

CANNING STRING BEANS AND TOMATOES



Canning String Beans at Home in the Steam Pressure Canner.

(Prepared by the United States Department of Agriculture.)

Of all the garden vegetables, string beans and tomatoes are the favorites when it comes to canning a supply for winter use. They cannot be done in the same way. Because of their acidity, tomatoes may be canned by the water-bath method; but for string beans a steam pressure canner should be used. Like other nonacid vegetables, string beans should be processed at a temperature higher than 212 degrees Fahrenheit, and this is only possible under steam pressure. Either glass or tin containers may be used.

String beans should always be packed boiling hot. That is, they are cooked for a few minutes, and then, while still boiling, packed into the jars, sealed, and processed the required length of time. This is sometimes called the "hot-pack" method. It is recommended by the bureau of home economics of the United States Department of Agriculture because the beans at the center of the container are quickly raised to the temperature required for processing, and the bacteria that cause spoilage are more likely to be killed. Also by the hot-pack method the step known as the "exhaust" is unnecessary.

These directions for canning string beans as well as most other common vegetables and fruits are given in Farmers' Bulletin 1471-F, "Canning Fruits and Vegetables at Home."

Pick the beans over carefully, string, wash thoroughly, and cut into pieces of the size desired for serving. Add enough boiling water to cover and boil for five minutes in an uncovered vessel. Pack in containers boiling hot, cover with the water in which they were boiled, and add one teaspoonful of salt to each quart, or 240 degrees Fahrenheit—quart glass jar for 40 minutes, pint glass jar for 35 minutes, and No. 2 and No. 3 tin cans for 30 minutes. Remove the jars from the canner and invert glass jars, placing them out of drafts. Plunge tin cans in cold water to cool rather quickly.

Label all jars and cans with the name of the product and the date when canned, and any other information you wish. Keep them at room temperature for at least a week. If any show signs of spoilage, discard them and watch others of the same lot to be certain they are keeping. Store in a cool, dry, dark place.

VEAL BIRDS ARE OUT OF ORDINARY

Not Too Expensive and Prepared From Cutlets.

(Prepared by the United States Department of Agriculture.)

When you want to serve a meat that is a little out of the ordinary, but not too expensive, try veal birds. They can be prepared from cutlets, bouillon chops, chops from the lower end of the shoulder, and short cutlets from the lower leg. The meat is cut in strips about two inches wide and four inches long, the size of the pieces depending, of course, on the cut. Further information about veal "birds" is given by the bureau of home economics:

- 6 strips veal, 1 1/2 tsp. pepper
- inches wide 1 onion, minced
- 6 strips bacon 1/2 cup chopped
- 1 1/2 cups stale bread celery
- crumbs 2 tbs. butter
- 1 tsp. salt

Pound the strips of veal until evenly flattened but do not break the meat. Reserve the bacon for wrapping the birds and make a dressing of the ingredients as follows: Brown the celery and onion slightly in the butter, then mix the ingredients lightly with a fork. Put a spoonful of the dressing on each strip of veal, roll carefully and evenly, and bind with a slice of bacon held in place with a toothpick. Have ready a heavy iron skillet, brown the birds slowly on all sides, and then put into a casserole with some of the fat from the skillet. Cover and cook in a medium oven until tender, about three-quarters of an hour. Serve garnished with cream and with the meat juices unthickened. The small pieces left from the strips used for veal birds may be ground and used in meat cakes.

Give Kitchen Utensils Thought in Selection

Thrift in the choice, use, and care of kitchen utensils reduces this item of household expense to a considerable degree. The right utensil in good condition, when and where one wants it, saves time and trouble, enabling one to do quicker and better work. Unnecessary utensils should not be kept about.

Ease in handling cooking utensils depends on weight, balance, position of the lip, and the shape and material of the handle. Lips on both sides are convenient. If there is only one, it should be on the side that suits the user. An economical utensil is well made. Proper care and storage of utensils means longer and better service, says the United States Department of Agriculture.

