

CANNING AND DRYING FOR WINTER USE.

By F. F. Rockwell.
Sixth Article.

The biggest source of loss in the average fall garden is not insects or diseases or dry weather, as bad as these things are, but the waste of products which are not gathered in time and go to seed or get too old and tough to use.

The abundance of rain which we have had so far in most sections has kept the emergency gardens planted green and growing; but the hot, dry weather we are likely to get for the next few weeks will cause crops to mature very rapidly. Consequently only the gardener who is prepared will be able to keep up with the supply and prevent a great deal of unnecessary waste.

Even in the garden that has been very carefully planned there is sure to be a surplus of some things. If one has made a big planting of beans or corn especially for winter use, provision is naturally made to take care of them, but it is the small surpluses for which no such provision is made, and which go to waste before one realizes it, that make a total loss of very considerable amount even in the small garden.

To utilize the garden's products to the fullest extent you should be prepared to save every extra quart of beans or dozen ears of corn that is likely to be produced. Two ounces of dried string beans will supply that part of a meal for five people. It takes but two ounces of dried apples to make a large apple pie. So it is evident that even the odds and ends are well worth saving, and to do this saving with the least possible trouble the apparatus and containers necessary should be kept on hand and ready to use at all times. With the use of up-to-date methods this does not mean very difficult work. "Up-to-date methods" do not necessitate any elaborate or expensive equipment. The ordinary kitchen utensils, with a few conveniences which can easily be made at home, answer every purpose where only small amounts are to be handled.

Improved Canning Methods.
The modern method of canning, which is being quite universally adopted everywhere with good results and with a great saving in work, is called the "One-Period Cold Pack Method." The vegetables or fruits are put in the jars or cans while they are cool instead of being dipped out of a steaming hot kettle with the certainty of a good deal of hot and disagreeable work and the risk of badly scalded fingers, if not a telephone call to the nearest doctor.

In the one-period cold pack method there are four general rules to be obeyed. They may seem so obvious as to be hardly worth mentioning, but any failure in results can usually be found to be due directly to carelessness in one of these four points.
First, each product to be canned should be absolutely sound and perfectly clean; it should also be as fresh as it is possible to get—it is preferably gathered the same day that it is to be put up.
Second, the utensils and all equipment and containers should be not only carefully washed, but thoroughly sterilized before work with each "batch of stuff" is begun.
Third, after being put in the containers the "processing" should be continued the full length of time that is required for the particular product that is being put up. The time required for different things varies greatly, and one should be sure of having correct information on this point before beginning work with any fruit or vegetable that has not been handled before.

Fourth, after the "processing" has been completed, the cans or jars must be made absolutely tight.
The "processing" mentioned above consists in placing the jars or cans of vegetables or fruit, after the latter have been packed in sterilized, hot containers and covered with boiling liquid, in hot water or in steam for a certain length of time before they are finally sealed preparatory to cooling off and putting away. This time varies from twelve minutes to two hours for different kinds of vegetables and fruits where the jars are sterilized in a "hot water bath," such as a wash boiler with a bottom or tray to keep the jars from coming into direct contact with the metal over the fire, and to facilitate putting them in and out. Where they can be sterilized in a steam cooker, or under slight pressure, much less time is required.

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There is not space here to give itemized data on these points for the several dozen products which can be put up. If you want the most authentic information regarding them, write to the Department of Agriculture at Washington, D. C., Division of Publication, for Farmers' Bulletin 839. There is no special reason why it should be called a "farmers' bulletin" except that it comes in that class of the department's publications. It is for every housewife in city and town, as well as in the country, who wants to make her table expenses a little less than they were last winter. (Also send to Burpee & Co., Philadelphia, for their book on Best Ways to Cook Vegetables, requesting at the same time a list of their free publications on garden and food topics.)

