

WINTER PRESERVATION

DEAR FRIENDS—As we are now in the midst of canning or otherwise preserving for Winter use the fruits and vegetables we have grown for that purpose in our war gardens, we will discuss today the best methods of doing this, necessarily condensing directions, and pointing out the plain and definite that not even the most inexperienced shall fail, as we who have really raised these vegetables and fruits ourselves know how much work is involved and realize that we must take extra care this year that our work is done so carefully that not one can or jar which we "put up" spoils. Let us put up every single can that we can possibly spare from our table; even "greens" are worth canning this year, unless you have plenty of kale, etc. We noticed recently that the Government was planning then to take over all canned and dried fruit and vegetables in the Northwest, and so we can be very sure that the vegetables and fruits our families have to eat next Winter will have to be put up by us now, and, besides, this, it would be a grand thing if we could send to our soldiers a consignment of fruits and vegetables that we had raised and canned from a patriotic desire to help in the war. What do you think of that? "From the Portland, Or., War Gardens?" Please write me.

The Preservation of Fruits.

Drying is the oldest method of food preservation. Sun-drying goes back of all historic records; then preserves, jams, etc., came to be known, and about 100 years ago glass cans that could be sealed were invented, and shortly after this method was extended to the cheaper tin can. Since then these, with many new inventions and perfectings, have been our most widely used method of preserving fruits and vegetables for Winter use.

Drying Fruits and Vegetables.

First—if we are "putting up" our fruit or vegetables for our own family use, let us stop and consider the desirability of drying them before we rush enthusiastically into following all the advice given us to do this. Remember that the bulletin from Washington are sent out to the whole United States, and each locality must decide what is best adapted to it. On the barren hills of New England, dried fruit was esteemed a luxury, as it is in the long Alaskan Winters, where light weight and ease of transportation are of great importance. In the Southwest, where the climate is so dry, and the fruit is so abundant, it is not so much of a luxury, and it is not so much of a necessity. In the Northwest, where the climate is so dry, and the fruit is so abundant, it is not so much of a luxury, and it is not so much of a necessity.

Of course, sometimes when the weather is extra dry or we are too busy to attend to them at the proper time, some of our vegetables get ahead of us and dry themselves. The unexpected drought and the fact that we had come the last of June last year gave us all a nice crop of dried peas for Winter crops, instead of the delicious peas we had planned. This may have happened in some cases this year if the aphids did not get your peas, and our string beans are likely to get too old for canning before we know it, but make fine dry beans for Winter. In these and similar cases we'll take what we get thankfully. But we are urged to keep our pickled up for supply of sufficient nourishing food, and this food must also be palatable or they will not eat it. I do not believe most families relish dried fruit. Buy a few dehydrated vegetables at the grocery and try them before you dry yours, and remember that the big establishments can dry quicker and so preserve much more of the natural flavor than is possible for us. So, when "putting up" our fruit and vegetables for our own family use, let us take a sober second thought before we adopt the same methods of conserving food that are necessary in New England or the frozen north, or even in the great extent of our country in general with the months of freezing weather in Winter or the drought in Summer. I suppose there is no place in the United States where a greater variety and abundance of fresh fruit and vegetables are raised for months of the year than right here in the Willamette Valley.

Second—if we have a surplus above our family needs, then we can dry it or can it, whichever way the food administration considers most desirable at that time, for the Army. On account of ease of transportation, dried vegetables and fruits would, no doubt, be welcomed. If there is interest in this subject we will discuss it later.

Hot-Pack or Open Kettle Canning. In canning the two methods ordinarily used are called the "hot-pack" method and the "cold-pack" method. The hot-pack is simply our old method of cooking out fruit and vegetables and putting them into the can hot. It is also sometimes called the "open-kettle" method, and when only a small quantity of fruit or any vegetable that will keep by this method (like tomatoes) is to be canned at one time, this is the best method to use, the most economical of labor and fuel, and giving excellent results if carefully done.

