



Fruit	Preparation Required	Processing
		Hot Water Bath Time in Minutes Pressure Cooker 5 lbs.—10 lbs. in Minutes
Apples	Wash, pare, core, cut in pieces. Drop in slightly salted water. Pack. Add syrup. Or boil 3 to 5 minutes in syrup. Pack. Add syrup.	25 10
Apricots	Wash, halve and pit. Pack. Add syrup.	20 10
Berries except Strawberries and Cranberries	Wash, stem, pack. Add syrup or water.	20 8
Cherries	Wash, stem, pit. Pack. Add syrup.	20 10
Cranberries	Wash, remove stems. Boil 3 minutes in No. 3 syrup. Pack.	10
Currants	Wash, stem, pack. Add syrup or water.	20 10
Figs	Put in soda bath 5 minutes, rinse. Precook 3 to 5 minutes in syrup. Pack, add syrup.	30 10
Grapes	Wash, stem, pack. Add syrup or water.	20 8
Peaches	Peel, pack, add syrup, or precook 3 minutes in syrup, pack, add syrup.	20 10
Pears	Select not overripe pears, pare, halve, precook 3 to 5 minutes in syrup. Pack. Add syrup.	25 10
Pineapple	Peel, remove eyes, cut or slice. Precook in No. 2 syrup 5 to 10 minutes. Pack with syrup.	30 15
Plums	Wash, prick skins. Pack. Add syrup.	20 10
Quinces	Wash, pare, cut in pieces. Precook 3 minutes in syrup. Pack, add syrup.	35 15
Rhubarb	Wash, cut into pieces. Pack. Add syrup.	10 5
Strawberries	Wash, stem, precook gently for 3 minutes in syrup. Remove from syrup and cool. Boil syrup 3 minutes. Add berries and let stand for several hours. Re-heat. Pack.	20 8
Tomatoes	Scald 1 minute, cold dip 1 minute, peel, core, quarter. Pack.	35 10

Canned Fruits Aid Health
(See directions below)

Stock Up on Fruit

NOW IS THE TIME to use summer's plenty to bolster winter diet patterns and add nutrition to them. The gardens, orchards, vineyards and berry patches are all at your disposal with their infinite variety.

It's really easy to can fruit because there is little to preparing it for canning, and provided you take care to follow directions nothing will spoil. Besides, well stocked shelves with a colorful array of fruit will make wintertime meals so much more easy to plan.

Fruit may be canned without sugar for dietary reasons but, if you can eat sugar, plan to can fruit with sugar as it gives a better product.

IF YOU DEPEND upon home-canned fruit as a main item for winter, it's a good idea to make up a canning budget. For example, if you serve tomato juice four times a week, one cup a serving, plan to set enough aside for 40 weeks. This requires 40 quarts of tomato juice per person. For a family of five you'll need 200 quarts.

Do you plan to serve apples twice a week? At one-half cup per serving you'll need four quarts for 15 weeks or 20 quarts for a family of five.

Peaches, at a half cup a serving twice a week for 40 weeks will amount to 10 quarts per person or 40 quarts for a family of four.

If you serve berries twice every three weeks, at one-half cup per serving, you'll need three and one-third quarts per person to last 40 weeks.

If you serve pears once every two weeks at one-half cup per serving you'll need two quarts to last one person 32 weeks. This amounts to 10 quarts for a family of five.

Do you like to serve fruit juice at least twice a week? At one cup a serving, one person will need 15 quarts for 30 weeks. A family of five needs 75 quarts.

DIFFERENT VARIETIES of fruit come out better in the canning process than others. If you will study these tips and abide by them you'll have fine results.

Apples to be canned whole should be bright and red and hold their shape well although cooked. You'll find that Jonathans work out nicely for this method.

For applesauce, tart apples like Duchess, Maiden Blush, Greenings or Early Transparent are best because they cook to a mush easily. Use them at the peak of the season.

Fully ripe apricots are ideal for canning. Any good eating variety may be canned.

Firm, well-ripened peaches make the best canned ones. Select Elbertas or Hales that are fine textured and delicately flavored.

LYNN SAYS: You Need to Know These Canning Terms

Acid foods include fruits, tomatoes, ripe pimientos, sauerkraut and green peppers.

Non-acid foods are vegetables, meats, fish, poultry, game and soup mixtures.

Precooking means boiling food a short time until it is thoroughly heated.

Head space is the space left, when filling a jar, at the top.

LYNN CHAMBERS' MENU	
Barbecued Spareribs	
French-Fried Potatoes	
Corn on the Cob	
Toasted Buns	
Perfection Salad	
Fresh Berries with Cream	
Orange Icebox Cookies	
Beverage	

Bartlett pears are good for canning but some people prefer the smaller Kieffer variety, which also are good if they are allowed to ripen in a cool place (60 degrees) for a week or two after picking. Any variety of plum may be canned as long as it is well flavored and ripe.