While "drying vegetables" has been in use for a great many years—was, in fact, used more years ago than it has been lately—a new method of drying has just been developed which will be particularly useful to those living in cities and small towns where there is little space for the string of canned goods, but where electricity is available.

This new method of drying is, in brief, simply this: You cut up or slice your vegetables or fruits in rather small pieces so that they will dry out rapidly. Place them in thin layers in open trays, stacked one above the other and placed before an electric fan, which is kept running until they dry out. "Nothing to it." But it seems to answer the purpose most admirably. If the market is flooded with string beans, you can get a bushel of them and blow all the water you can out of them at a cost of ten to twenty cents for electricity. In the winter you put the water into them again by letting them soak over night, and you have fresh string beans.

Some things, like beans are "blanched" before drying by being lowered into boiling water or placed in steam for a few minutes before drying. They should be dried until no water can be pressed out of a freshly broken piece—that is, until tough and leathery; but not until crisp and brittle. To be sure of getting them evenly dried, and sufficiently dried, each "batch" of dried material should be mixed and "conditioned" by pouring it from one container into another two or three times during the first few days after drying. If too moist, it can be put back and dried out more. The dried products should be kept from the light after drying, as otherwise they lose their color. For full particulars and detailed directions for this new method of drying, send to Washington for Farmers' Bulletin No. 841, "Drying Fruits and Vegetables in the Home."

PREPARING THE GARDEN FOR WINTER.

The old saying that "you cannot eat your cake and have it, too," does not altogether apply in the garden. Or, to put it differently, if you handle your garden in the right way in the fall you can get a lot of the raw plant foods which it contains "cooked-up" and ready for your crops to use next season, and also save for next season's use the "leftovers" that otherwise would go to waste from the plant foods you applied this year.

The plant food in the soil exists in two forms—called "available" and "unavailable." This simply means that the plant food that is termed "available" is in such forms that the roots of growing plants can make immediate use of it, while that termed "unavailable" is in such condition that it has to undergo chemical changes before the plant can take it up. To make the matter plain for the beginner, we may say that the unavailable plant foods in the soil correspond to the materials of various kinds which the cook may have in the kitchen cupboard—flour, rice, lima beans, spaghetti, etc. These are all "foods," but not available for human use until after they have been changed by cooking. The parallel may be carried a step farther in that, after they have been prepared, they cannot be kept indefinitely, and unless made use of a large percentage of them will be lost or wasted.

How to Keep Ready-to-Use Plant Food from Going to Waste.
During the fall, winter and early spring a great deal of the plant food in soil that is left bare is carried away in the surface washing and in the drainage water resulting from rains and from melting snows. In the case of nitrogen, which is the most valuable of the three plant foods most likely to be "short" in any soil—nitrogen, phosphoric acid and potash—further loss is occasioned by its passing off into the air. One of the gardener's most important problems, therefore, is to save what there may be left of these available plant foods at the end of the season for another year. And, like the surplus foods in the kitchen they may be saved by "canning."

It may at first glance seem a rather difficult problem to can an invisible something hidden away in a foot or so of garden soil which it would take an expert chemical analysis to find. But in reality it is much easier than the kind of canning you do in the kitchen. By planting a crop that will grow through the winter and early spring the surplus available foods will be stored up in the roots, stems and leaves of the growing plants, and when these are plowed or spaded under in the spring and decompose, you get your plant foods back again, ready for use by the vegetables you plant next spring. In addition, you fill your garden soil with "humus," or vegetable matter, which is almost as essential for the healthy, vigorous growth of your plants as having plenty of plant food in the soil. Humus keeps the soil broken up and porous and absorbs the surplus moisture, storing it up for the future needs of the growing plants during dry weather.

