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... OF ...

Interest to Women

CERTAIN HYGIENIC REQUIREMENTS FOUND NECESSARY FOR SUCCESS

Marjorie Mills Provides Cooking Time-Tables for the Various Foodstuffs and Explains Both Water and Oven Methods

Several of our readers have asked for general information on the subject of canning fruits and vegetables.

First of all, be sure that your jars are in good condition, both jar and cover free from nicks, that the wires which hold the glass top are tight. If you use screw-top jars, the tops must be free from dents. A good rubber has little odor, has no powdery deposit and is very elastic. A rubber with a lip makes the jar easier to open. Jars must be absolutely clean, and should be hot when the fruit or vegetable or hot syrup is put into them.

Following are the time-tables for the hot water bath method and for the oven method of canning foodstuffs.

Oven Canning Time-Table for Fruits

Apples—Wash, pare, core, cut in pieces; place in salt bath, boil 1 minute, pack, cover with boiling syrup. Or boil whole in syrup or bake as for serving and cover with syrup—pack hot. Or pack hot in form of apple sauce; 20 minutes, thin syrup. Apricots—Wipe with damp cloth; do not peel; halve and pit; pack, cover with boiling syrup; 20 minutes; thin syrup.

Blackberries, blueberries, dewberries, elderberries, huckleberries, loganberries, mulberries, raspberries—Wash, stem, pack in jars, cover with boiling syrup; 20 minutes; medium syrup.

Cherries—Wash, stem, pit, pack, cover with boiling syrup; 20 minutes; medium syrup. Currants—Wash, stem; pack in jars, cover with boiling syrup; 20 minutes; medium syrup.

Figs—Wash, place in soda bath; drain, rinse; cover with boiling syrup; 20 minutes; medium syrup. Gooseberries—Same as other berries; 20 minutes; thick syrup.

Grapes—Same as berries; 20 minutes; medium syrup.

Peaches—Select firm, ripe peaches; blanch, peel, cold dip; pack, cover with boiling syrup; 20 minutes; medium syrup.

Pears—Select slightly under-ripe pears, pare, quarter; place in cold salt bath; boil in syrup, pack, cover with boiling syrup; 20 minutes; thin syrup.

Pineapple—Peel, remove eyes, cut, slice or shred; pack cold, cover with boiling syrup; 20 minutes; thin syrup.

Plums—Wash, prick skins; pack, cold, cover with boiling syrup; 20 minutes; medium syrup.

Rhubarb—Wash, cut into small pieces, blanch; cold dip; pack; cover with boiling syrup; 16 minutes; medium syrup.

Strawberries—Wash, stem; boil gently for 15 minutes in syrup; let remain in syrup several hours; re-heat; fill jars, seal; 16 minutes; medium syrup.

Fruit juices—Crush fruit; heat slowly; strain; pour into jars; 30 minutes; 180 degrees F.

Notes on Time-Table

These time periods are based on the use of quart glass jars. Use the same time for pint and half-pint jars. For half-gallon jars add 20 per cent. to time as above specified.

If steam pressure cooker is used for fruits, process 10 minutes at five pounds pressure. Temperatures higher than boiling (212 degrees F.) tend to injure the delicate color and texture of most fruits.

For altitudes above 1,000 feet increases the time for processing (sterilization—20 per cent. for each additional 1,000 feet.

Cover jars with water in hot-water bath.

Begin counting time for processing when water reaches boiling temperature (212 degrees F.)

Fill jars with boiling syrup to within 1-4 to 1-2 inch of top.

Time periods are based on the use of quart glass jars.

General Rules for Oven Canning

Select sound, fresh products.

Clean products well before canning.

Clean jars and rubbers thoroughly.

Light oven and set regulator at 275 degrees F., or use oven thermometer.

Pack products into jar to allow for proper heat circulation.

Add boiling syrup for fruits to within an inch of top of jar.

Partly seal jar and place on new jar ring, as for other methods of canning.

Place jars in oven, on rack about two inches apart, to allow for heat circulation.

Place "drip pan" below lower rack to catch any overflow.

Do not place water in "drip pan."

When using jars of different sizes pack quart jars on rack below pint and half-pint jars.

