

## The Upward Look

### Redemption.

I HAVE redeemed thee, I have called thee by thy name; thou art mine.—Isa. 43: 1.

From the midnight mission in China Town, where we saw manhood expressive of pitiful degradation and sin, we went to the Jerry McClellan mission in the Bowery. We reached there too late for the meetings, as we had great difficulty to find the place, but some of those who had had charge of the service were still there, and courteously invited us in.

We had a long talk with the superintendent, a man with a refined spiritual face and manly bearing. To our surprise, after he had told us of the wonderful ways in which men have been helped, he added simply, "Six years ago I was picked up dead drunk from a bench in the park over there and brought here. Before then neither friends nor myself had any hope for me. Everyone had given me up, but here I found my Saviour and myself. My new life dates from then; am now six years and three months old."

Near us was standing a man with whose face I had been particularly impressed, as it had such an expression of peace and happiness and strength. Turning to him our informant asked, "John, how old are you?" "Four years and two months," was the answer, given in such a glad, confident tone that I can hear the answer yet. Then he asked the same question of a young man, whose face still showed the traces of past sinning. With a determined straightening of his shoulders and a glad ring in his voice, his answer was, "One year and four days."

As I looked at them and thought of that other mission in China Town, and the faces, whose expressions with their markings, showed that they had not yet "been born again," with overwhelming force came the realization of Christ's wonderful power of redemption.—I. H. N.

### Canning of Vegetables Practicable

THE scarcity and exceedingly high price of tin cans, as well as the scarcity of labor, has very materially reduced the output and increased the cost of canned vegetables. In fact, some cities have reached almost a prohibitive figure for the majority of us. We, on the farm, however, need not do without canned vegetables. It seems the general rule for larger gardens this year, and we can well afford to can some of our garden products.

Some of us have been canning fruit for years and have perhaps canned tomatoes, but when it comes to other vegetables, we are a little dubious of our success. The most important point in the process is, of course, the proper sterilizing of jars before the fruit is put into them and of the fruit after the jars have been filled. It is of great importance that the jars on no account be opened after the sterilizing period, as a very small particle of unsterilized air is sufficient to cause the jar of fruit to decay. Here with we give a method for canning beans, which will prove a guide in canning other vegetables as well.

Select beans of the same age and color and endeavor to can as soon after picking as possible. After stringing and washing well, they may be left whole or cut in small pieces. Blanch by placing in boiling water from five to ten minutes, and plunge them quickly into cold water. Fill the jars, packing closely. Add a teaspoon of salt to each quart and boiling wa-

ter to completely fill the jars. Put on tops loosely. If jars with wire spring clamps are used, leave the lower side unclamped until sterilizing is over. If screw tops are used, screw them on, but not tightly. Then place in a boiler on false bottom, which may be made of wooden slats if nothing else is available. Some people claim that the water in boiler should cover the cans about one inch, while others consider three-quarters of the way up on the sealer to be sufficient. Opinions differ also as to the length of time necessary for sterilizing, running from one and one-half to three hours. After sterilizing, remove jars and tighten covers. The jars should be allowed to cool gradually so that there may be no danger of cracking the glass. By wrapping the jars in paper or storing in a dark place, it will help to retain the natural color of the vegetables.

Here is another method of canning beans which is considered very good. The beans are cut up and left in cold water over night. In the morning, this water is poured off and the beans tightly packed in thoroughly sterilized bottles and covered to overflowing with weak cold brine. They are immediately sealed and placed in a dark corner of the cellar. When these beans are opened for use, the brine is poured off and the beans allowed to soak in cold water for an hour or two. Then they are cooked in the natural way, and we are sure that it is hard to distinguish them from freshly picked beans.

Now is a good time also to put away considerable rubbish for making pies in the winter. Here is a method which is very simple. Wash and cut the stalks into small pieces. Pour boiling water over the fruit and drain immediately. Then plunge into cold water for a moment and pack firmly into sterilized jars. Fill up jars completely with boiling water. Put on rubbers and tops and seal at once. It is not necessary to cook rubbish as the high percentage of acid makes it unnecessary to sterilize as other fruits. When wanted, pour off the water and use as fresh rubbish.

If some of our women folk who have had good luck with canning vegetables would send along their methods, we would be glad to find a place for them in Farm and Dairy in order that they may be passed along to others who may be inexperienced.

### Arranging Cut Flowers Attractively.

WE are sometimes rather puzzled as to the best way of arranging cut flowers in vases tastefully and it adds so much to the beauty of flowers if they are displayed to good advantage. Here are a few suggestions worthy of note:

Flowers to be cut for use in vases must have long stems. Dahlias are especially fine for vase use. Do not crowd into a vase flowers enough to supply half a dozen vases. When grouping cut flowers, remember that quality and not quantity is what should govern. Have stalks long enough to lift them well above the vase in which they are placed. Before cutting blossoms, study the general appearance of the plant from all sides. Let the plant itself tell you how its blossoms should be clustered.

Short-stemmed flowers should be placed in low, flat bowls. They are especially attractive for table decoration. Pansies and nasturtiums are in this class. Nasturtiums are particularly effective in bowls of old blue or delicate green china or in glass bowls with the delicate green stems showing through the glass. These flowers may be used in the clusters. Use with the blossoms a few of the leaves, but never combine other foliage with these flowers. Peonies are beautiful when placed in a wide-mouthed vase that permits them to

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