

Successful Canning

Home-canned fruits and vegetables should be found on every family table in the great southwest. Yet I am sorry to say that perhaps fewer tables are supplied with home-canned fruits and vegetables in the southwest than any other part of the country. There are too many empty cans to be found in the backyards of town and country homes. These bear the labels of some far-away factory.

But never before in the history of our beloved country has it been so necessary that every good housewife in the land make fall fruits and vegetables of all kinds, in order that more food may be saved. Food saved for home use releases that much more for the world supply, means life instead of starvation for hundreds of thousands of women and children. It is a patriotic and humane duty to save all the food possible by canning, drying and preserving.

There has been a shortage of tin cans, and it will be necessary to use more glass jars and stone crocks.

We women have as great a part in this world war as the brave men at the front. Our country calls us to duty in the kitchen. Ours is the part to stand back of our brave men at the front. Food, not bullets is demanded of us. It is not an easy task we are called upon to perform, for we all know that it requires courage and devotion to the work in our kitchens, away from the inspiring sound of the rifle and drum, to save and conserve the nation's food supply. The need is serious and we must not fail to heed the call of our beautiful country to help in winning this war for freedom and liberty.

I would appeal to every housewife in the land to do her part, no matter where she lives, whether in the country, town or city. She is not doing the duty that she owes to her country if she spends her time at social clubs, while in some nearby country gardens and fields, fruits and vegetables are going to waste for the lack of labor.

Some have plenty of means to buy the canned goods and avoid the work in the hot kitchen. But that is not helping save food with which to feed the world.

Having been very successful in the art of canning vegetables I will tell something of the way I gather and prepare them for canning. I gather such vegetables as beans, beets, tomatoes, cabbage, cucumbers, and peaches, melons, etc., early in the morning while the vegetables are cool and fresh. I wash all vegetables clean before putting them on for cooking. Beets I cook until tender, then I drain off the hot water, and pour cold water over them, then I proceed to slip off all the peeling with my hands, and drop them into cold water. When I have them all peeled I cut them into pieces as desired and they are ready to put in equal parts of water and vinegar brought to a boil before putting in the beets, to which I have added one tablespoonful of sugar to each quart of the beets, and add the desired amount of pickling spices. As soon as the beets come to a boil I proceed to fill in to the jars, which I have previously sterilized for five minutes in boiling water, also the tops, and rubbers are sterilized the same length of time. I make sure that the hot vinegar is at least over the beet pieces so as the vinegar will be over all the pieces when cool; they will keep and look much better.

Tomatoes are dropped into boiling water and must be lifted out in three or four minutes and dropped into cold water. This method of blanching removes the undesirable acids that might otherwise prevent the vegetables from keeping; it sets the coloring matter that it will have a rich vivid hue; and it hardens the vegetable pulp under the skin, and prevents them from bursting open. I slip off all the peeling and then they are ready for canning. I then put them into a vessel (porcelain vessel is best) and pour enough boiling water over them to cover them, and let them boil a few minutes and they are ready to fill into the jars that have been previously sterilized the same as for beets. I seal the immediately, and set them in a cool dark place, and they will keep nicely for a long time. I have kept them as long as three years and they were as nice when we opened as they were when first put up.

Cucumbers are gathered early in the morning; three to four inches in length are best. After having washed them I put them into boiling hot water; three handfuls of salt to six quarts of water. Soon as the salt is thoroughly dissolved I put the cucumbers into the boiling water, then I move them to the back of the stove, where I let them set where they will not boil but keep hot for 23 or 36 minutes. In the meantime I prepare the vinegar as follows: I mix equal parts of vinegar and water with one tablespoonful of sugar to each quart of the mixture. I then place the cucumbers into the sterilized jars. When I have the jars packed I pour the boiling vinegar over the pickles and put a teaspoonful of mixed pickling spices in the center of the jar, where it will not show from the outside. This

adds much to the good flavor of the pickles and yet it looks better for the spice not to show around the sides.

I also can peppers the same as cucumbers with fine success. I gather nice tender snap beans and prepare them as I would for the table, put the beans in hot water and salt to suit the taste, and boil until tender (put no other seasoning in beans except salt), then I pack them into the sterilized jars, fill the jar to the rim with beans and water in which they were cooked. I then fill up the rest with hot vinegar (pure) and seal them tightly and set in a dark place. I can cabbage in the same way as I do beans. If it is not convenient to can the cabbages the day they are gathered, lay them in a cool dark place. I can cabbage in the same way as I do beans. If it is not convenient to can the cabbages the day they are gathered, lay them in a cool dark place and do not remove the outer leaves until ready for use. Never keep them in water as that destroys some of their juices.

