

# NEWELL TELLS HOW TO CAN

## ASSISTANT FOOD MAN ISSUES IMPORTANT FACTS.

Helps To The Housewife During The Canning Season Is The Aim.

PORTLAND, Ore., Aug. 26.—At the request of Assistant Federal Food Administrator W. K. Newell, the following instructions for the assistance of Oregon housewives in canning fruits, vegetables and fish, have been prepared by Miss Edna Groves, superintendent of domestic science and home economics in the Portland public schools.

"Every jar of perishable food canned by the housewife is a valuable contribution towards the nation's food reserve," said Mr. Newell, "and the Food Administration urges Oregon women to fill every

**ASK ANYONE WHO HAS USED IT**  
There are families who always aim to keep a bottle of Chamberlain's Colic and Diarrhoea Remedy in the house for use in case it is needed, and find that it is not only a good investment but saves them an end of suffering. As to its reliability, ask anyone who has used it.

### MODERN WOODMEN TO PICNIC.

Members Of Order And Royal Neighbors To Have Big Time.

All Modern Woodmen and families and Royal Neighbors and families will hold a picnic at the city park on Monday, September 2nd, from 2 o'clock in the afternoon until 9 o'clock in the evening. Supper will be served at 7 o'clock, consisting of sandwiches, cake, baked beans, salad, pickles and coffee. Each family must bring its own dishes and SUGAR.

MRS. C. B. JOHNSON,  
MRS. HARRY DENNIS,  
MRS. ROY MUNSON,  
H. C. BALL,  
Adv. 8-28-3t Committee.

possible container for winter use, particularly with vegetables. By careful attention to Miss Groves' formula the canning can be done with the minimum of sugar, which is very important.

Miss Groves' canning directions are:

"Food conditions are bringing many new problems to the housewife. The shortage of sugar should not lessen the canning of fruit, since it is possible to preserve without sugar. Boiling water may be substituted for the usual sugar syrup in canning fruits. The sugar can be added as the fruit is opened. Karo corn syrup has proven a very successful substitute for sugar. Jellies, jams or fruits will have a slightly different flavor and be a little less sweet if preserved with karo, but will retain the fresh flavor of the fruit.

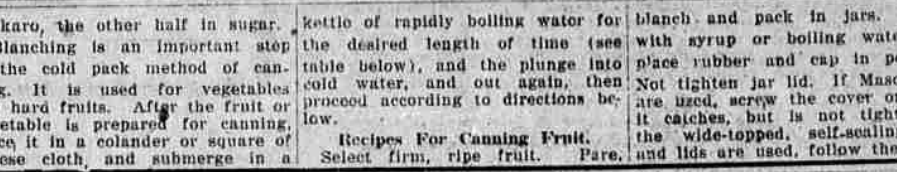
"In using karo syrup as a substitute for sugar, an equal measure of karo should be used, or one may use half karo and half sugar. All jams and preserves may be made by using three-fourths or less of the measure of fruit in karo or mixed karo and sugar. Fruit juices for jellies require about three-fourths of the measure in sugar or karo and sugar. In using karo for jellies, it is necessary to cook the mixture longer. It should "sheet off" the spoon when tested. The juices for jellies may be sealed (very hot and in heated containers) without adding any sugar, and the jelly may be made from this as needed in the winter by adding the usual amount of sugar, which will then be more plentiful.

The cold pack method of canning fruits and vegetables has proven successful and the housewife will find it an easier, safer method than the open kettle. Great care should be exercised in the selection of the jars and that lids fit and that there are no nicks on the edge of the jars and that lids fit and are in good condition. It is unsafe to use old or doubtful rubbers. The wash boiler, with a wooden rack in the bottom makes a good canning outfit for the cold pack method.

A very thing syrup for canning may be made by using one cup of karo or one cup of sugar to three cups of water, and boiling for five minutes. One cup of karo to two cups of water makes a syrup with a little more body, or one may use half the amount of the sweetening

## DOINGS OF THE DUFFS

BY ALLMAN



in karo, the other half in sugar. Blanching is an important step in the cold pack method of canning. It is used for vegetables and hard fruits. After the fruit or vegetable is prepared for canning, place it in a colander or square of cheese cloth, and submerge in a

kettle of rapidly boiling water for the desired length of time (see table below), and the plunge into cold water, and out again, then proceed according to directions below.

Recipes For Canning Fruit. Select firm, ripe fruit. Pare, blanch, and pack in jars. Cover with syrup or boiling water and place rubber and cap in position. Not tighten jar lid. If Mason jars are used, screw the cover on until it catches, but is not tight. If the wide-topped, self-sealing jars and lids are used, follow the direc-

# Full Speed Ahead

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MORE SHIPS!  
MORE SUPPLIES!

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FIGHTER—FARMER—WORKMAN; UNITED, ONE AND ALL, TO WIN THE WAR.

## United States National Bank

Food	Time for Blanching, minutes	Time for Sterilizing, hours
Beans (string)	.5 to 10	3
Beets	.6 to 10	2
Carrots	.6 to 10	1 1/2
Corn	.5 to 10	3
Meats		5

Tomatoes ..... 1 to 2 22  
Blackberries ..... 16  
Fruit juices ..... 20  
Grapes, Plums ..... 16  
Peas ..... 1 to 2 16  
Peach ..... 1 to 2 20  
Fish ..... 3

The National Food Administration mathematicians have figured out the number of teaspoons one should limit himself to under the new allowance of two pounds per person per month. There are just a little over six level teaspoonfuls daily for each consumer. This amounts to one and one-fifth ounces. If you save even a fraction over your six spoons, this goes into the reserve. You can measure your patriotism by the spoonful you don't use.

# THE OBSERVER'S COMMUNITY PAGE

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A Home Product—Made of Granulated Sugar.  
Pt. 20c; Qt., 37 oz., 35c; 1/2 Gal., 4 1/4 Lbs., 70c; 9 1/2 Lbs. \$1.25  
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KILL THAT SNAKE!

In every community the snake is to be found hiding in the brush, to sting his victim, unprepared. We must clean out our community of these reptiles, and the only way to do so is with cooperation. The mail order house, like the snake, is always hiding, hitting his victim with poisonous promises which keeps back the growth of our community. This habit is cultivated by them with their catalogue values, which rarely come up to expectations. We must kill the snake to make our community habitable, and the weapon is the sword of cooperation.

- LA GRANDE NATIONAL BANK**  
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Capital \$200,000, Surplus, \$40,000  
President, F. J. Holmes Phone Main 28 Cashier, F. L. Meyers
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