before packing)	1 to 2	16	12	10	5								
Apples	1 1/2	20	12	8	6								
Pears	1 1/2	20	12	8	6								
Figs	10	30	25	20	18								
Pineapple	10	30	25	20	18								
Quince	6	40	30	25	20								
<b>SPECIAL, VEGETABLES AND COMBINATIONS</b>													
Tomatoes	1 to 2	22	18	15	10								
Tomatoes and corn	1 1/2, 2-10	180	90	60	45								
Eggplant	1	60	45	30	20								
Corn on cob or cut off	5	180	90	60	45								
Pumpkin	5	90	50	40	35								
Squash	5	90	50	40	35								
Hamley	5	120	90	60	40								
Cabbage or sauerkraut	5	90	75	60	35								
<b>GREENS OR POT HERBS</b>													
Asparagus	5	120	90	60	35								
Brussels sprouts	5	120	90	60	35								
Cauliflower	5	120	90	60	35								
Pepper cress	15	120	90	60	35								
Lamb's quarters	15	120	90	60	35								
Sour dock	15	120	90	60	35								
Stuffed sprouts	15	120	90	60	35								
Parsnips or "pansley"	15	120	90	60	35								
Pokeweed	15	120	90	60	35								
Bandellion	15	120	90	60	35								
Marsh marigold	15	120	90	60	35								
Wild mustard	15	120	90	60	35								
Milkweed (tender sprouts and young leaves)	15	120	90	60	35								
<b>ROOTS AND TUBERS</b>													
Beets	6	90	75	60	35								
Carrots	6	90	75	60	35								
Sweet potatoes	6	90	75	60	35								
Other roots and tubers as parsnip or turnip	6	90	75	60	35								
Soups, all kinds	3	90	75	60	35								
Shell fish	3	180	120	90	60								
Poultry and game	20	210	180	150	90								
Fish	5	180	180	150	90								
Pork and beef	30	240	240	210	90								

### War Arena Extended Into Country of Nestorians

(Correspondence of The Associated Press.) With the British Army in Mesopotamia, April 30.—The war in Mesopotamia and along the Persian border has carried the British and Russian armies into the country of the Nestorians, or East Syrians, who claim that the first tidings of Christianity were brought to them by the three wise men of the east, writes the British official eye-witness with this army. Two of the wise men who sought the birthplace of Christ are reported to have been natives of Urmia, in northern Persia, and their tombs are pointed out in the Church of Mart Mariam in that town. The Nestorians are now but a remnant of a once powerful community and are ruled by the Turks. They dwell mostly between Mosul, Lake Van and Lake Urmia, near the Turco-Persian border. They are divided into two sections, the Ashiret, or free tribesmen, and the Ryat, or subject people. Included in the Ryat are the Chaldeans, who dwell in the villages of the Mosul plain and in the chief towns on the Tigris river from Diarbekr to Basra. The Chaldeans are under the influence of the church of Rome, while the others retain their ancient faiths. Some of the Nestorians are very warlike. Of those who dwell along the upper Tigris river every man possesses a rifle or gun and carries a "hanjar," or dagger.

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