

CANNING TIME TABLE IS QUITE USEFUL

Blanching and Processing Fruits and Vegetables.

The following time table shows the blanching time required for the various vegetables and fruits, and also the time for processing in a hot-water bath outfit, and a steam-pressure canner. The periods given in this table are for quart jars. Add 30 minutes for 2 quart jars and deduct 5 minutes for pint jars. For a few vegetables, such as corn, beans, peas and asparagus, the United States Department of Agriculture recommends that when a hot-water outfit is used in the South, they be processed intermittently, that is, from one to one and a half hours on three successive days.

Products	Blanching		Processing	
	Minutes	Hot Water Bath	Hot Water Bath	Steam Pressure
Apples	1 1/2	20	12	15
Apricots	1 to 2	20	12	15
Asparagus	3 to 4	120	10	20
Beets	5 (peel)	30	5	30
Blackberries	None	15	15	15
Blueberries	None	15	15	15
Brussels sprouts	5 to 10	120	5	20
Butterbeans	2	60	10	40
Carrots	5 (scraper)	90	10	40
Cherries	None	25	15	15
Corn	1 to 5 (on cob)	180	15	80
Currants	None	16	15	15
Dewberries	None	15	15	15
Gooseberries	None	15	15	15
Lima beans	2 to 3	180	10	40
Okra	2 to 3	120	15	30
Peas	3 to 5	180	10	45
Peaches	15 seconds	20	15	15
Pears	15 seconds	20	15	15
Peppers	Roast	35	10	15
Pineapples	3 to 5	25	15	15
Plums	Prick with needle	16	15	15
Quinces	1 1/2	25	15	15
Raspberries	None	15	15	15
Rhubarb	None	15	15	15
Salsify	5	50	10	30
Spinach or any greens	4	120	10	30
String beans	2 to 3	120	10	45
Sweet potatoes	Steam a done, peel	25	15	20
Tomatoes	30 to 60 seconds	120	10	35
Soup mixtures	None	16	15	15
Strawberries	None	16	15	15

CORN GIVES MOST CANNING TROUBLE

Speed and Care Demanded in Following Directions.

Prepared by the United States Department of Agriculture.

Corn seems to give the average home canner more trouble than any other product. It is especially important, therefore, that extreme care be used and that directions be carefully followed. Much depends upon the age and condition of the corn. Select fresh, tender, juicy corn which has not reached the starchy stage. A little experience in selecting the ear and the ability to recognize corn that is just between the milky and dough stages are important.

Have the jars in readiness before starting. The jars already test-

ed in the water bath container or into the steam-pressure canner. With the hot-water bath canner, have the water above the tops of the cans.

When one period of processing is used, boil steadily for 180 minutes.



Pack Corn in Jars.

starting to count time after the water is boiling vigorously. If the intermittent processing is used, boil 1 1/2 hours the first day and 1 hour on the two succeeding days, allowing only 12 to 15 hours between the first and second processing periods. Tighten the jar tops after each boiling and loosen just before the successive boiling.

Only one period of processing is necessary with the steam-pressure canner. When one period process corn 80 minutes under 15 pounds pressure at a temperature of 250° F.

When jars are removed from the canner, tighten tops immediately. Cool



Blanch the Corn in Hot Water.

d for blanch and tops should be boiled 15 minutes and then be left in the hot water until ready for use. The rubbers should be placed in a new soda solution made with one tablespoon soda and one quart of boiling water. If a hot-water bath canner is used (either homemade or commercial), have the water boiling in it before starting to put the corn from the cob. A steam-pressure canner is recommended for use in the canning of corn. If used, the water in it should be started to boiling beforehand. A container of boiling water should be in readiness to allow to blanch the corn.



Wrap and Store in Cool, Dark Place.

in a place away from drafts; test the seal and store in a cool, dark, dry place.

Custard Desserts

"Florentine" is a custard dessert with the stiffly beaten, sweetened whites served on top of the custard, after having been cooked a moment in the hot milk before the yolks and sugar were added.

