

WHAT TO CAN, AND HOW

Pressure Cooker Suggested as Best for Nonacid Vegetables

This is the first of a series of six titles to be printed daily on The Times Woman's Page.

BY SISTER MARY
NEA Service Writer

This year most of us are practicing economy systematically and vigorously. Consequently, with fruits and vegetables coming into market in abundance and selling at low prices, the urge to can them for future use is strong.

First, here is a warning regarding the canning of nonacid vegetables. The safest way to can these vegetables is in a pressure cooker. Otherwise add acid in the form of lemon juice, which does not make the vegetables at all distasteful. If a can is opened for serving, boil the vegetables ten or twelve minutes before seasoning them and sending them to the table.

If you have a garden in which you grow more vegetables than you can use, of course you will can the surplus. But if you must buy your vegetables, keep in mind that slogan, "an hour from garden to can," and purchase accordingly. Canning never improves the product and all fruits and vegetables must be fresh to be at their best.

Canned Foods Important

The question of what to can is naturally largely an individual one. There are 1,000 meals to be prepared during the year and if nutrition and economy are considered, canned foods will play an important part.

If you are a family of two or three it is sensible to can most fruits and vegetables in pint jars. A well packed pint jar will be sufficient for one meal, while a quart jar would be too much and the remainder might be wasted if not used quickly.

Even a family of four will find such vegetables as peas and lima beans packed in pint jars sufficient for their needs. The larger family will use quart jars to advantage.

How to Calculate Cost

In calculating the cost and your needs for the winter, the following table giving the approximate amounts which one bushel of fruits or vegetables will produce in canning may be convenient:

One bushel peas in the pod, 10 quarts or 20 pints.

One bushel beans (lima unshelled), 10 quarts or 20 pints.

One bushel beans ("green or 'string'), 15 quarts or 30 pints.

One bushel corn (husked), 6 quarts or 12 pints.

One bushel tomatoes, 16 quarts or 32 pints.

Fifteen pounds spinach, 5 quarts or 10 pints.

One bushel peaches, 18 quarts or 36 pints.

Matlock-Boys Bridal Party to Be Entertained

Miss Juanita Matlock and Dr. Floyd Boys of Evanston, Ill., whose marriage will take place Saturday at Christ church, will attend a dinner tonight at the Marott hotel. Dr. and Mrs. Neal Matlock of Me-

PARTY TODAY GIVEN FOR BRIDE-ELECT

Misses Julia Henderson and Jane Howe were hostesses at a luncheon bridge party today honoring Miss Evelyn Wolfard, bride-elect, daughter of Mr. and Mrs. George W. Wolfard Jr. The party was held at the home of Miss Howe, 4546 Carrollton avenue.

Mrs. J. R. Henderson and Mrs. E. Howe assisted with hospitalities. Appointments were in green and yellow. Guests were Miss Wolfard, Miss Denoe Wolfard, sister of the bride-elect, and Misses Grace Barnett, Betty Ramey, Magdalene Adams, Dorothy Smock, Maria-maria Schmidt, Josephine Melyo, Mary Jane Krull and Mary Adams.

Party Honors Mother

James E. Heirs celebrated his birthday with a dinner party on Thursday night in the Terrace dining room at the Marott. His mother, Mrs. Harry J. Bromschwig of Dallas, Tex., was honor guest. Others were Misses Nancy Bowman, Winifred Fithian and Howard Wiant.

Church Sponsors Dinner

Westminster Presbyterian church will serve a fish dinner at 6 Tuesday night at the church, State and Sturm avenues. Mrs. Roy Mason is chairman.

Dinner Honors Son

Mrs. Frances V. Marsh entertained Thursday night at her home, 3510 North Meridian street, with a dinner party in honor of the birthday of her son Joseph.

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TOILET TISSUE

1,000-Sheet rolls tissue wrapped. Limit

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10c PIECES OF TOILET SOFAWARE

Salted plates, sardines, water glasses, cocktail glasses, etc. Be here early Saturday. Out they go for only....

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Show polish, snap fasteners, pins, safety pins, hair nets, tape measures, fancy buckles and silk thread. Each

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- PRINTED ORGANIES
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25c GOLF HOSE

Girle's Full Length Hose. In sizes

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Hose. Broken sizes. First and

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Lot of 96 Boys' Reg. 50c Fellers' WASH SUITS

Sleeveless models in poplin, broadcloth, linens, seersuckers, etc. Sizes 3 to 10. Suit....

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39c PLAY SUITS

Blue chamois, mostly trimmed, in

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this low price! Clearance, suit....

19c

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BOYS' KNICKERS

Plaids, solid colors and crashes. Worsted bottoms. Sizes 8 to 16. Pair....

50c

Second Floor

BOYS' OVERALLS

Blue denim and ticking stripes. Well made with 2 hip pockets. Sizes 8 and 11 only. Pair....

22c

Second Floor

BOYS' WHOOPEE PANTS

Large cut and welt made of heavy striped denim. Sizes 3 to 7. Second Floor. Pair....

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Second Floor

BOYS' SWIM SUITS

Marion and cotton suits. Men's size 36 to 44. Boys' sizes

28 to 36. Sport models. Suit....

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MEN'S FANCY 19c HOSE

Rayon and rayon plaid in sizes 10 to 12. Assorted patterns. Pair....

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Men's, women's and children's wearing apparel. Odd lots. Soiled and damaged.

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