

Canned Soups

A supply of canned soups is frequently of great convenience to the housewife, as such soups may be prepared ready for serving at almost a moment's notice. Many economical and palatable soups may be put up in the summer and early fall, and in this way the odds and ends of vegetables and cereals may be utilized as well as meat scraps, bones, and ligaments that often waste. The canning of vegetable soups, purees, and economes is thoroughly practical and should be a part of the canning work of every home as well as canning-club member, say the specialists in home canning instruction of the extension work, North and West, States Relations Service.

The following recipes, in which the soup stock is made from beef, are prepared for the use of home canning clubs, the other products are intended for home consumption. When these products are intended to be sold, those undertaking this work are cautioned to inform themselves as to the requirements of state and Federal food laws and meat-inspection regulations.

SOUP STOCK—Secure 25 pounds of beef bones, joints, and bones containing marrow. Strip off the fat and meat and crack the bones with a mallet or cleaver. Put the broken bones in a thin cloth sack and place them in a large kettle containing 5 gallons of cold water. Simmer (do not boil) for 6 or 7 hours. Do not salt while simmering. Skim off all fat. This should make about 5 gallons of stock. Pack hot in glass jars, bottles, or enamel or tin cans. Sterilize in glass jars. (Cap and tip tin cans.) Sterilize 40 minutes if using a hot-water bath outfit; 30 minutes if using a water-seal or 5-pound steam-pressure outfit; 25 minutes if using a pressure-cooker outfit.

VEGETABLE SOUP—Soak one-half pound of lima beans and 1 pound of rice for 12 hours. Cook one-half pound of pearl barley for 3 hours. Blanch 1 pound of carrots, 1 pound of onions, 1 medium-sized potato, and 1 red pepper for 3 minutes and cold dip. Prepare the vegetables and cut into small cubes. Mix thoroughly lima beans, rice, barley, carrots, onions, potato, red pepper. Fill glass jars or enamel tin cans three-fourths full of the above mixture of vegetables and cereals. Make a smooth paste of one-half pound of wheat flour and blend in 5 gallons of soup stock. Boil three minutes and add 4 ounces of salt. Pour this stock over vegetables and fill cans. Partially seal glass jars. (Cap and tip tin cans.) Sterilize 90 minutes if using the hot-water bath outfit; 75 minutes if using a water-seal or 5-pound steam-pressure outfit; 45 minutes if using a pressure-cooker outfit.

CREAM OF PEA SOUP—Soak 11 pounds of dry peas overnight. Cook until soft. Mash fine. Add the mash and peas to 5 1/2 gallons of soup stock and bring to boil. Pass the boiling liquid through a fine sieve. Make a smooth paste of one-half pound of flour and add paste, 10 ounces of sugar and 3 ounces of salt to the soup stock. Cook until soup begins to thicken. Pack in glass jars or tin cans. Partially seal glass jars. (Cap and tip tin cans.) Process 90 minutes if using a hot-water bath outfit; 80 minutes if using a water-seal outfit; 70 minutes if using a 5-pound steam-pressure outfit; 45 minutes if using a pressure-cooker outfit.

CREAM OF POTATO SOUP—Boil 1 1/2 pounds of potatoes, sliced thin, and 5 gallons of soup stock for 10 minutes. Add 3 ounces of salt, one-fourth teaspoonful of pepper, and one-half pound of butter, and boil slowly for 5 minutes. Make 3 tablespoonfuls of flour into smooth paste and add to the above. Cook 3 minutes and pack in glass jars or tin cans while hot. Partially seal glass jars. (Cap and tip tin cans.) Sterilize 90 minutes if using a hot-water bath outfit; 75 minutes if using a water-seal outfit; 65 minutes if using a 5-pound steam-pressure outfit; 45 minutes if using a pressure-cooker outfit.

BEAN SOUP—Soak 3 pounds of beans 12 hours in cold water. Cut 3 pounds of ham meat into 1/4 inch cubes and place in a small sack. Place the beans, ham, and 4 gallons of water in a kettle and boil slowly until the beans are very soft. Remove the ham and beans from the liquor and mash the beans fine. Return the ham and mashed beans to the liquor and add 5 gallons of soup stock and seasoning, and bring to boil. Fill into glass jars or tin cans while hot. Partially seal glass jars. (Cap and tip tin cans.) Process two hours if using a hot-water bath outfit; 90 minutes if using a water-seal outfit; 75 minutes if using a 5-pound steam-pressure outfit; 60 minutes if using a pressure-cooker outfit.