Methods briefly described.—Use fruit and vegetables the day they are picked, or as soon as possible. It is better for canning that fruit should be under, rather than over ripe. All fruit may be canned with or without sugar, as a thin syrup takes no part whatever in the preservation of fruit. If you use sugar, be careful to use 1 cup of sugar to 1 pound of fruit is an ordinary rule, varying this rule with the sweetness of the fruit. It is better to have a little less than too much sugar, as the natural flavor of the fruit is better preserved without any, and it can be added if necessary when the fruit is opened. Add water to dissolve the sugar if the fruit is not very juicy. Let it come to a boil, add fruit and cook it for 10 to 15 minutes, depending on the fruit. Let it come to a boil, add fruit and cook it for 10 to 15 minutes, depending on the fruit. Let it come to a boil, add fruit and cook it for 10 to 15 minutes, depending on the fruit.

These are the essential requisites to successful canning by this method. First, fruit carefully prepared, rejecting all imperfect portions. Second, important note—This does not imply using only perfect fruit and vegetables, as is usually called for in recipes. It is a little more work to cut away the rotten, or hard, etc., parts, but it should be done this year of necessity, for food conservation. A half or a quarter of an over-ripe peach makes

perfectly good marmalade if you are sure that the portion you use is absolutely free from rot; and all cull tomatoes that you take the trouble to cover carefully, cutting out all green, hard or rotten spots, and cooking the pulp remaining thoroughly, make most excellent soup stock, etc.

Second.—Thorough cooking, as given in recipes, and a little longer if fruit does not seem fully cooked.

Third.—Absolutely "surgical cleanliness" of all utensils. This means to have your can and tops clean and in really boiling water, so that every part is fully sterilized. Then to dip the rubber (new every year) in for a moment, with a fork, etc., just before adjusting it, being sure your fingers do not touch the inside edge in adjusting it, and then screwing the lid down tight.

Fourth.—Setting your fruit in the can, and top on, as quickly as possible. If you use a funnel, cup, spoon, etc., in putting the fruit in the can, be sure each of these is sterilized in the boiling water.

Fifth.—Test after they have cooled to see that they do not leak and cover as tight as possible, by standing upside down. Keep in a cool, dry dark place.

We have given place to this old-fashioned method used by our mothers and grandmothers, because, though it is not the "latest approved" method, it is a perfectly good and standard method, and will keep fruit as well as any if care is used in canning. The fruit may not be quite so firm and handsome in shape as though processed by the "cold-pack," but in an ordinary war-garden there will be many times when you have just a few strawberries or tomatoes, etc., and will not want to go to the trouble of the "cold-pack" for a can or two of fruit. All fruit can be canned this way, but you are not sure of any vegetables but tomatoes (though some claim corn may be cooked 20 minutes and canned and is sure to keep.)

Cold Pack Canning.

"Cold pack" canning is putting the fruit and vegetables in the can cold, and then applying heat out side the can to cook it. We can only describe this method briefly here. You can find it given fully in state and U. S. bulletins and in extracts from them published in many magazines and newspapers. This is the newest approved method, though the first book I saw on canning by this method was published in 1890 and I paid \$10 to buy it and learn its "secrets" at that time. The latest important addition to the method is the blanching and cold-dipping. This process, going as it does from 212 degrees Fahrenheit to 80 degrees, or under, forces such a sudden change of temperature upon the fruit or vegetable that, besides setting the color, loosening the skin and shrinking the product, it kills the bacteria which would cause the fruit or vegetable to spoil. Be sure not to slight any part of this process, and if you use a rapidly boiling water more than the specified time it becomes cloudy (especially peas). Also if your vegetables are to be canned for a long enough time they will shrink, so be sure to watch the clock. Do not put vegetables or fruit into the water until it is rapidly boiling. It is as soon as the time is up, and cold dip immediately.

When the cold product is packed in hot glass jars and boiling water added, still another change of temperature from cold to hot occurs, thus causing the destruction of harmful spores or bacteria and the remainder of the process completes the sterilization and preservation of the fruit. Blanching is the same as parboiling. It means that the product is left in the boiling water for a longer period than is indicated by scalding. For the time required for each of our common vegetables or fruits, see tables given today. These tables are very valuable and should be carefully preserved and always consulted and faithfully followed when canning. Cold-dipping means plunging immediately into enough very cold water to entirely cover your product, and at once removing the same. Most fruits should be blanched in boiling water, which are must be cold-dipped at once (see table). All vegetables must be blanched and cold-dipped.

