CANNING SURPLUS CHICKEN AT HOME

Using Birds From Poultry Flock Is Good Practice.

(Prepared by the United States Department of Agriculture)

Canning the surplus birds from the home poultry flock is oftentimes an economical practice. Either young or old birds may be canned by home methods. Plump well-fed hens two years old have as good texture and better flavor when canned than sixmonths old chickens,

Prepare the chicken for canning as you would for cooking. Pick, singe, remove pin feathers, and wash the birds. Then disjoint and cut them in the usual pieces, and discard the entrails. Remove and discard the oil sac and the lungs and kidneys, and do not use the giblets and eggs for canning. Be particularly careful not to break the gall bladder. If this does happen, do not use that chicken for canning because it will have a very unpleasant taste. Trim off any large pieces of fat. If there is a great deal of fat in the jar, it is like ly to cook out on the rubber ring during the processing and may cause it to slip, thus spoiling the seal. Cut the white meat in large pieces from the breast bone and shoulders. Leave the meat on the bones in the other pleces. Cut the neck off close to the body, and use it and the other very bony pieces, such as the back and perhaps the feet, after they have been skinned, for making broth to fill up the jars. Cover these bony pieces with lightly salted cold water, bring to the boil, and simmer for 15 minutes to make this broth.

Chicken should be packed hot into hot, clean jars. It may be prepared for packing in either of two ways. Simmer the pieces of chicken in a small quantity of water until it is boiling hot all through. Or sear the pieces in hot fat until they are golden brown, and then pour hot broth over them and let them heat through to boiling temperature. Do not roll the meat in flour before cooking, because this makes it more difficult to process effectively.

Pack the pieces of hot chicken in pint jars. Put some white and some dark meat into each jar, or pack all the white meat into separate jars if desired for some special use. Be sure, however, not to get so close a pack that the broth cannot circulate freely in the jar. Two four-pound birds, when cut up and cooked ready for packing into the jars, will fill five pint jars. Add a half teaspoonful of salt to each pint jar and enough boiling broth to cover the meat. Adjust the rubber rings and covers and seal the jars.

Place the hot-packed jars immediately in a pressure canner, and process for one hour at 15 pounds pressure, or 250 degrees Fahrenheit. Begin to count time when the pressure gauge registers 15 pounds, not before. When the hour is up, allow the canner to cool until the gauge registers

GOOD RECIPE FOR TWO CORN BREADS

Corn Meal Is Excellent in a Number of Ways.

(Prepared by the United States Department of Agriculture.)

Corn meal is good in a number of different hot breads and muffins. Some are made with sour milk and some with sweet; some are baked in sheets and others in gem pans. The characteristic flavor of the corn meal is present in all, and preference for one or another kind is largely a preference for a particular texture. Here are two good corn-meal recipes, one for bread that is light and dry, the other for a bread with a custardlike consistency, intended to be served with a spoon and eaten with a fork.

Corn Bread.

- 2 cupfuls corn baking powder
- 1 teaspoonfuls 2 cupfuls sour salt milk 2 eggs 4 teaspoonful 2 tablespoonfuls
- 2 teaspoonfuls

Sift the dry ingredients and add the milk and the soda, which has been dissolved in a small quantity of hot water. Add the well-beaten eggs and the butter. Pour into a very well-buttered pan. Bake from 40 to 50 minutes at a temperature of 400 degrees

to 450 degrees Fahrenheit. Spoon Bread.

t cupful corn meal 2 tablespoonfuls 2 cupfuls cold wacupful milk 2 or 3 eggs

butter (melted)
2 teaspoonfuls salt

melted butter

Mix the meal, water and salt and boil for five minutes, stirring constantly. If you have it, use a cupful of milk in place of one cupful of the water. Add the well-beaten egg, one cupful milk, the melted butter, and mix well. Pour into a well-buttered hot pan or glass baking dish and bake for 45 to 50 minutes at a temperature of 400 degrees to 450 degrees Fahrenheit. Serve with spoon from the pan in which baked. It is excellent with crisp bacon.

