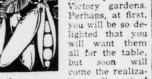
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NEMOS by Lynn Chamber			
Vegetable	Preparation Required	PROCESSING Pressure Cooker Minutes Pounds	
Asparagus		40	10
Beons String	Wash, string, cut or leave whole, precook 5 minutes.	40	10
Beans, Lima	Shell, grade, wash, precook 5 minutes, then pack	55	10
Beets	Wash, retain stem; cook 15 minutes, slip skins, pack.	40	10
Brussels Sprouts Cobbage	Remove outer leaves, wash, precook 5 minutes, add fresh water.	40	10
Carrots	Wash, peel; precook 5 minutes, pack hot.	35	10
Cauliflower	Remove outer leaves, wash; precook 4 minutes, pack.	35	10
Corn on Cob	Remove husk, precook 5 minutes, pack	80	10
Corn, Whole-Kernel	Cut from cob; precook 5 minutes,	80	10
Greens, all kinds	Wash, steam to wilt, pack loosely.	60	10
Parsnips, Turnips	Wash, pare, precook 5 minutes, park	35	10
Peas	Shell, grade (use only young); precook 3 minutes, pack loosely.	60	10
Pumpkin, Squash		60	10
Saverkraut	Pock cold, add solt,		

## **Vegetable Preparation and Processing** (See Directions Below)

Home-grown vegetables are be-ginning to push their way out of the soil in your own Victory gardens. Decher at first



uon that you can "put up" most of your points for next winter if you can them now.

Because pressure cookers are un-6. Wipe top of jar before placing on lid. Use manufacturers' direc-tion in this case, as all lids differ and your manufacturer knows what kind of tightening is necessary. sures more success in canning if

properly used. Non-Acid Vegetables. Before getting into the fundamen-tals of canning, we must understand the difference between acid and non-

acid vegetables. Tomatoes are in the acid group, but the others, green beans, corn, peas, etc., are all nonacid, and require processing under pressure so that they will keep.

Fresh Vegetables. Selection of the vegetable for can-ning is one of the important steps. You will be much more careful of what vegetables you put up, if you commenter these two points:

what vegetables you put up, it you remember these two points: 1. You get out of your can only what you put into it, i. e., if you can an old, withered ear of corn, then that's what you'll have when you open the jar. what you put into it, i. e., if you can an old, withered ear of corn, then that's what you'll have when you

Save Used Fats!

Packing Vegetable. 4. Most vegetables are packed to within one-half inch of the top of the jar. Exceptions to this rule are corn, peas and lima beans.

# bright bias-binding trim. Barbara Bell Pattern No. 1974 is de-signed for sizes 14, 16, 18, 20; 40, 42, 44 and 46, Size 16 requires 37, yards of 35 or 39-inch material.

Most Popular!  $T_{is}^{OPS}$  in popularity these days and comfortable sun-back jumper

dress with wonderfully molded

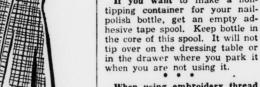
1974 FOR being pretty while you work

material. Due to an unusually large demand and eurrent war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers. Send your order to: **r** and completely comfortable try this buttoned-down-the-front dress with attractive yoke collar and

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sitt string





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valuable.

cleaner.

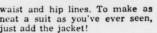
It pays to buy two pairs of stockings of the same color at the same time. Be sure to ask for your proper length, depending upon the length of your leg and your gidle.

Clothes that are not clean in 15 minutes are in need of another

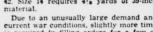
When using embroidery thread directly from the skein, unwind it on to a spring clothespin. The end of the thread can be pinched in the jaws of the spring clothespin and then wound round and round the pin which saves a lot of tan-

your girdle.

washing in clean water. If you want to make a non-



meat a suit as you've ever seen, just add the jacket! Barbara Bell Pattern No. 1979 is de-signed for sizes 12, 14, 16, 18, 20; 40 and 42. Size 14 requires 41; yards of 39-inch material.



SEWING CIRCLE PATTERN DEPT. 530 South Wells St. Chicago Enclose 20 cents in coins for each pattern desired.



