

Canning Rules Insist On Perfect Ripeness, Freshness of Produce

There never was a canning rule better devised than the one about putting up your fruit and vegetables at their peak of freshness and while they are perfectly ripened. If you have your own garden of strawberries, peas and asparagus, you can check them every day and decide when perfection has been reached.

Then whisk the produce into your kitchen where jars and canning equipment wait in readiness. Following directions, you may be certain you have caught the produce at its best, thus assuring perfect eating enjoyment later.

The early canning we want to get out of the way includes strawberries, rhubarb, peas and asparagus, par-



Berries used for jams and jellies should be fresh and ripe. Wash in plenty of water just before using. It's best to wash and then pick off the hulls.

ticularly. It may seem early, but right now is the time when these delicacies are coming to their best form.

***Strawberry Jam**
(Makes about 5 six-ounce glasses)
2 1/8 cups prepared fruit
3 1/2 cups sugar
1/4 cup bottled fruit pectin

To prepare the fruit. Crush thoroughly about one quart fully ripe strawberries. Measure 2 1/8 cups into a large saucepan.

To make the jam. Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil, and boil hard one minute, stirring constantly.

Remove from heat and stir in bottled fruit pectin. (Scrape all bottled fruit pectin from measuring cup.) Then stir and skim by turns for three minutes to cool slightly, to prevent floating fruit. Pour quickly into glasses. Paraffin at once.

Strawberry Rhubarb Jam
(Makes 8 glasses)
1 cup prepared strawberries
1 1/2 cups prepared rhubarb
2 1/2 cups extra sweet corn syrup
1 cup sugar

Wash, stem and crush strawberries. Wash and slice rhubarb, add corn syrup and sugar. Boil until thickened or jam is 220 degrees. Skim and cool five minutes to prevent fruit from floating. Pour into clean hot jelly glasses. Cover with melted paraffin.

Raspberry Jelly
(5 or 6 glasses)
2 cups raspberry juice
2 cups extra-sweet corn syrup
1 1/2 cups sugar
1/2 cup liquid pectin
1 tablespoon lemon juice

To prepare juice: Sort and wash slightly underpripe raspberries, drain. Crush berries. Simmer 10 minutes. Strain through jelly rag. Measure juice and mix with corn syrup, sugar and liquid pectin. Boil until jelly stage is reached (221 degrees) or mixture threads from a spoon. Add lemon juice. Remove from heat. Skim. Pour into clean hot jelly glasses. Cover with melted paraffin.

Strawberry Sunshine Preserves
2 quarts strawberries
3 cups sugar

Wash and hull berries. Leave whole. Add sugar and stir just enough to mix. Heat in a flat pan over a low burner. Stir occasionally to prevent sticking. When the boiling point has been reached remove from heat and pour into flat pans. Cover with panes of window glass and let stand in the sunshine about two days, or until the syrup is thick. Seal in clean jars.

LYNN SAYS:
Flavor's The Thing
When You Cook

Want sausage patties to taste better than ever? Roll them in egg and cornflakes before you fry them.

Pork chops take on the new look when you bake them in a mixture of four cups of cranberry sauce, one cup honey and one-half teaspoon of cloves.

Ground almonds go well in creamed chicken soup. Make it thick, smooth and creamy.

Pour a can of apricots into the

LYNN CHAMBERS' MENU

Broiled Trout
Buttered New Potatoes
Fresh Peas
Tossed Salad
Hot Biscuits *Strawberry Jam
Beverage Pineapple Sundae
*Recipe Given

Tutti Frutti Jam
4 cups strawberries or raspberries
2 cups gooseberries
2 cups currants
2 cups diced rhubarb or pitted cherries
Sugar (3/4 as much as fruit pulp)

Mash fruits and heat gently until juicy and well mixed. Measure and add three-fourths as much sugar as fruit. Cook rapidly and stir the mixture until thickened, about 20 minutes. Pour into clean, hot jars and seal.

Asparagus
Remove scales from stalk. Wash thoroughly to remove all soil. Cut in jar lengths. Tie in bundles, place tips up in boiling water to cover lower tough portions. Cover vessel tightly. Pre-cook three minutes. Drain, pack into clean pint jars, tips up. Add 1/2 teaspoon salt to each jar if desired, fill jar to within 1/2 inch of top with water in which vegetable was pre-cooked or boiling water. Put on cap, screwing the band tight. Process 40 minutes at 10 pounds in pressure cooker.

