

### GREENS OR POTHERBS

A large number of cultivated and wild greens are edible, and when canned make succulent and valuable food for the winter and spring months. Among the cultivated greens are Swiss chard, kale, Chinese cabbage leaves, upland cress, French endive, cabbage sprouts, turnip tops, young, tender New Zealand spinach, beet tops, dandelion, young, tender dandelion sprouts, native mustard, Russian mustard, collards, and tender rape leaves. Among the wild greens are pepper cress, lamb's-quarter, sour dock, smartweed sprouts, purslane, pokeweed sprouts, dandelion, and milkweed (tender sprouts and young leaves).

Can greens the same day they are picked. Wash clean, sort thoroughly, allowing no foreign weed leaves or other vegetable matter to remain. Rid the greens of all sand, dirt, and dry, decayed or diseased leaves. Place the greens in a crate or cheesecloth and blanch in live steam either in an improvised homemade steamer, or regular commercial steamer, for 15 minutes. Remove the greens and plunge quickly into cold water. Remove to a freshly scalded pan or vessel and cut into convenient lengths. Pack into hot jars, add hot water to fill the container, and season to taste. If desired, a few strips of bacon, clipped beef, beef, or olive oil may be added to the greens. Partially seal jars.

Processing with steam under pressure is recommended. Process pint jars 40 minutes under steam pressure of ten pounds. Seal immediately, cool in a place free from drafts, test for leaks, and store in a dark, cool, dry place.

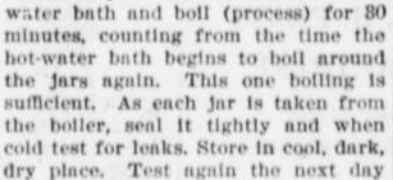
If the intermittent boiling process is used, boil for one hour on each of three successive days. Loosen the covers before each subsequent boiling, and after each boiling seal completely. Cool, test for leaks, and store.

If the one-period continuous boiling process is used, boil for at least two hours. Seal immediately, cool, test for leaks, and store.—United States Department of Agriculture.



### TOMATOES IN GLASS

Select firm, uniformly red, ripe tomatoes of medium size. Put into trays and lower into boiling water for one minute, then plunge into cold water for a few seconds until skins slip easily. Remove and cut out the core with a slender-pointed knife without cutting into the seed cells. Peel promptly and pack into previously boiled quart jars. Add one teaspoonful sugar and half a teaspoonful salt seasoning and fill the jars with a hot thick tomato sauce. (This procedure is economical, because each quart jar will give whole tomatoes for salads or baking and a tomato puree for soups or sauces.) This puree, or sauce, which is poured over the whole tomatoes, is made by cooking the small or broken tomatoes until tender. The seeds and skins are then removed and the pulp is concentrated by boiling it to about the consistency of ketchup. Place cleansed rubber rings and lids on the jars, but do not seal tightly. Put filled jars on a false bottom in a water bath and boil (process) for 30 minutes, counting from the time the hot-water bath begins to boil around the jars again. This one boiling is sufficient. As each jar is taken from the boiler, seal it tightly and when cold test for leaks. Store in cool, dark, dry place. Test again the next day for leaks and if any are found add cleansed new rubber ring or top if necessary and reboil. If a steam-pressure canner is used process quarts for ten minutes under eight pounds steam pressure.



### APPLES

Apples shirk more in canning than most fruits, and for this reason should be blanched for one minute. Plunge them into a cold bath, then pack. Cover with a syrup made of 14 ounces of sugar to one gallon of water and process quart jars 12 minutes. Other syrups can be used in place of a part of the sugar usually required.

This method of canning apples is not economical, because the apple is juicy and needs no water added. A better method, perhaps, is to make a sauce out of the apples. This may be done by steaming them until tender and passing them through the sieve. Allow one cupful of sugar to each gallon of pulp. Reheat until the sugar is dissolved, pack hot in sterilized jars and process quart jars 12 minutes.—United States Department of Agriculture.

### MAKE GARDEN LAST ALL WINTER.

Glass jars, rubber rings, and hot water, and those berries, fruits, and juicy vegetables will furnish dishes and desserts all winter.

Moist heat, absolute cleanliness in handling the product to be canned, willingness to work for yourself and your country are some of the necessary requirements if you wish to keep fruits and vegetables in good condition for winter use.

"Food will win the war," we are repeatedly and authoritatively told, but we expect that soldiers will help some.

It is possible for a fellow to kick up a lot of dust on the highway of life without making very good time.

We have yet to read of a female spy who is not also a beautiful society woman.

Faint hearts never won anything. Hard knocks alone will lick the Kaiser.

A Berlin paper refers to the American hordes in France. Having been fed up on the brilliant work of unrestricted U-boat warfare the German people must be wondering how they got there.