Care of Heaters

There is danger of rust when a stove or furnace stands unused for some time. Pipes should be taken down in the spring, cleaned, and stored in a dry place. The doors should be left open to keep the interior dry. A lump of unslaked lime on the grate will collect the moisture and thus prevent rust, home economic specialists in the United States Department of Agriculture say. Leave the boiler of a steam or hot water heater filled with water up to the safety valve during the summer.

The KITCHEN CABINET

(By 1928, Western Newspaper Union.) Far away there in the sunshine are my highest aspirations. I cannot reach them, but can look up to them, see their beauty and try to follow where they lead.—Louisa M. Alcott.

ABOUT GOOD FOOD

A stew may be insipid, flat and wholly unattractive if not well prepared.

Take solid meat from the chuck or round, cut into half-inch cubes. Roll one-third of the meat in seasoned flour and fry brown in some of the fat, add the rest with boiling water and simmer very gently so that the meat will be tender when cooked. When the meat is partially cooked add the vegetables to be served with it. Carrots, turnips, parsnips and potatoes are commonly liked. Varied with green beans, peas, corn and tomatoes with a bit of marjoram, bayleaf thyme or other herbs, the stew will be different and most savory.

Cannelloni of Beef.—Take a pound and a half from the top of the round, finely chopped; add a tablespoonful of minced parsley, the grated rind of half a lemon, a tablespoonful of grated onion, one-eighth of a teaspoonful of mace, one tablespoonful of melted butter, a teaspoonful of salt, and one-fourth teaspoonful of pepper and paprika. Mix all well and form into a roll. Place in a baking pan and arrange slices of salt pork over the top. Bake in a hot oven, adding a few moments before it is finished a sufficient number of halves of apricots (stewed or canned) to serve with each helping of the meat.

Another Hot One.—Chop the meat left from the Sunday roast, add a little green pepper finely chopped or a bit of onion. Heat to the boiling point with gravy in a double boiler and serve, adding a little Worcestershire or catsup on sliced buttered bread; cover with another slice and serve with spicy pickles.

Fried Summer Squash.—Wash and cut squash into half-inch slices. Sprinkle with salt and pepper and dip into crumbs and egg, then crumbs again. Fry until brown and perfectly tender.

Lamb Chops With Pineapple.—Select rib chops and have them boned and rolled, broil and season well with salt, paprika and pepper. Drain canned pineapple slices from their juice, dry and brush with butter, then sauté to a rich brown. Place the pineapple slices on a hot platter and arrange the chops on each and garnish the dish with watercress. Each chop may be garnished with a strip or fancy form of pimento. Serve very hot.

Dainty French Dishes.

The French cook knows how to prepare a dainty dish from very little material and out of the common or ordinary. Here is a good one which will be greatly enjoyed:

Gonouils.—These are ethereal dumplings in America: Bring to a boil one cupful of milk, add six tablespoonfuls of flour to a little cold milk and mix well, then add to the boiling milk; stir and cook until smooth and thick. Remove from the heat and add two egg yolks, beating well after each, add salt and pepper and a half cupful of grated cheese. Have ready a pan of boiling water and drop the dumplings, measured between two teaspoons, into the boiling salted water. When they rise to the top, skim them out, drain well and put into a large flat dish. Pour over, when all are done, one cupful of rich white sauce, using one cupful of thin cream. Sprinkle with more cheese and brown in a hot oven or under the gas flame. These are nice for dessert served with hot maple syrup poured around them.

Bagnets.—Bring three cupfuls of milk to the boiling point, sift into this, stirring all the time, six tablespoonfuls of farina and cook, stirring constantly. Mix one tablespoonful of flour with two of cold water and stir into the boiling mixture, add one-half cupful of cooked ham, tongue, or crisp bacon with salt and pepper to taste; stir and cook. Turn out into a buttered dish and smooth the top, the mixture should be about one inch thick. When perfectly cold cut into rounds, using a small cutter. Roll them into balls, brush with egg and roll in grated cheese, then in crumbs. Fry in a wire basket until crisp and brown. Serve garnished with parsley.

