

READY TO CAN.

For Next Winter's Home Food Supply or for Sale in the Markets.

Every woman in the United States is going to can something this summer. She is going to can because her government has asked her to be "canny" this year as never before, and because she has found that one of the best ways to cut the cost of living in two is by having rows of canned fruits, vegetables and greens to draw upon in the winter-time. She has discovered that the summer investment of time and money is small, but that the winter returns in food and health are large.

Some women are going to can for their own families only, while others are thinking of going into it as a business. Women today are finding ways and means of earning money by canning. Many are doing their part in sharing the heavy financial load of their husbands.

Sometimes when I suggested that women can what is usually wasted I get this answer, and perhaps you who are now reading this, you busy housewife and mother, are saying: "Why, I haven't time to can all the apples that fall on the ground; I can't begin to preserve the cherries and berries as fast as they ripen; and as for the peas, corn and tomatoes, there are always so many bushels of them ripe at the same time that I can manage to can but a small part of them."

Of course you couldn't can or preserve all these things by the old method you have been using—the method your mother and grandmother used. This old process of canning and preserving in an open kettle is too slow, too laborious, too destructive of favor, color and form, and too uncertain in the killing of spores, particularly in vegetables, for the present-day method of efficiency, convenience, quickness and safety first. But by the new cold-pack method of canning you can put up 300 cans of fruit a day. Many a girl last summer put up that many quarts of tomatoes in one day—just one day. You get more money for things in jars than for the raw product.

How many times have you and the family "broken your backs" picking berries, sorting and packing peaches and other farm products to send them off by the first boat or train to the nearest city, and then after waiting a week for your returns, a letter from your mother telling you that the elegant sum of seven cents for one crate of strawberries.

The Women's Investment.

This was the experience of my widowed aunt who had a farm in South Haven, Michigan. Her fruit was all sent to Chicago. She paid packers frequently out of her own pocket, not realizing enough from her profit even to pay for the boxes in which her fruits were packed. Once she received one cent for a crate of blackberries.

"I sat down and cried," she said. If she and her sturdy farm boys had only had a canner and canned all the products and sent them to the fancy Chicago markets, they would have cleared a neat little sum for the education of the boys or for the necessities of the long country winter. But they knew nothing of this new efficient method then, and there were no canners on the market.

Why shouldn't the woman of the household invest in a canner just as the man invests in reapers, pulleys, rakes, and so on. Put it up to him as a business proposition and the canning season will not be far advanced before he will have to admit that the women knew what they were talking about when they assured him it was a money-making proposition.

If you go into canning as a business you will have to work diligently during the canning season, but that is a short season at most, and if the work is systematized and the foods canned cold pack it will be no harder than bending over the hot stove putting up just enough canned goods for your immediate family by the old open-kettle method. Before you start your canning, you will have to decide which type of canner will meet your needs.

Canners are divided into five distinct kinds:

1. Homemade hot-water outfits.
2. Commercial hot-water outfits.
3. Water-seal outfits.
4. Steam-pressure canners, with five pounds or more of steam.
5. Pressure cookers, with ten pounds or more of steam.

The last three are more expensive than the hot-water outfits, but frequently are more desirable, as greater heat can be produced and consequently more rapidly in canning.

A clothes boiler, with a false bottom made of slats of wood or wire netting, makes an excellent canner, since it is deep and large. The false bottom is absolutely necessary to prevent the jars from coming in contact with the bottom of the sterilizing vat, causing them to break during the boiling. The washboiler should have a tight fitting cover. A large covered pail with a wooden rack may also be used

in canning, but, being small, its capacity is limited, so it is not so satisfactory.

A galvanized bucket, such as is used for a garbage pail—a new one, of course—is also excellent for canning. Many women perhaps prefer a garbage pail to a washboiler, as it requires less space on the stove, and if gas, gasoline or oil is used for heating, it requires only one burner, while the washboiler requires two burners. The washboiler is heavy and requires a larger amount of water for the canning.

