

Safety essential for canning

Having safe, high quality canned foods depends on carefully following reliable procedures.

Some "new" or "short-cut" methods are not safe and can cause food spoilage and even botulism food poisoning, so check with your County Extension Office before using any of these methods.

Foods that are canned at home are divided into two categories:

•Acid foods - tomatoes, pickled or brined vegetables, and all fruits except figs. Figs have acid, lemon juice, added to them for safe canning.

•Low Acid Foods - vegetables, meats, poultry and fish.

All low acid foods unless acidified, must be processed in a pressure canner at 10 pounds pressure (240°) for safety. Only if low acid foods are acidified like pickles, pickled beets, sauerkraut can they be safely processed in the hot water bath.

Acid foods are processed in a boiling water bath since their natural acids prevent the Clostridium Botulinum from producing toxin.

If foods are not safely processed, there is danger of botulism. The following are low acid vegetables and should be processed in the pressure canner at 10 pounds pressure: asparagus, beans (lima, shelly, pinto, kidney), snap beans, beets, carrots, corn, greens, okra, peas, potatoes, pumpkin, squash, sweet potatoes. There is a danger of clostridium botulinum being produced in these foods if they are not processed in the pressure canner. It is possible for canned vegetables to contain clostridium botulinum toxin, which causes botulism food poisoning, without showing signs of spoilage.

If you have vegetables that you have processed incorrectly, be sure to boil them before tasting. Bring vegetables to a rolling boil then cover and boil at least 10 minutes. Boil corn, spinach and greens for

On the Front Burner

Alice Pettitt
Home Economics
Agent

20 minutes. If the food looks spoiled, foams or has an odor, destroy it.

The steam pressure canner is a heavy kettle with a lid that locks down to become steam tight. The cover has a safety valve, a petcock vent and a pressure gauge.

There are two basic types of pressure canners: one has a weighted gauge and the other has a dial gauge.

A weighted gauge automatically limits the pressure by a control preset for 5, 10 or 15 pounds. The dial control indicates the pressure on the dial and is regulated by changing the heat.

The dial gauge, old or new, should be checked for accuracy each year and during the season if heavily used.

The weighted gauge does not need to be checked but should be thoroughly clean. For safe operation of your canner be sure the petcock and safety-valve openings are clean by drawing a pipe cleaner, string or narrow strip of cloth through them. Do this at the beginning of the canning season and often during the season.

Wash pressure canner thoroughly after each use.

Do not put cover in water as dial gauge and vents will be damaged.

Be sure all grease is washed from gasket.

Watch for steam leaks.

If steam escapes around the cover, examine sealing edges of utensil and cover.

If they are not smooth, clean them with a fine cleaning powder.

If the canner is equipped with a gasket, this gasket may need cleaning or replacing.

Store pressure canner carefully. Be sure it is clean and dry. Crumple newspapers inside the kettle to absorb moisture and odors.

Wrap cover in paper and invert on the kettle.

A pressure saucepan may be used for canning if it has a gauge that will register and control steam at 10 pounds pressure and if it is tall enough to hold the jars, using a rack in the bottom.

There will be a pressure canner tester clinic on Tuesday, June 18 from 4 - 5:30 at the Extension office. If you have not had the dial gauge on your canner tested this year, be sure to bring your canner in during this time period.

SQUASH WITH CHEESE SAUCE

- 6 medium squash (4 cups, cut)
- 2 tablespoons sugar
- 2 tablespoons margarine
- 1/2 teaspoon salt
- paprika
- 2 tablespoons flour
- 1 cup milk
- 1/2 cup grated cheese
- 1/2 cup bread crumbs

Cook squash. Drain and place in buttered dish and sprinkle with sugar. Melt margarine. Add salt, flour and milk. Cook until thick stirring constantly. Add cheese and stir until melted. Pour over squash and mix slightly. Top with bread crumbs and sprinkle with paprika. Bake in moderate oven until brown.

STUFFED SQUASH

- 6 yellow squash (uniform in size)
- 1 teaspoon grated onion
- Butter
- Buttered bread crumbs

Steam squash until tender (avoid over cooking). Cut in half lengthwise and scoop out center. Season this with salt, pepper, grated onion, and butter and fill squash cups. Top with buttered bread crumbs. Brown lightly under broiler and serve hot.



Helping out

Ethel Hayes, Treasurer for the Hoke County Extension Homemakers Association (center) gives Kim Oxendine (right) a \$100 scholarship check as Association President Bertha Hendrix looks on. Oxendine graduated from Hoke County High

School last Friday night and plans to attend Pembroke State University for two years taking courses for a nursing degree. Each year the Extension Homemakers Association gives a scholarship to a Hoke County senior.

It's not too early to cut firewood

It's not too soon to cut firewood for next winter. Firewood produces more heat and less creosote if it has "aged" or "seasoned" for six months prior to burning.

In a recent survey, North Carolinians who heated with woodstoves estimated their annual consumption of firewood at slightly less than 4 cords each. Those who burned wood in fireplaces also consumed about a cord and a half apiece. Cutting, hauling, splitting and stacking that much wood takes a lot of time, effort and money, so most wood burners in Hoke County, particularly those with efficient woodstoves, are interested in the maximum amount of heat for minimum risk and expense.

