

Using Steam Pressure Canner



Learning to Can With a Steam Pressure Canner.

(Prepared by the United States Department of Agriculture.)

Home canning is one of the important phases of food preservation as taught by extension workers among farm women. It is imperative for any garden surplus to be saved for winter use in the household, in regions where fresh vegetables and fruits are not easily obtained during several months. In many localities home demonstration agents encourage the planning and planting of the garden with a definite amount of canning in mind. "A canning budget" is at sometimes called. Farm women also sell their canned products, and it is important to help them to make their canned goods uniform and dependable, and in conformity with the requirements of the law.

The precautions and directions for canning given by the United States Department of Agriculture in Farmers'

Bulletin 1471-F, "Canning Fruits and Vegetables at Home," are now used throughout the country. In this bulletin it is recommended that only fruits and tomatoes be canned by the water-bath method. For all nonacid vegetables the steam canner only should be used. For most products it is also recommended what is called the "hot pack." That is, the fruit or vegetable to be canned is brought to the boiling point on the stove, or boiled for about five minutes, and immediately packed in the jars or tins which are then sealed and processed the required length of time as given for that product in the time table. By this means the length of time required to bring the material at the center of the can to the required temperature is considerably shortened, so the processing time is cut down and a better product results.

Oh, Souls, thy multitudinous happenings,
The trivial events of nights and days,
The griefs that darken and the hopes that shine,
The pleasant place and the stormy ways,
Are hints and heralds of eternal things,
Inflowings from the tide of the Divine.
—John Hall Ingham.

Tomatoes, fresh, ripe and cool, are delicious eating at any time. Try the following for a main dish on a sultry day:



Broiled Tomatoes.—Wipe and cut tomatoes into halves crosswise and cut off the stem from the rounding part of each half. Sprinkle with salt and pepper, dip into crumbs, egg and crumbs again, place on a well-buttered broiler and broil six to eight minutes.

Turkish Pilaf.—Wash and drain one-half cupful of rice, cook in one tablespoonful of butter until brown, add one cupful of boiling water and cook until the water is absorbed. Add one and three-fourths cupful of hot stewed tomatoes, cook until the rice is soft and season with butter, salt and pepper.

Strawberry Ice Cream.—Wash and hull two quarts of strawberries, sprinkle with two cupfuls of sugar, cover and let stand two hours; now

squeeze through a double thickness of cheese cloth. Add three pints of thin cream and a few grains of salt. Freeze, using three parts of ice to one of salt. Serve in sherbet glasses garnished with fine berries.

Swedish Baked Halibut.—Wipe a slice of halibut weighing one pound. Place in a shallow earthen baking dish, sprinkle with salt and pepper and brush with melted butter. Drain canned tomatoes and measure three-fourths of a cupful. To the tomatoes add one-half teaspoonful of powdered sugar and spread over the fish. Cover with one onion thinly sliced. Bake twenty minutes, pour over one-third of a cupful of heavy cream and bake ten minutes. Remove the onion and garnish with parsley.

Tasty Foods.
A tasty and refreshing as well as nutritious salad for warm days is:

Shrimp Salad.—If the fresh shrimps may be procured so much the better, if not, use the canned variety, which are very good. Cut into small pieces, mix with an equal amount of finely cut tender celery, minced pimento or two, one-half a green pepper, a bit of scraped onion or onion juice, salt, paprika and plenty of good salad dressing. Put away to season and chill for an hour or two before serving time.

Creamed Salt Codfish.—For those who enjoy an occasional dish of good codfish, try this: Soak a half pound or less of the fish shredded or flaked and put to soak in warm water, bring to the simmering point and cook five minutes, then drain. Add to a rich white sauce, using one cupful of thin cream, two tablespoonfuls each of butter melted and the same of flour, season with a dash of cayenne and salt if needed. Serve with new boiled potatoes cooked in their jackets and then peeled.

