

## Home Extension Agent Gives Rules for Canning of Foods

When home canning may be limited to foods which cannot be preserved satisfactorily by less costly or less laborious methods according to Mrs. Jeanne Weatherford, home extension agent for Jackson county. Water gas, which is used in the process of canning, is a very important factor in the preservation of foods. Mrs. Weatherford points out, however, that some canned foods are at hand ready to use at any time. These are a few of the more popular items in the home canning department, and they are:

Use sound, fresh food of right maturity. Handle only enough to use cannerful at a time and handle rapidly.

Always refer to instructions for packing and processing each item a pressure is canned. This will prevent costly mistakes.

Examine jars before canning. Discard cracked jars and those with defects of sealing surface.

Use only standard jars for canning. Use non-commercial jars to hold things as preserves, relishes and dressings.

Keep jars level while processing to prevent food obstructing the seal.

Have pressure canner gauge tested from new and annually. Stay in the kitchen when using the canner to keep the pressure steady.

Can all acid and low-acid foods in a pressure canner.

Use hot water bath for almost all fruits and tomatoes.

Leave adequate headspace recommended for each product so the food will not boil onto the sealing surface. Clean sealing surfaces well before closing jars.

Do not open jars after processing to fill them more completely. Avoid tightening lids after jars are cool. Cool jars in upright position and away from drafts.

Most favorable storage place is a cool, dry, dark place.

To detect spoilage look closely at every jar of canned food before opening and when open. Although food may be spoiled and give no indication there are signs of spoilage that may readily be apparent, such as poor seal of jar, a leak, odor or off-color of food, change in texture of product, or slippery, slimy, mushy, or moldy food. Presence of gas, spurting of liquid on opening, swelling or bulging jar tops and swelling of tin cans also indicates spoilage.

Overmature peas, beans, limas, and corn, however may be cloudy although not spoiled. Do not taste non-acid home-canned foods before boiling them 10 to 15 minutes.

It is possible for canned food to contain the poison that causes botulism without showing it. Some foods that have this poison develop a bad odor when boiled. Absence of odor does not necessarily indicate freedom from botulism poison.

When in doubt as to the wholesomeness of any low-acid or non-acid canned food, vegetable, meat or fish, burn or bury it. Before burning, stir several tablespoons of lye into a jar or spiced canned food and let it stand 24 hours out of reach of children or animals. Then bury it deep—jar, cover, stick and all. Remember safety first. Don't expose people, poultry, or other animals to even one chance of tasting spoiled canned food.

Those having questions about canning may call the home extension office or visit the office in the courthouse. Many bulletins on canning are also available to you for the asking.

## Proper Salt Diet Said Necessary In Summer

New York—If the heat's getting on you, a few grains of salt may make the difference between comfort and fatigue, according to the Salt Institute.

Comfortable clothes, cooling devices and taking it easy are not enough to beat the heat if excessive perspiration has depleted the system of its necessary salt supply, the institute's experts say.

For every homemaker who watches over her family's health, there is simple and convincing evidence of salt loss in perspiration-soaked clothing. The stiffness and white frost which appear after the clothing is dry is the result of salt deposited by perspiration. And that salt must be replaced as a safeguard against weariness, loss of energy and the more serious consequences of heat cramps and prostration.

Here's where the homemaker's salt shaker comes in. A little more salt in preparation of food and more salt at the table at all meals keeps her family's salt supply at levels to overcome the losses from perspiration. Salt nibbles for children's snacks are another way that she keeps her active youngsters' salt supply in balance.

In years past, excessive salt loss was the major factor in heat prostration and deaths from this cause in industries where workers were in heavy labor in high temperatures, but fatalities from this cause have been greatly reduced since industrial plants have developed the practice of dispensing salt at drinking fountains. Some industries in which men work around blast furnaces go still further in assuring an adequate salt intake among the workers by adding small amounts of salt to the drinking water, according to the institute.