Risotto.—To one-half cupful of rice add three tablespoonfuls of olive oil, two large onions, one-half a cupful of cheese and two or more cupfuls of meat stock. Slice the onions and cook them in the oil for five minutes, add the rice and let it cook up the fat. Add a cupful of liquid and simmer until it is a soft paste. At the last moment season with salt, pepper and half a cupful of grated cheese.

Egg Croquettes.—Take four hard cooked eggs, dice them and add a cupful of the croquette sauce. Add one-half teaspoonful of parsley minced, the same of green pepper minced and season nicely. Shape after cooling and fry in the usual way.

Slip and Cushion of Osnaburg. stered chair, made with corded edges of cretonne, which give firmness and add color. The box-plaited founce is effective. The round pillow is made from the same cretonne as the corded edge, and other furnishings in the room where this chair is used have also trimmings of the cretonne. When necessary such a slip cover may be laundered.

A similar cover may be made for a davenport or box couch, for a window seat or a draped dressing table. Sometimes a trunk must be kept in a bedroom or hall, and an Osnaburg slip cover will camouflage its presence attractively. Radiators may be concealed when not in use by Osnaburg draperies plaited on a covered board which is fastened to the wall by brackets and is a handy shelf for books and magazines.

Osnaburg has body enough to be used for portieres at doorways. Its plainness makes it satisfactory for draw curtains or overdraperies at the window of a boy's or man's room.

Nellie Maxwell

Improved Uniform International Sunday School Lesson

(By REV. P. H. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.) (©, 1928, Western Newspaper Union.)

Lesson for July 1

THE EARLY LIFE OF SAUL

LESSON TEXT—Deut. 6:4-9; Phil. 3:4-6; Acts 22:3, 27, 28.

GOLDEN TEXT—Remember also thy Creator in the days of thy youth.

PRIMARY TOPIC—The Story of Paul as a Child. JUNIOR TOPIC—The Boyhood of a Great Preacher. INTERMEDIATE AND SENIOR TOPIC—Saul's Training for Service. YOUNG PEOPLE AND ADULT TOPIC—Influences Shaping Saul's Early Life.

I. Israel's Responsibility With Reference to God's Laws (Deut. 6:4-9).

1. Central truths to be taught (vv. 4, 5).

(1) Unity of God. "The Lord our God is one Lord." He is God alone, therefore to worship another is sin.

(2) Man's supreme obligation (v. 5). God should be loved with all the heart, soul and might, because He is God alone and supreme. This being the first and the great commandment, we know what is man's supreme duty.

2. How these truths are to be kept alive (v. 6-9).

The place for God's Word is in the heart. In order that it may be in the heart (1) "teach it diligently to thy children" (v. 7). The most important part of a child's education is that given in the home in the Word of God. How sadly this is neglected today!

(2) To talk of them in the home (v. 7). This is the right kind of home life. How blessed is that home where God's Word is the topic of conversation. (3) Talk of them when walking with our children and friends (v. 7).

(4) Talk of them when retiring for the night (v. 7). The last thing upon which the mind should rest before going to sleep should be God and His truth. (5) Talk of them when rising in the morning (v. 7). How fitting that God should speak to us the first thing when we awake! (6) Bind them upon thine hand (v. 8). This was literally done by the Jews even to the wearing of them in little boxes between their eyes. (7) Write them upon the posts of the houses and on the gates (v. 9). Such a remembrance of God's words would create a spiritual atmosphere most desirable.

II. Saul's Ground of Confidence (Phil. 3:4-6).

He had everything a true Jew gloried in.

1. Circumcized the eighth day (v. 5). This was the literal requirement of the law for those born under the Abrahamic covenant.

2. "Of the stock of Israel" (v. 5). This shows that he was a true Jew, related to the chosen people by blood and birth.

3. Of the tribe of Benjamin. Benjamin had always remained loyal to the national customs. The first king of Israel, whose name he bore, was of Benjamin.

4. "Hebrew of the Hebrews" (v. 5). This showed that he was of Hebrew parentage and not a proselyte.