Hamburg Steak.—To one and one-half pounds of hamburger add two slices of salt pork finely chopped, one-half cupful of soft stale bread crumbs, one egg and three-fourths of

a teaspoonful of salt, a half cupful of thick canned tomato and a tablespoonful of chopped onion. Mix and roll and cover when in the roasting pan with narrow strips of salt pork. Roast forty-five minutes to an hour, basting often, first with hot water then with the liquor from the pan. Brown two tablespoonfuls of flour, add one cupful of the liquid from the pan and a tablespoonful or two of butter; cook until smooth and thick and serve with the meat.

Caramel Junket.—Heat two cupfuls of milk until lukewarm. Caramelize one-third of a cupful of sugar, add one-third of a cupful of boiling water and cook until the sirup is reduced to one-third of a cupful. Cool and add the milk slowly to the sirup, add one junket tablet crushed and dissolved in one tablespoonful of cold water, add a few grains of salt and one teaspoonful of vanilla. Turn into a dish and set in a warm place until thick, then put on ice to chill. Serve with whipped cream or freshly grated coconut or other chopped nuts.

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Live Poultry for Roadside Trade

Paper sacks can be used to good advantage in selling live poultry direct to the consumer who stops at the roadside market. Tie the feet of the fowl and tear a hole in the bottom of the sack about the size of a silver dollar.

Place the bird in the sack with the head striking through the hole and then take a second string and tie the opening to the sack around the bird's legs.

The legs stick outside but the bird cannot kick or flop. It can be carried under the arm of the buyer without risk of soiling the clothes. There is no danger of finding dirt in the bottom of the car. This method of sacking the birds is also useful when poultry is sold live weight on city markets.

Broiled Peaches With Meat

Peaches may be served as a relish with the main course as well as a dessert. Broiled peaches, either fresh or canned, are excellent with meat, and make a pleasant variation of the usual pattern for a meal. The bureau of home economics tells how to prepare them.

8 or 10 halves of large, firm peach, fresh or canned

1/4 tsp salt
1/4 cup fruit juice
1 tb. butter
1 tb. sugar

Drain the fruit. Place the peaches pit side up, close together, in a shallow pan or baking dish. Sprinkle the salt and sugar over each piece, and dot with the butter. Pour the fruit

juice in the bottom of the pan. Place under the flame of the broiling oven and allow the peaches to cook slowly until lightly browned. Serve hot.

Sun Baths for Babies

During the hot summer months babies should be given sun baths before ten in the morning or after two in the afternoon. The summer baby can start taking sun baths at the age of one month. Exposing the knees for five minutes the first time is recommended.

China, home of the silkworm, is entering the artificial silk industry.

Good Things to Eat

By NELLIE MAXWELL



THERE is nothing that has ever taken the place of Bayer Aspirin as an antidote for pain. Safe, or physicians wouldn't use it, and endorse its use by others. Sure, or several million users would have turned to something else. But get real Bayer Aspirin (at any drugstore) with Bayer on the box, and the word genuine printed in red.



Aspirin is the trade mark of Bayer Manufacture of Monaceticacidester of Salicylicacid

Humble Toad Classed as Friend of Farmer

The lowly toad is of great value to the farmer, according to the Department of Agriculture. The eating habits of toads give them an important place in nature, says a statement by Remington Kellogg of the bureau of biological survey. Although they are indiscriminate in their appetites, the obnoxious insects eaten by the toads more than compensate for the harm done by preying on those that are beneficial.

Toads are great gourmands, and in the course of a season eat untold numbers of insects, many of which are highly destructive to plant life. Large numbers of crop pests are destroyed by the toads. Meal time with toads often begins before sunset and continues throughout the greater part of the night; hence the food contains a mixture of diurnal and nocturnal organisms. In their night warfare on insects the toads take the place of the ground-fed insectivorous birds after these have ceased their activities for the day.

Modern Dress

Wife—The seamstress says that she can make a dress for me in less than 30 minutes.
Husband—What part of it does she waste so much time on.

