

Home Canners Advised To Make Early Plans

By MRS. MARY L. McALLISTER

Mrs. Homemaker, the food you can this year means larger food reserves in American pantries and less demand on stocks of commercially canned fruits and vegetables. It also means that some American housewives can donate suitable canned foods for famine relief.

Home canning also has important health and financial angles to be considered. Adequate year-round diets necessary for maintenance and improving health conditions are made possible. Money is saved by growing a part or all of the family food supply. With the war's end, the general expectation was that prices of fruits and vegetables would drop, but they are still at or near wartime levels.

This year, with the world food situation more critical than it was at any time during the war, it is more important than ever to grow and preserve our family food supply.

The following are some important "do's" and "don'ts" to observe in canning at home:

Do make a food preservation plan for saving the food you grow. The North Carolina plan, set up for six non-productive months, calls for 24 quarts of fruits and 32 quarts of vegetables to be preserved for each member in the family.

"Do's"
Do get all equipment together, examine it carefully, and put it into good working condition before the canning season. Use only jars and closures free from cracks and nicks.

Do make a work schedule for canning days. You are less apt to make mistakes if you know just what you are going to do, and how.

Do wear a washable dress designed to permit freedom of movement and shoes with low heels and roomy toes.

Do follow directions carefully. Canning is not difficult if directions are followed. Be sure you have "up to the minute" directions.

Do select young tender, fresh fruits and vegetables. Overripe, bruised, wilted, or too mature fruits and vegetables are harder to can so they will "keep." Prepare and can with as little delay as possible after gathering to preserve food nutrients and prevent spoilage.

Do wash foods thoroughly and quickly, small batches at a time. Lift fruits out of water so dirt cannot drain back on them. Handle produce gently to prevent bruising.

Do can in small quantities. Prepare at one time only the amount you can handle easily for one cannerful. "Flat sour" may develop

when foods stand in a warm place. **Do** pre-heat or pre-cook all foods before packing in jars for processing. Pre-cooking removes air from food shrinking the product to allow better packing. It improves the flavor and texture of the product and makes possible the packing of foods at boiling temperature. Pre-cooking hastens processing.

Do pack hot food into hot jars. The jars are heated in the canner while the food to be canned is being prepared.

Do use a pressure canner for canning all vegetables except tomatoes, meats, fish and poultry. Steam under pressure gives temperatures higher than the boiling point of water. These higher temperatures are necessary for safe canning of non-acid vegetables and meats. A temperature high enough to insure safety against spoilage cannot be secured in the boiling water bath canner.

Do be sure you know how to use your pressure canner. Study carefully the book that came with your canner, because it explains the use of the canner in detail. Pressure canners vary slightly.

Do have the pressure gauge on your canner checked for accuracy. Manufacturers cannot promise quick servicing during the canning season, so get the checking done locally if possible.

Do have two or three inches of water in the pressure canner when processing foods.

Do be sure the petcock on canner lid is open before closing canner.

Do let the steam escape from the open petcock at least 10 minutes before closing it so all the air will be driven out of canner. For accurate canning, steam pressure rather than air pressure is necessary.

Do watch the pressure gauge and count processing time from the minute the gauge registers the number of pounds desired. Adjust heat to maintain steady pressure, as uneven pressure may cause liquid to be drawn from jars.

Do remove all air bubbles and air from jars after filling them by pushing a knife blade or spatula down each side of jar.

Do have the water boiling in the water bath canner. Place hot jars as soon as packed into the water bath canner. Jars in the canner should be covered with one or two inches of water.

Do leave one-half inch headspace in jars when filling with food unless the type of jar closure being used requires a definite amount of headspace to be left.

"Don'ts"
Don't pack jars too tightly with food, as tightly packed jars heat

First 'Boys Town' For China Will Be Set Up in Shanghai

SHANGHAI—China's first "Boys Town"—institution for reforming and training delinquent boys patterned on the American model—will be opened near Shanghai this month.

Lieut. Gen. Albert O. Wedemeyer, commander of the United States Forces in China, and Mme. Chiang Kai-shek are honorary directors on the committee.

Sixteen acres of farmland and a set of partly damaged buildings at Tatsang, a village 10 miles north of Shanghai, have been given by a benevolent society for the establishment of the "Boys Town."

Boys aged from 11 to 17 will be turned over by the City's police courts and juvenile court for practical training and instruction in good citizenship for a maximum of one year, during which they will be expected to learn a trade.

U. S. D. A. COUNCIL MEETS

The importance of food throughout the world and its correct use locally was emphasized by Dr. C. N. Sisk, district health officer, who spoke to members of the U. S. D. A. Council on "Nutrition" at a meeting Monday night in the county agent's office in the court house.

through too slowly and may result in underprocessing.

Don't place hot jars, when removing them from canner, on a cold surface or in a draft.

Don't cover hot jars with a cloth. This will cause jars to cool too slowly, and "flat sour" may develop. For air circulation place jars several inches apart.

Don't stand jars on their heads or lift them by their tops, for you may break the seal.

Don't can in the oven, as the heat transferred to the jars from the hot air in oven is slow and uncertain, and there is the possibility of underprocessing. Oven canning may also cause serious accidents.

Don't taste any home-canned, non-acid food until you have boiled it 15 minutes.

Don't lose track of processing time.

Don't open petcock on pressure canner, when canning in glass jars, until pressure gauge reaches zero.

Don't use canning powders. The safe way for the homemaker to can is to process foods with heat at temperature given in canning directions.

Don't leave particles of food or grease on the mouth of jars after filling them with food. Wipe mouth of jar with clean, wet cloth.

Don't pack jars of canned food in boxes or place on storage room shelves until they are cold.

Don't store canned foods in too warm a place.

