



Vegetable	Preparation Required	PROCESSING Hot Water Pressure Cooker		
		Bath Min.	Min.	Lbs.
Asparagus	Wash, precook 3 minutes, pack	180	40	10
Beans— (String, Wax)	Wash, string, cut or leave whole; precook 5 minutes	180	40	10
Beans, Lima	Shell, grade, wash; precook 5 minutes, then pack	180	55	10
Beets	Wash, retain stem; cook 15 min., slip skins, pack	120	40	10
Cabbage, Brus- sels Sprouts	Remove outer leaves, wash; precook 5 minutes, add fresh water	120	40	10
Carrots	Wash, peel; precook 5 minutes, pack hot	120	35	10
Cauliflower	Remove outer leaves, wash; precook 4 minutes, pack	150	35	10
Corn on Cob	Remove husk; precook 5 minutes, pack	210	80	10
Corn	Cut from cob; precook 5 minutes, pack	210	80	10
Greens	Wash, steam to wilt, pack loosely	180	60	10
Parsnips	Wash, pare; precook 5 minutes, pack	90	35	10
Turnips	Wash, pare; precook 5 minutes, pack	90	35	10
Peas	Shell, grade (use young); precook 3 min., pack loosely	180	60	10
Pumpkin	Cut in pieces, steam or bake until tender, pack	180	60	10
Squash	Cut in pieces, steam or bake until tender, pack	180	60	10
Sauerkraut	Pack cold, add salt, no water	30		

Here's Your Vegetable Canning Guide  
(See directions below)

**Canning Time**

IT'S TIME to roll up those sleeves again and start taking out canning equipment. The corn is sweet and tender, the pea pods are full and green, and carrots are still in that nice young, crisp stage — all of which makes them can-worthy.

It's not a good idea to wait too long before putting up vegetables because the produce gets too old and, as you know, canning merely preserves, it works no wrinkle smooth or restores no color to old vegetables.

When you want a good product from the can, start with superior material. That means fresh from the garden produce, two hours from garden to can, if you can manage it. Here are some tips to select good produce:

Asparagus should be tender, green and freshly cut. If possible cut when it is no more than five inches tall so the ends of the stalks will have a minimum of woody fiber.

Only freshly picked green beans should be used as they dry easily upon standing. If you pick your own, then get them after the dew is off. Shapely, beautifully green ones can be canned whole.

Lima beans should be almost mature but still green in color as well as being very sweet and tender. If immature, they lack flavor; if too old, they are like dried lima beans.

Young beets, the size of a golf ball, are ideal for canning. Be careful not to break the skin or tap the roots of the beets in order to preserve the color.

**ONLY SWEET CORN** can be used for canning. To select the best corn for canning push a fingernail sharply into the corn kernel. If the milk is thin and sweet, the corn is perfect for canning. When the milk is thick, the corn is past the canning stage.

Carrots, when right for canning, are sweet and tender. The young carrots which are about three-fourths of an inch in diameter make the best canned product.

In canning greens, select only tender young produce with undamaged leaves, and have them freshly picked or at least as fresh as possible. Don't use old produce with large tough stems and midribs.

To test for tenderness in okra, pierce a pod with the thumbnail and if it cuts through easily the vegetable is ripe.

Peas will not wait for canning because it takes only a few hours for peas to develop from the right stage, which is tender, sweet and slightly immature, to the point where they are starchy and not as good tasting. Gather pods early in the morning, selecting those which are very green and crisp and well filled with peas.

**PLAN TO HAVE** all canning equipment ready by the time you go after your produce so that you can bring it into the house and start it on its way. If you just have to go out into the garden to pick the vegetables you can even start your water boiling for the precooking.

**LYNN SAYS:**  
Here's Tips on Canning  
Vegetables at Home

All vegetables contain enzymes which cause various changes in color, flavor and texture. To the home canner the most obvious sign of enzymatic activity is that of food turning dark on top of the jar.

If you can beets, choose those that have deep, red color throughout. Neither skin tap root nor the stems should be broken before the beets are precooked.

**LYNN CHAMBERS' MENU**

- Roast Fresh Pork Butt
- Browned Potatoes
- Quick-Cooked Cabbage
- Salad of Mixed Greens
- Apple Pie with Cheese Crust
- Beverage
- Bread and Butter

Have the jars and covers washed and sterilized. The jars may be inverted on a clean towel after sterilizing, so they'll be in readiness to fill.

Have water in the pressure cooker. You can start this heating as soon as you come in because there's not very much water needed. Naturally, you have checked the pressure cooker previously to make certain it closes properly and that the pressure gauge works too.

Cleaning equipment such as kettles and colanders, paring knives and other things also should be ready.

**WASH FOODS** before cutting, stemming or hulling. You'll probably need several changes of water for absolute cleanliness. Handle the vegetables gently and lift them out of the water rather than pouring it off them. Discard any spoiled vegetables during washing.