OKRA SOUP—Slice 8 pounds of okra into thin disks. Blanch 10 minutes and cold dip. Boil 1 1/2 pounds of rice for 35 minutes. Mix the okra and rice and fill the cans or jars half full. To 5 gallons of soup stock add 5 ounces of salt, one-fourth teaspoonful of powdered cloves, and bring to a boil. Fill the remaining portion of the jars or cans. Partially seal the glass jars. (Cap and tip tin cans.) Process 2 hours if using a hot-water bath outfit; 90 minutes if using a water-seal outfit; 75 minutes if using a 5-pound steam-pressure outfit; 60 minutes if using a pressure-cooker outfit.

Appearances

"But they had to keep up appearances," the other woman declared, speaking of a young couple who had lived beyond the husband's salary and were in all sorts of trouble.

"Why did they—what appearances?" the woman opposite asked.

The other woman stared.

"Why, they had to live to some extent at least like their friends did, the people they were thrown with. They had to live in a nice neighborhood and dress respectably and entertain a little once in a while."

"No," the woman opposite insisted. "They only thought they did. They were merely keeping up with Lizzie and didn't know how foolish it was when they couldn't afford it."

"But what could they have done? They couldn't go and live in the slums, and they had to keep up their self respect."

"It depends upon what you call self respect. I can maintain mine best by not going in debt up to my eyes. And it wasn't necessary for them to go to the slums, wherever those may be. I know a couple who found two rooms on a side street and went to housekeeping in them with the few bits of furniture they could afford to buy. Most of their wedding presents were packed away as not suitable for their environment. They were several miles away from the aristocratic neighborhood with which they were most familiar, but they didn't mind that."

"I should have thought they would." "At any rate, they didn't mind it enough to put off getting married until the man got a big salary."

"Did their friends come to see them?"

"They certainly did. Some of the callers came from curiosity, I suppose, and some probably pitied them, but they were very happy just the same. The point was that they did not spend more than they had, and even out of the little they saved something."

"But they didn't have to go shabby?"

"They did sometimes; they went without many things to which they were accustomed, but you see they were very much in love, and they had counted the cost and were prepared."

"What about their boys?"

"Oh, they're living in a house of their own, but I doubt if they are any happier than when they were going without in their two rooms. But they proved to me that it is not necessary to keep up appearances."

Health Notes

Figs are becoming a national delicacy. Little need be said of their medicinal value, save that as a laxative they are particularly good for children and are advisable to use as part of the daily diet.

As a cosmetic, buttermilk acts as an astringent. It is a mild bleach, is cleansing and refining to the skin; in fact, it is a general beautifier and contains virtues superior to many so-called "liquid beautifiers."

Never rub the eye in which a cinder has lodged, but rub the other eye. This will cause the affected eye to water in sympathy, thus dislodging the offending material. Use a boracic acid eye wash after the cinder has been removed to relieve the irritation.

For years it has been dinned into our ears that we should not eat before going to sleep, and we have foregone many a pleasant bite for fear of sacrificing our good health. And now along comes a noted physician and tells us that many morning headaches were merely the result of hunger. This does not mean that we can immediately proceed to gorge ourselves with all sorts of sweets and not have to pay the penalty the next morning. Sweets should be arched during the midnight repast, and one should substitute some wholesome sandwiches—cheese sandwiches are wholesome and nourishing and can be eaten with impunity even during the wee small hours.

Needlework Notes

A pretty lace cloth can be made out of heavy scrim. Draw threads at four inch intervals to form squares. The squares that border the edge can have the corners embroidered with a design in blue.

A piece of cardboard with rounded edges should be kept in the family mending basket. It is a most efficient help when patching play dresses. The cardboard can be slipped into an inch interval to form squares. The squares that border the edge can have the corners embroidered with a design in blue.

Dainty embroidery for the porch is the new pink lawn lingerie. Garments come made up and ready stamped in this attractive fabric and ready to be embroidered, either in the same shade of pink or in white. Prices on these novelty garments run about the same as prices on ready stamped white garments. Crocheting sweaters in the new "teasle" wool, with collars and cuffs in angora wool, is another form of needlework for the porch that bids fair to be popular this season.

For the Housewife

Always use hot water when mixing plaster.

Ink stains in a carpet, if of long duration, must be treated with oxalic acid.

Put plenty of butter into cakes you wish to keep. Cakes eaten immediately do not require much.

A branch of cedar broken fine and put into a tin or wooden box is said to rub stains in white washing. It will keep them from sticking.