TRAGEDY ON A LONG ISLAND BRIDLE PATH



A FEW MINUTES BEFORE THIS PHOTO WAS TAKEN, Edith Nagel, 9, was riding her little mount, "Eabe" on a bridle path in Hempstead, L. I., New York, unaware that tragedy was approaching. The pony was hit by a car while crossing a road. The child was critically injured and the animal had to be shot. Here Edith's head is resting on a blanket while another man attends to the animal which is still alive. Those looking away from the camera have been attracted by an ambulance as it arrives on the scene of the accident. (International)

Letters To Editor

(Continued from page 4)

To know that my home town and county is stepping along in such a fine way. Many items of interest in your paper, many new names, and signs of improvement. You possibly do not recall that I have read with a great deal of interest a history of the different papers published from time to time. predecessors of The Mountaineer. I know the beginnings of all the papers, including all the editors and have traced them all along. Prof. W. C. Allen, my old teacher, has summed up the true data concerning all the newspapers which Haywood County has ever had. I left Haywood County in 1900 and from time to time have visited the old home near town, always with a good deal of pleasure. My father and mother, Mr. and Mrs. T. L. Francis, lived on the Clyde road and where I was brought up.

Haywood County is one of the sonning counties of the state. My home is now in Gaston County, the banner textile county of the world and whereas we once had 100 illicit distilleries, we now have around 125 cotton mills making all kinds of textiles drawing help from all the southeastern states. Cotton mills, hose mills, ladies silk hose, bleaching mills, converting mills, processing mills and diversified industries. Tax rate is very low, good roads, good schools, good churches, industrial progress, cattle raising, diversified farming and strong banking establishments. Again congratulating you and your county and your paper and wishing for a great success in your new venture, I am Yours very truly,

W. J. FRANCIS,
MARRIAGE IN CLAYTON, GA
and
DIVORCE IN WAYNESVILLE, N. C.

Editor The Mountaineer—
In a recent issue of The Mountaineer it is stated that 49 divorces were granted in one session of Haywood court and that others were pending. To me this is astounding—the most painful thing I have ever read in The Mountaineer. I am an old man and I have watched Haywood's growth for at least 60 years. Her forward progress in the last 25 years is amazing and most heartening. But while this divorce business is also amazing, it is most disheartening. This break-up of homes and family lives at an ever-growing rate is the most dreadful and depressing thing that has ever occurred in Haywood in my long life. It is literally marry in haste at Clayton, and divorce at leisure in Waynesville—thanks to this abominable law of divorce after two years separation and no questions asked. In the old days, Haywood people were somewhat slow to marry. They made sure that they loved each other and then were married for life either in the girl's church or in her home. Then they were equally slow to get divorced, and only for some adequate cause. There were some occasional divorces. There should always be some great irrevocable causes exist, but divorce for two years separation and no questions asked makes a mockery of marriage, of the most sacred relationship in human society. Divorces in N. C. today, almost entirely of the two years-separation variety, probably number a thousand or more yearly, and are growing by leaps and bounds. Thus the greatest relationship in human society is degenerating into a mere trial marriage, is being degraded to the level of the physical association of the brutes. Some years ago, when the Clayton, Georgia, migrations were get-

ting to be common, I published an article in The Mountaineer in which I sharply called attention to the great dangers attending such marriages. I wrote that in requiring a premarital medical examination for each party, North Carolina has thrown a protecting mantle about the womanhood of our great state. And in terms as strong as I could use in other than a medical journal, I stated that one of the germs, against which protection was sought, was the most dangerous known to science. I further said that there was no organ in the human body and no tissue which it did not attack—that it was literally "Death"—sometimes slow but always sure—typified by the "Grim Reaper on the White Horse." No doctor could have written this letter without being liable to the charge of advertising for patients. But I, a scientific man who had studied and taught some bacteriology, could and did. And now for the consequences. Some years later when home on vacation, I called at the office of a doctor whom I much esteem as a man and friend. I went late and found three patients awaiting their turns. One went in, and I noticed the two left, a girl on the point of tears and a scared-looking boy. Presently, they were called, and after a while came back—the girl weeping and the boy best described as "looking like a lamb-killing dog." When they had gone I said to the doctor "Both?" and he answered, "Yes." I then asked "Clayton?" "Yes, and the poor girl will have to pay for her folly." We talked a few minutes about other things and then each went his way a saddened man. One wonders how many of these wartime Clayton marriages have ended in this avalanche of divorce in Haywood, and how many of them have had the tragic results

indicated above—probably there are scores. It is to be hoped that the next legislature will clarify and strengthen and make more workable the law requiring premarital medical examinations. And may I urge our Haywood girls to use their heads as well as their hearts in this matter of marriage, to stand by the law requiring the medical examination, and to be married in their home churches or in their homes with their mothers helping. I who write this letter am a Haywood man born and bred and I love old Haywood. I am now an old man and my years on this earth are few. I have seen much of life, I have been a teacher all my life—by my pen in my 27 years in New York and I know full well how hard it is to raise the iron veil of ignorance. And the purpose of this letter, addressed primarily to the girls of Haywood, is to raise that veil enough that they may see what is on the other side. To every girl to whom marriage is proposed, let me say that if the man says, "Here is my medical certificate, let's be married here in Haywood," you may feel safe. But, if he insists on a Clayton, Georgia marriage without a medical certificate, you may at the best be doubtful of your fate—infection with one or the other of the two most loathsome and dangerous diseases known to medicine. This letter has not been easy to write. When I read of a Clayton marriage, I am torn between profanity over the ignorance displayed and pity and tears over the almost inevitable outcome. And when I read of this flood of divorce suits, and of broken hearts and desolate homes, and possibly diseased bodies behind all, then the water fills my old eyes as it does as I pen these lines.

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