A New Disease

Teacher—Now, Johnny, can you tell me what wisdom is?
Small Johnny—Yes, ma'am. It's inflammation of the brain.

The man who changes a counter-felt bill returns good for evil.

If you really want to help, your criticism will be a suggestion.

One Secret of Beauty Is Foot Comfort

Frequently you hear people say, "My feet perspire winter and summer when I put on rubbers or heavier footwear—then when I remove my shoes my feet chafe quickly and often my hose seem wet through." In every community thousands now use Allen's Foot-Ease in the foot-bath daily and then dust the feet and shake into the shoes this antiseptic, healing powder. Full directions on box. Trial Free. Address, Allen's Foot-Ease, Le Roy, N. Y. In a Pinch, Use Allen's Foot-Ease.

There was a man in our town (I'll tell this tale again), Who always carried SALICON. So never suffered pain. His heart is weak, oh, very weak! His stomach, too; and yet, Because he sticks to SALICON He never is upset.

That is one of the remarkable things about SALICON—though it is an efficient and prompt relief for pains of all kinds, it has no bad after-effects and it does not affect the heart nor upset the stomach.

Chicks All Summer. Fall chicks pay big. Pure Bred Rocks-Reds, 12c; Leghorns, 10c. Gaithersburg Hatchery Co., Gaithersburg, Md.

For Foot Rot in Sheep and Foul in Hoofs of Cattle

HANFORD'S BALSAM OF MYRRH
Money back for first bottle if not cured. All dealers.

BEST for the Complexion

The beauty of Glenn's is the beauty it brings to the complexion—soft, smooth, clear white skin, free of pimples, blackheads or other blemishes.

Glenn's Sulphur Soap
Contains 50% Pure Sulphur. At Druggists.

Fairy Tale for the Children

By MARY GRAHAM BONNER

"The children who come to the zoo," said the Admiralty Bear, "aren't named as I am."

"They're just called Billy or Susy, or Johnny or Teddy, or Jane or Sally. They're not called Admiralty Sally, or King Johnny, or Prince Teddy, or Queen Jane or Princess Susy, or President Billy."

"No, not a bit of it. That's where I have it over them. And by that I mean that's one place where I have something which they haven't."

"Not that I mind their having things—gracious no. I'm not selfish, but still I am proud of my name."

"That is quite all right, too. Many fine visitors are proud of their names. Maybe there have been fine people in it and the others are so proud that they have the same name."

"Or maybe there have been wise men in the family, or lovely ladies, or angelic children, and the others are glad to have the same name."

"That is quite all right. I consider, for I am proud of my family name."

"I am glad that I belong to the great family known as the Admiralty Bear family."

"The reason I have been given such a name is not really such as one might think."

"It is not, I will have to admit, because I am an admiral. That is certainly not the case."

"I am a bear, and I live on the land and an admiral is a man who commands boats which sail on the sea."

"He doesn't live on the sea or in the sea as a fish, but admiral and the sea sound something alike you must admit."

"The reason I was given my name is because I come from Admiralty Island, far up in Alaska."

"Oh, is that the reason?" asked the Grizzly Bear nearby. "I have often wondered why you had such a name."

"Yes, that is the reason, and it is the reason my family have been given the same name," said the Admiralty Bear.

"You see," he continued, "we've wandered in other places, we've traveled



"Is That the Reason?" Asked the Grizzly.

and all that, but we were first found on that island I told you of which is far up in Alaska."

"I see," said the Grizzly Bear.

"We're a fine brown color as far as our fur is concerned, and the fur of a bear is always a pretty important part."

"As important as the clothes of any boy or girl," said the Grizzly Bear.

"In fact, more important," said the Admiralty Bear.

"Our fur is as important to us as a

child's fat or thinness or skin or flesh, or whatever you wish to call it, is to the child."

"That's so," said the Grizzly Bear, laughing.