Best Method of Cold-Pack Canning. The canning procedure consists of five processes: First, scalding or blanching, by placing product in a cheese-cloth bag or a dipping basket, plunging them into rapidly boiling water sufficient to entirely cover them and letting them remain from one to minutes (see table). However, in the case of "green" or green vegetables, the volatile oils and color are better preserved by placing them in a water and covered a vessel of boiling water and covered as tightly as possible, for the required time. Second, immediately upon removing from the boiling water or steam, plunge into cold water of as low a temperature as possible. Remove from this at once and drain for a few moments. In the meantime, the water in the boiler and water boiling hot. Third, pack at once, the sooner the better, into hot jars taken from the container where they have been sterilizing. With fruits, boiling hot syrup or hot water is then added (see table). In the case of vegetables, hot water is used and one teaspoonful of salt to each quart is added as seasoning. The scalded rubbers and tops are then put in place, the tops closed lightly to allow the steam to escape, and the cans placed in the boiler. If the water in the boiler is boiling and the cans are cool, the tops should be tightened. If the water is not boiling, heat them thoroughly, or put them in the boiler before the water gets very hot. Slat, a wire bottom or wooden rack of some kind must have been fitted to the bottom of the boiler so that the cans do not get directly upon the bottom, but the water can move underneath them. The best thing is wire racks, made to fit each can, which are also most convenient for handling. These are inexpensive. Some method of canning advocate having the water cover the jars at first, others having it cover the jars at the end of the time from the top of the cans. In either case you must be very careful to have the water perfectly clean, and your boiler thoroughly scrubbed, as the water may boil in and out of the cans, and any color from wooden slats or racks, if they are not thoroughly scrubbed, will ruin the flavor of your vegetables or fruit.

Fourth, the processing begins as soon as the water boils vigorously around the cans. The boiler will run at a clock for the exact time. If using a wood or coal stove, be sure the fuel does not get low and the water stop boiling. In any case, the time is exact time during which the water is really boiling that is counted. For this see table.

Fifth, the sealing. When the time is up, cans must be removed from the boiler and tops tightened at once. They should be set upside down to test for leaks. If leakage occurs the tops can be further tightened until completely closed. Do not expose to draughts or they may break. Store in a cool, dark, dry place. These methods given above are the regular established methods in general use. Next week I will give you

some special and less known ways that I know are safe to use. Oven canning is one. It is practically the same as the cold-pack, but so much less work and such a saving in fuel. Some fruits that can be canned safely without any heat at all, some in cold syrup, others just in cold water, we will discuss next week. Send in any questions that occur to you. Cordially yours, YOUR GARDEN NEIGHBOR.

Hot-Pack Canning Table.

Quantity of sugar per quart and time of boiling fruit canned from open kettle.	Sugar, lb.	Boil, min.
Blackberries	1/2	10
Blueberries (huckleberries)	1/2	10
Cherries (sour)	1/2	10
Currants	1/2	10
Currants (ripe)	1/2	10
Doughberries	1/2	10
Peaches	1/2	10
Pineapples (canned)	1/2	10
Pineapples (fresh)	1/2	10
Raspberries	1/2	10
Siberian crabapples	1/2	10
Four apples (quartered)	1/2	10
Strawberries	1/2	10
Tomatoes	1/2	10

Note—Two tablespoonfuls of granulated sugar equal one ounce; two cupfuls same equal one pound. 16 tablespoonfuls equal one cup, or eight ounces.

Timetable for cold-pack canning of fruit.