Process length of time and temperature specified on time table.

Remove jars from oven at end of processing period.

Complete the seal. Test for leaks by inverting the jar for one or two minutes only. Allow jars to cool in upright position.

Store jars in clean, well ventilated dry place.

Syrup Table

Thin syrup—One part sugar to three parts water.

Medium syrup—One part sugar to two parts water.

Thick syrup—One part sugar to one part water.

Boil sugar and water together until sugar is dissolved. Fruit juice may be used in place of water.

Canning Time Table for Standard Vegetables

In the hot-water bath, the water should be boiling; when using the steam pressure cooker, foods should be processed at 10 pounds pressure, unless otherwise specified; for oven canning, the temperature should be 275 degrees F.

Asparagus—Wash, tie in bundles, keep tips above water, boil 5 minutes, pack. Hot water bath, 3 hours; pressure cooker, 40 minutes; oven 3 hours.

Beans, green or wax—Wash, string, boil 5 minutes, pack. Hot water bath, 3 hours; pressure cooker, 40 minutes; oven 3 hours.

Beans, Lima—Shell, grade, boil 5 to 10 minutes, pack loosely. Hot water bath, 2 hours; steam pressure cooker, 40 minutes, oven, 2 1-2 hours.

Beets—Wash, retain 1 inch stems, boil 15 minutes, slip skins, pack. Hot

water bath 2 hours; steam pressure cooker, 40 minutes; oven 2 1-2 hours.

Brussels Sprouts, Cabbage—Wash, boil 10 minutes, add salt, pack. Hot water bath, 1 1-2 hours; steam pressure cooker, 40 minutes; oven 2 1-2 hours.

Cauliflower—Soak in cold brine, boil 3 minutes, pack. Hot water bath, 1 1-2 hours; steam pressure cooker, 40 minutes; oven 2 1-2 hours.

Carrots—Wash, boil 15 minutes, skin, pack. Hot water bath, 2 hours; steam pressure cooker, 45 minutes; oven 2 1-2 hours.

Corn (on cob)—Boil on cob 5 minutes, pack. Hot water bath, 3 hours; steam pressure cooker, 90 minutes; oven, 3 hours.

Corn—Boil on cob 5 minutes, cut from cob, loosely pack. Hot water bath, 3 hours; steam pressure cooker, 90 minutes, oven, 3 hours.

Corn and Lima Beans (Succotash)—Boil each product 5 minutes, combine corn and beans, loosely pack. Hot water bath, 3 hours; steam pressure cooker, 90 minutes; oven, 3 hours.

Eggplant—Peel, cut in 1-4 to 1-2 inch slices, boil 3 minutes, pack, do not add salt. Hot water bath, 2 1-2 hours; steam pressure cooker, 60 minutes; oven, 3 hours.

Greens (including spinach)—Steam in covered vessel for 15 minutes or until wilted; use smallest possible amount of water; loosely pack. Hot water bath, 3 hours; steam pressure cooker, 5 minutes; oven, 3 hours.

Kohlrabi and turnips—Wash, boil 15 minutes, slice, pack. Hot water bath, 2 hours; steam pressure cooker, 45 minutes; oven, 2 1-2 hours.

Mushrooms—Wash, skin if necessary, boil 3 minutes, pack. Hot water bath, 3 hours; steam pressure cooker, 60 minutes; oven, 3 hours.

Okra—Wash, remove cap, boil 3 minutes, pack. Hot water bath, 2 hours; steam pressure cooker, 30 minutes; oven, 2 1-2 hours.

Parsnips—Wash, scrub, boil 15 minutes, pack. Hot water bath, 2 hours; steam pressure cooker, 45 minutes; oven, 2 1-2 hours.

Peas—Shell, grade, boil 3 to 5 minutes, loosely pack. Hot water bath, 3 hours; steam pressure cook-

MALE MODELS: ARE THEY OR ARE THEY NOT "SISSIES?"

TORONTO, July 14—Are young men who model clothes "sissies," or any adjective you wish to choose as the equivalent of effeminate?

"Yes," seems to be the general opinion among men.

"No, very definitely no!" was the opinion of the models and members of the International Association of Clothing Designers, who hired the Toronto youths for their style show tonight.