Peanut Butter Cup Cakes Been Found Delicious

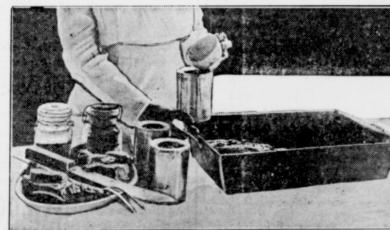
Whether you are wishing for something just a little different in the way of a cake recipe, or just happen to have some peanut butter, you would like to make use of in a new way, try these peanut butter cup cakes, which have been tried out by the bureau of home economics and found delicious.

4 tablespoons pea- 11/2 cups soft nut butter wheat flour

nut butter
2 tablespoons butter
2 teaspoons baking powder
1 egg 4 teaspoon salt
4 cupful milk 4 teaspoon vanilla

Mix the butter, peanut butter and sugar well. Add the beaten egg and the sifted dry ingredients alternately with the milk. Add the vanilla. Bake in greased muffin tins in a moderate zero before opening the pet cock. oven for about 20 minutes.

IMPORTANT PLAN OF FOOD PRESERVATION



Adding Hot Gravy to Meat in Cans Before Canning in Steam Pressure Canner,

(Prepared by the United States Department

of Agriculture.) The canning of meats on the farm has become one of the most important methods of food preservation. Only meats that have been freshly killed and cleanly handled should be preserved in this way. The United States Department of Agriculture recommends that the steam pressure canner should always be used. A high temperature of 250 degrees, equivalent to a steam pressure of 15 pounds per square inch, is required to sterilize meats properly and prevent spoilage.

Prepare for Canning. After slaughtering, the meat may be prepared for canning as soon as the animal heat has disappeared. The directions below are given for canning roast pork, but they may be applied to similar cuts of beef or lamb. The meat should always be cooked and seasoned before it is cannedwhether it is roasted, fried, baked or stewed-just as though for immediate serving, so that the flavor will be retained. It need not be cooked tender, but it should be cooked until the center is no longer red. Pack the meat as hot as possible. Remove all bones and fill up the jar or can with hot gravy stock, so that the sterilization period will not be longer than neces-

Either glass jars or tin cans may be used for canning meats. Full directions for each step in the process In either case will be found in Farmers' Bulletin 1186-F, "Pork on the the various parts of the hog in differ- must be prolonged 10 minutes.

for the processing period of each meat or mixture should never be changed.

Piece for Roasting.

In the case of pork, the ham, shoul-Farm," and also recipes for preparing I the meat is fat, time for processing

ent ways for canning. The flavoring and proportions in these recipes may be varied to suit individual taste, but the length of time and temperature

der or loin is generally used for roasting. Scrape the skin clean and wipe it with a damp cloth. If the ham is used and the skin is left on, cut with the point of a knife just through the skin so as to dice it, and trim with cloves and tufts of parsley if desired. Salt and pepper to taste should be sprinkled over the ham. Heat in a roasting pan from two to three tablespoonfuls of grease. Put in the roast when this is hot and sear it quickly all over to seal the pores and prevent loss of the juice of the meat. Add two small turnips to the roasting pan and from one-half to one cupful of boiling water. Leave skin side up and do not turn, but baste frequently. When cooked through and nicely browned, slice and pack in cans or jars to within one-half inch of the top of the can. Add the gravy from the roasting pan, or soup stock so that it barely covers the meat. Close the can or jar, and process it in the steam pressure cooker. No. 2 cans or pint jars are processed for 45 to fifty minutes at 250 degrees Fahrenheit or 15 pounds of steam pressure. No. 3 cans or quart jars from 55 to 60 min. pepper and cayenne to taste, utes at the same pressure. In case

"Out of the air a substance, Out of the mind a thought, From the dim unknown A hidden truth-And a miracle is wrought.

"This is the world of science: Nothing is left to chance. But science is born And bred of dreams, And her spirit is romance."

ECONOMICAL DISHES

A nice dish which will furnish a whole meal and is both tasty and attractive is:



Potatoes With Hamburger. - Arrange a layer of thinly sliced uncooked potatoes in the bottom of a well-greased baking dish, sprinkle

ded onlon, then add the seasoned hamburger, also uncooked. Cover with a can of tomato soup and bake in a moderate oven until the potatoes are

In these days of wholesome canned buy pumpkins for pies unless they can be had very cheaply. A can of pumpkin will make two pies, it is all ready to use, saves the time of preparation and cooking of the pumpkin and tastes almost as good. Cooking down pumpkin until it is almost dry and of a rich color makes it much better flavored. This may be done with the commercially canned pumpkin.

