

Canning Questions Bring Responses

By EMILY BALLINGER
Home Economics Extension Agent

With gardens in full production, many homemakers are conserving foods for future use.

If you are canning or freezing food, remember that nothing will be gained by conserving the food if food spoils and your family becomes ill from food poisoning. It is important to follow reliable directions and use proper equipment.

The following questions are ones home canners are asking. Maybe you will find the answers to some of your questions.

"I don't understand why you have to use a steam pressure canner for some foods, and not for others."

Higher temperatures are required to destroy botulinum bacteria in low-acid food like meats, fish, poultry and all vegetables, except tomatoes. The only safe way to can these foods is by using a pressure canner, which provides temperatures of 240 degrees F which is higher than that of boiling water (212 degrees F).

Should fruits and tomatoes be processed? Yes, they should be processed in the boiling water bath for the recommended processing time.

Where can I find information on the length of time to process fruits and vegetables?

The bulletin, "Home Canning In North Carolina" published by the North Carolina Agricultural Extension Service, is available to you without charge. It may be picked up or mailed to you from the Home Economics Extension Agent's Office in the Warren County Agriculture Building, Telephone 257-3640.

Open kettle canning is not recommended. Why?

In open kettle canning, food is cooked, then packed into hot jars and sealed without processing. The temperatures obtained in open-kettle canning are not high enough to destroy all the spoilage organisms that may be in the food. Spoilage bacteria may get in when the food is transferred from kettle to jar.

I have had trouble with keeping my canned tomatoes and tomato juice. How should I can them?

Tomatoes may be canned raw pack or hot pack. The hot pack canning method is as follows: Use only perfect, ripe tomatoes. Scald just long enough to loosen skins; plunge into cold water. Drain peel and core. Quarter peeled tomatoes. Bring to boil and pack into jars to 1/2 inch of top. Add 1/2 teaspoon salt to pints and 1 teaspoon to quarts. Add 2 teaspoons lemon juice or 2 teaspoons 4 to 6 percent acidity vinegar or 1/2 teaspoon citric acid crystals per quart. Process pints 35 minutes, quarts 45 minutes in the boiling water bath.

For additional information on food conservation contact Emily Ballinger, home economics extension agent. Telephone 257-3640.



Sediment from cropland can ruin ponds, creeks and streams. It can cost landowners for clean up, loss of yields and loss of future productivity. (SCS Photo)

Erosion Can Threaten Ponds

By DAVID HARRISON
District Conservationist USDA,
Soil Conservation Service

Ponds are a common sight in Warren County. They provide recreation and water for irrigation.

Another thing a pond can do is demonstrate the condition of cropland. Topsoil washing from fields becomes sediment filling the pond. That reddish-brown color represents nutrients, pesticides and productivity that would be more valuable in the field. After five or six years, the pond may fill in completely and be useless.

To keep the topsoil in the field and out of the pond may require a variety of conservation practices: crop rotations that include close-growing

crops like small grain or hay; shaping and seeding gullies to permanent grass; stripcropping with row crops and small grain or hay; no-tilling corn and soybeans; terracing to slow runoff; or even retiring steep land to grass or trees. Not all conservation practices are needed on every farm, but every farm needs conservation practices.

A good conservation system can be adapted for any size field from one acre to 100 acres. Money is also available to share the cost of installing some practices. More information is available from the Soil Conservation Service. You can protect your cropland as well as protect your pond.

Smokey Bear Celebration Set

Smokey Bear is as American as baseball, hot dogs and apple pie. This year Americans are joining together to celebrate the "fire preventin'" bear's 40th birthday.

In appreciation of Smokey's dedicated service, the National Association of State Foresters will issue a full-color cacheted envelope (first day cover). A Smokey Bear stamp will be affixed to the envelope and it then will be cancelled on the first day issue. These special envelopes are available at a cost of \$2.50 each.

"What this means to those of us unfamiliar with stamp collector's terminology is that a special full-color envelope commemorating Smokey's 40th birthday is being offered for sale," according to H. J. "Boe" Green, director of the Division of Forest Resources, Department of Natural Resources and Community Development. "The U.

S. Postal Service's Smokey Bear commemorative stamp will be affixed to this envelope. On the first day of issue of the stamp, August 13, the envelope and stamp will be cancelled by the U. S. Postal Service at Capitan, New Mexico. Capitan is located near Smokey's original home."

"These special envelopes are destined to become collectors' items," stated Green. "All proceeds from the sale of this first day issue will be used by the National Association of State Foresters for a project close to Smokey's heart—fire prevention."

Orders should include your name, address, and the number of envelopes desired and should be sent to Allene Wilson, Alabama Forestry Commission, 513 Madison Ave., Montgomery, AL 36130. Checks and/or money orders should be made

payable to the National Association of State Foresters and must be included with each order. The cost of each stamped and cancelled envelope is \$2.50. Orders must be received by July 15. Delivery of these special envelopes should be during the first part of September.

