

# Use or Save All Food Home Garden Provides

(By the Bureau of Home Economics, U. S. Department of Agriculture.)

The preserving season is on. And the Bureau of Home Economics, U. S. Department of Agriculture, advises families that have gardens to let nothing go to waste. Use the fresh vegetables and fruits as they come along, of course, and don't can them just for canning's sake. There is little virtue in hoarding. But put up any perishable things not required for present needs, the bureau urges. Then if there is more on hand than one family needs when winter comes, they may well be shared with homes that are less fortunate.

A preserving program should, of course, be planned with reference to its cost. Nowadays, more foods are canned than are preserved in any other way, but housewives who do not have the cans or jars and a steam pressure cooker, can fall back upon the oldest, simplest and cheapest method of food preservation which the bureau points out, is drying.

Corn, mature beans, peas, celery and okra, among the vegetables, are easily and satisfactorily dried, as are also apples, pears, apricots, cherries, prunes and some other fruits. The easiest way to dry vegetables and fruits is to spread them out in the sun, on a shelf, table, or roof, cover them lightly to keep out insects and dust, and let the sun do the rest. This method works in sunny climates, but when it rains the products must be brought indoors or sheltered. An outdoor dryer, very much like a hobbed, which is sheltered from rain, can be made. Or ventilated shelves over a cookstove or small laundry stove will make an indoor dryer.

"Putting down in brine" used to be more common than it is nowadays, but it is a cheap and useful way of holding for winter use some of the vegetables which are not so successfully canned with the ordinary home equipment. String beans, onions, cauliflower, green peppers, cucumbers, green tomatoes, cabbage—all these can be brined and used for pickles. The beans and onions can also be cooked (after soaking out the salt) and served in place of fresh vegetables; the green peppers are useful for stuffing; the cabbage makes sauerkraut; the green tomatoes can be used for pie.

In brining vegetables a salt solution may be used, but some vegetables contain enough water to make their own brine when salt is added; and some contain enough sugar to cause fermentation, making an acid brine—cucumber pickle and sauerkraut, for example. "Pickled corn," however, may result from salting without fermenting. The fresh corn is cooked in boiling water for 10 minutes, to set the milk. Then it is cut off the cob and packed layers with one-fourth its weight of fine salt.

There is almost nothing nowadays that can not be canned successfully with the best commercial equipment. But for home canning it is important to consider vegetables in two classes—tomatoes (which are really a fruit) and all others. Tomatoes and all fruits, because of their acid, can be put up by the open kettle method, or they can be sterilized in a boiling water-bath, in a steamer, or in an oven equipped with a heat-regulating device or a good thermometer. For non-acid vegetables, however, the Bureau of Home Economics recommends processing (i. e., sterilizing) in a steam pressure cooker only. The housewife, without a pressure canner, will do well, the bureau says, to limit her canning to tomatoes and fruits—apples, apricots, berries, cherries, currants, gooseberries, peaches, pears or plums. To prevent spoiling, if canned, and possible food poisoning, if eaten, the non-acid vegetables such as corn, beans, peas or greens, must be processed at temperatures around 240 and 250 degrees Fahrenheit, which are higher than can be obtained in the open kettle or water-bath.

**DIRECTIONS**  
Drying Beans and Peas.  
Garden peas intended for drying should be gathered when in ideal condition for immediate table use; that is, when the seeds have attained full size and before the pods have begun to turn yellow and dry up. Shell them by placing the pods in boiling water for three minutes, then spread on a wire screen having a mesh large enough to permit the shelled peas to pass through, with a box or basket beneath it. Rub the pods vigorously over the screen with the hands. This will burst and empty practically all the pods much more quickly than they could be shelled by hand. Then dip the shelled peas for only one to two minutes in boiling water (to which table salt has been added, 2 tablespoonfuls to the gallon), drain, spread to a depth of 1/2 to 1 inch on the trays, and dry at 155 to 120 degrees F. as initial temperature, rising to 140 degrees toward the completion of the drying.

Stir occasionally while drying. Properly dried peas will be uniformly dry throughout, showing no moisture near the center when split open.

Wax beans, lima beans or mature string beans for drying should be gathered when full grown but before the pods have begun to dry. Shell, blanch five minutes in boiling water with thorough agitation, dry and spread on trays to a depth of not more than 1 inch. Stir rather frequently in the first hours of drying. Considerable variation in the temperatures employed in drying is permissible, but do not heat the material above 150 degrees F. at the outset.

