

How to Can and Dry Fruits and Vegetables

AN AUTHORITATIVE GUIDE FOR HOUSEWIVES WHO ARE CONSERVING SURPLUS FOOD

The Evening World to-day publishes the first of a series of articles issued by the United States Department of Agriculture explaining canning and drying methods found by experience to be productive of the best results.

The Appliances You Will Need
Fruits and vegetables may be successfully canned with very simple and cheap appliances.

To can almost any fruit or vegetable or fruit juice—especially for home use—the conserving needs only:

- (a) Good, sound fruits or vegetables freshly gathered.
(b) A large metal vessel, with tight-fitting cover, such as a wash boiler or big pall-fitted with a false bottom of lath or wire and partly filled with boiling water.

(c) Heat to keep the water boiling.
(d) Tight-sealing jars and rubber rings (or cans and a soldering outfit).

(e) A yard or so of cheesecloth.
(f) The ordinary enameled pans, china bowls, and other equipment found in every kitchen.

Even sugar is not essential. Fruits and berries can be canned in plain hot water, fruit juice or fruit syrup made from concentrated fruit juice.

THE HOT WATER BATH.
With a hot water bath outfit the home canner can boil (process) the filled jars or cans so that when finally sealed the contents are reasonably certain to keep.

A false bottom for the processing vessel is practically an essential. Its purpose is to allow free circulation of the boiling water around and under the jars and also to prevent the jars from resting on the metal bottom right next to the flame.

Such a false bottom can readily be made out of pieces of lath or wood or by bending a piece of stiff wire netting. Still more convenient will be a wire basket with small legs and fitted with handles on either end which stick up above the hot water.

With such equipment a clean, airy kitchen and utensils, or a fire and clean tables in a shady clean place out of doors, the housewife will be able to follow directions carefully, work quickly and be ever watchful of sanitary conditions, to can and preserve garden products successfully.

When the temperature to sterilize (boil, steam) various products is reached, they must be held for the length of time stated in processing (heat)ing tables, and the jars must be sealed airtight immediately after the processing.

Since all successful canning is dependent upon sterilization, it means heat, it is most important to apply sufficient heat to make the products sterile. Do not let filled jars cool before they are sealed. Seal while they are still hot from the

Wheatless Breads.
HAVE you ever made barley biscuits? They are worth trying.

Two cups barley flour, 2 tablespoons fat, 1/2 teaspoon salt, 2 teaspoons baking powder, 2-3 cup milk.

Sift the dry ingredients together, mix in the fat and add the liquid until a soft dough is formed. Roll to about three-fourths inch thick, cut with a cookie cutter, and bake in a hot oven.

This makes a very good dough for biscuits also.

BUCKWHEAT BREAKFAST CAKE.
This is good, if served hot. Two cups buckwheat flour, 4 cup shortening, 2 cups sour milk, 1 teaspoon soda, 1/2 teaspoon salt. Mix and bake in a flat pan so that the cake is about 1-1/2 inches thick when done. Cut in squares and serve hot like corn bread.

WAFFLES OR GRIDDLE CAKES.
One and a half cups milk, 2 eggs, 2 tablespoons fat, 2 cups barley flour, 1 teaspoon baking powder, 1 teaspoon salt.

Corn flour or half corn flour and half peanut flour may be used instead of barley flour.

Sift the dry ingredients together and add slowly the milk, beaten egg, salt, and melted fat. Beat thoroughly for a minute and fold in stiffly beaten whites. Cook in hot, well-greased waffle iron or on a griddle.

Oats are good for quick breads. Baked oats may be ground through a food chopper and used in this form in quick breads or cakes or ground into meal as such.

Try these oatmeal and corn-flour oatmeal (ground oats) and CORN FLOUR KUFFINS.

One cup milk, 2 eggs, 1 tablespoon melted fat, 1 cup oatmeal, 1 cup corn-flour, 4 teaspoons baking powder, 1 teaspoon salt.

Can You Beat It! By Maurice Ketten



A FLYING FIGHTER BY Lieut. E. M. ROBERTS - A YANKEE ACE.

He Was Gassed, While Walking Along a Country Road, Without Knowing It

CHAPTER III.
ON the morning of the first day of the second battle of Ypres, I happened to be doing some repair work on the section commander's automobile.

The effects of the gas poisoning were not so easily gotten rid of, however. The cure was painful. It consisted for the major part of taking a lot of salt water and other emetics so that the system might be cleared of the gas accumulated in the lungs.

The two of us were given a large front room. But I could not stand the sight of my companion in misery. After my discharge from the hospital I was attached to a mechanical transport column in England, and in August, 1915, we received orders to proceed to France.

CHAPTER IV.
OUR work at that time consisted principally of carrying material to the front through mud and slush of which there seemed no end.

A few nights later the section commander ordered me to make up a conveyance of seven three-ton trucks and proceed to H— for twenty tons of coal. The drivers of the unit were men from all over the world.

One day a doctor came to the hospital. I got very little sleep, mainly for the reason that I was tied up in bed in a sitting position, which, in the course of time, made me very ill-tempered and caused me to use language which I afterward regretted.