## THE DANBURY REPORTER, DANBURY, N. C., THURSDAY, JUNE 29, 1944

AROUND XO Paste a narrow strip of old veh A good ladder should always be vet under each rocker of the rock-ing chair to keep it from slipping available. In case of fire it is very

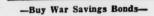
while rocking. . . . Keep the bag emptied and you When you want to remove food will get better service from your . . .

particles from sifters, graters, ard so on without damage to metal, use a wood skewer.



Grand Canyon Deepens The Grand Canyon of the Colorado deepens one inch a year and widens one inch in 1,000 years.

St. Joseph FASTER

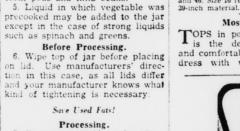


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open the jar. 2. Canning, at best, does not im-prove your food; it only preserves it. Sare Used Fats! individual directions.

Short Route to Jar. Another old maxim that comes in handy during canning time is the draft. 9. Store in a cool, dark place. Make sure the jars are not in a draft.



market early, and select those that come in fresh in the morning. Take them home and get them start their way to the jar as fast as possible

Incidentally, if you are using your own Victory garden as a supply base for canning vegetables, be sure to pick them in the morning while the morning dew is still on them. Picking them later in the

not give nearly as good results. Preparation Required.

2. Prepare vegetable as directed in chart above. In many cases pre-cooking is recommended to shrink the vegetable and set the color.

Lynn Says:

Are you perplexed as to how many jars you should have for canning? How much will the vegetable make when "put up?" Here are some guides: Asparagus—12 pounds yields 6 pints "stalk," or 2 pints "cut." Beets—1 bushel makes 40 pint jars, cut in thin slices. Corn—100 ears of Golden Ban-tom wields show 14 pints tam yields about 14 pints. Greens — 1 bushel spinach yields 13 pint jars. Dandelion greens — 1 bushel yields 15 pint jars. String beans—1 bushel yields 17 to 20 quarts. Tomatoes-1 bushel yields 16 to 20 quarts.

Another old maxim time is the bandy during canning time is the one which goes, "two hours from garden to can." That means that you pick the vegetables from your tarden and start canning immedi-tarden to can." that means that the start canned vegetables, boil them in an open vessel for 10 minutes. This will kill any of the toxins which may have formed in the jars. Non-dieting friends will like this: Chocolate Chip Pie. 1 baked pie shell

1 tablespoon unflavored gelatin 114 cups milk 3 egg yolks 12 cup sugar

1s teaspoon salt 14 teaspoon nutmeg 15 teaspoon vanilla 3 egg whites 3 tablespoons sugar Soak gelatin in cold water. Scald milk. Add slowly to beaten egg

both them later in the **13.3 Source States** Source set of their natural moisture, will some of their natural moisture, will solve their natural moisture set of the set of 1. It's a good idea to wash jars first in hot soapy suds and check them for nicks and cracks. All canning equipment may be prepared down the soap suds and check canning equipment may be prepared and soaked before the soap substanting and soaked soap substanting substant a day ahead to have everything in readiness when canning actually be-gins. chill until firm. Sprinkle with chipped semi-sweet chocolate.

Lemon Meat Loaf.

(Serves 5 to 6) 1½ pounds lean pork, ground 2 eggs, beaten 12 cup cracker crumbs 2 strips bacon Juice and rind of 1 lemon 1 cup canned tomatoes Salt and pepper to taste 1/2 cup milk

Combine the meat, eggs, cracken crumbs, seasonings and lemon juice and rind. Place in loaf pan and cover with tomatoes and strips of bacon. Bake covered in a slow (250-degree) oven for 2 hours. Remove cover and add milk and con-tinue baking uncovered for ½ hour more.

If you wish more detailed instructions on vegetable canning, write to Miss Lynn Chambers, Western Newsyaper Union, 210 South Desplaines Street, Chicago 6, Illi-nois, Please don't forget to enclose a stamped, self-addressed envelope for your centy. reply. Released by Western Newspaper Union

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