I can peaches as follows: I gather the fruit early in the morning and pare them and cut them off the seeds, leaving nice halves. These are put into a large porcelain kettle. I pour boiling water over them and let cook until tender, but watch them so as they will not cook to pieces. When I fill them into the sterilized jars I allow the juice to stand about an inch above the peaches and seal them up tight.

We pick plums off the trees, pick all stems off and wash them thoroughly, then put them in large porcelain kettle and pour boiling water over them, covering them two or three inches in the kettle. Let them cook slowly until tender, but don't let them burst open. They are then packed into sterilized jars, covered with an inch of juice and sealed. Plums are the easiest and quickest fruits to can. We have put up as many as 54 quarts in half a day on a common cook stove, and they always keep so nice for years, if one wants to keep them that long.

Blackberries and dewberries are picked; all the stems removed and berries washed clean; they are then put in sterilized jars and filled with hot water and set into water and let come to a boil; let them boil a few minutes, and remove the pan in which the jars are, seal them and set out to cool.

I have had good success in canning the above fruits and vegetables. We put up a good supply of home-canned fruits and vegetables, which lasts all the year. Besides this we have a number of four, six and eight gallon stone jars in which I put up pickles, kraut, etc. We raise enough sweet and Irish potatoes, dried peas, and beans, sorghum, meat and lard, milk and butter, and we raise our own bread. Chickens and eggs pay for all else we have to buy for the family table, and some besides. Others can do as well if they only try, using good judgment.—Mrs. H. O. Klose in the Farm & Ranch.

A GOOD FRIEND

A good friend stands by you when in need. Opelousas people tell how Doan's Kidney Pills have stood the test.

Mrs. A. St. Cyr of 220 N. Walnut St., Opelousas, endorsed Doan's three years ago and again confirms the story. "Could you ask for more convincing testimony?"

"I have great faith in Doan's Kidney Pills, for they have done me more good than any medicine I have ever taken," says Mrs. St. Cyr. "Whenever my kidneys cause me any trouble, I get a box of Doan's Kidney Pills and a few doses always give me quick relief. At times, I am troubled with rheumatic twinges in my muscles and my kidneys don't act right. After using Doan's Kidney Pills, the trouble passes away. I can't speak too highly in praise of this remedy for it is just as represented."

RELIES ON DOAN'S
The above statement was given on April 25, 1914, and on March 18, 1918, Mrs. St. Cyr said: "Any time I need a kidney medicine, I use Doan's Kidney Pills and they never fail to bring me quick relief. I recommend Doan's Kidney Pills at every opportunity and can confirm the statement I gave in 1914."

50c at all dealers. Foster-Milburn Co., Mfrs., Buffalo, N. Y.—adv.

State of Ohio, City of Toledo, Lucas County, ss.
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, Ohio, and State of Ohio, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.
FRANK J. CHENEY
Notary Public.
Hall's Catarrh Medicine is taken internally and acts through the Blood on the Mucous Surfaces of the System. Send for testimonials, free.
F. J. CHENEY & CO., Toledo, O.
Sold by all druggists, 75c.
Hall's Family Pills for constipation

Drives Out Malaria, Builds Up System
The Old Standard general strengthening tonic, GROVE'S FASTIDIOUS CHILL TONIC, drives out Malaria, enriches the blood, and builds up the system. A true tonic. For adults and children. 60c

War Proclamations

PRESIDENT'S PROCLAMATION

THE WHITE HOUSE,
WASHINGTON, D. C.
MAY 29, 1918.

TO THE PEOPLE OF THE UNITED STATES:

THIS WAR is one of nations—not of armies—and all of our hundred million people must be economically and industrially adjusted to war conditions if this nation is to play its full part in the conflict. I appeal to all who now own either Liberty Bonds or War-Saving Stamps to continue to practice economy and thrift and to appeal to all who do not own Government securities to do likewise and purchase them to the extent of their means. The man who buys Government securities transfers the purchasing power of his money to the United States Government until after this war, and to that same degree does not buy in competition with the Government. I earnestly appeal to every man, woman and child to pledge themselves on or before the twenty-eighth of June, to save constantly and to buy as regularly as possible the securities of the Government, and to do this as far as possible through membership in War-Savings Societies. The twenty-eighth of June ends this special period of enlistment in the great volunteer army of production and saving here at home. May there be none unenlisted on that day.

WOODROW WILSON.

GOVERNOR'S PROCLAMATION

STATE OF LOUISIANA,
EXECUTIVE DEPARTMENT,
BATON ROUGE,
JUNE 8, 1918.