Peas
Use only young tender, freshly gathered peas. Shell, wash and sort according to size. Pre-cook three to seven minutes, depending on the age and size of the peas. Pack loosely to within one inch of top into clean jars. Fill to within 1/2 inch of top with water in which vegetable was pre-cooked or boiling water. Add one teaspoon of salt and sugar mixture to each pint jar if desired. Put on cap, screwing the band tight. Process 60 minutes at 10 pounds in pressure cooker.

If you want to put up strawberries and rhubarb, the methods are really very simple. I am giving the two that will work well, one for strawberries that will not float, and an easy oven baked rhubarb that needs to be processed for only five minutes in the water bath.

Baked Rhubarb
Wash and cut rhubarb into one-inch lengths without removing the skin. Place in a baking dish and add one cup sugar to each quart of rhubarb. Cover dish and bake until



Perfect jellies and jams are possible when you use the carefully tested recipes in this column.

rhubarb is tender. Place rhubarb and syrup which has formed, into clean jars to within 1/2 inch of the top. Put on cap and adjust according to manufacturers' instructions. Process in water bath five minutes

Strawberries
(Will Not Float)
1 cup sugar
2 pounds strawberries
1/2 cup strawberry juice

Boil together the sugar and strawberry juice. This juice may be obtained by crushing and heating some of the culls or overripe berries. Cool and add the whole berries, then boil for three minutes. Cover the vessel, then set aside for four hours or overnight. Pack into clean jars to within one-half inch of the top. Adjust cap. Process in water bath for 15 minutes.

A Real Thirst Quencher

A refreshing fruit drink always is welcome as the warm days of spring and summer approach. Try the following for the evening's refreshments: For four glasses, combine two cups orange juice, one-half cup lemon or lime juice, one-half cup diced or shredded fresh pineapple. Chill thoroughly. Pour into glasses with chilled ice or ice cubes, fill with gingerale.

Released by WNU Features

Before you fold your omelet, spread it with a mixture of creamed crabmeat. Serve with tomato soup or a fruit cup to make an easy meal.

Mix tuna and crabmeat, then mix with celery, green pepper and hard-cooked eggs. Add cream sauce and bake in ramekins. This is an easy-to-fix meal on a busy day.

Using up hard-cooked eggs? Chop and mix with crumbled bacon, moisten with mayonnaise and season with Worcestershire sauce. A good snack on salted rye bread.

Leftover ham, veal or canned fish

Woman's World

Charming Toddler's Clothing Can Be Made From Cast-Offs

By Ertta Haley

"Do you really think that adult's clothing can be made over into really wearable things for youngsters? There's something so pathetic about seeing a little girl in something that so obviously was her mother's," said a woman to me one day.

Of course, there are makeovers and makeovers. If a woman simply cuts down her dress for daughter or Dad's trousers for son and leaves grown-up lines and features in them, she has not done the kind of remodeling job that I talk about.

Now the process of ripping a garment apart, adding new material that properly contrasts with the remnant you have, and using a pattern typically a child's fashion, may seem like a lot of work, but truly, that is the only way clothing can be made. You can't re-use heavy padding or the same necklines for children's clothes. You're lost before you start.

However, if you have usable material and are willing to treat it to a pattern, styled for the youngster, and sew on it as though you bought fresh yard goods, then savings and satisfaction are yours.

This is not like altering a few things in a dress for you; it actually is sewing a new garment.

It seems wrong to many women simply to let outmoded garments lie in a trunk or closet; how much more satisfaction to clear out remnants and sew something both attractive and fitting.

How To Use

Hand-Me-Downs

Do you want to make some dresses for a little girl? Check the following sources for material in your own home: Old, out-moded or torn dresses with some salvageable



Make clothes fit properly . . .

terial; men's shirts with some back or front and sleeves in good condition; cotton bags that can be dyed; table or bed linen.

Now select a proper pattern and see if the material available will be enough for the pattern. If not, decide how you can use a suitable contrasting material.

If you have print, select one of the colors and see if you can obtain a solid color in that to use for the yolk and sleeves of the dress. Or if you have a solid, select a print that goes well with it.

Should only a little material be lacking, see if that yardage can be made up with eyelet, or organdie from perhaps something you already have at home.

Little girl's dresses usually require less than two yards of ma-



When sewing for tots.

terial, easily obtained from the salvageable material from the above sources.

Dad's blue chambray or print shirts make attractive pinafores, especially when trimmed with lace, eyelet or organdie. Or use them for a jumper, and make a blouse out of an old sheet or pillow case.