For these reasons you can readily see that the sowing of winter or cover crops on every square foot of your garden left uncovered before freezing weather is not merely a hobby, but just about as important as putting manure on your garden in the spring. In latitudes north of Philadelphia, the best crops to sow for this purpose are rye and winter vetch. South of Philadelphia either these or crimson clover may be used. Both the vetch and the clover are "legumes" and not only conserve plant food as described above, but gather nitrogen from the air, actually enriching the garden soil on which they grow. The earlier these can be sown the more growth they will make before the ground freezes up. The best way is to have enough seed on hand and sow each patch of ground as soon as it is available, instead of waiting until you can clear off all of the garden. Next spring the parts which were sown last can be left for late crops, such as melons and beans, so that the cover crops will have more of a chance to grow. The clover can be sown any time up to the first week of September, and the rye and vetch until early frost.

NAVY DEPARTMENT IS ACTIVE.
Thos. A. Edison and Associates Are Completing Big Inventions.
Washington, Aug. 23.—There were two developments of importance affecting the American naval program to-day.
Thos. A. Edison, accompanied by Secretary Daniels, went to the White House and laid before President Wilson an outline of a series of inventions that may be of great value to the navy. The conference lasted for 45 minutes.
For military reasons it is impossible to divulge the projects which Mr. Edison and his assistants have been laboring with and which he believes may have a far-reaching effect upon warfare on the sea and in the air. It may be stated, however, that he has already turned over to the Navy Department one invention which officers believe may be adapted to naval usages with excellent results.
Only a few navy officers have had an opportunity to see tests of the invention. They are satisfied it will prove valuable if its nature is kept secret until it is taken into action. It is probable that as a result of today's conference a board of naval officers will inspect Mr. Edison's other inventions within the next few days.
The second development indicating that the Navy Department is determined to push the war more aggressively was a conference between Secretary Daniels and approximately 25 ship and engine builders representing plants which have been turning out destroyers.

Mr. Daniels told these builders frankly that the United States was not satisfied with the results from the light submarine chasers and that he desired the yards of the country to turn out destroyers as rapidly as possible. He explained that the chaser type serves to protect harbors and coastwise shipping, but is not of great value in disposing of submarines at sea.
For this reason the United States has decided to build destroyers as rapidly as possible. They are the one type of ship which submarines fear to encounter. The ship builders were asked to report just how many destroyers they could turn out on standardized patterns. It is the intention of the Navy Department to work three shifts in destroyer building yards if possible so that they may be turned out literally by the hundreds. A report from the shipbuilders giving their maximum capacities is expected within a few days.

The great difficulty which this country has experienced in building has been the shortage of engines. Mr. Daniels informed the engine builders that the government would make it well worth their while to build engines fast enough to keep up with the destroyers turned out by the shipyards.
If the engine builders report that they are unable to keep up the pace the Navy Department probably will arrange to take over at least one of the great automobile factories for engine construction. The department appears satisfied that such a plant can readily be adapted for the construction of destroyer engines.

YES! LIFT A CORN OFF WITHOUT PAIN.
Cincinnati Authority Tells How to Dry Up a Corn or Callus so It Lifts Off With Fingers.
You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezezone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted out, root and all, without pain.

A small bottle of freezezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.
If your druggist hasn't any freezezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.—Adv.

Real Highland Suckers.
(Easley Progress.)
Thomas Watson meets his neighbor, Mr. Jones, on the street. Watson is picking his teeth. Says Jones: "Good morning, Mr. Watson! You must have had something good for breakfast?"
"I did," replied Watson.
"What was it?" asks Jones.
"Fish!" replied Watson. "Suckers—nice, young and tender."
"Where did you get them," says Jones.
"They came from Cedar Rock, S. C.," says Watson.
"But," says Jones, "I didn't know there was a stream near that place."
"They are highland suckers," replied Watson. And he walked on, still picking his teeth.

