

Home Demonstration News

Canning Right Aids Budget; Canning Wrong is Costly

By FLOY G. GARNER Home Agent

Yes, it's canning and freezing time! Vegetables, particularly snap beans and beets are plentiful right now. Squash are coming in abundance. Later vegetables will soon be making their appearance, so if you are planning to can, it is high time you had your equipment lined up and ready to use.

A number of requests have come into my office for help on canning problems—proper method for different foods, etc. Most of these requests are from people who have never canned anything before, and they are wanting to learn the proper methods.

We are very glad they are coming to us for help, not only because we are glad to help them, but because they are the means of our finding out some shocking things that people are doing in the canning of foods for home use.

I am sure these people are not intentionally toying with their family's health—they are only trying to make use of surplus food—beans, and the like, that farmers have offered them at a bargain. This is good, but improper canning methods can be dangerous as well as costly.

First—and this is very important—do NOT use a water bath canner for canning snap beans or any other low or non-acid vegetable. There is a very good reason for this.

These vegetables require a processing temperature higher than can be reached in a boiling water bath.

Therefore, the pressure canner is used to be sure of killing bacteria that cause dangerous spoilage. One of these bacteria, clostridium botulinum, causes Botulism poisoning, which has a 100

per cent mortality rate. You cannot recognize the presence of this bacteria by smell, taste or sight. This is one of the reasons it is so deadly.

You cannot determine when it's present—so the only safe way is to can your vegetables under pressure according to recommended procedure, using the correct processing time and then you can be sure that if this bacteria was present, it has been killed by the high heat.

This high temperature cannot possibly be obtained in a water-bath canner. Of course, there are other forms of bacteria that grow in canned foods which are not deadly, but they spoil the food, and make it unpalatable, unsightly, and it could make you sick.

So remember, no vegetable but tomato is to be canned in the boiling water bath canner. Its high acid content is the safeguard here, since the acid helps retard the growth of the bacteria.

If you do not own a pressure canner, and do not do enough canning to warrant your buying one, perhaps you could work out a joint ownership with your neighbor and buy one together. They will last almost a life-time with proper care, and little replacement. So, if you are going to can, whether it be 20 quarts or 200, invest in a pressure canner.

If you need help with other phases of canning—such as preparation methods, time of processing, etc., call the home agent's office, 2-4011, or come by. We can give you information based on tested methods, recommended by the food conservation specialists at N.C. State College. If a Home Demonstration Club woman lives near you, chances are she will be able to help you, too. Ask her!

The raw-pack method of canning is becoming more and more popular. This method eliminates the blanching or pre-cooking of vegetables before packing them in jars. Cold, raw fruits are put

into containers and covered with boiling hot syrup, juice, or water. Tomatoes packed raw are pressed down in the containers so that they are covered with their own juice; no water is added. Cold, raw vegetables are packed into containers and covered with boiling water. They should be packed tightly because they shrink during processing.

The hot-pack method is still just as good and effective as it ever was. Fruits are heated in syrup in water, or in extracted juice before they are packed. Tomatoes and juicy fruits are packed in their own juice. Vegetables may be preheated in water or steam. Have food at near boiling when filling glass jars. Pack fairly loosely.

Now, don't confuse canning and freezing, when it comes to packing your food in containers. There is no raw-pack method recommended for freezing. All vegetables should be blanched before they are frozen—blanched first and then cooled in cold or ice water as quickly as possible.

Food conservation is a wonderful way to save—time, money, etc. Whether it be canning or freezing, if it is done properly, your results will be excellent, and you will be rewarded with tasty foods in variety at little cost. So let's put the beans in the jars or in the freezer, and let's do it right.

With all the vegetables grown in this county, there is really little excuse for anyone to go hungry next winter. A little ambition, some energy, a desire to help oneself, and work, with a little money (in a lot of cases, the vegetables are there for the taking, or the asking)—and you and your family can be well fed next winter, whether you grow a garden or not.

Canning can be fun and it is rewarding. If you don't know how, ask someone who does. Just follow recommended practices, and you will have nothing to worry about from the standpoint of spoilage, or deadly bacteria. Happy canning to you!

In the geological past, says Dr. J. Wyatt Durham of the University of California, the tropical climates of the earth extended from southern Alaska to southern Chile.

Good News About 4-H

By Harry Venters, 4-H Advisor



The eastern district 4-H demonstration day will be Wednesday, beginning at 9 a.m. The demonstrations will be held at the Washington School.