The people in that part of the country were very anxious to make us as comfortable as possible, and they even got permission to take me to their homes. One old gentleman of the name of Harlestone took me all over his place. He was somewhat of an American, having appeared at one time in the ranks in New Mexico.

There was nothing else to do now but try issues with the officer. I went to him and asked by what authority he was searching British lorries without my consent or the consent of the British base commander.

That was walking on thin ice, of course. The base commander was an Englishman and I was a colonel. I did not very much if he would have given me protection. I asked the French officer for his name and address.

During the next few days I tried to gather information as to how I could get into the Royal Flying Corps, for I was not so satisfied, however, for nobody seemed to know exactly how an exclusive circle could be invaded.

Christmas evening we had the turkey dinner. The day before Christmas we were paraded and each man received a pair of socks, a piece of chocolate, and three packs of cigarettes. From some other source we received a deck of cards and a small box of chocolate.

On the same afternoon I went to the front to see my really good friend while some Canadian boys were decorated by the French for deeds of valor. We were away north of the French lines, but that made no difference to the police, who were to attend the ceremony. They left the trenches and they did not have a holiday appearance. There were about 600 of them.

After the French soldiers had lined up with bayonets fixed, the men to be decorated, twenty-eight in number, were marched into the square that had been formed. This done, some of our own troops marched up, headed by a band that was playing the Marseillaise.

Those men had gone through every hardship one can imagine, but to see some of their comrades honored seemed to cheer them all. As the British forces came to attention the French band struck up the "Marseillaise" and followed this by "Old Canada." Then the French and British soldiers were decorated by the French general.

The Evening World's Kiddie Klub Korner Conducted by Eleanor Schorer

Seeing America By Uncle Harry

The Petrified Forests. FROM Grand Canyon, Teddy, Trix and Mrs. Martin went to Flagstaff to view some of the other wonders which Arizona holds for the tourist.

Next morning they set out for the petrified forests, the route leading past many Aztec ruins. Presently they reached the famous natural bridge, which crosses a gorge 60 feet wide. It was onto the trunk of a tree but has been transformed into a slab of agate.

"Millions of years ago," said a member of the party, "the sea rushed in and covered the forests growing here with sand and silt, which hardened into rock. Ages passed, and then the currents of swift streams wore away the rock until these

trunks came to view once more. But they are no longer wood; nature has transformed them into these beautiful masses of agate, onyx and amethyst."

After Trix and Teddy had gathered as many bits of petrified wood as they could carry they left for Meteorite Mountain. This great mass of iron, hundreds of feet high and covering many acres, is believed to be a meteor which fell from the sky and embedded itself in the earth. No one knows when this happened, but there is a tradition among the Indians that many years ago a blazing star dropped from the heavens.

Cousin Eleanor's Klub Kolumn

Dear Kiddies: It is good to see how generously you are responding to my little appeal for funds for the six French orphans whom we have adopted.

On the day following publication of the pictures of three of them and the story of their need and our American Cousins' help, the mail brought \$1 from Cousin Peter Mellon.

Frank Paxton, No. 262 South Second Avenue, Mount Vernon, renewed his pledges of one dollar a month and so did Cousin Edith Conkin, No. 204 East 23d Street, Brooklyn. This is a very good beginning. If this keeps up we will soon have funds enough to supply the wants of our dear Cousins in France.

I am looking forward to some of my front lines had theirs the next day. The front was quiet. At 12 o'clock on Christmas Eve all firing had ceased and only an occasional shot was heard. It was that night that war was still on.

Many of us would have given a great deal to be home that night. I was curious to know what it would be like to see the Christmas tree come to an end with the bark of the rifles, and the gut-tut-tut of the machine guns.

THE KIDDIE KLUB. The Kiddie Klub is the Klub for me, the Klub of joy and the Klub of peace. Or even thinks of the coming tomorrow.

Cousin Eleanor, so true and proud, is the leader of our crowd. Written by WILLIAM A. FRITSCHE, aged fifteen years, No. 233 Smith Street, Brooklyn.

MAY CONTEST AWARD WINNER. WAR GARDENS. I HAVE a small war garden this year. Seeds were given in my school to the children who wished them.

WINNERED LYONS, aged ten years, No. 7 Bridge Street, Newport, R. I.

JUNE DRAWING AND WRITING CONTEST. Subject: The Fourth of July, April.

Prizes of \$1 each will be awarded Kiddie Klub members—ages from six to fifteen years, inclusive—who make the best drawings or write the best essays on the spirit of our American Fourth of July.

Drawings must be done in black India ink or black crayon pencil. Essays must not exceed one hundred and fifty (150) words. Contestants must state their name, address, age and certificate number.

Address: Cousin Eleanor, Evening World Kiddie Klub, No. 63 Park Row, New York City.

HOW TO JOIN THE CLUB AND OBTAIN YOUR PIN. Begin with one of the clubs. Write to the club you wish to join.

Address: Cousin Eleanor, Evening World Kiddie Klub, No. 63 Park Row, New York City.

"Kiddie Klub" is a club for all children. It is a club of joy and peace. It is a club of hope and faith.

COUPON NO. 327

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