5. Touching the law, a Pharisee (v. 5). The Pharisees were of the sect most zealous for all the rites and ceremonies of Judaism.

6. "Concerning zeal, persecuting the church" (v. 6). He proved his zeal by positive effort to stamp out that which was threatening Judaism.

7. "Touching the righteousness which is in the law, blameless" (v. 6). So exactly had he conformed to the outer requirements of the law that he was consciously blameless.

III. A Sketch of Saul's Life (Acts 22:3, 27, 28).

In this sketch he gives us a glimpse of his birth, education and citizenship.

1. His birth (v. 3). Though born at Tarsus, a city outside of Palestine he had been brought up in a strict Jewish home. Tarsus was the capital of the province of Cilicia. It was a city of prominence because of its commerce and culture. It was one of the three principal university cities of that period.

2. His education (v. 3). Born out of Palestine, he was sent to Jerusalem for his education. This fact shows that he belonged to a zealous family of Jews. His teacher was the great Gamaliel, a doctor of the law and the leader of the strict sect of the Pharisees.

His citizenship (v. 27, 28). He was by birth a Roman citizen because Tarsus was the capital of a Roman province. In the providence of God the great apostle to the Gentiles was given the prestige of a free-born citizen of the empire. He was loyal to his country and proud of his citizenship.

The Joy of the Lord

Oh, believe, the Joy of Christ is within you; give it room, let it spring up within you like a well of living water, and you will rejoice in the Lord always, and again rejoice.—G. H. C. Macgregor.

Conversing With the Angels

There is no power on earth can prevent me from holding converse with the angels, even though with my hands I feed pigs.—Lydia Marie Child.

An Evening With the Spirits

By RING LARDNER

To the Editor:

The other P. M. they was a bunch of us up in Yonkers talking about what terrible spirits you get around N. Y. now days and I of the birds in the party name Herb says he knew where they was some beautiful spirits and we said lead us to it and he took us down to 58 st. and 5 ave. and they was a doctor's name on the door and I said to myself this guy will probably give us a prescription that will knock us for a goal. But the doc took us in a inside room and introduced us to a lady whom they all call Medie, witch I learn was short for Medium so you see the kind of spirits we got and the kind we thought we was going to get was 2 different kinds of spirits. Medie was a Medium rare blonde lady that could lose 30 or 40 pounds and still talk back to Gene Tunney.

Well, pretty soon Medie and the doc and our party went into still another room yet where they was about 20 other guests mostly female that looked like the end of a perfect wash day. A alma mater of Oberlin college ast me to look at a kind of a close line that was stretched across the room and on it was a bunch of toys such as dolls and coolies and etc. witch Medie had told her was for the baby spirits to play with when they got cross.

We was all put around in a circle like Yale learning their signals in the 4th quarter. I set next to Jack and his Mrs. from Yonkers and the rest of we skepticals was scattered around amidst the believers.

"Is there somebody here name R" says Medie so I says yes it was me. "This is Edward" says the spirit and Medie ast me if I had a brother Edward and I says yes. So Medie says "This is your brother Edward that was killed in an accident a long while ago wasn't he?" So I says yes 3 yrs. ago. Then Edward said Hello there and I said hello Edward how are you and he said hello there and I couldn't refute it so he left the field with the last word and give his megaphone to a Irish comedian.

"Oh, here's Pat O'Brien" says the doc. "He is a funny Irishman that is with us every night, get his brogue."

So then Pat told a Irish story that died even longer ago than Edward, but you don't feel like razzing the spirit so everybody laughed the right amount.

Before the darkness had fell I had noticed a bird setting over to the left of me that was a countryman of Nora Holmer and now all of a sudden a spirit spoke to him in Norsk and he answered back in the same strain and I never understood Norway before but as soon as these birds begin to talk I knew they was saying hello Knut hello there and etc. Pretty soon Medie turned to the live ski jumper and told him his mother was going to die.

"She was all right the last time I seen her" says Ellert. "Well she is going to die" says Medie and personally I think she was right as Ellert was around 45 yrs. old and when a man gets that age their mother is seldom never trying out for the Vassar basket ball team.

