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HOUSEHOLD

Canning Young Vegetables

Early summer is the best time for canning or preserving young vegetables such as carrots, beets, beans, onions, etc. To a certain extent such young vegetables are canned commercially and can be bought in the store, but as a rule these commercial products cannot compare with the home-preserved vegetables.

To preserve vegetables successfully we must accomplish two things, first, kill all the bacteria present, and, further, prevent the entrance of new ones after the food is sterilized.

Some bacteria show more resistance against heat than others, and especially in the soil we find these resistant bacteria in large numbers. Therefore vegetables coming in contact with the soil need longer sterilization than other vegetables which are kept away from it. The careful housewife will find it to be much easier to preserve running beans and peas than dwarf peas and beans, for the simple reason that the latter are in contact with the soil and are splashed with mud by heavy showers. For the same reason cleanliness in preserving pays handsomely.

First we have carrots and beets, always in contact with the soil. It will be found useful to scrub the young carrots and beets with a brush to remove as much soil as possible. Then the carrots are scraped to remove the skin and the beets put in boiling water for five minutes, after which they peel easily. When the greatest cleanliness is exercised and the vegetables are perfectly sound they can be sterilized two consecutive days for forty minutes, otherwise a third sterilization is necessary.

Rhubarb does not encourage the growth of bacteria, and one sterilization for forty minutes is ample. Young peas and wax beans, if very clean, can be sterilized two consecutive days for thirty minutes, otherwise the first sterilization must last at least forty minutes.

A very simple method used for preserving beans and spinach is as follows: The beans are broken in one-inch pieces and put in small cheese cloth bags, each holding a couple of pounds. Then the beans are cooked for twenty minutes in a large pan with water and after they have cooled down, they are submerged in a salt brine of a pound of salt to a gallon of water. A stone crock is the best receptacle, and a stone weighing down a board will keep the vegetables well under the liquid. Mould will appear on the surface of the brine and this layer should be skimmed off once a fortnight and the top board and stone cleaned carefully. A 5-gallon crock can hold a considerable quantity of wax beans and will supply a large family throughout the winter.

RHUBARB CANNED WITH SUGAR
Wash carefully rhubarb that

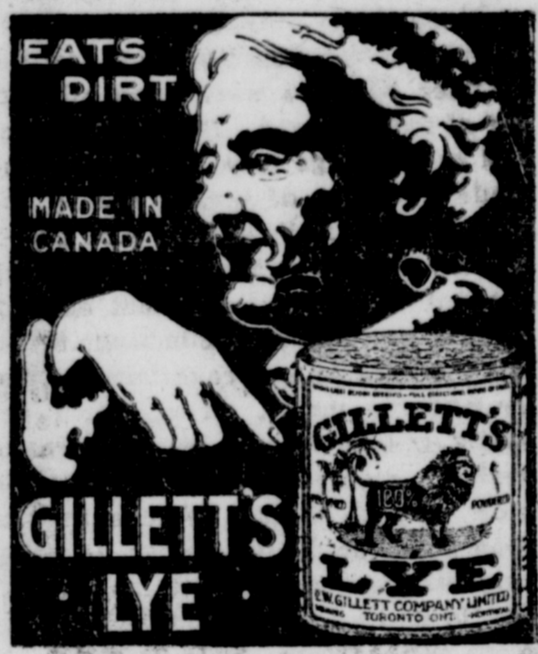
is tender, but do not peel it, as the pinky skin makes the canned fruit a beautiful color. Cut into inch pieces and measure.

For every three quarts of the sliced rhubarb, allow three cups of sugar and one cup of water. Dissolve the sugar in the water, add the fruit and simmer gently for fifteen minutes.

Have ready sterilized jars with new rubbers and air-tight tops, fill to overflowing with the boiling fruit and screw as tightly as possible. After several hours, when the fruit has cooled, the top can be screwed tighter again. A few raisins are sometimes added to the rhubarb when first put on to cook.

RHUBARB AND FIG JAM

To five pounds of rhubarb, cut short lengths, allow one pound of cooking figs, the grated rind and juice of one lemon, and four pounds of sugar. This should stand over night, and in the morning be cooked very slowly for an hour. Then put into glasses and seal.



FOR PICNICS
SARDINE ROLLS.

Make some short crust and roll out thinly, cut into oblong pieces about three by one and a half inches in size. Place on each a sardine, a little shredded lettuce, cayenne pepper, and salt. Moisten edges of pastry, fold over, press edges well together, and bake for fifteen minutes in hot oven. These are excellent for carrying and very nourishing.

CHEESE SANDWICHES.

Break one egg into a saucepan, add half an ounce of butter, two teaspoonfuls of milk, two ounces grated cheese, pepper and salt, and stir over a gentle flame. When set allow to cool, and then spread on slices of brown bread and butter, or, if liked, the filling may be spread on water biscuits. These are excellent.

Germans Have Not Fortified Antwerp

But Are in Fear of Invasion Through Holland

Reuter's Agency has received the following information regarding the situation in Antwerp from a neutral position who had resided there for many years. He remarks that the Germans have made virtually no attempt to fortify Antwerp, their energy being turned to the Dutch frontier, for they have a terrible fear of invasion through Holland.
"As for the Germans themselves," he says, "we know for certain that they are in the greatest straits for food."

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The Germans in Belgium say so, and authenticated cases have occurred where men have fainted from hunger in the streets.

"For the Belgians, the situation becomes more appalling every day, and the middle classes, who are too proud to beg for their bread, are literally starving. Relief funds are called upon to assist some seven and a half millions of people in Belgium, but, owing chiefly to the sinking of relief ships, the ration supplied is not enough to keep body and soul together. The only way in which the poorer classes can exist is by appealing to the generosity of the richer Belgians. The prices are ruinous—sugar costs 2s. a pound, meat 4s., and coffee 15s. It is obvious that only the very wealthy can afford these luxuries which we used to consider as necessities. When I was in Brussels less than a month ago I had to pay more than 30 a day for very ordinary comforts and food.

"The Belgian heroism and sufferings can never be overestimated, and all German efforts to break their spirit fail, and will fail. The deportations are too tragic for words. Making a rough guess—for I have no figures on the subject—I should say that from 10,000 to 12,000 people have been deported from Antwerp alone. Those who refuse to sign for work in Germany are absolutely starved, and are sent home when they are almost on the point of death.
"The Belgians are behind the scenes,

and can tell how near to starvation Germany is—this gives them the courage to bear their misfortunes and to repulse all advances the Germans may make."

WANTED

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Sherman and War

(The Rocky Mountain News)
William Tecumseh Sherman is known to most of his countrymen as the creator of the definition "War is hell." A reader of The News, visiting Washington, found another of Sherman's definitions of war. It was uttered by him in an address delivered February 20, 1862, and is carved on his monument in Washington. It could be fittingly blazoned on the banners of all the nations leagued against German militaristic aggression. It reads: "War's legitimate object is a more perfect peace."

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