

FOR SOUP AS YOU LIKE IT - HOME CAN IT!

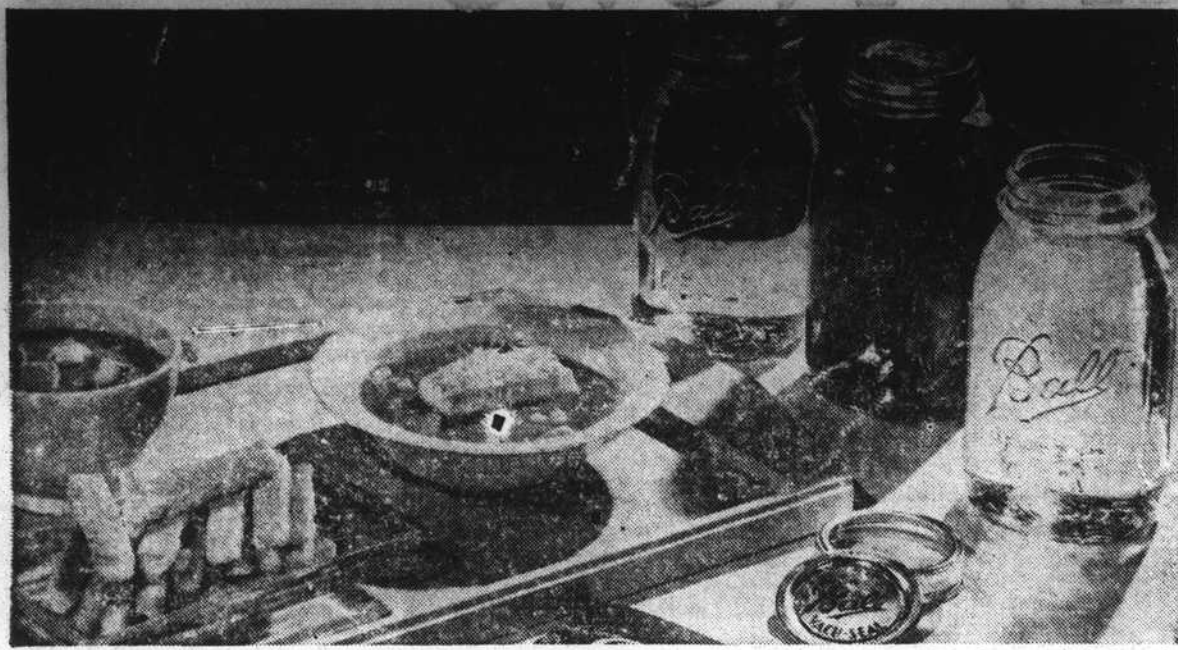


Photo Courtesy Ball Bros. Co.

The war years taught almost everybody something about home canning. Because of the emergency, emphasis was placed on basic spoilage-preventing rules and on quantity rather than individuality.

Canning rules cannot be ignored, but standardization of flavors and seasonings has no place in the food preservation program of the homemaker who exercises the privilege of setting her own food standards.

Take the matter of soup. Once you get the habit of using your own brand prepared and seasoned as you like it, you will never want any other.

Nothing quite takes the place of a really wonderful home-made vegetable soup. Our favorite recipe for canning it contains no cabbage, no turnip, no onion, because we are like G.I. Joe—we don't like THAT canned soup taste and odor.

Flavors overpower all the more delicate flavors. However, a slice or two of onion added when the soup is put on to heat for about fifteen minutes for serving, gives a fresh out-of-the-garden flavor.

The Vegetable Mixture may be thinned with milk or water before heated for serving, but is much better when thinned with meat stock or broth. Vegetable soup gets along all right without a garnish, but if it is to be the mainstay of a lunch or supper, you might like a piece of toast covered with grated cheese floating in each bowl.

Gladys Kimbrough, editor of the famous Ball Blue Book of canning

and preservation recipes, gave us her favorite recipe for vegetable soup. It is:

- 5 quarts chopped tomatoes
2 quarts sliced okra or
2 quarts small green lima beans
2 quarts corn
2 tablespoons sugar
2 tablespoons salt

Cook tomatoes until soft, then press through sieve to remove skin and seed. Add other ingredients and cook until thick. Pour into hot jars. Process 60 minutes at 10 pounds pressure.

"Odds and Ends" Usable

Miss Kimbrough also told us that many people like to put "all the odds and ends" they can find in the garden in the soup, and she thinks that's all right if that's the way one wants it. It seems that all you do is: prepare the vegetables and boil them five or ten minutes with water to cover or with tomatoes which have been skinned and chopped. Season with salt and pepper. Pour boiling hot into hot jars. Process for the time required for the vegetable (in the soup) requiring longest processing time.

The Everyday Counselor

Rev. Herbert Spaugh, D. D.

The rising tide of sex crimes throughout the country should be faced resolutely by all of us. Recently, the horrible case of Suzanne Degnan was before us. This six-year-old girl was kidnapped, abused, then butchered. A seven-year-old university student has confessed to the crime.

