

**HOW TO USE THE STEAM PRESSURE CANNER**



Learning to Can With a Steam Pressure Canner.

(Prepared by the United States Department of Agriculture.)  
Home canning is one of the important phases of food preservation as taught by extension workers among farm women. It is imperative for any garden surplus to be saved for winter use in the household, in regions where fresh vegetables and fruits are not easily obtained during several months. In many localities home demonstration agents encourage the planning and planting of the garden with a definite amount of canning in mind. "A canning budget" it is sometimes called. Farm women also sell their canned products, and it is important to help them to make their canned goods uniform and dependable, and in conformity with the requirements of the law. The precautions and directions for canning given by the United States Department of Agriculture in Farmers'

Bulletin 1471-F, "Canning Fruits and Vegetables at Home," are now used throughout the country. In this bulletin it is recommended that only fruits and tomatoes be canned by the water-bath method. For all nonacid vegetables the steam canner only should be used. For most products is also recommended what is called the "hot pack." That is, the fruit or vegetable to be canned is brought to the boiling point on the stove, or boiled for about five minutes, and immediately packed in the jars or tins which are then sealed and processed the required length of time as given for that product in the time table. By this means the length of time required to bring the material at the center of the can to the required temperature is considerably shortened, so the processing time is cut down and a better product results.

**The KITCHEN CABINET**

(©. 1928. Western Newspaper Union.)  
To walk and live unsexed, within arm's length of what is not your own, with nothing between your desire and its gratification but the invisible law of rectitude—this is to be a man.—Horace Mann.

**FOODS IN SEASON**

During the warm days when hot foods are not appealing to the palate a dish like the following will be enjoyed:

**Pecan Nut Loaf.**—Add three tablespoonfuls of butter to five sliced potatoes, a little salt and pepper and one-third of a cupful of hot milk. Beat with a fork until creamy and pack into a slightly buttered pan. Set the pan into hot water and let stand in a moderate oven until well heated. Turn onto a hot platter, sprinkle with one-third of a cupful of finely minced pecan meats, pour round a white sauce and garnish with parsley.

**Ham Mousse.**—Dissolve one tablespoonful of gelatin in one-half cupful of hot water and add two cupfuls of chopped cold-boiled ham which has been pounded in a mortar, season with one teaspoonful of mustard and a few grains of cayenne. Add one-half cupful of heavy cream beaten until stiff and turn into a mold which has been dipped into cold water. Chill, remove from the mold and garnish with parsley.

**Tomato and Celery Salad.**—Take one can of tomatoes, cook five minutes, then force through a strainer. Add two and one-half tablespoonfuls of gelatin soaked in half a cupful of cold water for fifteen minutes, one teaspoonful each of sugar and salt, and one-third cupful of celery cut in thin slices. Pour into individual molds and chill. Serve on lettuce garnished with curled celery and mayonnaise.

**Sautéed Lamb Filets.**—Take two pounds of lamb from the fore quarter. Wipe, remove bone and cut the meat into one inch strips, then flatten with a cleaver. Arrange on a platter and pour over a marinade made by mixing three tablespoonfuls of olive oil, three tablespoonfuls of vinegar, two-thirds of a teaspoonful of salt, one-half onion finely chopped and one teaspoonful of parsley. Cover and let stand overnight. When ready to serve, sauté in butter.

**Lobster Dishes.** Lobsters with the big claws, found on the Atlantic coast north of New Jersey, are the choicest of such seafood. The spiny lobster, found on the south Atlantic coast, and the crawfish of the Pacific are all of the same family and have much the same flavor.

**Boiled Lobster.**—Sever the connection between the head and body of the lobster with a sharp knife and drop into boiling water. Cook for half an hour. Remove from the water, wipe dry and then rub the shell with a little olive oil.

To remove the meat, put the lobster feelers down on a board and cut with a sharp paring knife through the lobster, cutting into halves. Remove with a small pointed paring knife the long dark line that runs through the white meat and lift out the filling in the head. All that remains is edible.

