

ELECTRIC CANNING INSTRUCTIONS AID PERPLEXED WIVES

The quantities of fruits and vegetables in the market now remind us that the canning season has arrived for 1932. Of course we are interested in the best and easiest way to take care of this problem. And problem it is to many housewives. For some reason definite instruction concerning canning seems to be lacking in many homes and year after year questions come pouring in asking how to can the products grown commonly in our northwest country.

Today we shall talk about canning in the electric oven and shall use the Westinghouse, Hotpoint and Monarch range instructions. I am sure you can use one of these for whatever type of electric range you may be using.

General Directions.
Use only fresh, clean and sound material.
Sterilize jars and be sure that rubbers and tops are good.
Pack material into jars and cover with cold or hot water, or syrup, according to the method you are using.

Adjust rubbers and covers and set in shallow pan, allowing one-half inch space between the jars.
Process the required length of time, remove and seal tightly. Test for possible leaks by inverting for a few minutes only, then return to upright position to cool. Place labels about one-fourth inch from the bottom of the jar. Store in cool, dark room which is well aired and dry.

In general, the cold pack for dry canning means to place the material in the jars cold, add sugar or salt as desired, then cover with cold water, place in a cold oven and process. The hot pack means to process just a few minutes with the hot syrup or water, place in the prepared oven and process. Both methods are used successfully. The hot pack is used much for vegetables.

One method of keeping berries and small fruits evenly distributed in the jars is to pre-cook the syrup seven minutes and allow the fruit to stand in this syrup overnight, then, in the morning, pack the berries in the jars and cover with the boiling syrup to within one inch of the top of the jar.

The addition of a small amount of acid to non-acid vegetables is helpful for preservation. The vegetables are prepared as usual and one teaspoon of lemon juice is added to each pint of water. This is optional, of course.

Meats may be canned raw, partially cooked or cooked just as for serving. They should be seasoned to taste with salt, packed into the jars well and, if cooked, the hot fat or liquor added so that meat is just covered. Game and poultry is prepared in the same way.

Hotpoint Canning Method.
(Cold Pack)
Large Fruit—Wash, wash and fill jars half full of fruit, add 6-8 table-spoons of sugar per quart. Fill jar with fruit, then add cold water to barely cover. Adjust rubbers and covers and partly seal. Place on shallow pan in oven allowing space between jars. Turn lower heat to high and set control at 275 degrees. Cook quart one hour and thirty minutes. Remove from oven, tighten tops and cool before storing.
Small Fruit (such as berries)—Prepare as the larger fruit and use 250 degrees for one hour; pints, 50 minutes.

Vegetables (beans and peas)—Add one teaspoon of salt to each quart, then cold water to cover. Adjust rubbers and covers and place in oven at 300 degrees and process for 3 hours.
Corn—Cut from cob and heat to the boiling point. Pack loosely in hot jars to within 1/4 inch of the top, add 1 teaspoon of salt and hot water to cover. Turn on lower heat and set at 250 degrees and process for 2 hours.
Tomatoes—Wash, scald and remove skins, stems and cores. Pack in clean jars and add 1 teaspoon of salt to each quart then add cold water to cover. Adjust rubbers and covers and place in oven. Turn lower heat to high and set control at 250 degrees. Process for 1 1/2 hours.

Meat—Clean, cut up and season for cooking. Arrange in jars and fill well. Adjust rubbers and covers and place in oven. Turn on lower heat to high and set control at 250 degrees. Process 3 hours.
Westinghouse Canning Method.
Set temperature control at 250 degrees and place jars in oven either cold or before it has reached the 250-degree mark. When circuit breaker cuts off at 250 degrees, reset to 325 degrees and turn oven switch to "low," and process the required length of time (Use only lower oven heat in canning). If necessary in very long process, raise circuit breaker once when heat indicator has reached to 250 degrees, after having been at 325 degrees. (See instruction book for details).
Large fruits (per quart)—One hour.
Berries—45 minutes.
Vegetables—3 hours.
Tomatoes—45 minutes.
Meat—4 hours.
Fish—3 hours.