Instead of the false bottom, last summer and fall I used the individual jar holder made of wire. It is so constructed as to keep the jar off the bottom of the canner, and is equipped with a handle for lifting. When one wants to can different products at the same time, each jar can be removed easily at the end of the sterilization period without disturbing jars containing the products which have not been fully sterilized. Eight holders are sufficient and some use only six. This depends upon the circumference of your canner.

But remember that if the individual holders are not used, you must have a false bottom of some material which will hold the jars three-quarters of an inch to one and a half inches off the bottom of the canner. Handles placed on the sides of the rack facilitate lifting the cans into and out of the hot water. Hay, straw, excelsior, paper or loose boards should not be used, as these substances do not allow a free circulation of water and may cause breakage of jars as well as loss of liquid in the jars.

In choosing your homemade outfit, you must keep these things in mind: A tight fitting covered outfit that will allow the water to circulate at a depth of three-quarters to one and a half inches under the jars and an inch or more over the jars. The size of the vessel otherwise—that is, in circumference—depends upon the number of jars of the product which you desire to sterilize at a time. The advantage of the homemade outfit is in the small outlay of money for equipment.

The simplest type of commercial canner is the hot-water outfit. In this the cans are surrounded by boiling water or steam, and the food to be canned is thus cooked at the temperature of boiling water.

The great advantage of the commercial hot-water outfit is that it can be set up in the orchard and the canning can all be done away from the house. Boys and girls are partial to this outfit.

Next in simplicity to the hot-water outfit is the water-seal outfit. The main difference between this and the hot-water type is that the cover of the water-seal outfit is so devised that a seal of water holds it down tight and thus steam is the space above the cans is held under slight pressure. The temperature of steam under pressure rises above that of boiling water. Hence in the water-seal outfit a temperature somewhat above that of boiling water may be obtained, and thus the time needed for sterilization is somewhat reduced. The efficiency of such an outfit depends upon the amount of pressure produced. The great advantage of this canner is that it is so easily handled that even an amateur is successful.

When steam is held under considerable pressure, temperatures much higher than that of boiling water may be obtained and the rise in temperature depends upon the rise in pressure. A number of good portable canners in which a pressure of five to fifteen pounds may be obtained are now on the market. In steam-pressure outfits the jars do not sit in water but on a tray or crate above the water. A very small amount of water in the cooker forms steam in which the products are sterilized. Many women like this type of canner because it requires such a small amount of water. Steam-pressure canners are usually made of steel, iron or boiler plate.

Some Rules to Remember.

A high-pressure aluminum cooker is desirable for all meat and vegetable such as corn, pumpkin, and so on, which require a high temperature or long cooking.

Products cook in such a cooker in one-third the time required with a hot-water outfit; in some cases the saving of time is even greater than that. The all-aluminum boiler can be subjected to intense heat and pressure; some kinds will carry thirty pounds pressure, and for canning is used at ten to fifteen pounds.

With even a small-size outfit of this kind it is possible to can as rapidly as with a large outfit which cooks more slowly. The pressure cooker is much used west of the Rockies for preparing meals, and is rapidly coming into favor in the East because of the short time required to cook foods in it.

Just the other day a Chicago house-

wife said to me: "If anything happened to my pressure cooker I would have to give up house-keeping. I use it in preparing every meal in my home and can hardly spare it when the canning season comes round."

These four rules will help in the operation of the hot-water-bath canning outfit:

Support the jars on a perforated platform sufficiently to permit the circulation of water under, among and round the jars.

Have the water cover the tops of the jars by at least one inch.

Count time as soon as the water begins to boil over the entire surface. Remove the jars from the water and tighten covers as soon as time is up.

The following things will cause loss of liquid during the sterilization period when a hot-water outfit is used:

If the water in the canner does not cover the tops of the jars.

If the platform in the bottom of the canner does not permit the water to circulate underneath. Towels, excelsior, newspapers, hay, and the like are unsatisfactory.

If the covers of the jars are adjusted too loosely.

To operate a steam-pressure or a pressure-cooker canner, observe the following rules:

Place each jar in the canner as soon as packed.

Have water come up to, but not above, the platform.

Have canner absolutely steam tight.

When canner has been filled, fasten opposite clams moderately tight.

When this has been done, tighten each clamp carefully.

Allow petcock to remain open till live steam blows from it.