**Lobster Salad in Cucumber Jelly.**—Peel and chop two large cucumbers and one-half a slice of onion. Put in a saucepan with one-half cupful of cold water and simmer until soft. Rub through a sieve, add one and one-fourth tablespoonfuls of gelatin soaked in one-half cupful of cold water and dissolved over hot water, one-half teaspoonful of vinegar, one-fourth teaspoonful of salt, a few grains of cayenne and one-eighth teaspoonful of pepper, with enough green vegetable paste to make a delicate shade. Strain through a cheese cloth. Put a thin layer into individual molds, garnish with sliced stuffed olives, add more jelly, then fill with pieces of cooked lobster. Pour in the jelly to fill the molds. Shrimps, crab meat, or chicken may be used in place of lobster.

**Baked Lobster in Shell.**—Remove the meat from a two-pound lobster and cut in cubes. Heat in one and one-half cupfuls of seasoned white sauce, adding two teaspoonfuls of lemon juice. Refill the body and tail shells, cover with buttered crumbs and bake brown. To prevent the shell from curling, insert small wooden skewers of the right length to keep the shell in its original shape.

**Luncheon Lobster.**—Fry in a little butter, two cupfuls of diced lobster meat, add one cupful of heavy cream and four hard cooked egg yolks blended with two tablespoonfuls of butter. Season to taste with pepper and salt and serve on buttered toast or in patty shells.

**Lobster à la Newburg.**—Take one and one-half pounds of lobster meat, heat in two tablespoonfuls of butter, salt, paprika to taste and a tablespoonful of lemon juice. Add one beaten egg to a cupful of white sauce, turn in the lobster, cook one minute.

*Nellie Maxwell*

**Improved Uniform International Sunday School Lesson**

(By REV. P. H. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.)  
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**Lesson for August 19**

**PAUL CARRIES THE GOSPEL INTO EUROPE**

**LESSON TEXT**—Acts 15:36-41.  
**GOLDEN TEXT**—Come over into Macedonia and help us.  
**PRIMARY TOPIC**—Paul's Wonderful Dream.  
**JUNIOR TOPIC**—God Calls Paul to Work in Europe.  
**INTERMEDIATE AND SENIOR TOPIC**—Pioneering in Europe.  
**YOUNG PEOPLE AND ADULT TOPIC**—Paul's Call to Europe.

**I. Finding an Assistant for Paul** (Acts 15:36-41).

1. Contention over John Mark (vv. 36-41).  
(1) Paul's proposal (v. 36).  
This was to revisit the scenes of their missionary endeavors to find out what progress the believers were making in their Christian experience.  
(2) Determination of Barnabas (v. 37).  
It was to take with them John Mark, Barnabas' nephew (Col. 4:10).  
(3) Paul's opposition (v. 38).  
He was suspicious of Mark because of his desertion on a former journey (Acts 13:13).

(4) Their separation (vv. 39-41).  
Their contention was so sharp that they separated. God overruled this incident to the wider extension of the work. Barnabas took Mark and sailed to Cyprus; Paul chose Silas, and went through Syria and Cilicia.

**2. Finding Timothy (16:1-5).**

(1) The place (v. 1).  
It was the very place where Paul on his first journey had endured cruel stoning. The conversion of Timothy may be regarded as fruitage of Paul's testimony at that time.  
(2) His parentage (v. 1).  
His mother was a believing Jewess and his father a Greek.

(3) His character (v. 2).  
He had a good reputation in the church at Lystra and Iconium.

(4) His circumcision (v. 3).  
Timothy had not been circumcised. Doubtless this omission was because his father was a Gentile. To avoid offense among the Jews, Paul circumcised Timothy.

(5) The ministry of Paul and Timothy through the cities (vv. 4, 5).  
They delivered decrees which had been ordained at the Jerusalem council (Acts 15:19-24).