Use These Sources

For Boy's Clothing

Many women say that it's not as much fun sewing for little boys as for little girls, but have you seen how mannish clothing for the latter can be made? It's fun to make, too, but you'll have to try for tailored effects.

If you have old corduroy drapes or bathrobe around, see what you can salvage for overalls and a short loose jacket. Use real man-type tailoring for the garments, and you'll be surprised at the happy results.

Those short overalls for the beach can be made from plain shirts like solid blue or gray; they even can be made from some of your old checked house dresses as they require only about a yard and a quarter to one half of material.

Don't trim them except with a contrasting colored binding tape or

Knit Sharkskin



Fabric news is being made right now with this tricot knit sharkskin molded into a soft, feminine classic type dress. This new fabric made of Avisco rayon yarns combines the appearance of crisp sharkskin with the draping qualities of rayon jersey. It will not stretch lengthwise or cross-wise. Notice how well the contrasting waistline inserts are handled.

brick brae and keep them excessively simple.

Denim usually gets pretty hard wear if Dad or older brother has used it, so if you're making overalls or pants from that material it's a good idea to buy it new.

You can, however, use old white shirts or sheets or pillow cases for making shirts. Use a pattern and don't attempt to cut down to size using the old shirt.

Woolens can be used for making pants provided you refreshen the material, clean and rip it open, then recut, using a pattern suitable to the child.

Clothes for Toddlers Should Be Sturdy

Although you may sew a very fine seam by hand, it's a good idea to plan to use a sewing machine when you make things for youngsters. Their clothing takes hard wear and tear as well as frequent laundering, and machine stitching is the only means by which the clothing can be made to stand up.

When making boys' clothing, use flat fell seams as this will enable you to give it a more tailored look. It's a good idea to stitch pockets twice on clothes that will receive the really hard wear and laundering, such as denim overalls.

Decorative patches are used for overalls on both boys' and girls' clothing, particularly at the knees. Select something really decorative such as a bunny, dog or kitten face and you'll find the knees will not wear out so quickly.

Don't make clothing too large because children's growing discourages you. They won't be comfortable. You can, however, make big hems on girls' dresses and let out cuffs for the pants and overalls.

The older the child and the more strenuous his activity, the sturdier the fabric selected for him or her should be. If you have a boy who engages in sports or plays out of doors a great deal, choose the most durable of materials for his clothing.

Be Smart!



A veritable dream fabric is batiste, so wonderfully sheer and almost silklike in its softness, in pastel pink or blue and white, mostly white. No wonder then that in a season when it is one of the hit fabrics, it's being used for some of the most exquisite nighties and matching negligees.

CLEVER PRINCESS STYLE DRESS DAINTY SUMMER OUTFIT FOR TOTS



1760
12-20

Princess Style

Want something easy to sew with pleasing results? Then pattern 1760 is for you! This clever princess style molds your figure beautifully, has nipped in waistline and flattering keyhole neckline. You can turn it out in no time.

Pattern No. 1760 comes in sizes 12, 14, 16, 18 and 20. Size 14, 3 1/2 yards of 39-inch.

The Spring and Summer FASH-ION offers a wealth of sewing information for home dressmakers. Special features, fashion tips, free pattern printed inside the book. 25 cents

SEWING CIRCLE PATTERN DEPT.
530 South Wells St. Chicago 7, Ill.
Enclose 25 cents in coins for each pattern desired.
Pattern No. _____ Size _____
Name _____
Address _____

More Vegetables

Small gardens should be worked mostly by hand, so the rows can be closely spaced. Turnips, beets, carrots, radishes, onions, lettuce and mustard can be planted in 12-inch rows. Others should be spaced according to size and growth habit of the particular plant. Allow space for growth and for harvesting.



Summer Outfit

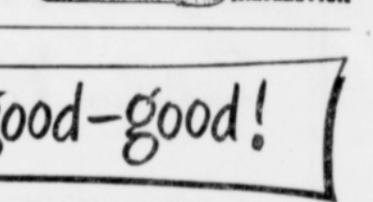
An adorable, cool looking summer outfit for your tiny tot. The dainty dress has wing sleeves and lace or ruffling in scallops to trim the skirt. Slip and panties can be worn with all her dress-up frocks.

Pattern No. 1675 is for sizes 1, 2, 3, 4, 5 and 6 years. Size 2, dress, 1 1/2 yards of 35 or 39-inch; slip, 1 1/2 yards; pantie, 1/2 yard.



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