

## Helpful Hints for the Hoover Household

At the request of Assistant Federal Food Administrator W. K. Newell, the following instructions for the assistance of Oregon - housewives in canning fruits, vegetables and fish, have been prepared by Miss Edna Groves, superintendent of domestic science and home economics in the Portland public schools.

"Every jar of perishable food canned by the housewife is a valuable contribution towards the nation's food reserve" said Mr. Newell, "and the Food Administration urges Oregon women to fill every possible container for winter use, particularly with vegetables. By careful attention to Miss Groves' formulas the canning can be done with the minimum of sugar, which is very important."

Miss Groves' canning directions are:

"Food conditions are bringing many new problems to the housewife. The shortage of sugar should not lessen the canning of fruit, since it is possible to preserve without sugar. Boiling water may be substituted for the usual sugar syrup in canning fruits. The sugar can be added as the fruit is opened. Karo corn syrup has proven a very successful substitute for sugar. Jellies, jams or fruits will have a slightly different flavor and be a little less sweet if preserved with Karo, but will retain the fresh flavor of the fruit.

"In using Karo syrup as a substitute for sugar, an equal measure of Karo should be used or one may use half karo and half sugar. All jams and preserves may be made by using three-fourths or less of the measure of fruit in Karo or mixed Karo and sugar. Fruit juices for jellies require about three-fourths of the measure in sugar or Karo and sugar. In using Karo for jellies, it is necessary to cook the mixture longer. It should "sheet off" the spoon when tested. The juices for jellies may be sealed (very hot and in heated containers) without adding any sugar, and the jelly may be made from this as needed in the winter, by adding the usual amount of sugar, which will then be more plentiful.

The cold pack method of canning fruits and vegetables has proven successful and the housewife will find it an easier and safer method than the open kettle. Great should be exercised in the selection of jars, rubbers and lids. See that there are no nicks on the edges of the jars and that lids fit and are in good condition. It is unsafe to use old or doubtful rubbers. The wash boiler, with a wooden rack in the bottom makes a good canning outfit for the cold pack method.

A very thin syrup for canning may be made by using one cup of Karo or one cup of sugar to

three cups of water, and boiling for five minutes. One cup of Karo to two cups of water makes a syrup with a little more body, or one may use half the amount of the sweetening in Karo, the other half in sugar.

Blanching is an important step in the cold pack method of canning. It is used for vegetables and hard fruits. After the fruit or vegetable is prepared for canning, place it in a colander or square of cheese cloth, and submerge in a kettle of rapidly boiling water for the desired length of time (see table below), and then plunge into cold water, and out again, then proceed according to directions below:

**RECIPES FOR CANNING FRUITS:** Select firm, ripe fruit. Pare, blanch, and pack in jars. Cover with syrup or boiling water and place rubbers and cap in position. Do not tighten jar lid. If Mason jars are used, screw the cover on until it

catches, but is not tight. If the wide-topped, self-sealing jars are used, follow the directions that are given with same, leaving the lids loose so that steam may escape. Process the desired length of time (see table) remove from the boiling water, tighten the lids, and (if Mason jars) invert to cool. In boiling

the fruit, the water should cover the jar, or come even with the top and the time of sterilization should be counted from when the water begins to boil around the jar. The canner should have a tight cover to keep the steam and heat in.

(Continued on Page 3.)

## Protect Your Farm Implements

¶ Millions of dollars worth of farm implements are ruined in the United States by not protecting them from the weather.

¶ Why not build a shed for that new tractor?

¶ Lumber is lower than it was three years ago in proportion to other commodities.

¶ In 1914 an 1100-pound steer would buy approximately 3,300 feet of lumber. Today it would purchase 4,800 ft.

¶ In 1914, 36 hogs would buy the material for a 34x48 barn. Today 36 hogs will buy the same material and leave a cash balance of \$500.00.

**JONES LUMBER CO.**

Established 1859. See C. E. HEDGE, Beaverton, Or.



# Does Pershing Speak for You?

**"The German army can be beaten; the German army will be beaten; the German army must be beaten."**

Pershing counted on every man, woman and child in America to back him up when he said that—back him up with their souls, their flesh, their pocketbooks—to the last drop of blood, to the last dollar.

Our young men are backing him with their blood. Every one of us at home must back him with our dollars—our last dollars—our future dollars.

**BUY Fourth Liberty Bonds. Any Bank Will Help You.**

THIS ADVERTISEMENT CONTRIBUTED THROUGH THE PATRIOTIC CO-OPERATION OF

**BANK of BEAVERTON**  
Beaverton Oregon