Close petcock, allowing just a trace of steam to escape.

Force pressure to the required point before counting time.

Maintain a uniform pressure during the sterilizing period.

Allow canner to cool before opening petcock.

Have petcock completely closed during the cooling.

Open petcock before vacuum forms.

This is evidenced by a rush of air into the canner when the petcock is open. You can test this by placing the finger over the end of the petcock. If a vacuum forms it will draw the flesh of the finger into the opening.

Remove jars from canner and tighten lids as soon as canner is opened.

The following things will cause a loss of liquid during the sterilizing period when a steam-pressure or pressure-cooker canner is used:

Leakage of steam at the joint and round the fittings.

Fluctuation of pressure, such as running the pressure up to twelve pounds, down to seven pounds and back to ten pounds.

Blowing the steam from the petcock at the close of the sterilizing period.

Permitting a vacuum to form in the canner.

Having the wire balls on the glass-top jars so loose that they will go in with a snap.

When using steam pressure or pressure cooker outfits remember that too much pressure is more destructive to the value of some products than not enough pressure. About ten pounds pressure is sufficient for strawberries, dewberries, raspberries and blackberries. Higher pressure, if used for soft fruits, such as peaches and pears, tends to destroy natural colors and flavors.

If you use more than twenty pounds of steam pressure for canning corn that is a trifle too ripe, the corn may turn brown.

Choose the outfit that seems to meet your needs, and if possible see it in operation before buying.

After you decide which outfit you are going to use this summer for your canning, the next in order is the jars.

We can do cold-pack canning with any style of glass jars which we used for hot-pack canning, so it is not necessary to buy new ones. But when you do buy new ones buy the best.

Imperfectly sealed jars are probably responsible for more spoiled canned goods than any other one cause. Before beginning to can, fit the tops to the jars. Wash the jars and tops in hot soap-suds and rinse in boiling water. If the tops are old, boil them in water to which a little soda has been added. If they cannot be cleaned so as to be perfectly sanitary and also to look clean, do not use them—get new ones.

When using the screw-top jar, adjust the top and run the thumb nail round between the top and the glass. If at any place the thumb nail goes in, the top is defective and air will get in to the jar. It will not pay to use this top at the risk of losing the jar of fruit or vegetables. Good tops usually cost twenty cents a dozen. New tops should be tested in the same way as old ones. Do not use tops from jars that have been opened with a knife, as these tops will leak air unless the rough edges can be rubbed smooth with a file or an old knife, or perhaps pounded.

Be Sure to Test the Tops.

Another test for the screw-top jar, which many women like, is as follows: Adjust the rubber and top. Now pull out the rubber; if it stays out the top is good, but if it springs back the top is defective.

The new screw top is an improvement over the old top. It is more sanitary, as no metal comes in contact with the contents of the jar. Then, too, some women in testing adjust the rubber and top, fill the jar with water and invert; if no water escapes the jar is air-tight.

It makes no difference which test you use, but to be absolutely sure you should make one or two tests, for it doesn't pay to lose canned food in these war times of high prices and food scarcity.

In the case of jars with composition attached to the cover, set the cover on the jar and tap all the way round the edge to see that the cover sits level on the jar. If it rocks at any point this indicates a defect in either the cover or the jar.

Examine the covers to make certain that the rubber composition goes entirely round and is not cut or broken in any place. If it is, the top must be discarded.

The composition attached to covers sometimes deteriorates with age, even if the cover has not been used. In buying covers with rubber attached, be sure they have not been carried over from last season.

When using glass tops with spring clamps, put the cover in place without the rubber, set the spring and press the clamp down. If the thumb nail can be inserted between the cover and the jar, the spring is not tight enough. To remedy, disengage the ends of the top spring from the eyelets at the side. Holding a side of the bail in each hand, press down with the thumbs on each side of the top bar. This will cause it to fit closer to the cover and increase the pressure. Return the spring to the jar and test again.

It may be necessary to tighten the bail every year, and yet I repeatedly find housewives who never knew that this bail could be removed.

Use Only Good Rubbers.

