

## CANNING FRUITS WITHOUT SUGAR

Half of Battle Is to Have All Equipment Prepared and in Readiness for Use.

### VARIETY ADDED FOR WINTER

Many People Prefer to Can Juices Unsweetened, as Individual Fruits are Best Preserved—Many Utensils Needed

Fruits can be successfully canned without sugar and vegetables to puree. So the wise housekeeper planning to can as much or more than usual this year, plenty of canned vegetables in winter months, and add plenty variety to the diet in winter. Fruit canned with sugar can be successful when it is used. Fruit juices, too, can be canned without sugar. Indeed, many people prefer to can fruit without sugar, because the individual fruits are thereby best preserved. Part of the canned fruit can be used in a next winter. Many say when the weather is cool and then when the morning lines in the glass, and so many housewives as a rule and before the process.

#### Getting Ready

If one wants ready in half the time, the most satisfactory preparation to take care of it, there is less time, and the season of that particular product is likely to pass before all the equipment for canning is in readiness. One of the first steps is to order a canner. If you are planning to use one this summer, a work house or land can will take home with the cans and process them efficiently. The work, however, can be done more easily with one of the convenient types of canners. As the stock is usually low when the canning season is under way, it is well to select the kind you want in advance when there is a choice. The steam pressure type is usually preferred for general canning, but the water seal and water bath are both popular with those who want a canner which costs less money. If jars are needed, a supply should be had in early. The top of both the old and new jars should be gone over carefully and all the rough edges



With a Knife or Some Similar Instrument Smooth Away Any Sharp Edges on Jar Top.

smoothed down with a knife. There is no danger then that the jars will be ruined. This is something that can be gotten out of the way before the season opens.

**Test Rubbers Carefully.** One of the most of rubbers which is to be used should be tested. A good rubber one that will stand up under the heat which long cooking in the can entails, must possess sufficient strength to allow its being folded and pinched without breaking, so specialists of the United States department of agriculture advise. Another test is its ability to hold its weight without breaking when this weight is supported by a hook from the rubber ring.

Whatever type of apparatus is used for processing or sterilizing, a number of jars are needed for properly handling the products. The use of jars of six and seven quart sizes, or those of some material that is not proof, will cause for loss in handling and bottling. The jars of two tablespoons, one set of measuring spoons, one wire basket or strainer, one chopstick for lifting hot jars and several sharp paring knives. Look over your supply and see if you have them in stock.

### HONEY USED IN SANDWICHES

It is Satisfactory When Mixed With Cream Cheese—Chopped Nuts May Be Added.

For a change, try honey and cream cheese sandwiches. Mix honey with cream cheese and use as filling for bread or baking powder biscuit sandwiches. Chopped nut may be added to the honey and cheese if desired.

#### Lemon Skins Useful.

Squeezed lemon skins are useful for taking out ink and other stains from wool, also for cleaning enamel sauce pans.

#### Prevent Sugaring

A teaspoonful of cream of tartar added to sugar syrup in the sauce brought to a boil prevents sugaring.

#### Cracker Custard Pudding.

Cracker custard pudding may be made like simple bread puddings, but it requires a lemon or vanilla sauce.

## "SALT-RISING" BREAD LIKE GRANDMOTHER'S

Favorite Where Difficult to Get Satisfactory Yeast.

Recipe Recommended by Home Economics Kitchen of Department of Agriculture—Fireless Cooker Maintains Temperature.

Perfecting bread, which is commonly called by the misleading name of "salt-rising" bread, has been known in one form or another for generations. It has been a particular favorite when and where it was difficult to get satisfactory yeast. The following recipe is for the kind of bread which is made in the kitchen of the United States department of agriculture.

1 cup warm milk, 1 tablespoon sugar, 2 tablespoons white flour, 1/2 cup water, 1/2 cup salt, 1/2 cup yeast.

Soak the milk. Allow it to stand until it is lukewarm. In a fruit can or a heavy crock or pitcher, surrounded by water at about 120 to 140 degrees F. Water of this temperature is the best in which the flour can be kept from becoming sour, and is also best for making the yeast rise. The water should be warm, but not too hot. The yeast should be dissolved in the water, and the mixture should be stirred well.

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### MIXED VEGETABLE CHOWDERS

Nourishing and Substantial Dish Is Well Liked by Majority of Farm People.

A mixed vegetable chowder is a substantial dish and one well liked by the majority of people for its nourishment and flavor. The following recipe is recommended by the home economics specialists of the United States department of agriculture.

2 tablespoons butter, 1 potato, 1/2 cup milk, 1/2 cup cream, 1/2 cup flour, 1/2 cup salt, 1/2 cup yeast.

Put potatoes and carrots in small pieces, add enough water to cover and cook for 20 minutes. Do not drain off the water. Brown the chopped onion in the fat for five minutes. Add this to the potatoes and carrots. Add the milk and cream, and cook for 10 minutes. Add the flour and salt, and cook for 10 minutes. Add the yeast, and cook for 10 minutes.

#### HEAT CORNMEAL AND WATER

Best Results Secured by Placing Them in Double Boiler and Not Stir the Mixture.

The experts of the department of agriculture advise that the best results are secured by placing the mixture in a double boiler and not stirring it. The mixture should be cooked for 10 minutes.

#### OF INTEREST TO THE HOUSEWIFE

How to remove stains from silk.

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## FIVE MINUTE CHATS ABOUT OUR PRESIDENTS

By JAMES MORGAN

### JAMES MADISON

1751, March 16—James Madison born at Port Conway, Va.  
1772—Graduated at Princeton.  
1776—In Virginia legislature.  
1780, 1783—In Continental Congress.  
1787—Constitutional convention.  
1789—In congress.  
1791—Elected Dorothy Todd Payne.  
1809—Secretary of state.

### A FUGITIVE PRESIDENT

1809—James Madison, inaugurated President, aged fifty.  
1812—June 19, War declared.  
1814—Aug. 24, 25, in flight to the British, (Dec. 23) treaty of peace.  
1815—Madison retired from presidency.  
1826—Rector in University of Virginia.  
1836—In constitutional convention.  
1836—June 28, died, aged eighty-five.

### THE PRESIDENT'S STUDY

For the studies of his illustrious father, Madison's administration would be a most interesting one. He was a student of the law, and a student of the sciences, and a student of the arts. He was a student of the law, and a student of the sciences, and a student of the arts.

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## LIVE STOCK NOTES

USEFUL ANIMALS FOR FARMS

Department of Agriculture Assisting in Improvement of Horses in Range Country.

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## LEGIONS of OLD BELGIUM

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