**Brining String Beans.**  
Select white or green stringless beans and remove the tip from each end. Wash the beans well and place them in a 10 per cent or 40-degree brine. Add salt each day until the reading does not change. When the brine is constant, store the beans in glass jars or earthenware containers, sealing closely with paraffin. After the jars are sealed do not move them or the liquid will loosen the seal.

The beans can be freshened when needed for pickles or can be used for the table. The cold water method for freshening consists in placing the beans in cold water three times their volume, bringing to simmering point and keeping there for a few minutes; the salt is sufficiently extracted and the beans are ready for use.

**Canning Tomatoes.**  
Select firm, ripe tomatoes or medium size and uniform shape. Do not use tomatoes which are overripe or which have spotted or decayed places. Put into trays or shallow layers in wire baskets and dip in boiling water for about a minute, according to ripeness. Remove and plunge quickly into cold water for an instant. Drain at once and core and peel promptly. Pack into jars or cans as closely as possible. For home use, fill with a thick tomato sauce or with the juice of other tomatoes. If the tomatoes are to be sold under federal regulations add only the juice which drains from them during peeling and trimming.

Season with 1 teaspoonful of salt per quart. Process quart and pint jars for 45 minutes in boiling water and No. 2 and No. 3 sanitary or R enameled tin cans for 35 minutes.

**Canning Tomato Juice.**  
Select firm, ripe tomatoes; wash well and drain; cut into sections; add a small quantity of water to start cooking and simmer until softened. Stir occasionally to prevent burning. Put through a sieve fine enough to remove seeds. Bring to boiling, put immediately in containers; add 1 teaspoonful salt to each quart of juice. Process quart and pint jars five minutes in boiling water.

**PORTLAND LEGION BOOSTS CONCLAVE**  
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## Her Eyes On Olympics



Associated Press Photo  
Anne Govednick, aged 15, of Chisholm, Minn., is one of the pretty young candidates seeking a place on the American Olympic swimming team. She recently set a new American record for the 50-yard breast stroke.

## COMMUNITY FOOD EXCHANGE PLAN

SALEM, July 15.—(AP)—An exchange of community food products to provide variety in relief food supplies has been arranged between community service of Salem and the Clatsop county Red Cross.

Confirming arrangements for an exchange of 3000 one-pound cans of salmon for an equal number of cans of Salem fruit, an order was received from the Astoria organization today for 1000 cans of Loganberries.

The balance of the 3000 cans involved in the exchange will be taken in peaches and prunes.

The Loganberries will be purchased from growers here at 1 1/2 cents a pound and processed at cost by local canneries.

## Episcopal Bishop Ordered To Rest

GEARHART, Ore., July 15.—(AP)—The Rt. Rev. Walter Taylor Sumner, Episcopal bishop for the diocese of Oregon, is here for an extended rest upon advice of physicians. It was learned today. While doctors do not consider his condition serious, the clergyman is said to have cancelled all speaking engagements and is not seeing callers or attending to official duties.

## Big League Stuff

SPOKANE, Wash., July 15.—(AP)—Fred Lenhart, Spokane heavyweight, gave Kenneth Lee, San Francisco, a boxing lesson and won their six-round main event at Dishman arena last night.

Lee held Lenhart at arm's length in the first, winning that round by a shade, but from then on the Spokane boxer worked methodically on the Californian's head and body to win the other five rounds by a large margin.

Don Fraser, Spokane, and Sammy Santos, Seattle Filipino, fought six fast rounds to a draw. They are welterweights.

Two loads 16-in. green slabs. \$4.50. Med. Fuel Co. Tel. 631.

Picture frames made to order. The Peasleys, opp. Holly theater.

Free dance, K. P. hall, Sat. July 16. Powell's Old-Time orchestra.

## CULINARY CRAFT....

By Estella Dorgan, Director of Home Service, California Oregon Power Co.

"Let your refrigerator help you" is sound advice these warm days. It is most willing and certainly efficient, so why not plan just as many ways of using this method of "cooking" this summer as you can possibly enjoy?

From chilled appetizers through the entire meal, including cubes for fresh cold drinks, the refrigerator is at your service. Surely you are learning the joys of the refrigerator today.