Try to use the same sized pieces for each jar. Those vegetables which are oversized may be cut up rather than canned whole.

Then prepare as necessary for each vegetable, cutting green beans, shelling peas, scraping carrots, et cetera.

Precook or blanch (immerse in hot water) long enough to shrink or wilt the vegetables to get a better pack. Vegetables may be placed in a cheesecloth sack and immersed in boiling water.

Fill sterile jars to within one inch of the top. Then add boiling water to within one-half inch of the top. One teaspoon of salt to each quart also may be added before the water is poured in.

Adjust lids according to manufacturers' directions.

Place the rack in the bottom of the pressure cooker and set the jars on it. Leave a little space between the jars so that the steam can circulate freely. Only enough jars to fit in the pressure cooker should be prepared at one time.

Adjust the pressure cooker cover and screw down the safety valve. Steam should be allowed to escape only through the petcock.

Allow the petcock to remain open from seven to 10 minutes, counting from the time the steam begins to escape steadily. Close the petcock.

Allow the pressure to come within two or three pounds of the desired amount, then lower heat. This prevents overshooting the desired pressure mark.

Count processing time from the moment the gauge registers the desired pounds of pressure. Have pressure remain as constant as possible so you neither overcook or underprocess your food.

Jars may be removed with a lifter onto layers of newspapers or cloth. Keep them away from drafts.

Beets which do not have an even distribution of coloring usually will have better color if pared, cut and precooked for five minutes before canning. They reabsorb color when handled this way.

If your canned corn has a brownish cast, this usually is due to caramelization. Prevent this by using juicy corn, plenty of water and correct processing.

Choosing the vegetables carefully and careful handling will give desired results in home-canning.

**Woman's World**  
**Give Summer Clothes Fresh Touches With Simple Tricks**

By Erta Haley

**WOMEN'S CLOTHES** usually show infinite variety, and the desire for this seems boundless. However, most of us can afford only one wardrobe, if that, for a season, and it's nice when we can do something simple at home to freshen up the dresses.

This year, particularly, women's summer clothing is full of tricks to make them more feminine, more colorful and more summer-like. If you need to perk up the wardrobe a bit, any one of these sewing tricks I'm going to tell you about will do lots for your morale.

**Gloves Can Be Decorative**

You've never seen gloves within recent years that look like those being shown now. Even gentle pastels are breaking out with a rash of color. Sweet powder blue ones are made more surprising and daring with a flash of cherry red at the wrists. This is easy to do at home even to a pair of white gloves for they can be tinted, and the color added from another piece of fabric.

Of if you are wearing white gloves with a summer print, a piece of that print might be used to decorate the cuffs of your gloves. It takes but a few minutes to cut and sew on.

One of the latest things in gloves is to have ruffles around the wrists.



Perk up dress with capelet . . .

This may be eyelet or lace, in a single or double frilly row.

Eyelet or lace is particularly effective if you are going to wear gloves with a dress that is similarly trimmed.

**Camisoles Are Popular Under Sheer Blouses**

Almost every good looking organdie blouse that is being sold, comes with a camisole. Take the tip if you're planning to make a frilly blouse, and make a camisole to wear underneath it. To be in high fashion, make it fit beautifully, have wide straps on it and a pretty ribbon that you can run through the lace or eyelet.

Or if you are wearing white gloves wear underneath sheer dresses, especially those with sheer tops, you'll be right in step with the times if you make that with a camisole attached.

Slips naturally are longer to fit the longer dresses now being worn.



Or make a blouse for skirt.

so you'll have to take this into consideration if you are using old patterns.

Half slips are made as pretty as the camisoles for many of them come with at least one flounce at the hem, and others with a lot of eyelet decorated with ribbon of course, done up in a nice full ruffle.

Dark half slips are popular under billowy skirts and these frequently have a gay plaid flounce on them, a good idea for lengthening some too short half slips you may already have.

Skirts are being tucked up in one or two places just slightly to show off the pretty flounce underneath and you'll find it a very pretty touch for teen-aged daughter.

**Here Are Tips For Basic Dresses**

In case your basic dress has become just a little weary you can dress it up with nice simple touches.

The first and easiest idea consists of changing the buttons. Elaborate, jeweled buttons are high fashion and can do much to decorate a simple dress.

Another very smart idea for the older or younger woman is the use of a stole with a dark dress. Choose some material in a nice print, or if you want to be more dramatic, a nice stripe with glorious shades of

**Tricorne Hat**



A smoothly rounded tricorne of smooth navy straw is designed by Lewbrook Lowell to complement summer suits or city sheers. Bows of tangerine grosgrain ribbon encircle the head fitting crown.

All the material needs is finishing at both ends, for it can be draped suitably around the shoulders.