WHEREAS, thrift is at all times a virtue, and the nation that saves is the nation that prospers and mirrors the happiness and contentment of its people, and

WHEREAS, in these times of crisis it is the prime duty of every American to save and thus help save the World from Autocracy.

THEREFORE, I, Ruffin G. Pleasant, by the authority vested in me as Governor of Louisiana, do hereby call upon all of the people of this State to observe to the utmost the period that has been set aside by the National Government for concentration upon thrift, and I do urge that by the time that period ends on June 28, 1918, every man, woman and child in this great Commonwealth will have unstintingly bought War-Saving Stamps that our Government and our associates in war may be financially backed up to the limit in this great crusade for the freedom of the World.

This is not a financial war so much as it is a fight in which a prime factor is economy—saving in food, stinting in dress, and a patriotic denial of all the unessentials of life, that the wheels of industry may be turned toward the manufacture of the virile things that spell success.

Such saving should be turned into the channels of helpfulness for our Government, which, after all, is but ourselves. Uncle Sam should be made the beneficiary of our thrift.

We should take him into our partnership and throw into his coffers our dollars and our dimes, that the fray fraught with the happiness and the independence of our posterity may be gloriously won.

IN FAITH WHEREOF, I hereunto set my hand and caused to be affixed the seal of the Executive Department, at the Capitol, in the City of Baton Rouge, on this the 8th day of June, A. D., 1918.

R. G. PLEASANT.



By the Governor:
JOHN MARSHALL,
Secretary to the Governor.

Red Cross News and Notes

MRS. HEAD, 71, SETS KNITTING RECORD

Mrs. Ruth L. Head, 71 years old, a member of the Mamou, La., chapter of the Red Cross, has knitted more articles for soldiers than any other woman of her age, perhaps, in her section of the state.

Here's her record for three months: 8 sweaters, 18 helmets, 5 pairs of socks, 5 pairs of wristlets and 3 mufflers. Mrs. Head is the mother of Mrs. L. P. Erickson, chairman of the finance committee of the Mamou branch.

The members of the various Red Cross organizations are finishing up the work now on hand. When this will have been done the work rooms will close pending further instructions from headquarters.

Instructions to the effect that no new classes in surgical dressings will be organized for the time being. The material on hand will be made into various articles, however.

RED CROSS TO HELP WAR SAVING DRIVE
President Wilson has set aside the month of June as War Savings month, and an intensive campaign

will be waged throughout this month.

The Red Cross, always in close cooperation with the Federal Government, has instructed its chapters throughout the country to give the movement their whole-hearted support.

At the direction of Leigh Carroll, division manager, each chapter in the Gulf Division has been requested officially to convene a special meeting of officers and lay the matter before them so that they may urge the members to give local support.

It is emphasized in buying War Savings Stamps, money being invested in securities, and you are helping place in the hands of soldiers and sailors weapons to defeat the Germans.

Dr. P. H. Saunders is in charge in Louisiana and has appointed a director for each parish. Louisiana's quota is \$37,000,000 and every man, woman and child must put at least \$20 in War Savings Stamps.

FEW MONTHS BRINGS CHANGE.

He was the toughest specimen on the train, and that's saying a great deal. Most of them had been drafted from the Bowery.

This particular "bird" was thick-set and had a protruding unshaven jaw. When his hands hung at his sides they unconsciously formed into fists. On his head was a dirty

checked cap with a visor that dipped at a menacing angle.

He didn't get off the train when it stopped at a big city in the Gulf Division. He simply rolled off, got to his feet, hitched up his trousers and started out looking for trouble.

Several canteen workers tried to be as pleasant to him as they did to the other drafted men on the train. He either ignored them, or made rude remarks about them to his trainmates.

Finally, a certain canteen worker who had been watching him for some time took the matter in hand. She went over to the rough guy and glared at him sternly.

Then, when she finally got his attention, she gave him the most vigorous "bawling out" he had ever suffered. She told him he shouldn't associate with decent people. She asked him if he supposed he was going to make any kind of soldier. When he got on his khaki, she said, he'd expect it to be respected, so he had better respect the canteen worker's uniform. When she got through he was looking chastened and almost pleasant.

That was several months ago. The other day this same Bowery trouble-maker came through going from Texas to the East to await departure for France.

Such a changed being he was! Trim and upright in his khaki, there was little about him reminiscent of the checked cap and the fists.

He recognized the canteen worker who had "bawled" him before, she saw him.

"You did me a world of good," he

grinned. "I kept thinking about what you said—especially about the uniform—and I just cut out the rough stuff. I'm much obliged to you."