Once in my zeal to get the bail tight enough I tightened it too much, and when I removed the jar I discovered that the cover was broken. So use judgment in this as in other things. After a jar has been tested, keep it with its own top, because even good covers are not always interchangeable.

See that there are no imperfections in the jars, such as cracks and burst blisters, as these may cause glass to get into the product as well as make the jar harder to clean. Some women always rub over the inside of the jar with a knife or spatula as an extra precaution that there are no pieces of glass adhering to the sides and no half-burst blisters there.

If you are buying new jars, buy those with wide mouths, straight sides and lacquered or glass tops. They are easier to clean and can be used for whole vegetables or fruits. It is also easier to pack in them than in the small-mouth jars.

Rubbers are of great importance in canning. Things keep or spoil according to whether good or bad rubbers are used. Always buy good rubbers, paying at least ten cents a dozen.

AT THE FRONT.

The Germans have been somewhat halted in their drive "on to Paris" which is now plainly revealed.

Their losses have been enormous, but their plan is now evident, and Foch will pile up his reserves, where most needed. In a short time the force opposing the Huns will commence to equalize more evenly the great body of Germans that are pressing on in this offensive.

If we have the enemy held in dangerous points, then we may expect extra good news for soon.

If held on the western drive to Paris, he will now likely make a drive toward his left and capture and encircle Rheims.

The Allies are fighting nobly and gallant French are adding new laurels to their unperishable Victor's wreath.

PROGRAMME OF NOVA CONFERENCE.

The thirty fifth session of the Nova Scotia Conference will open in Trinity Church, Amherst, at 9 a. m., on Thursday, June 13th, 1918.

Tuesday.

2.30 p. m. Meeting of the Stationing Committee.

2.30 p. m. Statistical Committee.

8 p. m. Meeting of the Stationing Committee, the Nominating Committee, Conference Treasurers to meet the District Financial Secretaries; District Journal Secretaries to meet the Secretary of Conference, or his Assistant, in order to place in his hands copies of all resolutions to be presented to Conference; and to place on the table District Secretary's Books.

Wednesday.

7 a. m. Prayer Meeting, led by Rev. B. J. Porter, B. A.

9 a. m. Ministerial Session (Appointment of reporters and letter writers)

11.15 Address by Prof. Knudson of the Boston School of Theology.

12 a. m. A Meeting of the Supernumerary Endowment Fund Committee.

2 p. m. Ministerial Session.

Thursday.

7 a. m. Prayer Meeting, led by Rev. S. J. Boyce, B. A.

9 a. m. Order of the day, after opening: Discussion of Supernumerary Fund Matters, followed by the consideration of Reports.

11.30 a. m. Delegations.

2 p. m. General Session.

4.30 p. m. Address by Dr. Knudson

8 p. m. Memorial Service (Assembly (Hall))

Sunday

7 a. m. Prayer Meeting, led by Rev. John Adamson.

9 a. m. Love Feast, led by Rev. Arthur Hockin.

11 a. m. Ordination Service, Preacher Rev. T. Albert Moore, D. D.

2.30 School Anniversary: speakers Rev. L. A. Buckley, Rev. John W. Bartlett.

7 p. m. Sermon by Dr. Knudson. This service to be followed by the ordination of a deaconess.

Monday.

9 a. m. General Session.

11 a. m. Address by Dr. Knudson

2 p. m. General Session—Election of Chairmen.

Committees: Group A: Missionary, Social Service, Sunday School, Epworth League, State of the work, Church Property, Class Leaders.

Group B: Contingent, Educational, Memorials, Systematic Benevolence, Sabbath Observance, Examining Board.

(Note: Districts not to appoint representatives to the Sustentation Fund Committee.)

Travelling Arrangements.

The usual reduced rates on the "Cann boats". No standard certificates or other convention rates on Government Railways, D. A. R. or H. & S. W. R. R.

Reduced fares canceled by the Railway War Board of Canada. Clergymen's Half fare Permits may be used.

A. C. Borden, D. D. President of Conference.

Rev. C. E. Crowell, B. A., Secretary of Conference

J. W. McConnell, B. A., Pastor the Conference Church.

Services to be conducted in other Churches on Conference, Sunday.

