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... OF ...

**Interest to Women****CANNING FRUITS AND VEGETABLES**

Our present day knowledge of nutrition, and particularly of the value of minerals, vitamins and roughage in our daily diet, leads us to give Fruits and Vegetables their true place in the menu. At certain seasons of the year, out Canadian Fruits and Vegetables are unobtainable in their fresh state as we must rely on canned foods. There is nothing more satisfying to a housewife than a pantry shelf well stocked with home-canned Fruit and Vegetables.

**How Canning Preserves Food**

If food products are left in their natural state, most of them spoil in a few days—some in a few hours, owing to the growth on their surface or in their tissues of bacteria, mould or yeasts. If such organisms can be destroyed and the entrance of other organisms prevented, the food can be kept in good condition indefinitely. Sufficient heat for a sufficient length of time will destroy any form of life. Therefore successful canning depends on destroying all microscopic life and using air-tight containers which protect from reinfection. Our aim in canning fruit and vegetables is to assure this result while preserving natural shape, colour and fresh flavour. Safe canning depends on strict attention to every step in the process. Can fresh vegetables and fruit. The fresher they are the better will be the finished product, and the smaller the chance of failure. For best results can Fruits and Vegetables the day they are gathered.

**Equipment**

No equipment is needed other than that found in the ordinary kitchen. Sharp knives—preferably stainless steel, a colander, bowls, measuring cups, enamel pie plates, wooden spoons, a wide mouthed funnel for filling jars, and a jar lifter to save burned fingers in lifting jars from the sterilizer. The sterilizer may be the common wash boiler, the steam pressure cooker, or the oven.

**Hot Water Bath Canner**

A hot water bath outfit may be any container of sufficient depth to allow the jars to be covered with water while standing on a false bottom which allows circulation of water under the jars. It must also have a tight fitting cover. Special kettles may be bought for the purpose having a wire rack with handles for lifting in and out of the boiling water, but the wash boiler or other deep pot may be fitted with a wooden rack and will answer the purpose nicely.

**Steam Pressure Cooker**

This consists of a heavy container equipped with tight cover fastened in place with bolts, and with a pressure gauge, pet cock and safety valve. Because of the pressure a higher temperature may be reached and the time of sterilization shortened.

**Oven**

This method may be used for small fruits and tomatoes. An oven with thermostat control is very satisfactory.

**Steam Cooker**

The steam is generated below and circulates around the jars, giving an even temperature. The time of sterilization is longer with this type of canner.

**Open kettle.****Jars**

A jar for use in canning should have a smooth rim and good fitting

cover, to furnish a perfect seal. Test each jar before you use it. See that it is not cracked. See that there are no chips in the rim of jar or cover. Fill the jars with water, adjust the rubber, seal and invert to test for leakage. Be sure that the wire spring of a spring top jar springs into position with a snap. New metal rings should replace those which have become corroded or cracked.

**Jar Rubbers**

Jar rubbers are a very important part of canning equipment. Buy fresh rubbers each season. Never use last year's rubbers. Twelve rubbers are cheaper than one jar of fruit. To test—first bend double—an old rubber will crack. Then stretch—a new rubber will spring back to its original size. Be sure to have the type of rubber which suits the type of jar you are using. Wide rubbers fit spring top jars. Narrow rubbers fit screw tops.

**Processes**

1. Cold Pack Method.—By this method the food is packed into sterilized jars while raw and cold, covered with hot liquid and partially sealed—then sterilized.

2. Hot Pack Method.—By this method the food is subjected to a short precooking and packed hot—thus requiring shorter time for heat penetration and in some cases allowing more vegetables to be packed in the jar. With vegetables such as corn or greens the centre of the filled jar reaches sterilization temperature from thirty to fifty minutes sooner than when packed cold.

3. Open Kettle Method.—While this method of cooking fruit with sugar in an open kettle is a common one it is not recommended for canning fruits and should never be used for vegetables. Jams and marmalades are done in the open kettle.