"Smokey is a product of America's willingness to rally behind worth causes," Green concluded. "We hope that everyone will join the Division of Forest Resources in supporting Smokey's fire prevention efforts."

Local Delegation Set

A delegation of eight 4-H members will represent Warren County at North Carolina 4-H Congress July 16-19 in Raleigh.

The Warren County delegates will join some 900 4-H members, leaders and extension agents from across the state for the annual event.

Registration will be held at the North Carolina State University Faculty Club. Delegates will reside in NCSU dormitories and activities are scheduled

for the NCSU campus and the State Fairgrounds.

The congress officially opens Monday night with a flag ceremony, 4-H Honor club tapping, 75th anniversary of 4-H celebration and dance.

Demonstration finals, workshops, the state talent show and a dance are scheduled on Tuesday.

An assembly, workshops, honor-winner banquet and the 4-H performing arts revue are set for Wednesday.

June Meeting Of Club Held

Fifteen members, their parents, and five leaders were present for the June meeting of the Oine 4-H Club. The club president, Marie Downey, presided.

For the program, one of the 4-H leaders discussed "Partners in Learning." Boys and girls aged six through eight years may participate in the program, which prepares them to become better 4-H members when they reach the age of nine.

Following the meeting, those attending enjoyed a cook-out with hot dogs, potato chips, cookies, and punch. Games were also played.

The club will not meet again until August. The leaders are hoping the boys and girls will return with more enthusiasm and new ideas. They are encouraged to use the summer months to work on their project and project books.

Alston and Tommy Jordan.

Leading the delegation is Glenn Woolard, extension agent, 4-H.

Five Counselors Are Needed

Five adult counselors are needed to help with the 4-H Summer Camp Week, July 2-27. These volunteer counselors will have a free week at camp; which will include transportation, food, lodging and insurance. The 4-H Office would like for one of the five being recruited to have a pick-up truck to transport luggage. Reimbursement of 25 cents per mile will be paid for use of the vehicle.

Interested individuals should call the Warren County 4-H Office this week at 257-3640.

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4-H SWIM MEET SAT., JULY 14 11:00 A.M. Soul City Pool

Open To All Boys & Girls Ages 6-19

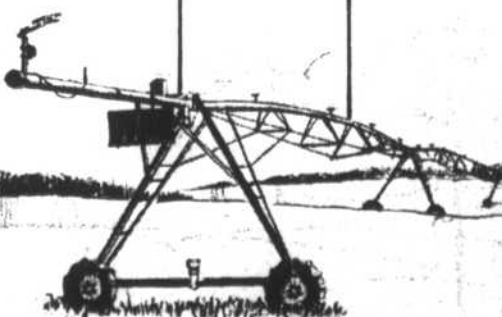
Age Divisions	
Boys	Girls
Ages 6-9	Ages 6-9
Ages 10-13	Ages 10-13
Ages 14-19	Ages 14-19
1st, 2nd, 3rd place trophies per age division	

Entry Fee
\$1.00 Advance
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4-H Concession Stand

Register for swim meet at the Agricultural Extension Service Office, 101 South Main Street, Warrenton. For more details call 257-3640.

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THIS WEEK'S PUZZLE ANSWER

1	2	3	4	5	6	7	8	9	10
11					12				13
14					15				
16			17	18				19	
			20				21	22	
23	24	25		26				27	28
30				31			32		
33				34	35	36		37	
				38				39	
40	41	42		43				44	45
47			48	49			50	51	
52							53		
54							55		

ACROSS
1 In the lead
6 "Star" journeys
11 Grief temptress
12 Summer TV fare
14 Unwind, as film
15 Call... (retire)
16 Crazy of cartoons
17 We're me!
18 Boom times
20 Credit card material
23 Dorothy's dog
26 Holmes
30 Fragrant root
32 Phi Beta
33 Certain TV performer
37 Abide
38 Comment or medication
40 lots
44 Brooke's mom
45 French coin
47 Biblical Mount
50 Matriculates
52 Discount play
53 Mariner
54 Type of market
55 Beyer's creator

DOWN
1 Pavlova
2 Big horn man
3 Nice season
4 Of space
5 Hagman's series
6 "Valse"
7 Soak, as flax
8 Epoch
9 Afr. antelope
10 Finger action
11 Diving bird
13 Org.
18 Kind of tray
20 Confident air
21 Nettle
22 ... of the Titans
23 Lug
24 Bruin great
25 Parts for foil
27 Choose
28 Man of accts.
29 Medford of TV
31 Pig's pad
34 Jack's sweater item
35 Meadow mom
36 Most scarce
38 Muscle
39 Olive container
40 Mine finds
42 Forbidden
44 Trucker's rig
45 Algerian port
46 Service abbr.
48 Sapped sound
49 Seeded
51 Pagoda

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\$.77 pk.



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