For second oven of fruit, see that heat is below 250 degrees when material is placed in oven and processed as usual. (This assures you that the material is at sterilization point when you begin to count time.)
Monarch Canning Method.
Preheat oven to 325 degrees with

Fair Delegate

both units on high, then turn top off and leave bottom on high, turning regulator to 275 degrees. Process at 275 degrees. Hot pack method is preferred and time given is for this method. (Using hot sirup, or precooking about 5 minutes then packing in hot jars).
Berries—Pack in hot jars and cover with hot sirup. Quarts 1 hour, pints 50 minutes.
Peaches—Scald and peel, pit if desired. Place in jars and cover with hot sirup (the process 30 minutes).
Peas—Cook in thin sirup five minutes; process in oven 30 minutes.
Vegetables—Pre-cook 5 minutes in boiling water, pack in hot jars, add one-half teaspoon salt to each pint of material then fill within one inch of top with boiling water. Adjust covers and rubbers, place on shallow tray, allowing space between jars, and place in oven.
Greens—Per quart, 2 1/2 hours; pints, 2 hours.
Peas—Per quart, 4 hours; pints 3 1/2 hours.
Beans—Per quart, 3 hours; pints, 2 1/2 hours.
Beets, carrots and parsnips—Cook minutes, cold dip and remove skin then pack, per quart, 2 1/2 hours; pints, 2 hours.
Corn—Scald on cob for 5 minutes, remove with sharp knife and pack loosely. Per quart, 3 hours; pints 2 1/2 hours.
Tomatoes—Scald in boiling water 3 minutes; cold dip and peel. Pack in jars as usual. Per quart, 50 minutes; pints, 40 minutes.
Meat—Raw, per quart, 4 hours; pints 3 1/2 hours. Pre-cooked, quart, 3 hours; pints 2 1/2 hours.
Be sure that you have all the utensils and materials assembled and in good condition when you begin to can. Fresh material and quick canning, carefully noting each step, will assure you of success.

HEADQUARTERS CO. BUSY AT CAMP IN DUTIES AND PLAY



Associated Press Photo
Mary E. Ball, 22, will take time off from her studies at the University of Chicago to serve with the Tennessee delegation at the democratic national convention.

RELIEF REQUIRED TO BE REPORTED BY EACH COUNTY

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The committee elected Paul V. Maria, director of extension of Oregon State college, secretary of the committee and accepted the governor's offer to use his offices in the state house at Salem as headquarters.
Raymond B. Wilcox, chairman of the executive committee, said that exact information on conditions in the various counties would help point the way to what work has to be done.
Preserving and canning of food-stuffs by volunteers will be sought by the committee, Wilcox indicated. Governor Meier met with the committee.

COURT WILL PAY FOR BOYS TICKET

The county court today decided to purchase a railroad ticket, costing \$16.51, to return Keith Neagley, 16-year-old boy, charged with burglary of an Ashland store, to the jurisdiction of the California courts. The youth will be placed aboard a south-bound train this evening in the custody of the conductor.
California authorities agreed to accept Neagley if Jackson county would deliver him. The county court figured that it would be cheaper to expend \$16.51 for a railroad ticket than to keep him in the state reform school until maturity. Neagley, a wandering lad, since his arrest has developed into a legal problem between the two states. Both commonwealths wanted him punished but neither felt like incurring the expense.
Opening Dance, New Orange Hall, Lake Creek, Sat., June 25.

TRAPPED SALMON SAVED BY POLICE

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The water was lowered on the south side of the river yesterday, as the fish were massing among the rocks. Most of the school escaped to the other side, and the remain-

ALMOST THE ENTIRE COMPANY VISITED THE BEACH, A MILE FROM THE LIVING QUARTERS

Almost the entire company visited the beach, a mile from the living quarters. Many of the boys had their first swim of the year in the ocean. The weather was ideal and the sea smooth. All surf bathing is done under the supervision of a commissioned officer.
Corporal Fred W. Christean and Sergeant Weston M. Lemmon had a circular motorcycle race on the beach. The large crowd watching them cheered with glee when Corporal Christean's motor slipped on the sand on a sharp turn and he demonstrated a flying leap from a speeding motor to land standing on his head. Since he was uninjured the incident was amusing.
Sergeant Lemmon, Sergeant Warren (Connie) Conrad and Corporal Christean brought down the wrath of the company upon their heads when they got up at 4:30 Tuesday morning and awakened everybody with the roaring of their motorcycles. This anger was appeased when the boys returned to camp at six heavily laden with freshly dug clams, and promised a real feed.
The cook fried the clams as clams have never been fried before and everybody invited the offenders to offend any time they wished. Sergeant Lemmon thoroughly enjoyed digging clams, but Sergeant Conrad and Corporal Christean will hereafter treat razor clams with more respect than formerly, since they bear marks of encounter. Conrad says that razor clams are properly named.
The privates in the organization, Harold H. Garman, Donald A. Greaves, Robert B. Hurd, Bennett B. Lewis, Warren A. Liggett and Miller (Mike) Tepovac, have never been to a National Guard training camp before and will quite probably never forget this one. They will probably dream for years to come of some corporal or sergeant ordering them to do some detail just as they have made themselves comfortable after a hard day in the field.
The privates are not the only ones who work, however, as the detailed notebooks of the non-commissioned officers are filled to the brims with problems solved and to be solved.
Major Ralph P. Cowgill, commanding the battalion of which this company is the headquarters, is to be commended for his efforts to make his battalion outstanding in every respect. He has worked untiringly and is ably supported by his company commanders.
Sold at the Jumbo lemon—delicious home-made fudge. Made by Mrs. Frank Rodger.
Broken windows glazed by Trowbridge Cabinet Works.