Music's Charms

"I used to be very fond of music," said the portly man. "I was a bona fide music lover. I had a phonograph when they were first placed on the market. And anybody who could stand for the harmony of those saggy talking machines must have had music in his soul. I was also an amateur cornetist—belonged to the Cornville Silver Cornet band, an organization that may not have come in for the classical or played strictly in tune or time, but to the people of Cornville we were artists personified."

"Many an evening, after a concert on the town square, I was complimented on my clear tones and powerful resonance."

In my bright red suit and green cap with a gold embroidered lyre on the front of it I was some figure. After I had played a solo the girls would crowd around and look up at me too awestruck to speak."

"You started to say that you were fond of music," interrupted the other man. "I've often heard that music had power to soothe the savage."

"Yes, and it has made many a civilized man wild," returned the portly man. "I have a small nephew who has begun to take lessons on the cello. You know what a cello is? Back home we used to call 'em horse fiddles. I suppose that a cello in the hands of a strong man capable of sawing away violently on it from notes would make music pleasant to hear. But to give one of the instruments into the hands of an innocent child and let him keep his uncle and the rest of the family in continuous torment is too much."

"For the first month that my little nephew had his cello the teacher gave him nothing but exercises. Did you ever hear exercises on a cello? I hope you will be spared! If you were ever in a zoo at feeding time when the lions, tigers, hyenas and jackals were howling in unison for their raw meat you have an idea what cello practice sounds like. Sometimes my nephew forgets to rest the bow. Then there is nothing left for us but to flee out of doors, regardless of weather, until he has finished."

"The professor gave him a piece last week entitled, 'Home, Sweet Home,' in variations. I remarked to the professor one night: 'That piece in variation is certainly a wonderful thing; Berton has played it 1,000 various ways so far and he's still at it!'"

"The professor took my sarcasm for a compliment and gave the child a descriptive melody. The opening bars represented a shepherd boy playing on his pipes. Then you were supposed to hear the sheep 'baa.' After which a storm arose and the thunder reverberated thru the heavens. To see little Berton trying to get the thunder effect out of that cello was more pitiful than amusing. He sawed away, straining his body until beads of perspiration stood out on his little brow."

"Never mind," said the other man consolingly. "Berton will be able to play real music on his cello some day, and you'll be proud of him. The torment of the early practice days is the price we pay for the beautiful melodies we receive later on. You forget that you must have driven your folks to the verge of despair when you began on your cornet years ago."

He Forgot

The Canadiana are redited with the story of the stupid Yorkshire renter. The first night he stood guard he hailed an approaching officer in proper form:

"Go over there?"

"Canadian Rifle?"

There was a moment of silence, then the Yorkshireman repeated:

"Go over there?"

"The Canadian Rifles," was the impatient answer. More silence. Then the Yorkshireman again challenged:

"Go over there?"

"The Canadian rifles, you qualified blighter," shouted the enraged officer. There was a long period of quiet, while the Canadian watched the Yorkshireman's obviously ready rifle. Then there was a moan from the renter:

"Blowed if I hain't forgot what to say next!"

Personal Liberty

Richmond Pearson Hobson was talking about the divorce evil.

"The curtailment of personal liberty has a good deal to do with divorce," he said. "The husband's personal liberty is curtailed and the wife's is curtailed. Hence moral degradation and divorce."

"In a restaurant the other night a man was drinking beer and eating sandwiches with his wife and his mother in law. He finished his beer and took a fresh sandwich. The attentive waiter snatched up the empty glass and said politely:

"Another beer sir?"

"Shall I have another, Marnie?" he said.

"His wife looked at her mother. "Shall he ma?" she asked."

In Short Order

A lady who had just received an interesting bit of news said to her little daughter:

"Marjorie, dear, auntie has a new baby, and now mama is the baby's aunt, papa is the baby's uncle, and you are the little cousin."

"Well," said Marjorie, wonderingly, "wasn't that arranged quick?"

The wife who forgets to send her husband's shirts to the laundry is hard on the wife of his beam.

LEGAL NOTICE

In the Orphans' Court of Cambria County, Estate of Mary Cherkowski, late of the city of Du Bois, Pa.