Fresh-cut, or green, wood may weigh two to three tons per cord. The heat value of that green wood is reduced by its moisture content. The amount of water in the wood varies by species. Ash, typically contains about half as much water as wood; hickory, two-thirds; oak, about three-fourths; white pines

Extension News

Willie Featherstone Jr.
County Extension
Chairman



have nearly equal amounts of wood and water; and yellow-poplar and other so-called "soft hardwoods" actually contain more water than wood!

It takes as much as a year for split and stacked firewood to reach a stable "air-dry" condition. Although the wood still retains about one-fifth its weight in water, the heat value of the wood is considered to have reached its practical maximum.

The heat value of air-dry wood is mostly dependent on its weight. Hickories and oaks top the list of species, weighing nearly 2 tons per cord air-dry; ash, more than 1 1/2 tons; pine and most "soft hard-

woods," less than 1 1/2 tons; and yellow-poplar, barely 1 ton per cord.

Now it's already too late to split, stack and dry firewood a year before burning next winter, but don't despair. Six month's storage will result in about 90 percent of the air-dry heat value. Furthermore, by stacking off the ground, in an open area, and covering the wood pile to keep off rain, the drying process can be accelerated.

Firewood is generally marketed by the cord (a stack 4 feet by 4 feet by 8 feet), and usually hauled by the "pick-up" load (one-fourth to one-half cord). However, since the wood's heat value depends on weight, buyers should prefer the heavier species such as oak, hickory and ash. Other characteristics which might be considered important for firewood include cost, aroma, smoke, ease of ignition, tendency to spark, burning time or intensity and ease of splitting.

HOKE COUNTY BRANCH - SURVEY

Sandhills Community College

Sandhills Community College is getting underway with an expanded course offerings in the fall. You can help us plan what courses to provide by answering the following questions.

Thanks for your help.

- I. The following are college curriculum courses which lead to a degree at Sandhills Community College. Please check those courses that you would attend.
- | | |
|---|---|
| <input type="checkbox"/> English | <input type="checkbox"/> Aerobics |
| <input type="checkbox"/> Math | <input type="checkbox"/> Art Appreciation |
| <input type="checkbox"/> American History | <input type="checkbox"/> Learning to Read Music |
| <input type="checkbox"/> Study Skills | <input type="checkbox"/> Music Appreciation |
| <input type="checkbox"/> Reading | <input type="checkbox"/> Western Civilization |
| <input type="checkbox"/> Psychology | <input type="checkbox"/> Drawing & Composition |
| <input type="checkbox"/> Sociology | <input type="checkbox"/> Accounting I |
| <input type="checkbox"/> Business Math | <input type="checkbox"/> First Aid & Emergency Care |
| <input type="checkbox"/> Typing I/Keyboarding | <input type="checkbox"/> Others (please list) |
| <input type="checkbox"/> Introduction to Business | |

Placement Test Date - July 18, 1985
6:00 p.m., Hoke County High School

- II. The following job training classes could be offered for Continuing Education Units (C.E.U.'s) but not for college credits leading to a degree. Please check the courses you would attend.
- | | |
|---|--|
| <input type="checkbox"/> Typing/Keyboarding | <input type="checkbox"/> Home Repair |
| <input type="checkbox"/> Bookkeeping | <input type="checkbox"/> Drafting |
| <input type="checkbox"/> Office Practice & Procedures | <input type="checkbox"/> Introduction to Computers |
| <input type="checkbox"/> Salesmanship | <input type="checkbox"/> Surveying |
| <input type="checkbox"/> Marketing | <input type="checkbox"/> Nurses' Aide |
| <input type="checkbox"/> Industrial Psychology | <input type="checkbox"/> Speedwriting |
| <input type="checkbox"/> Paralegal Training I | <input type="checkbox"/> Real Estate |
| <input type="checkbox"/> Welding | <input type="checkbox"/> Supervision Skills |
| <input type="checkbox"/> Credit Collection | <input type="checkbox"/> Basic Housebuilding |
| <input type="checkbox"/> Financial Awareness | <input type="checkbox"/> Others (please list) |
| <input type="checkbox"/> Community Leadership | |

ABE/GED/AHS Classes

- III. Please check if you would be interested in any of the following classes:
- Classes to improve reading, writing, and math skills from 0-8 grade level (ABE)
 - High School Equivalency program (GED)
 - Adult High School Diploma program at Hoke High School

- IV. When would you prefer to attend classes?
- 1. Monday, Wednesday 8:00-7:25 p.m. 7:40-10:00 p.m.
 - 2. Tuesday, Thursday 8:00-7:25 p.m. 7:40-10:00 p.m.
 - 3. Friday night and Saturday morning
- How many classes will you attend this fall? 1 2 3 or more

Name: _____
Address: _____
Phone Number: _____

REGISTRATION - August 26, 1985, 4:00-7:00 p.m., Hoke County High School. For more information contact: Betty High, Old County Office Bldg., Elwood Ave.

Return this survey to one of the following locations: United Carolina Bank, Southern National, The News-Journal, Heritage Savings & Loan (Freddie Williams), or Chamber of Commerce

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