HEADQUARTERS CO. BUSY AT CAMP IN DUTIES AND PLAY

(By Staff Sergeant Philip H. Lounsbury)
CAMP CLATSOP, June 24.—(Spl.)
—Headquarters company of the third battalion stationed in Medford has no connection with Company A, it being an entirely separate unit. Lieutenant Burrell M. Baucom is in command with Second Lieutenant James W. Griggby, second in command. This unit has 17 enlisted men for its entire strength, and is the headquarters for the 3rd battalion. Its duties are many; setting up and operation of telephones; transmitting and receiving of radio messages, telephone, wig wag, blinker lights, runners; the ciphering and deciphering of messages; preparing of maps for all uses; scouting and patrolling, and clerical work for the battalion. The company has thousands of dollars worth of equipment issued to it from the government for its use in training. This statement is made for the benefit of those who do not know that there are two separate and distinct units stationed in Medford.
In the brigade inspection this company received an excellent rating. The personnel is made up of hard working young men who strive to make their company as good as the best and better than the rest.
Announcement was made before the departure of the company from Medford of the impending promotion of Staff Sergeant James W. Griggby to be 2nd Lieutenant, Sergeant Philip H. Lounsbury to be staff sergeant, Corporal Weston M. Lemmon to be sergeant and Private Kenneth E. Nichols to be corporal. These promotions are now official, the order being received from brigade and regimental headquarters.
Hardships of the first day in setting up the tents for occupation were materially reduced by Corporal John E. Herriott and Sergeant Weston M. Lemmon, who left Medford the day before the rest of the company. They succeeded in erecting all the tents before their comrades arrived.
Sunday was the first time the boys had any amount of time for recreation other than in the evening.

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HUSKY GOES OVER RAPIDS OF RIVER

Taku, large black and brown Alaskan husky, named after the northern glacier, fell into the river just above the garage near Union Creek Tuesday evening and went over the falls. Mrs. Margaret Tanner reported this morning. She hoped that perhaps the pet had not been killed and was able to reach shore, where someone in the neighborhood might find him.
The dog is owned by Mrs. Tanner and Jean Scott, who brought him from Bellingham, Wash., with them. They have had him for about six months.
The owners are offering \$2 to the person furnishing information as to the whereabouts of the dog, or \$5 for finding the animal. Mrs. Tanner is employed at the local Western Union office.

AUTOS LOOTED WHILE PARTY IS IN SESSION

Several automobiles parked on Vancouver avenue Wednesday evening were looted and gasoline stolen from a number of the cars, according to reports made yesterday at the city police station. The owners were guests at a party being given by Mr. and Mrs. Max Pierce of 38 Vancouver.
John W. Johnson reported that a pair of suede driving gloves he had purchased in Rome were taken from his car as well as three sets of goggles in a metal case and three sets of keys.

CHOLERA RAGES IN SOUTH CHINA

HONGKONG, June 24.—(AP)—Cholera raged throughout South China today.
Nearly 200 new cases are being reported each day and 70 per cent of the cases are proving fatal.
There was none at Hongkong, but Canton was reported especially hard hit.
A report from Wuchow said a Chinese was arrested in possession of pellets which he said certain foreigners paid him to throw into wells.

Northwest Pioneer Woman Succumbs

TACOMA, Wash., June 24.—(AP)—Mrs. J. E. Mills, 87, a Pacific northwest pioneer of 1846, died at her home in Rochester, Wash., yesterday. She was born in Missouri in 1845 and the next year her parents brought her over the Oregon trail to Waldo Hills, Oregon. She lived there until 1857 and then removed to Washington territory, returning to Oregon in 1870.
Millinery Special—new merchandise and latest styles. M & M. Dept. Store.

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The headaches, loss of appetite and energy that so often result from constipation can be overcome by this pleasant cereal. How much better than using habit-forming pills and drugs.
ALL-BRAN action is gentle. Its "bulk" is much like that of lettuce. Within the body, it absorbs moisture and forms a soft mass. Gently it clears the intestines of wastes.
Two tablespoonfuls daily are sufficient to overcome most types of constipation. If your intestinal trouble is not relieved this way, see your doctor.
Serve as a cereal, or use in cooking. Tempting recipes on the red-and-green package. Sold by all grocers. Made by Kellogg in Battle Creek.

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