Almost all of the boys and girls from Carteret County will be entering competition for the first time but I know that we have some very good demonstrators. I'm expecting some winners.

Boys giving demonstrations are Gordon Beeton, Beaufort Senior 4-H Club, on entomology; Ray Bowlin, Beaufort Intermediate 4-H Club on electricity; and Earl and Allan Kelly, Newport Intermediate 4-H Club are giving a team demonstration on tobacco production.

Gordon's entomology demonstration is on "How To Control The House Fly". He is working hard, and with his past experience in 4-H, I'm sure he will make a good showing in Washington.

Ray Bowlin will demonstrate "How to Make an Electric Time Switch". This is a device that has many uses on the farm and in the home. It can be used to turn on or off lights in a poultry house at a certain time or it can be used in the home to control a radio, window fan or any other electrical appliance.

Allan and Earl Kelly are twins so should really be able to work together in putting on their tobacco demonstration. They will show how to go about selecting the proper tobacco fertilizer to use.

There will be several girls giving 4-H demonstrations also, but I do not have their names at this time, with the exception of Amy Stoy. Amy is a member of the Beaufort Senior

4-H Club and will be giving a demonstration on "Preparing Vegetables for Sale at Curb and Roadside Markets." Amy entered district competition last year and did a very good job. This year she will be better and I hope will win district honors.

Entrants in the Public Speaking Contest are Ann Davis, Smyrna Senior 4-H Club and Denard Harris, Beaufort Senior 4-H Club. Ann was second place district winner last year and we are counting on her to place first this year. I think she will, too. Denard is entering for the first time this year, but I know he can give a good talk.

Donna Bell, Camp Glenn Intermediate 4-H Club President, will



June 10—Thursday night the Fire Department met for their regular meeting. The business discussed was:

Send out notices to home owners for their dues of \$5.00 for 1958. Plans are in the making for a fire truck for this town and each of the other five communities will have their own fire truck.

Atlantic Methodist Church is having two weeks of Bible School. Attendance has been very good with

cast Carteret's eight electoral votes for District 4-H Officers at this time also.

Wish us all a lot of luck and maybe we will come back district winners.

between 80 and 90 percent. It opened June 2 and will close the 13th.

The main theme, "Life of Jesus Christ", and the courses are as follows: kindergarten children, Learn from Jesus; primary, Stories We Know of Jesus; juniors, I and 2, Jesus is His Name; intermediates and youth, Fairest Lord Jesus.

The children are doing wonderful work in their classrooms. Parents will be invited to come and view the work of their children the last day of the school. Thanks to all who are making this the best school ever. Special thanks to the women serving refreshments each morning.

Plans are being made for a movie projector. For this project, \$200 has been collected.

The regular meeting of the Methodist Men's Club was Saturday evening at 6 o'clock in the Scout Building. It was ladies night. Thirty people attended. Good fel-