**II. Forbidden to Preach the Word in Asia** (Acts 16:6-8).

The inclination of Paul was to tarry in Asia Minor preaching the Word, but contrary to their inclination they were hurried along. The Holy Spirit is just as active and faithful in closing doors as in opening them.

**III. The Call to Macedonia** (vv. 9-12).

The time had now come for another step to begin its conquest of another continent. By the crossing of the church from Asia to Europe the movement, instead of becoming an oriental movement, became mainly occidental.

1. The vision (v. 9).  
Being hemmed in on all sides, a vision was given to Paul of a man of Macedonia pleading for help, which made clear the meaning of the closed doors about him.

2. The advance (vv. 10-12).  
As soon as the divine way was known they moved forward. Visions, to be effective, must be quickly translated into aggressive action.

**IV. The First Convert in Europe** (vv. 13-15).

The Jewish element in Philippi was so small that it was unable to afford a synagogue, therefore the devout people were accustomed to worship by the riverside. To a humble gathering of this kind Paul came and preached. Lydia, a business woman from Thyatira, believed. The steps in her conversion are worthy of note, as typical.

1. Attendance at the place of worship (v. 13).  
Usually those whom God is calling are found at the place of prayer.

2. Listening to the preaching of the Word of God (vv. 13, 14).  
Faith cometh by hearing and hearing by the Word of God (Rom. 10:17).

3. Her heart was opened by the Lord (v. 14).  
It is our business to preach the Word of God, and it is God's business to open the heart of the inquirer. Regeneration is a supernatural work.

4. She was baptized (v. 15).  
Every one whose heart the Lord has opened desires to confess Him in baptism.

5. Her household believed (v. 15).  
6. Hospitality practiced (v. 15).  
Those who have experienced God's saving grace are disposed to have part in His work by rendering aid to His ministers.

**Nowhere Else to Go**

I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom, and that of all about me seemed insufficient for that day.—Abraham Lincoln.

**Not Without Christ**

A man may go to heaven without health, without riches, without honor, without learning, without friends, but he can never go there without Christ.—Jno Dyer.



**ABBREVIATED**

"Aunt Dinah, what are the names of your twin children?" asked a caller. Aunt Dinah swelled with pride. "De boys' name am Alphabet, an' de girls' name am Alphabetta," she said. "Could I see them?" "Yas'm, I'll call um," said Dinah. And shuffling to the door she cupped her hands and called, "Alfalfa! Alfalfa!"

**WOULD REGRET IT**



"If a man steals, he'll live to regret it."  
"Jack stole a kiss from me last night."  
"Well, what I said, goes."

**Muzzle Her**  
A dame we would like to put out of biz. Is the one who phones: "Guess who this is!"

**Brothers**  
David Garrick, the actor, was once stopped in a London street by a man in very ragged clothes. "Hallo, Garrick, don't you know me?" said the man. "I am afraid I do not," replied Garrick. "But we used to act together at Drury Lane," replied the tattered one. "Is that so?" exclaimed Garrick. "In what way?" "In 'Hamlet.' I took the part of the cock and crowed behind the curtain."

**Trying to Please Him**  
"Ah, monsieur! I call to see Mr. Smith," said the foreign visitor. "You can't, he's not down," replied the valet. "But you tell?" said the visitor. "I come yesterday and you say I cannot see heem because he is not up. Now you say I cannot see heem because he is not down. Vat you mean? Ven will he be in ze middle?"

**Ignorance**  
The Master—What is ignorance?  
His Pupil—Ignorance is when you don't know something and somebody finds it out.

**Willing Worker**  
"My appeal is to the plain people."  
"Go easy there. Don't you want us to get out the good-looking vote?"

**DRESSES SWELL**



"Did you say she dresses well?"  
"No, dresses swell—she's fat."

**Humble Pyrotechnics**  
The firefly brings a gentle glow. He makes no glorious din. He sees his duty here below, And does the best he kin.