First Baptist 11 a. m. Rev. W. H. Langille, 7 p. m. Rev. A. S. Rogers, B. D.

St. Stephen Presbyterian 11 a. m., Rev. J. W. Bartlett, 7 p. m. Rev. C. M. Mack, B. A.

Grace Methodist 7 p. m. Rev. F. J. Armitage.

Fort Lawrence Methodist 11 a. m., Rev. John Adamson.

Brookdale Methodist 3 p. m., Rev. Thos. W. Hodgson.

East Leicester 11 a. m., Rev. A. R. Wallis.

West Leicester 3 a. m., Rev. A. R. Wallis

A. M. E. Methodist 7 p. m., Rev. W. J. Dean.

Salvation Army 7 p. m. Rev. A. W. Dyer, B. A.

Nappan, Methodist, 11 a. m. Rev. J. Gornall, B. A.

GERMANS REPULSED EAST OF AMIENS.

London, June 5—German troops this morning attempted to raid the British lines, south west of Morlan-court, in the region east of Amiens, the war office announced today. Although the enemy was supported by heavy artillery fire he was repulsed and left prisoners in the hands of the British.

INCIDENTS CONNECTED WITH S. S. CAROLINAS LOSS.

New York June 5—"Use no wireless and we wont shoot" is the newest made-in-Germany war slogan under which the Emperor Submarine Commanders are carrying their campaign of frightfulness into American Atlantic waters, according to persons among survivors of the steamer Carolina, who were brought to this port aboard a coastwise schooner early today. The Carolina was destroyed by U-Boat gunfire fifty miles off the Delaware Capes on Sunday evening.

Stores to be passengers and crew of the Sunken vessel indicated that Edwin W. Vogel, of New York city, the ships 19 year old chief wireless operator, played a spectacular part in the dramatic raiding of the Carolina. When the submarine message "use no wireless; we dont shoot" came, Vogel defiantly repeated his "SOS" signals, which he had already begun flashing and was on the verge of answering queries from Cape May and Brooklyn, giving the Carolina's position when Captain Ted Barbour Vogel's commander, ordered him to quit his key and see whether the Germans would keep their promise, passengers declared. Capt. Barbour said he decided to accept the proposition laid down by the U-Boat skipper because he believed dissent would have meant forfeiture of the lives of the women and children aboard of the way-laid vessel. Arrival of the 250 survivors here today, 156 of whom were passenger and 94 members of the crew, leaves an apparent discrepancy of 29 persons to be accounted for.

SUBMARINES ON THE AMERICAN COAST.

There is no doubt that two cruiser-submarines have been operating on the American coast, especially 75 miles off the New Jersey coast. Several steam and sailing vessels have been sunk and there has been much loss of life.

What numbers of vessels these submarines sunk on their trip over the Atlantic, without any trace of those aboard, is yet unknown; but near the American coast we are sure that the Steamer Carolina, has been sunk and the fate of 220 passengers and the crew of 130 is unknown. This steamer was sunk by shell fire. Many schooners have been sunk, and so far but few survivors have reported.

Whether these submarines cross the Atlantic or have a base in this side is yet undecided; anyway it is a most serious enemy menace.

52 MILES OF A WAR FRONT.

The present war front on which the Germans have made this late drive is about 52 miles, as follows:—

Noyan to Soissons 16 miles.

Soissons to the Marne . . . 18 miles.

The Marne to Rheims . . . 18 miles.

8 p. m. Address by Dr. Knudson

Friday.

7 a. m. Prayer Meeting, led by Rev. W. M. Ryan, B. A.

9 a. m. Opening of Conference; Sacramental Service; Roll Call; Address by the retiring President, election of Officers; report of Nominating Committee.

11.30 a. m. Delegations.

2 p. m. General Session

3.30—4.30 Meeting of Committees (Group B.)

4.30—5.30 Meeting of Committees (Group A.)

8 p. m. Address by Dr. Knudson

Saturday.

7 a. m. Prayer Meeting, led by Rev. J. W. O'Brien.

9 a. m. Order of the day, after opening: Discussion of Supernumerary Fund Matters, followed by the consideration of Reports.

11.30 a. m. Delegations.

2 p. m. General Session.

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