



Cheese-Cloth-Wrapped Product Being Lowered Into Boiling Water for Blanching.

PROFITABLE DISPOSITION OF ALL SURPLUS FRUITS AND VEGETABLES

Every Ounce of Food That Can Possibly Be Produced This Year, Will Be Needed—Housewives Can Avoid Much Waste by Canning.

WASH-BOILER EQUIPMENT IS SATISFACTORY

Practically All Perishable Products May Be Canned by One-Period Cold-Pack Method of Canning, as Taught by the United States Department of Agriculture—All Cans Should Be in Good Condition and Absolutely Clean.

(PREPARED BY UNITED STATES DEPARTMENT OF AGRICULTURE.)

CAN SURPLUS FOOD, BUT USE JARS AND CANS 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 tight-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. Pack fruit juices in ordinary bottles. Put up jams, jellies and preserves in glasses sealed with cork or paper and paraffin. 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.—U. S. Department of Agriculture.

The waste of surplus fruits and vegetables in this country each year is large. It would be deplorable if this normal waste were allowed to go on this year when every ounce of food that can be produced is needed. The waste can be avoided in large part if the surplus perishables as possible. Any fruit or vegetable and practically any other food may be canned satisfactorily by the one-period cold-pack method of canning taught by the United States department of agriculture to the boys and girls of the canning clubs in the northern and western states. The home-made wash boiler equipment for use in this method of canning, described below, is entirely effective. Home-made wash boiler, steam-pressure or pressure-cooker canning outfit, which save time and fuel, may be used instead if desired. Preliminary Preparation for Canning. Provide a false bottom of wooden

lattice work, crosspiece of wood, or coarse wire netting for your clean wash boiler or other large, deep vessel to be used for sterilizing. This is for the purpose of keeping the containers from contact with the hot bottom of the vessel and to permit the free circulation of water under them. 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 and put them in a vessel of water on the stove so that they will be hot when the product is ready for packing. Use new rubber flugs for jars 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.



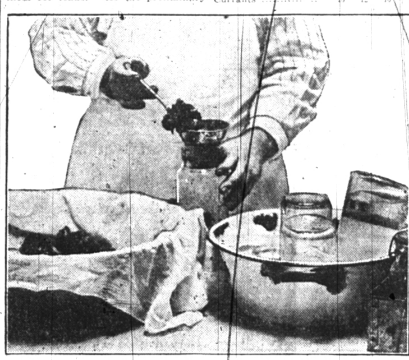
Tray of Packed Jars Ready to Be Placed in Homemade Water-Bath Outfit—Aluminum Pressure Cooker Also Shown.

FRIED FOOD NOT HARMFUL

is Wholesome and Nutritious When Fried in Properly Done, But Few Cooks Know the Art.

There are certain kinds of food that are delicious when fried in hot fat, and when frying is properly done, such foods are wholesome and nutritious and not harmful to stomach or complexion. Fried edibles have fallen into disrepute because so few cooks know how to fry correctly. Greasy, indigestible results follow the average experiment with hot fat, and in many families foods are served oily, baked, boiled or sauté. Frying, when properly done, is immersion in smoking hot fat, says a cooking expert. The fat must be deep enough to cover entirely the articles to be cooked, and the same fat may be used over and over; each time strained before it is set away to cool. It is not necessary to bring fat to the boiling point; it must merely be smok-

Item	Price	Item	Price
Cabbage	50	120	90
Carrots	50	120	90
...



Packing Blanched and Cold-Dipped Product Into Jars.



Dipping Blanched Product While Hot Into Cold Water.

Item	Price	Item	Price
Apples	10	120	90
Berries	10	120	90
...

ing hot. When it begins to smoke drop in a bit of bread. If it browns while you count forty, the fat is right for croquettes, fishballs, oysters; if it browns while you count thirty, it is right for doughnuts or potatoes. All articles to be fried should be slightly warmed and thoroughly dry. If moist or too cold the fat is chilled and soaks into them; this accounts for the greasy, soggy, indigestible condition of much fried food. There is danger also as the fat reheats that the water from the moist food will make it



Homemade Hot Water Bath Sterilizing Outfit, Showing Satisfactory Type of Wooden False Bottom.