**Exigencies of Art**  
"It seems to me," said the man who had returned after a long absence, "that Crissum Gulch is clinging to the old lawless traditions to a remarkable extent."  
"Yes," answered Cactus Joe, "and it's gettin' terrible tiresome. But we've got our business interests to protect. When we ought to be livin' luxurious we have to keep up appearances necessary to prestige as location for picture dramas of the untrammelled West."—Washington Star.

**Intermediate**  
Farmer (to friend)—I hear, Bert, that while ye were in the city ye took up this here golf. How'd ye like it?  
Bert—Well, it ain't bad. It's a bit harder than hoein' turnips an' a bit easier than diggin' potatoes.

**That's the One**  
Johnson—I hear Smith is looking for a cashier. Is it true? He engaged a new one only a month ago.  
Jackson—That's the one he is looking for.



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**French Bathers Fond of Brilliant Plumage**

The French are a decorative and decoration-loving people and they let themselves go when they indulge this instinct at the seaside, according to Bettina Bedwell in Liberty.

At some of the beaches the men appear in blazers that make the awnings and parasols blush modestly, while the women wear everything from chiffon to birch-bark bathing suits, and their poignoirs resemble gorgeous tropical birds. "At Deauville," she writes, "anything goes, and it is here you find sensational and freakish bathing clothes—such as beaded bathing suits and those made of feathers."

"The Lido is consecrated to pajamas, and bathing suits don't matter very much; while Le Touquet, Dinard, La Baule and other resorts on the northwest coast are backgrounds for the more substantial and less sensational models."

**No Jaguars Wanted**

Hearing an automobile crash, William J. Slattery of Washington, D. C., opened his street door to see if he could be of any assistance. As he did, in popped what he thought was the house cat. Returning from the accident, his wife met him with the information, "That was a funny kind of a cat you let in." Slattery took a look and decided she was right. With the help of three men he finally got kitty into a crate and learned that it was a young jaguar, the pet of a sailor who had been giving it an airing in an automobile involved in the crash.

**Plants Greatest Miners**

Two University of Michigan experts, Prof. John E. Weaver and Dr. William E. Bruner, have discovered that plants are the greatest miners. The roots of a four-year-old rhubarb plant were found to occupy a cylinder of soil eight feet in diameter and eight feet deep, while those of a ten-year-old horseradish plant had mined to a depth of more than fourteen feet.

**Scheme Didn't Work**

An English druggist who attempted to sell medicated cigarettes as a cure for colds, nasal catarrh, asthma and bronchitis discovered that it could not be done. Cigarettes that contained coltsfoot, thyme, rose petals and lavender in addition to tobacco, are banned by the law against "adulterating tobacco," the court ruled, and fined the offender.

**Oxen Got Homesick**

City life proved too much for a yoke of oxen brought to Franklin, N. H., to take part in the centennial celebration. They yearned for their usual life on the farm in Sanborn, from which they never before departed, so much that a veterinarian who was called in after the oxen took sick ordered them back to the farm.

Lots of people make fortunes out of other people's curiosity.

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**STRAIGHT SHORT LEGS IN ROMPER**

**Suitable for Boy or Girl of Three Years of Age.**

(Prepared by the United States Department of Agriculture.)  
Either a boy or a girl nearly three can wear this button-in-front romper with short raglan sleeves and straight short legs. Clothing specialists of the bureau of home economics recommend cloth bands on rompers for comfort, convenience and attractive appearance. If the garment is cleverly planned it can be just as smart as



Practical Straight-Legged Romper.

the blouse-legged romper. The bottoms of the legs may be hemmed, or bound if preferred, instead of having the inch-wide facing of contrasting material. In the illustration the finish of the legs matches that of the sleeves, while a binding of the same is used to hold in the gathers at the neck that give extra fullness across the chest. A big appliqued bunny makes a decoration dear to the child's heart. This romper may be cut with a fold in the crotch or shaped between the legs. Commercial patterns of either type are available, and may be adapted to the special features of this garment. A pattern for an applique animal may be made from any available large picture.