HAVE YOU EVER found yourself in the midst of packing fruit into jars and suddenly discovered that you won't have enough? This means digging into the storage closet or running to the store for more, and then washing and sterilizing them. All this comes at a time when you should be rushing the food into jars as fast as possible.

Avoid this by figuring out how many jars you need ahead of time:

One-half bushel of good-sized, perfect peaches yields eight quarts.
Six pounds of apples yield three to four quarts.
One-half bushel of apricots gives nine to 11 quarts.
One-half bushel of plums will give 10 to 11 quarts.
Two and one-half pounds of pears yield one quart.
Five cups (about two pounds) of berries will give one quart.
Eight to 10 tomatoes (2 1/2 to 3 1/2) pounds give one quart.

HAVE ALL EQUIPMENT, including jars with proper lids, ready. Check jars for nicked tops and cracks. Wash in hot, soapy water and rinse thoroughly. Do this the day before.

Use only fresh fruit and berries for canning. Discard those with badly broken skins, broken or over-ripe specimens.

Pack cold or precook according to directions in chart.

Fill jars to within one and one-half inches of top; add syrup to within one-half inch of the top.

Place into a boiling water bath (with water coming an inch or two above the jars.) Count processing time from the time the water starts to boil, not when it is just simmering, unless so specified. If you use a pressure cooker, follow time given in chart.

After 24 hours cooling period, wash the jars off with a damp cloth, dry and label. Store in a cool, dry place.

Boiling water bath, sometimes called hot water bath, equipment consists of a large vessel such as a wash boiler, lard can or kettle the bottom of which is fitted with a rack or platform on which to set jars while they are processing. This should come fitted with a cover.

Sealing means closing the jars airtight.

Cold pack means filling the jars with food in its raw form.

Hot pack means filling the jars with hot food from precooking.

Woman's World

Give Youngsters Own Way In Decorating Their Rooms

By Ertta Haley

DON'T YOU ENJOY a room that points up your personality, one which reflects your interests? Youngsters do too, and they should be given every opportunity to express themselves at home.

One very good way in which they can do it is by taking a hand in furnishing their own rooms. Mothers are apt to hold up their hands in horror at a thought like this, especially if their daughters are going through a tomboy stage and their sons are interested in circuses or Indians. But it's really not as impossible as it might seem because many of these ideas can be used even though somewhat modified.

If the youngster is going through one of these in-between stages, simplicity is the rule. If the child wants gay pictures, keep the walls and furnishings in almost bare simplicity with quiet colors. In this way there will be some way of softening the bizarre effects. In a few months, their tastes probably will change and they'll prefer something more dignified or adult-like.

Encourage Neatness By Providing Room

Mothers frequently complain that it is impossible for them to teach the children neatness. The answer to this has not been found yet, but psychologists say that it is possible



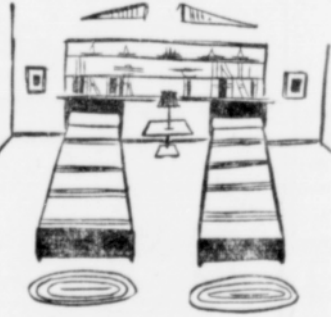
Let youngsters decorate . . .

to encourage neatness by providing a place for everything.

If the room is small, plan to utilize all the space possible. Place attractive boxes under the beds and hide them with bedspreads that reach almost to the floor. Have shelves made in the closet above hangers that may be used for items not used frequently. Have the walls lined with bookcases that can be used to house trophies, mementos, hobby collections, et cetera.

Use only the essential pieces of furniture in a small room so that it does not seem any more crowded than necessary. This will include a simple bed, chest of drawers and a simple but comfortable chair or two.

If a desk is necessary in a small room and there is not quite enough



Their rooms to own taste.

room, have a collapsible shelf attached to the wall that can be let down to use, folded down when not in use.

Choose Fabrics That Clean Easily

To keep in step with cleanliness, choose homespun or seersucker fabrics that do not need ironing. These fabrics are colorful and decorative but are easily tubbed and need no ironing when they are folded neatly when run through the wringer.

Sometimes when girls are in their very feminine stage, they want their rooms laced and ruffled to the hilt. If there is a regular family conference held on this matter, as it should be, it can be explained that mother cannot afford the time for ironing these things and the girl may have them if she will promise to do the ironing. If the girl still wants the ruffles, let her have them.

If the boys' rooms are to be extremely informal, oilcloth drapes may be used as they simply need to be wiped with a damp cloth.