When processing fruits in steam-pressure canners, not over five pounds of steam pressure should be used. When processing vegetables and meats to not use over fifteen pounds of pressure. After processing, remove the containers as quickly as possible. Tighten the tops of jars immediately and stand the containers upside down in a cool place, being careful that no draft strikes 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 careful 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 syrups 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. The labeling should be done with a rather dry paste, which is put only on the end of the label, so that it does not touch the tin. Paste may cause rust, and in damp climates it is sometimes customary to lacquer the outside of the can before it is labeled. The label, if the producer is intended for sale, must contain the net weight in pounds and ounces and the packer's name and address. In packing fruits and vegetables, it is necessary to surround them with brine, syrup or water, but under the terms of the federal law governing the interstate shipment of canned goods, reserves, of which it is allowed that it is actually necessary to cover the contents after as full a pack as possible is made. With tomatoes no water whatsoever should be added and no tomato

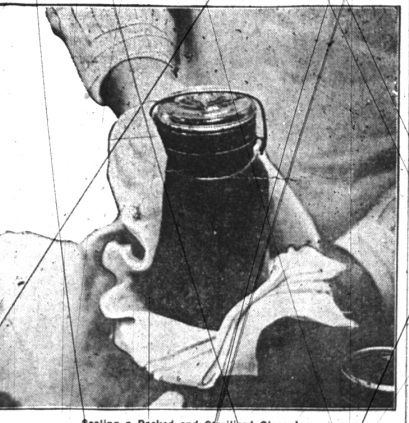
FRUIT JUICES FOR JELLIES

May Be Sterilized and Bottled Without Sugar and Made Into Jelly at Any Time.

(From the United States Department of Agriculture.) Fruit juices for use later in jelly making can be sterilized and bottled without sugar and made into jellies at the housewife's convenience. This enables her to do with fewer jelly glasses and to distribute her purchases of sugar for jelly making through the year. Moreover, with the bottled juice she can make a greater variety of jellies, as juices which will not jelly can be put up when the fruit is ripe and combined later with fruits that will jelly, or fruits ripening at different seasons can be combined. For example, the juices of strawberries, cherries, or pineapple can be kept without sugar and later when apples are plentiful can be made into combination jelly.

To put up un-sugared fruit juices for jelly making proceed exactly as if jelly were to be made at the time. Cook the fruits until they are soft and strain out the juice through a flannel bag. Heat and pour while hot into bottles previously scalded. Fill the bottles full, leaving no air space between juice and cork or seal. Place the filled sealed bottles on their sides in water near the boiling point, and keep them in the bath for about thirty minutes. Make sure that the corked or sealed end is under the hot water. As soon as the bottles are cool cover the cork with a paraffin seal. Thorough sterilization and sealing are absolutely essential to success.

From the fact that a mixture of corn meal and water had been used by a department specialist to start factic-acid ferment in cultures put up for feed in the form of silage, this starter has been used in the case of vegetables fermented for food but it is not the preserving ferment, the specialist explains; it only starts the ferment which is recommended for household use, however. Pickle or brine suitable vegetable ferments.



Sealing a Packed and Sterilized Glass Jar.

Not a Preservative. There is no correct and water-preservative for vegetables. A report to this effect recently published, and credited to the United States department of agriculture, probably originated

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Are you insured against fire, theft and liability? The Citizens' Mutual Automobile Insurance Company, of Howell, carries the insurance and paid for the following automobiles by theft:

Name	Value
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Jerry Kastle, New Boston	500
Earl W. Tucker, Wyandotte	375
Benjamin C. Hillier, Swartz Creek	320
Anton Kedia, Scottville	308
R. Barringer, Richland	275
Mutual Telephone Co., Inlay City	315
Frank S. Hagerman, Steensville	425
Glen C. Gillette, Prosecuting Attorney, Pontiac	300
Kirk Van Winkle, Lansing	325
W. H. Williamson, Oakland County	975

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How It Started. "Who is that man who just spoke to you?" "I don't know." "But he spoke as though he knew you."

"Perhaps he does. I may have met him somewhere, but I don't recall his name." "That's queer. Men don't usually speak to other men unless they know them. Perhaps he's someone you've ashamed to let me know you know." "I tell you the man is a stranger to me. He may be a minister of the gospel, but I don't know."

"That isn't very likely. Few ministers you've ever met you could remember easily enough. It's more likely he's a member of a barkeepers' club." "Great Scott, woman!" "Oh, there's no losing your temper. I'm just a poor fool of a woman, not supposed to know anything or have any sense at all, but the same I'm thoroughly convinced you're hiding something from me."

FRECKLES

Now Is the Time to Get Rid of These Lively Spots. There's no lovelier, or the slightest need of feeling ashamed of your freckles, as the pretty little "double strength" is simply the most effective, "double strength" little of it might and morning and you may have to disappear, while the lighter cream will remove them and give a beautiful clear skin and eyes a beautiful clear complexion.

Whitewash. Mayor Howell sat at a dinner in Fort Wayne beside a pretty girl. "Oh, Mayor Howell," she said. "I saw such a good film play last week—" "The Man Who Fainted," You certainly must take it in."

Mayor Howell smiled. "They're always screening failures."

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