Stuffed Pork Tenderloin,-Split a pork tenderloin lengthwise, leaving the halves joined. Pound the meat until one-half inch thick, then spread with the following stuffing: One cupful of bread crumbs, one-fourth teaspoonful of salt, a dash of pepper, a sprig of minced parsley, a tablespoonful of chopped pickles, the same of chopped olives, a little lemon juice and a few minced capers. Mix with one-fourth of a cupful of sweet fat or butter and one beaten egg. Arrange the stuffing in the center and sew or tie the edges of the meat together, so that it will resemble a plump boned bird. Bake,

basting until well browned. Pumpkin Pie.-Fill a rich crust with the following: Take one cupful of pumpkin, two cupfuls of rich milk, a bit of salt, one-half cupful or less of sugar to suit the taste, a teaspoonful of ginger and a few drops of lemon extract, with two lightly beaten eggs. Food That We Like.

If there are lunchbaskets to be put up daily for school or for the man of the house, the following loaf will



be good to prepare: Jellied Veal .-Cook together one and one-half pounds of lean

pork and a hock

of veal with a bay leaf, pepper, onion, allspice and salt. Remove the indigestible portions of the meat and cut the meat into Reneat with enough liquid to fill the mold to be used. Pour into the mold, adding a little lemon juice and more seasonings if needed: chopped olives or sweet peppers may be added if liked. Slice co' l.

Melville Cookies .- Cream one cupful of butter and add one and one-half cupfuls of sugar gradually, then three eggs well beaten. Dissolve one-fourth teaspoonful of soda in a tablespoonful of hot water, add to the mixture with three-fourths of a teaspoonful of salt. Sift four teaspoonfuls of baking powder with three and one-half cupfuls of flour, add one teaspoonful of cinnamon, one cupful of nuts, the juice and grated rind of an orange and three-fourths of a cupful of raisins. Mix the nuts and raisins with some of the flour and beat all together until well blended. Bake on a buttered baking sheet, dropping by spoonfuls about one inch apart. These will keep some

time if stored in a cool place. Potato Salad.-Cook potatoes in their jackets to have a good flavored potato. Peel them and cut into dice. Dice one good-sized cucumber after peeling, add a cupful of the tender stalks of celery. Cut three hardcooked eggs into eighths. Mix all together with a bit of shredded onlon or a tablespoonful of onlon juice, adding a little French dressing and later when serving add a thick boiled dressing of a mayonnaise. With plenty of salt and a dash of cayenne the salad should stand in the dressing for two or three hours to become sea-

St. James Pudding.-Melt three tablespoonfuls of butter, add one-half cupful of molasses, one-half cupful of milk, one and two-thirds cupfuls of flour, one-half teaspoonful of soda, a little salt and one-half teaspoonful each of cloves, allspice, nutmeg and one-half pound of dates cut into pieces. Steam in one-pound baking powder cans for two and one-half hours. Serve with an egg sauce or any de-

sired pudding sauce. Did you ever try peanuts in the stuffing for duck? The flavor, providing you like peanuts, is delicious. Mix three-fourths of a cupful of cracker crumbs, one-half cupful of chopped peanuts, one-half cupful of heavy cream, two tablespoonfuls of butter and a little scraped onlon, salt and

Nellie Maxwell

Improved Uniform International

Lesson

(By REV. P. B. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.) (©, 1927, by Western Newspaper Union.)

Lesson for November 27

ISAIAH TEACHES TRUE WORSHIP

LESSON TEST—Isa. 1:1-20, GOLDEN TEXT—O magnify the Lord with me and let us exalt his name together. I saw the Lord and

he heard me and delivered me from all my fears,
PRIMARY TOPIC—Worshiping God. JUNIOR TOPIC-Worship

Pleases God.
INTERMEDIATE AND SENIOR TOP-IC-Worship That Pleases God.
YOUNG PEOPLE AND ADULT TOP-IC-The Nature of True Worship.

Isaiah had a long ministry, beginning in the days of Uzziah and exwith a little shred- tending through the reign of Jothan, Ahaz and Hezekiah. Eor a history of the nation in this time see II Kings, chapters 15 to 20. Isaiah's visions present the redemptive purpose of God through the consummation of Messlah's kingdom. Chapter 1 is the title foods it is not profitable for one to to the whole book. It contains the great arraignment of the people for their sins.