Estella Dorgan, many delicious foods you may prepare in the cool morning hours and have on hand whenever a lunch or a meal time arrives. We are giving you some interesting desserts today.

**Cantaloupe Rings.**  
Slice the cantaloupe as you do bread, then use one slice for each helping and fill the center with mint ice cream. The flavors blend nicely. Decorate with mint leaves if you wish.

**Mint Ice Cream.**  
1/2 lb. peppermint stick candy.  
1 cup milk  
1-16 teaspoon salt  
2 cups whipping cream.  
Dissolve candy in milk. (This may be heated slightly in top of double boiler to save time.) Add salt, cool and set in refrigerator to chill. Fold carefully into whipped cream and freeze.

**Chocolate Mint Delight.**  
1 cup cream  
1 cup "after dinner mints"  
12 chocolate cookies.  
Whip cream, then fold in crushed mints and cookies. Chill thoroughly or freeze.

**Toasted Coconut Bisque.**  
3 tablespoonfuls minute tapioca  
2 cups milk, scalded  
1/4 teaspoon salt  
1-3 cup sugar  
3 tablespoonfuls light corn syrup  
2 tablespoonfuls sugar  
2 egg whites  
1 cup cream, whipped  
1 1/2 teaspoon vanilla  
1 cup shredded coconut, toasted and crumbled.

Add tapioca to milk and cook in double boiler 15 minutes, stirring frequently. Strain hot mixture thru very fine sieve onto salt, 1-3 cup of sugar and corn syrup. Stir until sugar is dissolved then cool. Add 2 tablespoonfuls of sugar to egg whites

and beat until stiff, fold into the tapioca mixture then fold in whipped cream, vanilla and coconut. Turn into freezing tray and freeze quickly. Let freeze at least 4 hours. (Makes 1 quart.)  
**Lemon Custard Ice Cream.**  
2 1/2 cups milk  
1/2 teaspoon salt  
1 egg  
2-3 cup sugar  
2 tablespoonfuls flour  
1 cup whipping cream  
1 tablespoonful lemon extract.

Heat 1 1/2 cups of the milk and add slowly to combined flour, sugar, salt and beaten egg. Cook in double boiler until this reaches consistency of medium cream sauce, stirring constantly. Remove from heat and add the second cup of milk and chill. Add flavoring and place in freezing compartment until partially frozen, about 1 hour. Remove and whip with rotary beater, then fold in the whipped cream and return to freezing compartment to finish freezing. Stir well twice in process. (Makes 1 quart.)

**Apricot Refrigerator Cake.**  
3 eggs  
1 1/2 cups apricot pulp  
1/2 cup heavy cream  
8 tablespoonfuls butter  
1/2 cup brown sugar  
Lady fingers or Graham crackers.

Beat eggs, add fruit pulp, and cook over hot water until thick. Add butter and sugar, thoroughly creamed, then cool thoroughly. Fold in whipped cream. Line pan with waxed paper, then with lady fingers or graham crackers, fill with the mixture and cover with the crackers. Chill in refrigerator for several hours.

## MEDICAL SOCIETY PICNICS, ASHLAND

Members of the Jackson County Medical Society met in Ashland park last evening for their annual picnic and social gathering. There were 50 seated at the long table, which in the words of local physicians "groined with good food."

Many of the Medford doctors were seriously considering a trial of their own indigestion cures on themselves this morning, but had nothing to say regarding the evils of over-eating. Following the dinner, many of the guests attended the concert of the Ashland band, played in Lithia park.

## TWO PATIENTS ESCAPE FROM STATE HOSPITAL

SALEM, Ore., July 15.—(AP)—Two patients at the Oregon state hospital made their escape here early today

by removing a window sash from their ward on the third floor and lowering themselves to the ground by rope. State police were notified of the escape.

The two are George Farrin, received from Portland last August, and Leo G. Fisher, committed from Portland in September, 1925.

Baker—Lee Cassidy of Pendleton and D. Cassidy of Baker started construction of service station at 10th and C streets.

Burns—Celebration and dedication held here to inaugurate completion of Yellowstone cutoff.  
Marshfield—Natural park started here to be nucleus for southern Oregon beauty spot.

# SAFEWAY STORES

DISTRIBUTION WITHOUT WASTE

## MID-MONTH FOOD SALE!

Quality Foods Always! Prices Consistently Low Always! But tomorrow and Monday we are offering EXTRA Values. SHOP EARLY.