For the person unaccustomed to sustained exertion in high temperature, a bout with the lawn-mower, a game of golf or other outdoor activity in the sun is best balanced with a little more salt at meals instead of a concentrated helping at any one time. Then the salt reserve is maintained at a level to meet most situations.

## Couple From Idaho Visit Talent Families

Talent — Recent visitors of Mr. and Mrs. J. M. Carter of Talent were Mr. and Mrs. Orville Lee of Murlough, Idaho. Mrs. Lee and Mrs. Carter are sisters.

While here, the Lees visited with her nieces Mrs. George Baylor and Mrs. Patrick Naid of Talent, and Mrs. S. T. Titus of Ashland. Brothers of Mrs. Lee and their families who were also visited are Mr. and Mrs. Steve Tipton and Wilton Tipton of Talent; and Mr. and Mrs. Winston Tipton of Medford. Mrs. Lee's mother is Mrs. N. F. Tipton of Medford.

## Cool Play-Set

Designed especially for the larger figure sizes 38 through 50. One-piece step-in playsuit with modest scoop neck, button-front skirt to add to cover-up in smart "dress" effect. Cool and flattering—ideal for casual wear.

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Wrinkle-resistant cotton knits have been smartly styled for town, for vacation and travel. Left: Mr. Sidney of Re-Go designs a pencil-slim sheath with accent on cool neckline and sleevelessness. Right: Jeanne Campbell of Sportwhirl ensembles a coat dress that doubles as a dress or as a coat with a color-coordinated sheath in plain color.

## News About Books From the Library

Forget the heat... relax with library books on warm summer days, suggests your Medford Public Library. This is a good time of year to enjoy the cool relaxation of reading books of polar exploration, Arctic adventure, deep-sea diving, salt-water voyages, and breezy light fiction.

Among such books which are now displayed on a special shelf at the library is Peter Freuchen's "Ice Floes and Flaming Waters," the story of the author's rescue of five shipwrecked whalers from the icy waters of Melville Bay. "Seven Men Among the Penguins" in Mario Marret's account of an Antarctic adventure observing and recording the behavior of the extraordinary emperor penguin.

If you haven't already read "Kon-Tiki," Heyerdahl's spine-chilling, spirit-lifting adventure with sea and raft under the great arching sky, don't postpone your acquaintance with this really great book another month. If "Kon-Tiki" is already among your favorites, the library recommends "The Gods Were Kind," the story of a solo raft trip from Peru to the Samoan Islands, an adventure account with overtones of mystical exaltation. The gallant man who made this memorable voyage and describes it for you is William Willis.

A sense of peace and mystical wonder characterizes Rachel Carson's "Edge of the Sea" in which the author vividly explores a world full of marvels. "Gifts from the Sea," by Anne Lindbergh is a simple, sensitive book that is full of the peace and solitude of a lonely shore.

Those who seek depths beyond the shore and the surface of the sea will want to explore Diole's "4000 Years Under the Sea," an informing, and captivating, chronicle of undersea archaeological exploration in which science, adventure, and poetry are well blended. One of the most comprehensive and lavishly illustrated of skindiving handbooks is "Dive" by Rick and Barbara Carrier.

If a bit of breezy light fiction is what you prefer to cool your parched spirits, the Medford Public Library suggests "White Sail" by Sara Bassett, in which Lorna Newcombe finds peace and the way back to love, or "An Island Summer," by Mages Teller, which is an entertaining chronicle of a happy family holiday on Martha's Vineyard.

"The Boat of Crunch and Des," by Philip Wylie is a collection of stories about salt-water fishing that is popular among sportsmen.

Many other cool, relaxing items are available at your Medford Public Library and in your community branch of the Jackson County Library.

## Around Hollywood

Hollywood—UP—Quiet sensitive actors such as the late Leslie Howard just aren't around any more, and Howard's son has a reason: Film fans want "vulgar, harsh" musclemen.