I. The Moral State of the People (vv. 2-4).

1. Filial ingratitude (v. 2). The universe is summoned to hear the Lord's complaint against Judah and Israel for their base ingratitude.

2. Brutal stupidity (v. 3). The ox and the ass are proverbially stupid, but Israel's stupidity exceeded theirs. Israel would not recognize His right as sovereign, nor author of

3. Habitual evil doers (v. 4). They were not sinners in act merely, but in nature and heart were laden with iniquity. By heredity they passed their vices from generation to generation.

II. Their Consequent Miserles (vv. 5-9).

1. Their perplexity (v. 5). Chastisement only hardened them. Their afflictions were followed by deeper and more heinous sins.

2. Their awful confusion (v. 6). The calamity which befell them extended to all classes. No one was able to minister to their comfort, 3. Desolations in the country (vv.

7, 8). Revolts from within and invasions from without left their country desolate. Physical ruin always follows moral and spiritual decadence.

4. A saved remnant assured (v. 9). God's purposes cannot fall. A remnant was saved in Israel-a remnant shall be saved in the church.

III. Formal Worship Rebuked (vv. 10-15). Their awful calamities were not due to the neglect of religious rites and ceremonies. They punctiliously observed the forms of religion while in-

dulging in iniquitous practices. 1. God does not need sacrifices (v. 11). Worship and service are not for

God's benefit, but for that of the worshipers themselves. 2. God's attitude toward formal

worship (vv. 12-14). The very rites and ceremonies which God ordained for the purpose of helping men to approach Him become disgusting and irksome to Him.

3. God's refusal (v. 15). Every act of worship while the heart and life are steeped with iniquity only incites the anger of the

Holy One. IV. An Amended Life God's Requirement (vv. 16-20). Though the nation had so grievous ly sinned, their case was not hopeless.

In order to enjoy that mercy there must be: 1. A cleansing. "Wash you, make you clean." The washing by water symbolized the

cleansing by the blood of the Son of 2. "Put away the evil of your do-

ings." There could be no cleansing while continuing in sin.

3. "Cease to do evil." 4. "Learn to do well" (v. 17). One can only cease to do evil by learning to do well.

5. "Seek judgment." One must not only be upright himself but should protest against the wrongdoing of others. Burdens should be removed from the oppressed. Justice should be done to

the fatherless and the widows should be befriended. 6. Encouragement to come to God

Though their guilt was great and the judgment which befell them was awful, God's pardoning and cleansing grace were sufficient. 7. Conditional promise (v. 19).

This means that they could only enjoy good on God's terms. Solemn warning (v. 20).

Rebellion against God brings ruin.

Religion

Trusting God with a sincere and open heart, ready to obey what He suggests, asking His guidance, and ready to take it, believing in Him and simply trusting life to Him-that is religion.-James Reid.

Cost of Discipleship

Christ tells us to count the cost of discipleship, but He never asks us to count the gain. He knew we could not; there is no arithmetic to compute that .- W. L. Watkinson.

What's the Answer......

Questions No. 23

1-What was "Stonewall" Jackson's first name?

2-What American general captured the Filipino leader Aguinaldo?

4-Who is the lightweight champion

8-What is mechanics?

pugilist? 5-Of what nationality is the cele

brated planist, Joseph Hofman? 6-Which is the principal river of

New York state? 7-What five American cities have

the largest public libraries? 8-What is a volcano?

9-How are the justices of the Supreme court chosen and by whom? 10-What is the difference in the meaning of the words "astronomy"

and "astrology"? 11-When was the Emancipation

Proclamation issued? 12-How many signers of the Declaration of Independence were there?

13-What is zoology? 14-Who is the champion 220 yards

runner? 15-What movie of the past few years received the critical acclaim of being almost artistically perfect?

16-What canal connects the Great Lakes with the ocean by way of the Hudson river? 17-Who was the only woman to

win the Nobel prize for literature? 18-What is a vulture and where does it thrive? 19-Who is the present secretary of

war? 20-What is the "hunter's and harvest moon."

Answers No. 22

1-It is a genus of plants belonging to the Vervain family and several European specimens have become exceedingly troublesome in the United States.

2-Idaho 3-The "Marseillaise." Claude Joseph Rouget de Lisle.

4-William Henry Harrison, 5-General Winfield Scott.