- SUMMER FOODS**
- Pickles** Bread and Butter Sliced Spicy Chips Jar **13c**
- Mayonnaise** Pint jars **24c** Best Foods... Blendertize with summer salads and eat the best foods. Quart jars **47c**
- Flavorade** Six different flavors; a cooling summer drink 2 pkgs. **9c**
- Shrimp** Small tender salad fish. No. 1 can **10c**
- Salmon** Oregon medium red for a salad 1/2 size can **8c**
- Olives** Highway Exceptional quality Tall can **11c**
- Bread** Favorite White of Whole Wheat Lb. loaf **5c**
- Pen Jel** Fruit Pectin; sure to jelly Package **12 1/2c**
- Parowax** For sealing jams and jellies Package **7 1/2c**
- Rice Krispies** For the breakfast Pkg. **8c**
- Safeway Flour** Highest grade; complete satisfaction 49 lb. bag **\$1 09**
- Balco Malt** Use Balco and notice the difference Lge. can **44c** 3 lbs. corn sugar free with each 6 cans
- Maple Syrup** Max-i-mum first quality cane and maple; it's good Lge. 2 1/2 lb. can **39c**
- Airway Coffee** Quality, fresh roasted. Compare it with your favorite higher priced coffee Lb. pkg. **23c**
- Prunes** Fancy Oregon Italian 4 lbs. **19c**
- Jellwell** The west's favorite gelatin dessert. A beautiful occasional plate given with each four packages Complete Deal **25c**
- Sugar** Golden Brown 4 lb. pkg. **18c**
- Dry Beans** Fancy Reds or Whites; reconstituted 5 lbs. **19c**
- Kipperd Snacks** For your picnics 2 cans **9c**
- Starch** Argo Corn or Gloss 1 lb. package 2 pkgs. **15c**
- Soap Special** Snowy white soap for the laundry Luna 10 bars **19c**
- Macaroni** Advancing. We have just enough for one sale left at the old price 10 lbs. **41c** 5 lbs. **22c**
- Sugar** Pure cane fine granulated 8 lbs. **33c**
- Extracts** Schillings quality. All flavors. 2 oz. bottle **19c**
- Pineapple** Libbys "Roseale" whole center slices Large cans **15c**
- Baking Powder** Schilling's cream of tartar, finest quality 12 oz. can **32c**
- Gingerale** Pale Face, the chief of the Pale Drys 2 bottles **25c**

## FRESH FRUITS AND VEGETABLES

- New Potatoes** Direct from the local field 12 lbs. **25c**
- Watermelons** We plug 'em. Large size Each **29c**
- Fresh Corn** Local Golden Bantam Dozen **17c**
- Tomatoes** Ripe, firm for slicing Pound **5c**

## SAFEWAY MEATS

- Market Location at Main & Holly
- LEGS**
  - LAMB** lb. **12 1/2c**
  - BEEF ROAST**
  - LAMB ROAST** **9 1/2c**
  - VEAL ROAST** **9 1/2c**
  - VEAL STEAK**
  - LAMB STEAK** lb. **16c**
  - HAMBURGER**
  - SHORTENING** 100% pure vegetable 4 lb. **29c**
  - BACON** Sugar Cured Backs, lb. **13 1/2c**
  - STEAKS** All Cuts Baby Beef, lb. **17 1/2c**
  - STEW**
  - Veal Lamb Beef** 4 lb. **25c**
  - Pure Lard**
  - Fresh Liver** 2 lb. **15c**
  - Sliced Back Bacon** 2 lb. **29c**

## FREE TEST FILM

Special Sampling Offer of AGFA PLENACHROME FILM

One 8 exposure roll given free with the purchase of 2 films. Try this test roll in your camera. If you are not convinced that Plenachrome is the most wonderful film roll you ever used, return the two films and your full purchase price will be refunded.

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## STAR MEAT MARKET

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**SATURDAY SPECIALS**

**Beef Pot Roasts** lb. **10c** **Bacon Squares** lb. **10c**

**Choice Steaks** lb. **15c** **Pork Roast** Lean shoulder lb. **10c**

Home Rendered Lard, 3 lbs. **25c**

RHODE ISLAND RED HENS AND FRYERS