Coronet Magazine has a straightforward article on this in the August issue, "Sex Crimes: Their Cause and Cure." This should be read by every parent, as the victims of these sex perverts are usually children and young people. The criminals themselves if not young, commenced their perverted career in their youth.

It is high time that many parents, "born thirty years too soon," with a priggish and "hush-hush" attitude towards sex education, wake up to what is going on in this country, especially in our cities. Parent-teacher associations, church and civic clubs should make this a matter of study. Reprints of the Coronet Magazine may be had in quantities by writing to Reprint Editor, Coronet Magazine, 919 North Michigan Avenue, Chicago 11, Illinois.

During many years of counseling, speaking at young people's conferences, and institutes on the family and home, I have been shocked to discover how many young people admit to having had

little or no sex instruction in the home or school.

Coronet articles tells of one instance in the South which illustrates this.

"Recently in Atlanta, reports of teachers and classmates indicated that a group of high-school boys had been behaving peculiarly. Investigation revealed that ten youngsters, from good and substantial families, had formed an obscene 'cult.' When the case reached juvenile court, Judge Garland Watkins bluntly declared:

"Not a single mother or father of any of these boys had given them any instruction whatsoever in matters of sex."

"The judge's statement is timely and important, for the question of sex education is an integral part of the sex-crime problem."

It is high time that parents wake up to the fact that if they do not arrange for their children to have proper sex instruction, they will secure it in back alleys and wash-rooms, and it will be the improper kind. School boards should be encouraged to provide sex instruction in the school. But above all parents should wake up to the fact that the first job should be done at home. There are well-prepared books available for this. List containing recommended books on family and home problems may be had by writing THE EVERYDAY COUNSELOR, Box 4145, Charlotte, N. C.

oughly before wearing. Leather is weak when wet. Shoes worn damp may stretch out of shape.

Umbrellas folded up when damp are likely to mildew. Leave them open to dry, then put away in a cool dry place.

Accidents killed more persons 2 to 27 years of age in 1944 than any disease, reports the National Safety Council.

Twin Oaks News

Dempsey Clinard, Winston-Salem, called on friends here, last week.

Walter Wyatt, who is employed in West Point, Va., is spending two weeks with his parents, Mr. and Mrs. Johnson Wyatt, here.

Greek Rose, Statesville, spent the week end with relatives, here. Howard Irwin, Stratford, spent a few days last week with relatives, here.

Mrs. Stella York, Washington, D. C., is spending a few weeks with her daughter, Mrs. E. J. Richardson, Galax, Va.

Mr. and Mrs. Leo Irwin and daughter, Sandra, and Mr. and Mrs. Carl Irwin spent a while Thursday night with Mr. and Mrs. Lester Irwin.

Rev. and Mrs. Coy Anders and

Jim Anders spent a while Sunday with Mrs. John Poole.

Mr. and Mrs. Gene Irwin and son, Carl Wilson, Mr. and Mrs. Carl Irwin, Sparta, Mr. and Mrs. Leo Irwin, and daughter, Sandra, Washington, D. C., were dinner guests of Mr. and Mrs. J. Mc. Osborne, Wednesday.

Mr. and Mrs. Leo Irwin returned to Washington Tuesday after spending two weeks with relatives, here.

Mr. and Mrs. Cecil Murray spent Sunday afternoon with his parents, Mr. and Mrs. Ross Murray, of Vox.

Mr. and Mrs. Jack Reeves, Sparta, spent Sunday with Mr. and Mrs. Marvin Wilson, here.

Pedestrian deaths begin to rise in October as hours of darkness increase, says the National Safety Council.

North Carolina.

Alleghany County.

It appearing to the Board of Elections that Walter Jennings and other voters in Glade Creek Township are nearer to the polling place in Gap Civil Township and that it will be more convenient for them to vote at Sparta the Gap Civil Township polling place. Upon their request it is therefore ordered by said Board of Elections that the Township line be changed as follows:

Beginning in the public road at the Virginia line near the home of Lester Cox; Running a southerly course with public road to Pleasant Home Church; then continuing south with public road by the home of S. M. Duncan to Highway 18; then west with Highway 18 to near Joe Larue's place; then south with old road by M. L. Collins old place to ford of Little River; then with river to the mouth of Glade Creek.

This 10th day of September, 1946.

G. Glenn Nichols, Chm. Board of Elections.

Timely Hints

By RUTH CURRENT

Summer heat and humidity make special problems in clothing care for the housewife. Woolen or plastic hangers for clothes are better than wire or cardboard hangers. Wire hangers may rust in

damp weather and leave stains on clothes; cardboard hangers become limp.

Leather gloves and pocketbooks stored in drawers often gather mildew in summer. To protect them, dry in the sun and air; then, wrap first in tissue paper, and then in waxed paper.

Heat rots rubber and dries and

weakens leather. Therefore, hot attics are poor places to store winter overshoes, rubbers and leather shoes. A cool dry place is recommended. Mud should be cleaned off shoes immediately, and never left to "dry on" and make a permanent stain on the leather. Clean white shoes off the feet and allow them to dry thor-

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The Alleghany News



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