"Here's a beautiful spirit, who does he want?" says Medie next. "He says dear boy."

"Lots of people call me that" says Herb the guy that had brought us there at \$2.00 a crack.

"Yes it is your father and he says he was on the river once in a boat when he was a little boy and he says saved from drowning and he says something about a dog. Did a dog ever swim out and save your father from drowning?"

"Well no" says Herb after a terrible pause. "But a dog barked and roused up the neighbors and they come to the rescue."

"There that's evidential" says the doc and several female voices says wonderful.

"Shish" says Medie "is there some one here that lost their wife?"

"I did" says Jack from Yonkers. "Hello sweetheart" says the spirit. "Hello Kate" says Jack.

"Hello sweetheart" says the spirit. "She must of forgot my name" says Jack in my ear.

"She is a beautiful spirit" says Medie.

A long about this time I got restless for a smoke and begin rattling a cigarette paper and a new spirit whanged me on the knee cap with a megaphone and says what have you got there.

"That's Bright Eyes talking" says Medie. "She wants to know what you have got."

"Tell her I got a sore knee" I says. "Be serious" says Bright Eyes.

Well they was a lot more of them that give us all the latest news from Over There like hello dear and hello there and hello mamma and finally Medie came to and turned up the lights and we all shoved off to 53 st.

"Well" says Herb. "Did you have a brother that got killed 3 yrs. ago?"

"No" I says "But I know a man that has a brother Edward that ought to of been killed 3 yrs. ago but what about that dog story?"

"Well" he says "Part of it is true. We use to have a dog once and he use to bark."

Then Mrs. Jack from Yonkers balled Jack out and we all thanked Herb for taking us to where they was nothing but beautiful spirits and he says if you want the bad kind you can go to a Medie evil.

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SO CARELESS

The young thing showed her engagement ring to her dearest friend. "Oh, my dear, I'm surprised," exclaimed the d. f.

"I thought you'd be." "Yes; I told Jack when I returned that ring to have it reset before he passed it along to anyone else and he hasn't done it."

OH, THE CAT!



"Gwendoline, you never told me what you thought of my choice for a husband." "Well, if you ask me Esmeralda, I think he needs just fine."

Caruso Cat Cured

Mary had a Thomas cat that warbled like Caruso. A neighbor hit him with a baseball bat. Now Thomas does not do so.

These Military Thespians

It was the sweet young thing's first visit to a military camp and she was in a gushing mood. "And what rank did you hold in the war?" she asked.

"I was an acting corporal," answered the grizzled vet. "Oh, how lovely! What part did you play?"—American Legion Magazine.

In Reverse

"Have you heard that the Melers have had a divorce?" "Yes—why was it?" "He wanted to live in the country and she wanted to stay in town."

"Where are they now?" "She has gone back to the country to her mother—he is in town with his parents."—Dorffarbier (Berlin).

Sarcasm Flattered

The buttonless husband thought he might get something done by the use of a little sarcasm, so he announced: "Remind me to buy some needles and thread when I go out."

"Don't trouble to buy any," said his wife, casually. "You can always borrow mine, you know."

NOT TIES, BUT BONDS



"I hear she's held to her old husband by many ties," "By many bonds, I'd say."

Two Millions Made One

She was a millionaire's daughter. And he was a millionaire's son; They ran away and got married. And now the two million are one.

Now She Knows

Wife—If I were to die, what should you do? Husband—Oh, the same as you would yourself.

Wife—You wretch! I've always suspected it.

Expensive Combination

Briggs—Did the doctor build you up, as he said he would? Griggs—Yes, and judging from his bill he charged me both as a physician and a first-class constructor.

Forgot Himself

Mrs. De Style (as dress mannequins display gowns at modiste's)—Which do you like best, Richard? Husband I prefer that tall brunette—er—that is, I mean the pink chiffon, my dear.

Sportsmanship

Hubby—Take the glasses and tell me about our horse. Wife—Oh, dear! We must have a splendid horse. He's giving all the other horses a big start.