Ronald Howard, a handsome, 38-year-old Londoner making his Hollywood and television debuts, meditated today on the list of new male heart throbs which includes Marlon Brando, Paul Newman, Elvis Presley, Robert Wagner and Tony Curtis.

"What happened to the Ronald Colmans, the George Arlisses?" shrugged the English actor.

Women impatient

"Women are impatient with the romantic type nowadays. They suspect it's a weakness. They think a man such as that is tepid, weak, boring. Now an actor must be all physique—big arms, big muscles."

Present day movie-goers get a chance to see Ronald's father, who died in 1943, when "Gone With The Wind" makes the reruns rounds. His son sums up his father's performance as "subtle."

But he thinks the present day thespians don't go in for the gentle smile, the tender voice. "Subtlety is gone for good," Howard said. "We've grown cynical. In comedy especially. We're so used to being hit in the face

with a fish that sophisticated comedy doesn't exist. Except for "My Fair Lady." That isn't played on the belly-nothing aggressive about that."

Resemblance Told

Howard resembles his father—the same blond, wavy hair; long face, thin lips and sophisticated manner. He's been acting for 13 years in London plays and films, his last being a "B" picture, he frankly admitted. American audiences saw him last season in a Sherlock Holmes TV series filmed in England.

Recently he was paged for a Hollywood movie "Durango" starring Jeff Chandler for his own independent company, Howard was surprised when the producers sent to London for him—especially when he saw the role was of an American southerner.

"Oh, well, everybody in the picture has a good Hollywood accent," he said.

Cheese Loaves

For each serving of cheese loaves cut two slices enriched bread in half vertically. Stand, cut edges up, making a small loaf in a shallow box made by folding aluminum foil. Mix melted butter or margarine with minced onion and celery salt. Brush butter or margarine mixture between pieces of bread and over top of "loaf". Place slices of your favorite cheese between the pieces of bread. Sprinkle with caraway seeds. Bake in 450 F. oven 15 minutes. Serve each loaf in its foil box.

## Designer Makes Mink Gaiters For Dinner Wear

By UNITED PRESS

In the "What won't they think of next?" department, gaiters are shown for at-home or theater wear for fall and winter. New York designer Jane Derby revives the above-ankle footwear in calf or jersey to match dinner and theater costumes. Typical of the "complete costume" group is a long-sleeved dinner dress of navy wool jersey, cut with deep plunging neckline at the back. It's mink-bordered hemline is about 10 inches from the floor. Accompanying gaiters are of navy jersey, banded in the same mink.

Designer Marusia of California says she's fed up with that great American fashion term—"casual." "It's become a phobia with me, this word," said the designer, who dresses some of the movie colony's top stars. "Behind the word casual, I think a lazy woman hides. She wears slacks and a bandana around her head. She doesn't have an ounce of glamor. Do you think such exquisitely groomed women as the Duchesses of Windsor and Irene Dunne are casual about anything in their lives? Of course not. If a woman wants to live a full life, she can't be casual about anything—whether it's her clothes, coiffure or the morning coffee."

One survey of women shoppers shows one of their pet peeves is the "salesgirl who thinks you look 'marvelous' in everything." The complaint was voiced repeatedly in the 1500 answers one New York store (Bergdorf Goodman) received to a recent questionnaire.

Britain's National Jewellers' association reports that Queen Elizabeth II. is making increasing use of the fabulous jewels left her by her grandmother, the late dowager Queen Mary. The

association says that many of Queen Mary's jewels have been altered and restyled. Elizabeth, like her grandmother, has a preference for emeralds.

Enter the old-fashioned horse blanket in fashion. Designer Bonnie Cashin imports bold plaid blankets from Scotland and uses them to line hooded leather jackets. The same plaid goes into matching skinny pants.

Scoop out small balls of hard ice cream and roll first in thick chocolate sauce and then in chopped walnuts. Put in freezer immediately for an hour before serving.

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by Alice Brooks

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