Product—	Syrup.	Scald	Boil
Apples	1 1/2	10	10
Apricots	1 1/2	10	10
Blackberries	1 1/2	10	10
Blueberries	1 1/2	10	10
Cherries	1 1/2	10	10
Currants	1 1/2	10	10
Currants (ripe)	1 1/2	10	10
Doughberries	1 1/2	10	10
Peaches	1 1/2	10	10
Pineapples	1 1/2	10	10
Pineapples (canned)	1 1/2	10	10
Raspberries	1 1/2	10	10
Siberian crabapples	1 1/2	10	10
Four apples (quartered)	1 1/2	10	10
Strawberries	1 1/2	10	10
Tomatoes	1 1/2	10	10

S. stands for sugar, W. for water, and the figures preceding each shows number of parts used.

Timetable for cold-pack canning of vegetables and meats.

Product—	Syrup.	Scald	Boil
Asparagus	1 1/2	10	10
Beans (lima or string)	1 1/2	10	10
Beets	1 1/2	10	10
Cabbages	1 1/2	10	10
Carrots	1 1/2	10	10
Cauliflower	1 1/2	10	10
Corn (on or off cob)	1 1/2	10	10
Dandelions	1 1/2	10	10
Eggplant	1 1/2	10	10
Green (string)	1 1/2	10	10
Hominy	1 1/2	10	10
Okra	1 1/2	10	10
Parasips	1 1/2	10	10
Peas	1 1/2	10	10
Pumpkins	1 1/2	10	10
Sauerkraut	1 1/2	10	10
Squash	1 1/2	10	10
Sweet potatoes	1 1/2	10	10
Tomatoes	1 1/2	10	10
Tomatoes and corn	1 1/2	10	10
Beet and pork	1 1/2	10	10
Poultry and game	1 1/2	10	10
Fish	1 1/2	10	10
Shell fish	1 1/2	10	10
Soups	1 1/2	10	10

Serve Tea and Save Sugar During War Time.

Gingerale and Grapejuice Declared Delicious Summer Drinks.

ALAS that the day should have come when the friendly and convenient lemon is no longer a household standby! With lemons at 50 cents the dozen, like eggs, lemonade enters the luxury class—like egg-nogs. And they say lemons are going even higher! Lemons and bananas, of course, are products brought into the country by ship and anything these days that requires a ship to fetch it may not be picked up for a song. One may consume all the lemons desired—if one can pay the price thereof—for there is no ban on lemon-indulgence as there is on indulgence in sugar, wheat, and butter, but most housewives are serving other drinks than old-time lemonade just now.

Iced tea is an excellent substitute, but iced-tea must be nicely concocted to be palatable and refreshing. The tea must be neither too strong nor too weak; it should be served in tall glasses clinking with ice, and the slice of lemon that accompanies it should be big enough to add flavor to the beverage. A dash of carbonic improves a glass of iced tea and gives it zest. Some people relish a slice of orange instead of the lemon, and a few mint leaves will make quite a different drink of it.

Ginger ale and grape juice, two parts of ginger ale and one of grape juice, make a delicious summer drink, and grapejuice imparting a charming color and the ginger ale a refreshing flavor and snap. Serve in a tall glass pitcher with cracked ice, and small handed glasses.

Before the Hun Came Over.

By Chester Reese.
It is just before the battle.
Everything so deadly still
You can hear the wind whistling
Through the oak trees on the hill,
And you hear the rats gnawing
Between the dugout walls.
And you lie upon your straw heap—
It is so lively that it crawls.

The Huns are coming over!
'Tis certain, for you've seen
All day the soldiers mowing
In their lousy coats of green.
Their artillery has been ranging
On the roads behind the town,
And you wonder if you'll whimper
When it comes a showerin' down.

Your bunkie is a whetting
On a murderous looking knife,
And another one is powdering
Over a letter to his wife.
And another shoving bullets
In his rifle magazine,
And another peddling rumors
Of a wire bottom or wooden rack.

And another guy is filling
Up his pockets with grenades,
And another singing softly
'Bout a rose that never fades.
And you close your eyes' a dreaming
Of your home away out west,
Where the roses are in blossom
And the robins come to nest.

And the vines around the door,
And your eyes with salt are smarting
In their lousy coats of green.
Their artillery has been ranging
On the roads behind the town,
And you wonder if you'll whimper
When it comes a showerin' down.

