

# MEAT CANNING RECIPES GIVEN

Home Demonstration Agent Answers Queries as Home Slaughtering Gets Started

With hog killing time on hand the office of Mrs. Mary Hamby, home demonstration agent, is being deluged with requests for information on new and improved methods of processing the meat, and Mrs. Hamby has given out the following timely recipes:

### Canning Beef, Pork, Veal Pork and Lamb

For canning as large pieces, use loin and other cuts suitable for roasts, steaks or chops. For canning as stew meat, use the less tender cuts and smaller pieces. Cut meat from bone. Set aside bones to make soup. Trim away most of the fat without unduly slashing the lean.

For larger pieces, cut into pieces that will slip easily into the glass jars or tin cans, with the grain of the meat running lengthwise.

The smaller pieces of stew meat are handled and processed just like larger pieces.

### HOT PACK

1. Put meat in large shallow pan; add just enough water to keep from sticking. Cover pan and pre-cook meat slowly until medium done, stirring occasionally, so meat will heat evenly.

2. If salt is desired, put level measure into clean, empty containers; 1/2 teaspoon in pint jars, 1 teaspoon in quart jars.

3. Pack meat hot. Leave about one inch above meat for head space in glass jar.

4. Pour in hot broth or hot water to cover meat. Again leave 1 inch at top of glass jars for head space.

5. Work out air bubbles with knife. Add more liquid if needed to cover meat. Be sure to leave 1 inch head space in jars.

6. Adjust lids on glass jars.

7. Process at once in the steam pressure canner at 10 pounds pressure (240 degrees F.).

Pint jars—75 min. Quart jars—90 min.

### RAW PACK

1. If salt is desired, put level measure into clean, empty containers.

2. Pack containers with raw, lean meat. Leave about 1 inch above meat in glass jars.

3. Set open jars or cans in large vessel with warm water about 2 inches below rim of jar. Cover vessel and heat at slow boil until meat in all jars is steaming hot and medium done—about 75 minutes. If you have a thermometer, meat is heated enough when center of jar or can registers 170 F. Press meat down into cans 1/2 inch below rim and add boiling water, if needed, to fill to top.

4. Adjust lids.

5. Process at once in the steam pressure canner at 10 pounds pressure (240 degrees F.).

Pint jars—75 min. Quart jars—90 min.

### GROUND MEAT

For grinding, use small pieces of meat

## SIX-INCH SERMON

By REV. ROBERT H. HARPER

### EXALTING CHRIST IN THE LIFE OF THE NATION

Lesson for December 16: Isaiah 9:2-3, 6-7; Luke 1:26-38.

Light has always been associated with life, from Creation to the present. The Greeks regarded their supreme god, Zeus, as the light giver. Jesus came as the Light of the World. In the moral darkness prevalent at the time of His coming the world greatly needed the revelation of God and the teaching of the Master.

Isaiah foreshadowed the fulfillment of David's kingdom, not as a kingdom such as David ruled, but as the heavenly kingdom, the spiritual empire that should have no end.

Luke writes of the angel's prophecy to Mary of the Child's coming and His greatness. His name would be Jesus, a later form of Joshua, meaning Saviour. The Son of the Most High, he would reign over the house of Jacob forever. Mary's question implied that she found the wondrous tidings mystifying, the angel told her that Elizabeth in old age would bring forth a son—the great forerunner of Jesus—and added that "no word from God shall be void of power." Then said Mary, "Behold the handmaid of the Lord; be it unto me according to thy word."

Consider now how the coming of Jesus exalted Mary and has exalted womankind, children, and the home. And as we approach the Christmas season, with thanksgiving that it will be much better than the last, let us think again of what the coming of Jesus has brought to the world, and dedicate ourselves anew with hope and zeal to the blessed work of spreading the joy of His coming as far as our hands can reach.

on the less tender cuts, but make sure the meat is fresh and kept clean and cold. Never mix scraps of doubtful freshness—they may spoil a whole batch; and don't use lumps of fat.

If desired, add one level teaspoon of salt to the pound of ground meat, mixing well.

### HOT PACK

1. Form ground meat into fairly thin cakes that can be packed in glass jars.

2. Put meat cakes into cooking pan. Pre-cook in oven until medium done or when cut thin, red color at center of cakes is almost gone.

3. Pack cakes hot. Leave 1 inch above meat in glass jars for head space.

4. Skim fat off drippings and do not use the fat in canning.

5. Add to the meat juice and use in filling jars or cans. Leave about 1 inch above meat in jars for head space.

6. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 inch head space in jars.

7. Adjust lids on glass jars.

8. Process at once in the steam pressure cooker at 10 pounds pressure. (240 degree F.)

Pint jars—75 min. Quart jars—90 min.

The library of the Smithsonian institute in Washington, D. C., contains more than 860,000 books, pamphlets and charts.

## Each Swiss Canton Has Own Traditions

Winter beauty and winter sports reach the acme of perfection in Switzerland by Christmas time. For many of the natives, however, this glad season signifies in addition a period full of sacred mystery and the anniversary of days particularly specified in ancient legends.

However, the ruddy-cheeked St. Nicholas has in some parts of the country been supplanted by the Christkindli, or Christ child. This lovely angel is said to have come from the Far North and it always brings to each home it visits a Christmas tree, decorated with all the glittering things associated with fairyland and heavily laden with gifts.

### Forecasting with Onions.

If you want, for instance, to find out how the weather will be during the next year, cut, on Christmas Eve, an onion into half; peel off 12 layers, one for each month, and fill the same with salt. Those peellings which contain damp salt the next morning predict rainy weather for the respective month.

Young people who are anxious to learn something about their matrimonial prospects are advised to drink three times from nine different fountains, when the church bells are ringing on Christmas Eve and they will then behold their future mate standing at the church door.



"Zücher Tüggel," a kind of Christmas cookie that have been made in Switzerland many centuries, are an essential feature of the holidays, particularly in the neighborhood of Zurich. Wooden molds dating back to the 17th and 18th centuries are still used. The so-called "Tüggel sentences" are very popular, which depict an entire series of some story. The one in the picture reads, "So ists gut Reisen" or "Sleigh riding is fine."

If you are courageous enough to consult the oracle as to the length of time which is still allotted to you on earth, take your Bible on Christmas Eve and the first psalm which strikes your eye contains in stanzas the number of years which you are yet given to live.

The Grand Canyon of the Colorado is bordered by Arizona on one side and Utah on the other.

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