Women Say "Yes"

"Yes," in some cases a very emphatic and indignant "yes," was the opinion of the dear women—young ones.

"If the girls can model gay, flimsy things without incurring the sarcastic criticism of the female world, what is there objectionable about men showing sombre, conservative suits?" asked the male dress models—twelve of them—some employed in department stores, some clerks and university students and graduates.

All this started when some one in the Royal York, during the rehearsal last night, implied they were a bunch of sissies. They may have been, but they certainly didn't look sissified. All of them were five feet ten inches tall, and weighed not less than 145 pounds. A 36-inch chest, 31 waist, with 37-inch hips were the qualifications.

"I still think a young fellow must be desperately hard up, or he's egotistical," exclaimed an attractive, intelligent young woman. "Girls are essentially feminine, and modelling and displaying current fashions is without reservation their occupation."

"I agree," supported a male stand-

er, 60 minutes; oven, 3 hours.

Peppers, Bell—Wash, remove seed-pod, boil 5 minutes, flatten, pack. Hot water bath, 3 1/4 of an hour; steam pressure cooker, 15 minutes; oven, 1 1/4 hours.

Time table for the remaining vegetables will be given in tomorrow's column.

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ing by. "I don't know any models to speak to, but I wouldn't go within a hundred miles of a job like that."

"What's wrong with a man modelling men's clothes, and a woman exhibiting woman's gowns," replied another young woman. "Clothes make the man," she said, quoting somebody, "and if that's true, how are the men to know what they look like unless somebody shows them?"

"No self-respecting he-man would even think of exhibiting himself to the gaze of hundreds of critical eyes," another sweet young thing objected, as she very diplomatically omitted to state what her conception of a real he-man was.

"Do you think a man who models clothes is a sissy?" another young fellow was asked.

"Sure," he shot back defiantly.

"Why?" equally as fast came the follow-up.

"Well—er—um—ah—well, I don't think I have any reason," he stammered, glancing helplessly around for some support. Gathering confidence he blurted out: "And I don't have to have a reason. It's just a combination of reflexes." What he meant is still his secret.

Next came an older man, wise in the ways of humanity, and he didn't like male mannequins either. "They're just obsessed with the idea of clothes. Every serious thought is driven from their minds by a conceited yearning to make themselves look nice. What I think of them couldn't be printed in a newspaper," he said.

Then another young man upset the dope again by the comment: "A man's justified to do anything if he's destitute."

Then the designers, who employ the models, were given a chance. "These fellows are not the handkerchief-sleeve type," Irvine Stone, prominent Toronto designer remarked. "In fact they're a little on the rough side, but they know good clothes and can wear them."

Next came Arthur J. Black, another Toronto man, to announce: "No, sir; they definitely are not 'sissies.' These lads we have here are the best-looking group of models I have ever seen in any show."

So that leaves everything virtually where it was. Are models "sissies"? Those who say yes, were unable in the main to give any lucid reason for their opinion. Those who said no were confined mainly to the clothing industry. Take your choice.

TRACY

The Loyal Orange Order held their County Picnic at Tracy, Monday, July 13. The usual sports were carried on. The Fredericton Jct. Band was in attendance. Those winning prizes were:

Bowling—Gents: Harry Tracy, Ladies: Mrs. Clark. Rifle—Stuart Burr and Bertram Webb.

Bean Toss—Talmage Tracy. Roly Poly—Mrs. Bertram Webb.

Guessing Pole—Mrs. V. Noble. Bow and Arrow—Earl Nason.

A dance was held in the evening. Music by the local orchestra. Mrs. Winfield Webb, Manzer Webb, Ronald Horne, and Frank Palmer. The sum of \$235.00 was realized.

On Monday evening the soft ball team of the staff of J. Clark and Son

played the Tracy soft ball team at Tracy. Tracy team were the winners. Score, Tracy 15; Fredericton 7. The batteries for Fredericton, Hartt and Young, Tracy, Boyce and James.

FRANCE—The deposed Archbishop Du oBis de la villarabel has been notified by the Vatican of his appointment as titular Archbishop of Melitene in return for his resignation as Archbishop of Rouen.

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