And you wonder why the nations fight
When there's happier things to do,
And you curse the guys that started
All this bloody hubbub.
The answer though comes chasing
The curve from out your mind.
And you think of how courageous
The world's heroes of its military were.
How bravely they had struggled,
And they smiled and bade you go
To the world's heroes of its military were.

And you feel your jaws a setting,
And you feel your jaws a setting,
And you feel your jaws a setting,
And you feel your jaws a setting,
And you feel your jaws a setting,
And you feel your jaws a setting,
And you feel your jaws a setting,
And you feel your jaws a setting.



Grandmother's way of rubbing cake soap on to fine fabrics was ruinous. Try the modern way—just dipping delicate things up and down in pure Lux suds. It keeps them like new.

Is antiquated as Hoop Skirts

Are you still keeping on with the old-fashioned rub, rub, rub?

THE Princess Nausicaa and her maidens, poor dears, how their backs used to ache when they washed the clothes at the river.

What if she was the daughter of the King of Phaeacia, as the classical story goes, the Princess Nausicaa had to take her linens to the river herself and pound the dirt out with stones

until she could have screamed from the pain in her regal little back. It was hard on the royal linens, too—the pounding of the rocks soon wore them out. But what else could a poor Princess do—she must have clean clothes, and that was the only way she knew to get them clean.

Grandmother's method is dead as a door nail. True, they had soap—but they still had to rub, rub, rub their clothes. First they rubbed in the soap—then they rubbed it out again against hard

wash-boards. It ruined fine fabrics—so they were only sturdy, heavy materials, except on high state occasions. It was hard, back-breaking work. So those that could afford it let servants launder even their fine things.

The modern way—no rubbing. And now comes the modern girl. How blithely she dons frail Georgette waists and chiffons—silk stockings and even silk underwear for every day.

She has learned the modern way—the Lux way—of washing delicate fabrics without rubbing, without

To wash silk blouses. Whisk a tablespoonful of Lux into a thick lather in half a basinful of boiling or very hot water. Add cold water till lukewarm. Dip your blouse through the foamy lather many times. Squeeze the suds through it; do not rub. Rinse in three waters of the same temperature as the water in which you washed it. Squeeze the water out—do not wring. Dry in the shade. When nearly dry press with a warm iron—never a hot one. Georgette Crepe blouses should be gently pulled into shape as they dry and also should be shaped as they are ironed.

Lux harms nothing that clear water alone will not injure. Try it and know for yourself why grandmother's method of laundering fine things is as passe—as dead and gone—as Nausicaa's rocks.

If you have given up hoop skirts—give up that old-fashioned rub, rub, rub. Use Lux and be happy. Get it at grocers, druggists or department stores—Lever Bros. Co., Cambridge, Mass.

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GET RID OF THAT FAT. Free Trial Treatment on Request. Ask also for my "pay-when-reduced" offer. My treatment has often reduced the rate of a pound a day. No dieting, no exercise, absolutely safe and sure method. Mrs. E. H. H. writes: Have taken your treatment and it is wonderful how it reduces. It was just as you say. I have reduced a pound a day and feel

What We Say to Prussia. It is a dark discouraging day for beautiful France, with the redifaced, bulleheaded, half Asiatic, half European mongrels from Prussia ruling the lands and destroying the property of decent human beings. But so far as this Nation is concerned there is no reason for anything but confidence and determination. We are able to say to Prussia: "Whatever you may do in Europe, you can do nothing here. We have men, ships, submarines and flying machines, ready to take care of you if you try to cross the ocean, and we shall have more with

Dickens a Man of Vigor. London Observer. Both Dickens and Thackeray varied their styles of handwriting at different periods in their lives. Thackeray began with a heavy sloping hand, and changed it to one that was upright, finer and more elegant, as well as much

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every month that passes. We invite you to come. "You can't make any peace with us, you can't do any business with us. We want your little hands in our pockets, think you can fight us, try it. We shall be glad to receive you."—Washington Times.

Cheap teaspoons are being made from compressed cotton fiber.

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