Notice is hereby given to all parties interested, that the Orphans' Court of Cambria County has fixed Monday the 5th day of March, 1917, at 10 o'clock, A. M., in the court room in the court house at Ebensburg, Pennsylvania, for the hearing of the petition of Simon Cherkowski, administrator of Mary Cherkowski, late of the city of Du Bois, Clearfield County, Pennsylvania, praying for a decree authorizing and empowering a private sale by the administrator of the following real estate, to wit: All those two certain lots of ground situate in the Borough of Patton, County of Cambria and State of Pennsylvania, described as follows: Block no 58, one hundred and forty feet on the east by Third Avenue, one hundred feet on the south by lot No. 6 in block No. 58, one hundred and forty feet; and on the west by an alley, one hundred feet. Excepting and reserving however, to the Beech Creek Coal and Coke Company, its successors and assigns, all the coal, fire clay and other minerals underlying said land, with the right to mine and remove the same. For the price or sum of \$250, cash upon delivery of deed, and the purchaser to pay the taxes now due and owing upon said lots of ground, and to authorize the said Simon Cherkowski, administrator of Mary Cherkowski, to make and deliver a deed upon the payment of the purchase money; when and where they may appear and object to said sale on account of the price thereof, and to offer to give or pay a substantial increase therefor.

Simon Cherkowski, Administrator.

Frank Hutton and Reuel Somerville, Attorneys for Administrator.

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AS THE SCHOOL YEAR PROGRESSES

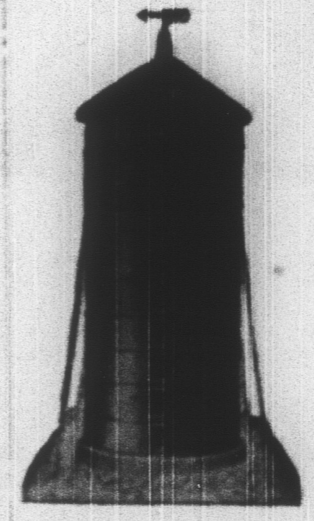
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OF PATTON, PA.

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Surplus 20,000.00

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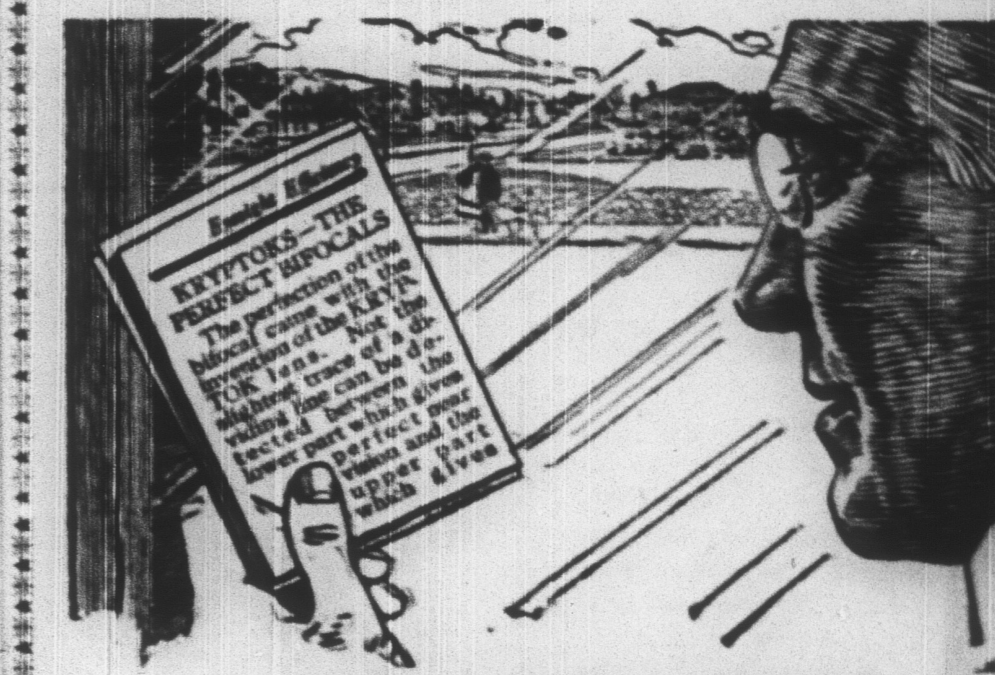
Deposits Dec. 31st, 1906	\$ 76,773.52
Dec. 31st, 1907	201,963.10
Nov. 27th, 1908	226,286.65
Sept. 1st, 1909	279,270.00
Sept. 1st, 1910	321,625.73
Dec. 5th, 1911	421,612.64
Nov. 26th, 1912	509,559.52
Aug. 9th, 1913	576,741.96
Sept. 12th, 1914	617,447.89

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