**Sacking Live Poultry for Roadside Trade**

Paper sacks can be used to good advantage in selling live poultry direct to the consumer who stops at the roadside market. Tie the feet of the fowl and tear a hole in the bottom of the sack about the size of a silver dollar.

Place the bird in the sack with the head sticking through the hole and then take a second string and tie the opening to the sack around the bird's legs.

The legs stick outside but the bird cannot kick or flop. It can be carried under the arm of the buyer without risk of soiling the clothes. There is no danger of finding dirt in the bottom of the car. This method of sacking the birds is also useful when poultry is sold live weight on city markets.

**Keep Dirt Out**

To keep dirt out rather than to have to sweep or wash it out is one way of saving effort in housekeeping. Much dirt is blown into houses, especially in summer when windows and doors are open, and it is to the housekeeper's interest to see that the roads about the home are oiled or at least sprinkled, either by the community, or by individual residents, says the United States Department of Agriculture. When dust cannot be laid outside, it can sometimes be stopped at the doors and windows.

**Eggs and Cooked Rice Baked in Tomato Sauce**

A luncheon or supper in one dish is always a convenience. The bureau of home economics gives the following directions for making an unusually delicious baked dish with cooked rice, eggs, and sauce made from canned or fresh tomato juice.

- 5 eggs
- 1/2 cup uncooked rice
- 1 pint tomato juice
- 1/2 tsp. salt
- 1/2 tsp. sugar
- 1 bay leaf
- 1/2 onion
- 4 cloves
- 2 tbs. butter
- 2 tps. flour
- 2 tbs. grated cheese

Cook the rice in a large quantity of boiling salted water for 15 minutes, or until tender. Drain and let steam and swell over hot water. Prepare a sauce by cooking the seasoning in the tomato juice for 10 minutes, strain, and thicken the juice with the blended flour and butter. Make a layer of the rice in a shallow buttered baking dish, drop the raw eggs carefully onto the rice, pour on the sauce, and if desired, sprinkle grated cheese or buttered bread crumbs on top. Bake in a slow oven until the eggs are set. Serve in the baking dish.

**Broiled Peaches Most Excellent With Meat**

Peaches may be served as a relish with the main course as well as a dessert. Broiled peaches, either fresh or canned, are excellent with meat, and make a pleasant variation of the usual pattern for a meal. The bureau of home economics tells how to prepare them.

- 8 or 10 halves of large, firm peaches, fresh or canned
- 1/4 tsp. salt
- 1/2 cup fruit juice
- 1 tbs. butter
- 1 tbs. sugar

Drain the fruit. Place the peaches pit side up, close together, in a shallow pan or baking dish. Sprinkle the salt and sugar over each piece, and dot with the butter. Pour the fruit juice in the bottom of the pan. Place under the flame of the broiling oven and allow the peaches to cook slowly until lightly browned. Serve hot.

**Slow Cooking Necessary for Pan-Broiling Ham**

Slow cooking is necessary for good results in pan-broiling ham, according to the bureau of home economics. Select a slice of ham about one-half inch thick. Wipe the ham and if it is very salty cover with cold water, bring to the boiling point, and discard the water. Then place the ham in a hot skillet, sear first on one side and then on the other, cover tightly and continue the cooking over low heat for 25 to 30 minutes. Turn the ham once or twice during this time, and if it has not browned sufficiently, remove the cover of the skillet for a few minutes at the end of the cooking period. Serve on a hot platter and garnish with parsley. A little hot water poured in the skillet makes a tasty thin brown gravy to serve over the ham. Or if desired, cream gravy may be made by adding flour and milk.

**HOUSEHOLD ITEMS**

Is there anything better than strawberry preserves?

Canning Hint—All preserves should be cooked rapidly.

Clean dusty felt hats by rubbing briskly with a dry sponge.

To retain the tints in colored clothes, wash them before they are badly soiled.

Place an electric fan near an open window in the kitchen to help remove cooking odors.

A piece of velvet is often more effective than a brush to remove dust from silk or straw hats.