6-A modern trend of thought that makes reason the chief source of knowledge.

7-It was a tie, 21-21. 8-Frances Hodgson Burnett.

9-Nine. 10-In 1908.

11-Mary Roberts Rinehart. 12-Northwest Wyoming. 13-John Singer Sargent,

14-Bob O'Farrel, manager of the St. Louis Cardinals. 15-In 1825. 16-Eleven: South Carolina, North

Carolina, Virginia, Texas, Alabama, Mississippi, Louisiana, Florida, Georgla, Arkansas, Tenn 17-That branch of science that deals with the fundamental laws of

the universe. 18-It is a family of very small in-

sect-eating birds. 19-Fifteen thousand dollars. 20-On the civil day of the same date-at noon.

Few Years of Poverty in Victor Hugo's Life

Unlike many great writers, Victor Hugo had a happy childhood; was a brilliant pupil, and when he fell in love, at an early age, he did not become dreamy and impractical, but worked harder than ever to achieve

His first experience of real tragedy ame with the death of his mother. His relationship with her had been unusually intimate and tender. For several years the mother had been estranged from her husband, which had resulted in drawing her closer to her youngest son. Soon after his mother's death his father married the woman who had caused the estrange

The elder Hugo had no sympathy with his son's desire to write. He offered him a sufficient allowance if he would give up authorship and devote himself to a career that promised a large income. Hugo indignantly refused, and shared a Paris attic with his cousin. Here he gained the knowledge of poverty that he revealed in "Les Miserables." But he was not as poor as many young geniuses have been, nor did he know poverty for any great length of time. In 1822 he married the girl with whom he had fallen in love when he was seventeen, and this brought a reconciliation with his father.-Kansas City Times.

The Bum

An American visitor to London, in his reverence for Francis Thompson's poems, made a pilgrimage recently to the Skiddaw Arms, Kilburn, the "pub" where the author of the "Hound of Heaven" used to sft and dream by the fire in the saloon bar. The pilgrim recalled its Francis Thompson's associations to the landlord of the inn, who had never heard of him.

"Poet!" said Boniface decisively; "that sor, of a customer hanging about doesn't do a house any good,



MISUNDERSTOOD

A colored woman, stout and mature, was waiting in the railroad station to be met by relatives whose address she had forgotten. In the course of questions, the agent of the Travelers' Aid society casually inquired:

"Did you come to the city for good?" An interval of silence followed, then the woman, bristling with in-

dignation, replied emphatically: "I is here to tell you I come fo' no bad puhpose."

Making the Most of It

Squire's Daughter-Mother is so sorry to hear you've been ill while she was away, Mrs. Hodgen, and she has sent you this bottle of wine to aid

your recovery. Mrs. Hodgen - Thank'ee kindly, miss. An' if ye'll excuse an old woman's question, did your mother mention if she's givin' anythink back on the bottle?"

OUGHT TO BE PEPPERED



First Bandit-No use holding up that man-he ain't worth his salt, Second Bandit (drawing gun)-Let's pepper him then.

Crossing the Road

He tried to cross the road-Impatient! In-patient!

Probably Not "What sort of an interview did you.

get with Mrs. Flubdub about her garden party?" "When I arrived she was quarreling informally with her husband."

"I don't suppose we can put that in the society news."

Not Well Placed She-I don't fancy her cast of features, do you? He-Well, it sure looks as if the caster had made a a wild throw.

BEEN MARRIED BEFORE?



She-And, don't you know, she has married a second lieutenant. It-I didn't know she had ever been married before.

Flowers Missing

He used to send her flowers Before he was wed— To get any nowadays She'd have to be dead. Owlish

First Negro-Whaffo' you lookin' so

Second Negro-Ah feels like a dumb owl, Predicament. "Reveal yo' meanin', man." "Ah jes' don't give a hoot."

unnecessary, Glutinous?

Girls!

Julia-And at the end of his letter he put a couple of Xs. What does he mean? Hilda-Simple girl! It means he's double-crossing you.

Neighbor-What's all the loud talk in your house? Child-Oh, father and mother are swapping animals. Neighbor-Swapping animals?

Child-Yes, mother passed the buck

Exchange

to him and got his goat. Lots to Learn

Van Blow-Well, I must say that I ave a pretty good opinion of myself. Millicent--Yes, you have never studled yourself very much, I suppose.