NOTICE OF DISSOLUTION

By virtue of a notarial act of dissolution duly signed by all the stockholders and officers of the Eunice Cotton Seed and Product Warehouse Company, Inc., the same having been executed before Alfred Chas. Kammer, a Notary Public in and for the Parish of Orleans, on the 3d day of June, 1918, and duly recorded in Miscellaneous Book 151, page —, of the Recorder's Office of the Parish of St. Landry; and, by virtue of a certificate of registry of the said notarial act in the office of the Secretary of State, issued by Jas. J. Bailey, Secretary of State, June 10, 1918, all in conformity with the second paragraph of Section 28 of Act 267 of the General Assembly of the State of Louisiana for the year 1914, I hereby notify the public that the Charter of the said

Eunice Cotton Seed and Product Warehouse Company, Inc., has been duly surrendered and cancelled, the said corporation dissolved and its affairs finally liquidated and settled.

ADOLPH STEINHARDT,

President Eunice Cotton Seed and Products Warehouse Company, Inc.

Attest—PHILLIP HICKY, Secretary, June 25-5t

Sour Stomach.

This is a mild form of indigestion. It is usually brought on by eating too rapidly or too much, or of food not suited to your digestive organs. If you will eat slowly, masticate your food thoroughly, eat but little meat and none at all for supper, you will more than likely avoid the sour stomach without taking any medicine whatever. When you have sour stomach take one of Chamberlain's Tablets to aid digestion.—adv

FOR SALE

A large stock of backsmith coal just received. Order now as same is selling fast. L. D. NICKERSON, June 25-3t Phone 410, Lafayette, La.

Louisiana And Mississippi

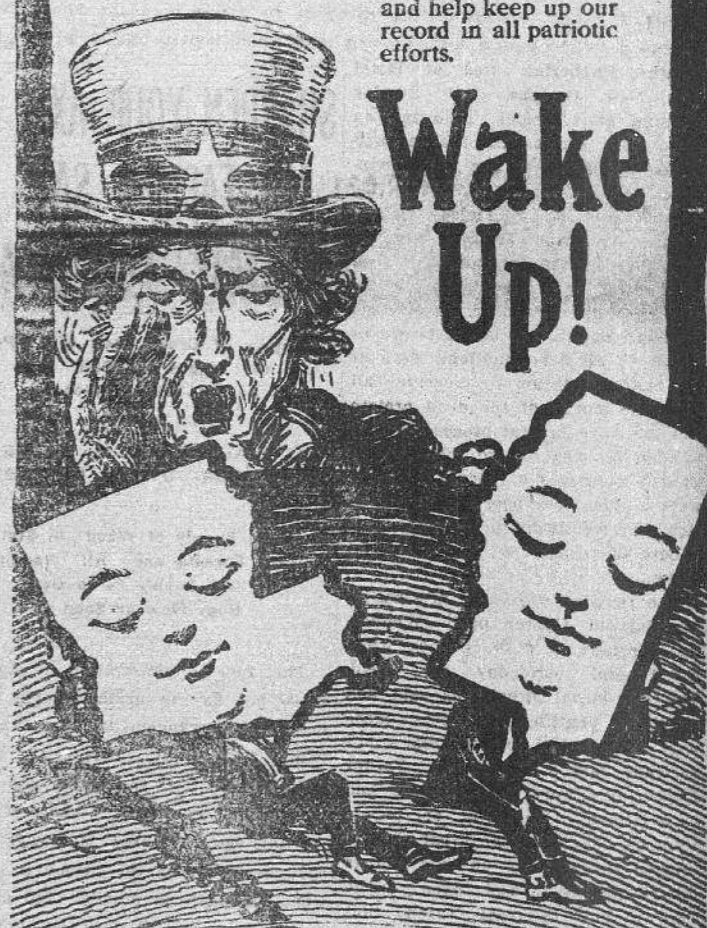
are behind in their quota of War-Savings Stamps sales.

Nebraska, an agricultural state like ours—has sold her quota already and 8 out of 10 people there have War-Savings Stamps.

Buy W.S.S.

and help keep up our record in all patriotic efforts.

Wake Up!



THIS SPACE CONTRIBUTED FOR THE WINNING OF THE WAR BY

DARDEAU & FIELDS

Belated Subscriptions

TO

Third Liberty Loan 4½ Bonds

will continue to be received at

Planters Bank & Trust Co.

And also 1st and 2nd issues, should anyone desire to purchase them.

War Saving Stamps also Supplied



SILICA RUBBER ROOFING

In 1-2 and 3 ply It is much superior to the ordinary roofing and will give better satisfaction all around.

ST. LANDRY LUMBER CO.

Phone 189