### CONSERVING WHEAT SUPPLY.

Although the wheat acreage of England is 45 per cent greater than that of last year, and the wheat fields of France are making a better showing than in 1917, while the crop in America promises to be one of the largest in the history of the country, it does not follow that all restrictions on the use of wheat can be removed in September or October. So far as can be predicted, the war consumption is likely to continue for some time to come, and the possibility of a partial failure of the wheat crop of 1919 must be considered. With the most stringent economy it is impracticable to accumulate a reserve supply that will meet the requirements of the export trade and relieve consumers at home of the necessity of using substitutes for wheat. The country, accordingly, will have no reason for being surprised if Mr Hoover is unable next October to tell Americans that they can use wheat flour as freely as in pre-war times. The armies in France, Belgium and Italy cannot hold the line without food supplies from the United States, says Providence Journal. Wheat is the grain that is best adapted for shipment and storage at the camps—no other cereal has its keeping qualities. But corn, rye and other grains can be used here without any difficulty. The country now is consuming the substitutes for wheat, and is getting along very well. No one has legitimate ground for complaining if the restrictions are not all removed. Conservation of wheat ought to be taken as a matter of course as long as the world is obliged to fight the Huns.

Yesterday it was only the men who went forth to war while the women remained behind to keep up the home and cultivate the field. Today the women still keep up the home and cultivate the fields, but they also do their part—a splendid part—in the actual work of carrying on war. Thousands of these women are scattered about the United Kingdom and in France; many of them very close to the actual battle-front, risking their lives and giving themselves as freely, as unselfishly and courageously as their men do, to drive from the earth all fear of the iron heel of Prussianism, says New Success. They are in the base and field hospitals, and canteens, and dressing stations, in the Y. M. C. A. huts—everywhere, and are an indispensable factor in carrying on the war.

Automobile owners who have been worrying lest gasoline should be commandeered by the government will be interested in the official report from England that ordinary illuminating gas can be safely and promptly substituted for gasoline as fuel in internal combustion engines of the common automobile types without necessity for changing the compression space in the cylinders. It is figured that, with gas at a dollar a thousand cubic feet, the equivalent of a gallon of gasoline would cost 20 cents.

Newspaper experts have no difficulty in supplying columns of copy. When one is not engaged in explaining that yesterday's predictions were misleading, he can descant on the real strategy of the movement that is in progress as being very different from what everybody else believes.

The United States bureau of markets reports that the prices of strawberries this year have ranged from 100 to 300 per cent "above any previous record." And conservation, from the point of the ordinary consumer, involves heretic self-denial in the matter of strawberries.

American seaplanes, it is said, are soon to fly across the Atlantic. There appears to be no limit to the accomplishments of this wonderful time, and American resourcefulness and inventive genius are leading the world.

It is said that the visiting submarine squadron will remain in American waters until August. If they are not exceedingly cautious they will remain a very much longer time than that.

Whoever is responsible for all this hullabaloo over the Russian crown jewels couldn't have made more noise if Nick Romanoff were planning his debut as an opera singer.

A noiseless typewriter has been invented, but one doubts whether it will be popular. How is the boss to tell whether the girls in the next room are keeping busy?

By ordering next winter's coal now you will at least have the satisfaction of knowing that you made your coal dealer aware that you wanted coal.

While not being well up on these technical military terms, we suppose a police raid on a speakeasy would be called a joint offensive.

The Yanks carelessly fried bacon for breakfast the other day, and the Germans started an offensive along the whole front.

Speaking German is no longer an accomplishment; it's a liability.

### MANY NEW STARS PLACED ON LENTS SERVICE BOARD

J. J. Johnson, the Bellrose poet and patriotic citizen, is today using his talents as a painter in placing the new stars on the Service Board in Lents. There are about fifty stars to be added now, and the star representing Milford DeWolf has been given a coat of gold, thus silently commemorating the fate of the gallant young soldier, known and beloved here, and who is immortalized in giving his life for his country in the terrible struggle being waged in the old world for the establishment of the true idea of government—"for the people and by the people," thus expressing the brotherhood of man.

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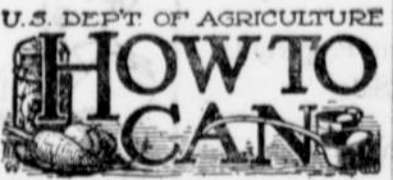
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### CHERRIES

Cherries when canned whole should be blanched by dipping into boiling water for 15 seconds, which prevents splitting. For sour cherries, use a syrup made by boiling and straining five pounds and eight ounces of sugar to one gallon of water. For sweet cherries, use a syrup made of three pounds and nine ounces of sugar to one gallon of water. Pack in previously boiled jars. Honey or other syrups can be used instead of sugar syrup. Partially seal jars. Boil (process) quart-size jars in water bath for 25 minutes. Seal airtight, and when cold test for leaks. Store in cool, dark, dry place.—United States Department of Agriculture.