How to Furnish Room For Two Daughters

Frequently when a room must be shared by two girls there is some argument as to the furnishings, especially if the girls are exact opposites in taste. To prevent family squabbles it's best for mother to step in as moderator and iron the situation out as diplomatically as possible.

If you can get the girls to agree on one or two items, the problem can be solved. If one girl is tail-

Camisole Pretty



A dainty cotton camisole petticoat is pretty in the boudoir and feminine under summer costumes. The eyelet banded camisole is attached to a dirndl skirt cut full to make outer skirts stand out with the proper air. Wide eyelet, beaded with pink ribbon, is a pretty skirt peeker.

ored in her tastes and wants to furnish her room that way while the other one goes in for ruffled things, separate the room by a screen that is a piece of decoration. One or two walls can be done in plaid, while the others are done in soft pastel shades for the girl who wants a more feminine room. However, use one of the soft shades in the plaid for the pastel.

Try to get the girls to agree on bedspreads. Something in hobnail in white probably would be suitable for both of them. In this way you can achieve some sort of unity in the room, and to the outsider it will look like a combination study and sleeping or dressing room.

If it's impossible to get them to agree on the bedspread, use a studio couch properly covered for the tailored part of the bedroom and then the frilly bedspread will not look out of place.

Hobbies Are Big Interest In Boys' Rooms

Most boys have hobbies and their rooms should reflect them. If they are doing their own furnishing they undoubtedly will appreciate your desire to have their room look like a part of their personality.

If two boys are sharing a room you probably can get them to agree on furnishings, but space will be the hardest part of the problem because they need room for working on their hobbies. Doubledecker beds are good space saving answers to this problem and boys usually like them.

If the boys are working in the workshop at school they may even want to make some pieces of furniture themselves. Or perhaps you can get unpainted pieces of furniture for them and have them finish their own either with painting, staining or varnishing.

If they need desks select those with large surfaces, but provide shelves and drawers so they can put their things away when they finish. If necessary tack a piece of plywood on the wall and place a cardboard on this and use it as a bulletin board reminder to have their things picked up on certain special cleaning days.

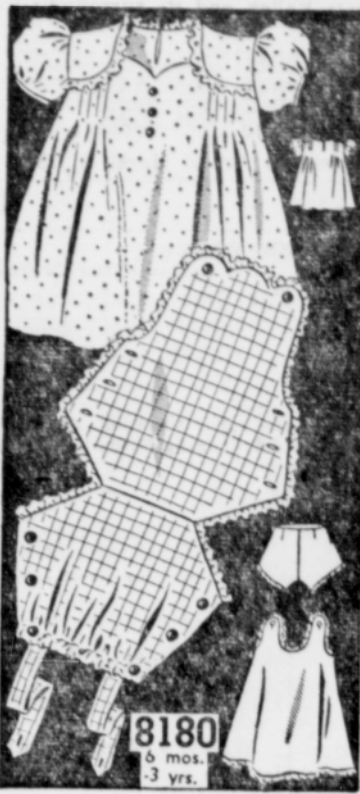
If the youngsters have trophies and chest space is at a premium, narrow shelves can be placed on the walls which will take these away from everyday traffic.

Be Smart!



Summer wash dresses can attain style without dollar marks. Witness the high fashion touches in this preshrunk chambray that lift it far above the ordinary—the bushel basket pocket, the play of the pattern of the stripes, plus the color effects in the material itself. These features and the special retail price of less than \$10 made this design one of the stars in the presentation of the new season's cottons.

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Here's One Sure System

To Make Horses Pay Off
LAS VEGAS, NEV.—Three men walked into the Las Vegas club here, bet on a 44 to 1 shot in the seventh race at fair grounds track, New Orleans, collected \$11,000 in winnings and departed.

During the running of the race the club had trouble with its racing wire, but it was repaired and flashed the information that Atomie City, the 44-1 shot, was the winner. Earlier in the day a bank official informed the police chief that he saw a man cutting wires on a telephone pole behind the phone company.

Police Chief Malmberg said investigation revealed that the only wire cut was one of 1,200—the one carrying information to the Las Vegas club.

The police chief theorized that the gamblers heard the results of the race in another club before dashing into the Las Vegas club to place their wagers.

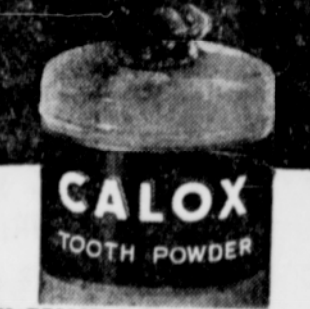
Two men were held for questioning. One, an ex-convict, is an electrician.

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