If you would choose a demurely different touch for your basic dress select a smart and practical capelet collar of pique, sharkskin or one of the lovely crisp whites. These are entirely separate and can be kept immaculately fresh very easily. Select a style with Cavalier points or neckband, according to the needs of your basic dress.

A dark bolero is very good to use on a print dress if you want to make it more sophisticated. Black is a good color to use with pink, aqua or soft green prints. If you like, select a wide black belt to put on the dress to carry out the dark motif in the bolero.

If you have made the print yourself, you may have enough material to make cuffs of the print on the bolero. Wide cuffs are very popular.

If you don't want either capelet or bolero, make up a jacket in a brilliant color to give your basic dress a real lift. Light blue, pink or red goes well with navy; beige or pink go nicely with brown, and green looks well with black.

**Freshen Hats With Flowers**

Open crowned hats are especially easy to freshen if they have flowers or ribbon because either of them can be changed.

If the hat is a pastel shade and you want to clean it, dip a soft brush or cloth in cleaning fluid and rub over the hat gently. You then may decorate with new ribbon or flowers to match, perhaps, another suit or dress you are wearing.

These half hats will look especially refreshing and pretty if the flowers are enclosed in veiling. A stunning hat which I saw recently was a navy blue taffeta decorated with soft pink rosebuds enclosed in very sheer navy blue veiling.

If you are the type for a pretty picture hat, you may want to wrap some veiling over the top that comes down underneath the chin to tie as a bonnet. Most of the large picture hats now are being shown with some sort of fastening under the chin.

Straw hats may have their flowers freshened; or you may want to have several sets of flowers that can be snapped on to change with whatever dress or suit you are wearing.

**Be Smart!**



Pretty, feminine and very new are these slip-on gloves that become dress-up accessories when edged with eyelet embroidery, sheerest organdie trimmed with lace and other tiny ruffles. You'll find these lovelies in fine doeskin or suede leathers, in quality suede fabrics or you can add your own trimmings, the better to match a froth of organdie and lace or what-have-you on hat, jabot or fichu.

**Woman's Frock Has Dainty Trim**  
**Youthful Frock Simple Sewing**



8181  
11-20

**Puffed Sleeve Frock**

As welcome as a summer breeze — a youthful, charming puffed sleeve frock that's so easy to sew, so simple to care for. It's cut all in one piece with drawstring at the waist for snugness.

Pattern No. 8181 is for sizes 11, 12, 13, 14, 16, 18 and 20. Size 12, 2% yards of 39-inch.

The Spring and Summer FASHION offers a wealth of sewing ideas for the home dressmaker. Free knitting instructions and 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 \_\_\_\_\_

**Electric Fence May Kill; Safety Precautions Listed**

Electric fences take their toll of human lives every year. Most victims are children. Also, many animals are killed. Listed below are some of the safety rules recommended by the National Safety Council.

Do not use home-made electric fence controllers; they are not safe. No fence should be energized from any electric source except through an approved controller, one that meets the safety standards of a recognized agency. It is important that the controller is properly installed with good ground and lightning protection.

Do not tamper with the controller. If it needs servicing return it to the manufacturer or have repairs made by a factory-authorized representative.

Teach children not to tamper or play with an electric fence. Avoid locating an electric fence where the charged wire and a good ground such as a pipe line, pump, stock tank, pond, irrigation ditch, or other normally wet ground can be contacted at the same time.

Identify electric fences, especially those near buildings, property lines, or roads with prominent signs.

Provide insulated gate grips for opening and closing gates.



8315  
32-46

**Afternoon Dress**

A softly styled afternoon dress with feminine detail and charm. Dainty scallops finish the neckline and surplice closing—sleeves can be brief or longer. Try an all-over flower print, or dark sheer fabric.

Pattern No. 8315 comes in sizes 32, 34, 36, 38, 40, 42, 44, and 46. Size 34, 4 yards of 39-inch.

**Reading Preferences**

Librarians report a great demand for travel books. South American countries usually are high on the list of desired places to visit. While war fiction lies practically untouched on library shelves, historical fiction is widely read, both old and recent titles. Novels concerned with race and social problems are much in demand. Movies, as always, bring a flood of requests for the book which has been filmed.



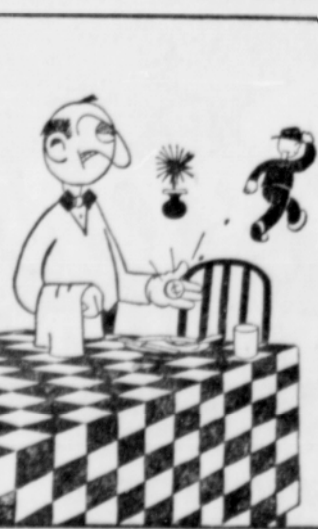
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