In canning fruits by the open kettle method wash them carefully and cook in sugar until tender. Pack while boiling hot into clean hot sterilized jars, partially seal and process for five minutes. Then seal.

4. Raw Canning.—Raspberries, rhubarb or strawberries may be canned successfully by what is known as the raw canning method. Pack in jars. Cover with boiling syrup, place on newspaper in a tub and pour in enough boiling water to cover the jars three inches over the top. Place a blanket or rug over the tub and leave until cold. In pouring in boiling water care should be taken not to pour directly on the jars.

**COUNCIL YIELDS TO NO. 13 HOODOO**

WOMBWELL, Yorkshire, England, July 10—The local council has yielded to superstition and abolish No. 13 from houses on its estates. This has been done on the advice of the rent collector, who could not get tenants for No. 13 dwellings. Many now living at No. 13 have asked to have the number changed.

One woman tenant said she had had bad luck for six years. She herself changed the number to 11a—and next day her husband won \$40 in a football contest.

CHINA—T. T. Ching, former Chinese Finance Minister, was assassinated at Hong Kong by a Chinese who fired three shots, mortally wounding the statesman, and then fled.

Forty airmen, attached to the Canton forces deserted to Nankin, taking nine pursuit planes with them.

**Buy the Best Tea**  
**"SALADA" TEA****ALBERTA REVISES ITS OPTOMETRY ACT**

EDMONTON, July 10—An Order-In-Council published in the Alberta Gazette carries revisions to the Optometry Act, ordering that optometrists cannot offer free examinations of eyes, engage in misleading or price-reference advertising, or offer premiums or refunds.

UNITED STATES—Lieut. Governor Thomas Kennedy of Pennsylvania pledged that the State would provide relief for any worker who lost his job in the campaign to organize the steel industry.

**FLYING MEXICAN MINISTER CRASHES**

TOKIO, July, 10—The Mexican minister, Francisco J. Aguilar, and his 18-year-old son were injured yesterday when a plane piloted by the diplomat crashed while landing after a training flight. The boy will be in hospital for about three weeks, physicians said. Aguilar was not seriously injured. He was contemplating a trip from Japan to Madrid.

GERMANY—Nineteen persons whom authorities described as Communists, were sentenced in Dresden to prison terms ranging from two to five years, and two months for "preparing acts of high treason."

**NOTICE TO OUR CUSTOMERS**

Please take notice the Electric Power in the City of Fredericton will be off SUNDAY, JULY 12th [FROM 4 a.m. TO 7 a.m.] in order that the New Brunswick Power Commission may make necessary repairs to their high voltage transmission lines.

Due to weather conditions this work scheduled for last Sunday could not be carried out.

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**FAIR EXAMINATIONS**

The protest of the Nova Scotia Teachers' Union over the Science Paper of Grade 11 is not without its public interest. We all are, or at least we all should be, interested in the work of the public school. And when the teachers in convention protest over the setting of an examination paper it is a matter that should merit wide and deep interest.

The union meets in camera and consequently the full discussion on this subject is not available to the public. But form what was given out by the publicity committee of the convention it would seem that the recent examination paper contained questions that were from matter not within the prescribed course of instruction.

It has always been our contention that school examinations must continue. They are testing points in the lives of the students. Boys and girls must be trained to meet tests. School days are not long over before boys and girls realize that life is one test after another and they also find that he one who succeeds in life is the one who can meet the tests of life.

Examinations must continue if our boys and girls are to be trained for life. But examinations must be a fair test. If there was unfairness in the examination paper complained of, then such should be guarded against in the future. Boys and girls should not be confronted with a high impossible task when they enter the examination room. Rather they should face a test that is a fair and honest test of the prescribed work of the year. We are very much inclined to think that the best judges of what is a fair test are those who are directly, not indirectly, associated with the work of the schools.

By all means continue examinations, but by all means make them fair.—Truro News.

**"NOVELTY SHOP"**

Those interested in Knitting will be glad to know they can secure the new and popular Knitting & Homecrafts Magazine here for \$1.00 per year, or 10c per copy published each month.

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