What is LAX-FOS
LAX-FOS IS AN IMPROVED CASCARA
A Digestive Liquid Laxative, Cathartic and Liver Tonic. Contains Cascara Bark, Blue Flag Root, Rhubarb Root, Black Root, May Apple Root, Senna Leaves and Pepsin. Combines strength with palatable aromatic taste. Does not gripe. 50c

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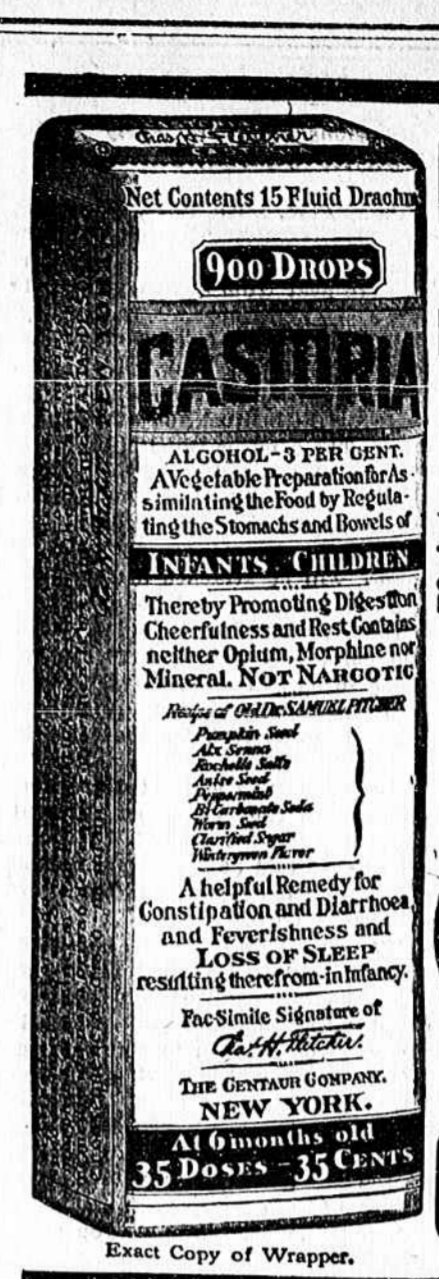
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Fire and Bombs Visit Saloniki.

London, Aug. 23.—First detailed report of the disastrous fire at Saloniki Sunday is contained in a dispatch from that city. It says 60,000 are homeless and the property loss is enormous. Insurance companies are interested to the extent of two or three million pounds. Scarcity of water made it almost impossible to subdue the flames.
The destitute are being cared for by entente military authorities. The British have 30,000 in their charge. Fresh water and food are scarce. Enemy airplanes dropped bombs on the city while the fire was burning.

Attack Hospital from Air.
French Front, Aug. 23.—Bombs dropped by the Germans on a hospital behind Verdun, killed 10 wounded men, one woman nurse, and 19 male nurses. Many were wounded. The nurses had just finished dressing 180 wounded Germans. Hospital roofs are so marked that German aviators could not mistake the character of the building from the low altitude they were flying. Many wounded were rushed naked into nearby fields to escape bombs which were being rained down. The Germans circled in the air half an hour, firing machine guns at orderlies attempting to extinguish flames of buildings.

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Health About Gone
Many thousands of women suffering from womanly trouble, have been benefited by the use of Cardui, the woman's tonic, according to letters we receive, similar to this one from Mrs. Z. V. Spell, of Hayne, N. C. "I could not stand on my feet, and just suffered terribly," she says. "As my suffering was so great, and he had tried other remedies, Dr. ... had us get Cardui. . . I began improving, and it cured me. I know, and my doctor knows, what Cardui did for me, for my nerves and health were about gone."

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She writes further: "I am in splendid health . . . can do my work. I feel I owe it to Cardui, for I was in dreadful condition." If you are nervous, run-down and weak, or suffer from headache, backache, etc., every month, try Cardui. Thousands of women praise this medicine for the good it has done them, and many physicians who have used Cardui successfully with their women patients, for years, endorse this medicine. Think what it means to be in splendid health, like Mrs. Spell. Give Cardui a trial.

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