"But what gives me such joy is my name, my fine, superior, leader-like sort of a name," ended the Admiralty Bear, shaking his head.

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Keep Dirt Out

To keep dirt out rather than to have to sweep or wash it out is one way of saving effort in housekeeping. Much dirt is blown into houses, especially in summer when windows and doors are open, and it is to the housekeeper's interest to see that the roads about the home are oiled or at least sprinkled, either by the community, or by individual residents, says the United States Department of Agriculture. When dust cannot be laid outside, it can sometimes be stopped at the doors and windows.

Millinery Types Are Varied

By JULIA BOTTOMLEY



The little shape in the oval to the right above whose brim assumes a smart irregularity dipping jauntily to the right side, is tremendously smart. It is a ballbunnet straw, this being one of the most successful straws of the season, sharing honors as it has with similar exotic types including sisal, bakou and other line-like effects.

One of the most charming entrants into the millinery realm is the little hat of lace. The one in the oval to the left is a cloche and there are hundreds and hundreds of lace types similar to this, some in tinted lace, others of black chantilly. In fact the wee thin black hair shape covered smoothly with black lace has registered as a leading midseason type.

Ingenious handwork is lavished on the cloche centered below, and this represents a certain trend which is heartily indorsed by the mode. The feather turban in the final oval is important, because it is said that its vogue is assured for early autumn.

In Paris the feather toque in lovely pastel shades has been having a very successful run during the summer. This enthusiasm for feathers has also manifested itself in novelty trimmings on felt-and straw shapes. This vogue will be emphasized for fall.

About Dustcloths

A duster should be soft and should shed neither lint nor ravelings; it holds the dust better if dampened or oiled, according to the United States Department of Agriculture. Silk and chamola are excellent for use on highly polished surfaces. A duster may be moistened by passing it through steam; by wetting one corner of the cloth, rolling it up, and letting it stand for a short time; or by wringing together one dry cloth and one that has been wrung out of water.

Short Legs in Romper

(Prepared by the United States Department of Agriculture.)

Either a boy or a girl nearly three can wear this button-in-front romper with short raglan sleeves and straight short legs. Clothing specialists of the bureau of home economics recommend cloth bands on rompers for comfort.



Practical Straight-Legged Romper.

convenience and attractive appearance. If the garment is cleverly planned it can be just as smart as the blouse-legged romper. The bottoms of the legs may be hemmed, or bound if preferred, instead of having

the inch-wide facing of contrasting material. In the illustration the finish of the legs matches that of the sleeves, while a binding of the same is used to hold in the gathers at the neck that give extra fullness across the chest. A big appliqued bunny makes a decoration dear to the childish heart. This romper may be cut with a fold in the crotch or shaped between the legs. Commercial patterns of either type are available, and may be adapted to the special features of this garment. A pattern for an applique animal may be made from any available large picture.

HOUSEHOLD ITEMS

Is there anything better than strawberry preserves?

Canning Hint—All preserves should be cooked rapidly.

Clean dusty felt hats by rubbing briskly with a dry sponge.

To retain the tints in colored clothes, wash them before they are badly soiled.

Place an electric fan near an open window in the kitchen to help remove cooking odors.

Rubber rings for fruit jars should be new each year. Be sure to rinse them in boiling water in order to remove the fine powder on the surface which may impart a foreign taste.

FOR those seeking new headgear, there is everything from which to choose. Brims are of the widest or not at all or of any preferred measurement between, with no restrictions as to the media employed. Straw, lace, fabric or feathers—it matters not to the mode, providing the hat is becoming and bespeaks that charming femininity which is characteristic of fashions throughout.

The five distinct types in the picture are convincing proof that current millinery covers a wide range of ideas. The broad-brimmed milan straw shown at the top is an outstanding favorite. To those who have a

fondness for very wide brims fashion is giving every encouragement, at least until summer bids farewell. During torrid days, heat is forgotten in the comfort and charm of sheer flowery frocks topped with huge transparent capelines, usually in pastel colorings.