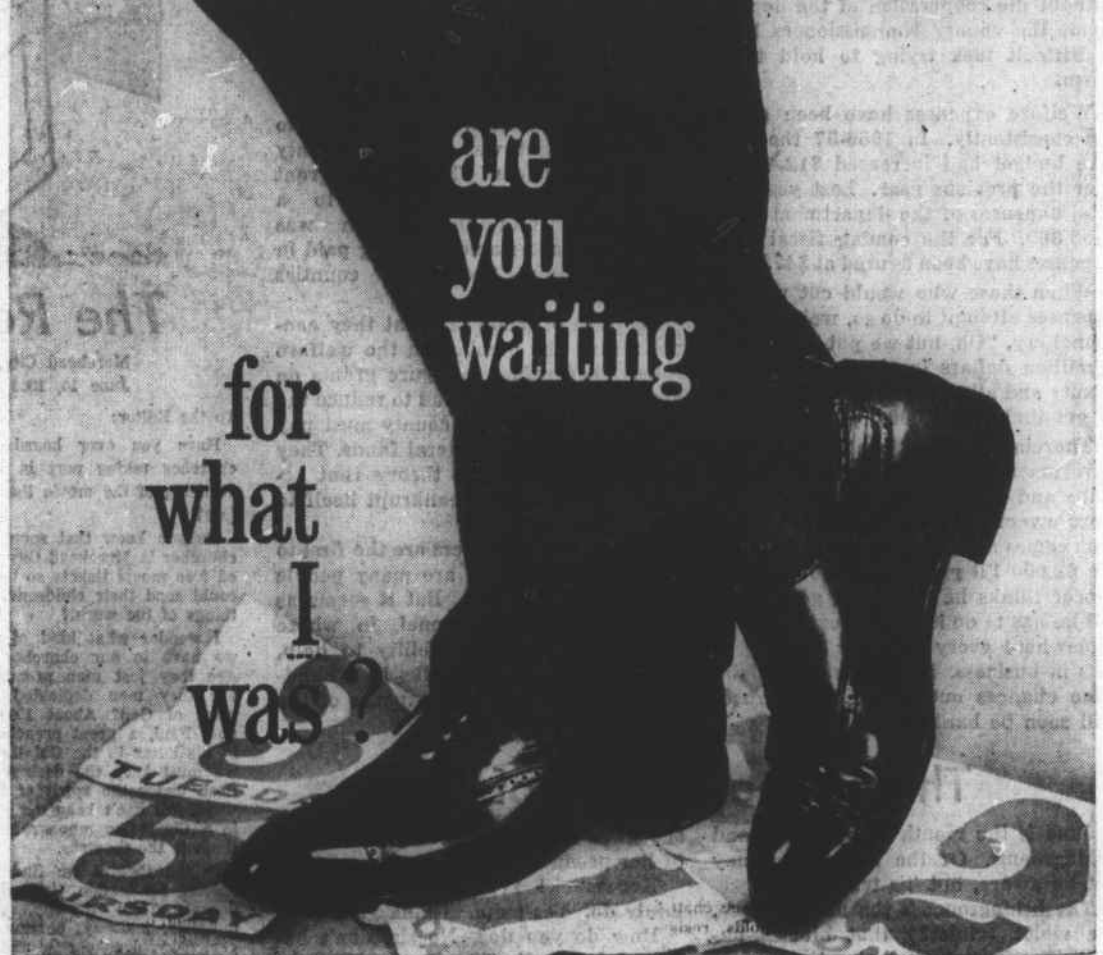
lowship is enjoyed at these meetings.

Miss Luella Lewis is home from college and her friend, Mr. Charles Stonestreet, from Winston-Salem visited last weekend.

Mr. Walter Lewis is visiting his parents, the Rev. and Mrs. Louie Lewis.

James McDonald, a Duke student, will arrive this week and stay at the parsonage. Mr. McDonald will conduct a training course and work with the youth. He will share his work with the Rev. William Jeffries at Marshallberg. The first, third and fourth weeks of this period he will be at Atlantic Methodist Church and the second and fifth weeks with the Rev. Mr. Jeffries.

Anniversary Note Kingston, Jamaica (AP) — The completion of 100 years of missionary and social work in Jamaica is being celebrated by the Christian Churches (Disciples of Christ) this month.



Let me tell you what I saved when I drove a new Plymouth...then bought one!

Just like a lot of other people, I was putting off buying a new car... even though I was sure I needed one. Then I found out what my Plymouth dealer was offering in the way of low prices and really big trades.

Mister, when I saw what I saved I knew there was no use putting off any longer! Got more for my old car than I believed possible. (Plymouth dealers need used cars and can sell all they get!) Got a terrifically low price on the new Plymouth... and choice of models besides... hard-top, sedans, convertibles, wagons.

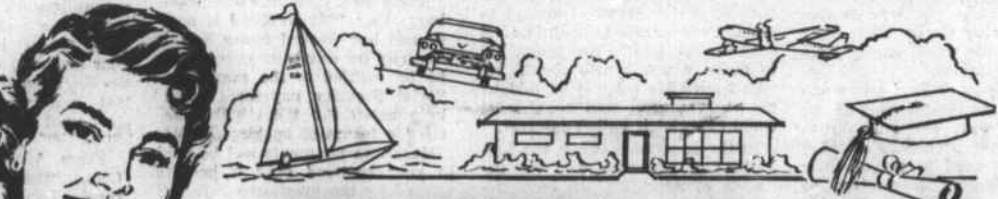
And I saved a cool \$140 on the ride alone! Plymouth's top-luxury ride, Torson-Aire Ride, is standard at no extra

cost, while you have to pay up to \$140 for the top ride of competing "low-price 3" cars.

What's more, I got the car that proved it can save me gasoline, by winning the 1958 Moblog Economy Run. A car with Silver Dart Styling that is so far ahead right now it will still be worth more when I trade. With the kind of easy handling that makes every minute of driving a downright thrill! The stamina to stand up without nagging adjustments and big repairs... a car as much better built as it is better looking!

Any wonder I quit waiting? Take my tip... get your Plymouth bargain right now.

Today's best buy...tomorrow's best trade... Plymouth



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OAKY DOAKS



The King's Whim