An English dessert called "trifle" consists of pieces of almond-studded sponge cake, soaked in flavored cooked soft custard, and topped off with bits of tart jelly and spoonfuls of whipped cream.

For cornstarch blancmange, vanilla or chocolate gelatins, fruit gelatins, souffles and steamed puddings, custard sauce will be acceptable if cream cannot be spared.

Some Canning Essentials

- Clean, fresh fruit and vegetables.
- Containers which can be made airtight.
- Rubber rings possessing life and elasticity.
- Care and cleanliness from start to finish.
- Heat for a sufficient time to insure preservation.
- Airtight sealing at end of "processing."
- Cool, dark, dry storage.

Daddy's Evening Fairy Tale
By Mary Graham Bonner

SICK RHINOCEROS

"I feel so sick, I feel so sick," the Two-Horned Rhinoceros in the zoo.

"What is the matter with you? asked the other Rhinoceros next to him.

"I feel so sick, oh, I feel so sick," repeated the Two-Horned Rhinoceros.

"How do you feel sick?"

"Where do you feel sick?"

"Why do you feel sick?"

"Tell us about it," the other Rhinoceros said.

"Oh, neighbor, and kind Rhinoceros friend," said the Two-Horned Rhinoceros, "when a creature is sick can't answer questions.

"He doesn't know why he feels sick. He doesn't know much about anything except that he hurts and is all over, and feels as though he couldn't do anything at all."

"Oh, it's horrid to be sick."

"Poor Two-Horned Rhinoceros," said the other Rhinoceros.

Then the Two-Horned Rhinoceros began to cough, oh, such a cough. It seemed as though he could not breathe, he was coughing so.

"The keeper heard him coughing and came hurrying to him.

"You poor Rhinoceros," said the keeper, "you have whooping cough."

"Those terrible Whooping Cough Wretches have come to visit us just as they visited those boys John and his baby brother this season.

"It was dreadful when they visited those two nice boys.

"I heard about it.

"And those mean wretches have come to bother my poor Horned Rhinoceros."

Then, without asking any questions or fussing with him, the keeper gave the Two-Horned Rhinoceros



"You Poor Rhinoceros," said the Keeper.

some medicine which would help him as much as possible.

Night after night and day after day the Rhinoceros coughed, and every minute which could be spared the keeper was with him looking after him and seeing that he was made as comfortable as he could be made when the Whooping Cough Wretches were visiting him.

Then they were quite uninvited, and yet staying around in a mean way that they have.

They don't care whether they are invited or not.

Peter Gnome was perfectly furious about it. He argued with the Whooping Cough Wretches.

"How mean of you to come and bother a nice animal such as the Two-Horned Rhinoceros," he said.

"Can't you stop those mean ways of yours?"

But the Whooping Cough Wretches did not care. They were so mean they liked to be mean.

How they did act, and how sad was the keeper, and Peter Gnome, and the Two-Horned Rhinoceros.

"Keeper," the Two-Horned Rhinoceros would try to say between coughs, "make me well."

"Please make me well, keeper."

And the keeper would say:

"I will make you well, if my medicine and good care can do so, Rhinoceros."

When the keeper spoke to the Two-Horned Rhinoceros the Rhinoceros seemed to feel more encouraged and more cheerful.

It had been that very way with John and his baby brother. They had felt so much better when their mother or their daddy or their lovely, young grandmother had talked to them and played with them.

After a wretched time of suffering for the Rhinoceros he was made all well, and oh, how he did enjoy being well again!

Never were two visitors less wanted. Never was any one more delighted to see them go than were the Two-Horned Rhinoceros, the keeper and Peter Gnome.

The Two-Horned Rhinoceros enjoyed being well more than he ever had in his life before, for he had known what it was to be ill and the great, great difference between it and being well was truly remarkable.

Was Baby Sleeping?

Seeing me moving some chairs about in readiness for the assembly in Sunday school, a little four-year-old tot proceeded to be helpful by doing the same. Since she was quite noisy, I said: "Sh, don't make so much noise," whereupon she came close to me and asked with the most charming innocence: "What's the matter, is the baby sleeping?"

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