

HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELINE B. LYNCH, 100 Plain St., Providence, R. I.



Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment.

Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

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STORING FOR WINTER

Valuable Hints on Canning Fruits and Vegetables.

Vegetables to Be Stored for Winter in Cellars Must Be Sound and Handled Without Bruising—Green Peas, Beans and Corn May Be Successfully Preserved by Placing in Cans and Heating Three Times.

(Contributed by Ontario Department of Agriculture, Toronto.)

IN the storing of roots, tubers, cabbage and celery it is a comparatively simple matter if the materials are sound to begin with. Although the decay-producing bacteria, yeasts and molds are always on these they cannot do any injury until the materials are first damaged in some way as by bruising, heating or freezing. After such injury has been done the decay bacteria and molds are able to feed on the damaged tissue and as a result of this action, decay or rot takes place and gradually spreads until all is spoiled.

Therefore, in storing roots, tubers, cabbage or celery, it is necessary—

1st. To have only sound, healthy specimens.

2nd. To handle with care so as not to bruise or otherwise damage the tissues.

3rd. Store in a cool, well-ventilated place where there will be no danger of either overheating or freezing.

Overheating or freezing will usually kill the living tissue of which the roots are composed, after which they will readily decay as a result of the rapid multiplication of bacteria and molds in the dead tissues.

In the preservation of such vegetables as green peas, beans, asparagus and green corn, different measures are necessary. These are green and juicy and if stored in the fresh condition they will either wilt or ferment and rot. This fermentation and rotting is due to the development in the mass of the bacteria which are present on the vegetables. There will be sufficient moisture present in the mass to enable the bacteria to multiply and feed on the material and thus induce the rot.

So in order to preserve such vegetables in the fresh condition the bacteria present have to be all killed and all other bacteria prevented from getting on the material until it is to be used. To get satisfactory results from canning vegetables it is necessary to have—

1st. Good sound, healthy vegetables.

2nd. Good clean sealers with tight-fitting tops and good rubbers.

3rd. Wash the vegetables and fill into the sealers.

4th. Cover with water salted to taste.

5th. Put on the tops and leave slightly loose.

6th. Place sealers in a steamer or boiler half filled with cold water and heat to the boiling point for half an hour.

7th. Remove sealers from boiler or steamer and tighten down the tops.

8th. After 24 hours loosen the tops and return to the boiler or steamer and give another half hour's boiling.

9th. Repeat this process after another 24 hours. Then tighten down the tops and place away.

In the storing of such fruits as apples and pears, which can be stored without canning, we have to prevent the development of molds and yeasts.

These are always present on the surface of the fruit. Bacteria do not damage fruits as they do vegetables or meats on account of the sugar and acid nature of the fruits, which is not satisfactory for bacterial development but is just what is needed for molds and yeasts. But even molds and yeasts will not develop on sound apples and pears that are properly stored. If, however, the fruit is damaged in the picking, handling or packing, then the bruised spots enable the mold spores or yeast cells that are on the surface to germinate and grow and multiply, and when once they get a start they will continue to spread even through the sound healthy tissue and from fruit to fruit until the whole pack may be spoiled.

Therefore in the storing of such fruits as apples and pears it is essential:

1st. To have only sound specimens.

2nd. To pack carefully without bruising.

3rd. To store in a cool, well-ventilated place, where they will be neither overheated or frozen.

Such fruits as strawberries, raspberries, plums, peaches, currants, blueberries, etc., which are soft, cannot be kept any length of time without fermenting or moulding unless they are canned.

These fruits may be cooked in a fruit kettle, sugar added to taste, and filled hot direct from the kettle into sterilized sealers removed direct from scalding water. The covers, rings and rubbers should be put on at once direct from scalding water and screwed down tightly.

Another way to preserve such fruits is by the cold neck method. In

this method the fruits are not cooked, before putting into the sealer. Sound fruit not overripe should be used. This is picked over and filled directly into clean sealers. Stone fruit should be pitted.

A syrup of sugar and water sweetened to taste is then filled into sealers so as to completely cover the fruit. The tops, rubbers and rings are put on, but not screwed down tightly. The sealers are then placed in a boiler containing cold water and this is brought to a boil and kept boiling for half an hour. The sealers are then removed and the tops screwed down tightly at once. When cooled, store away.—Prof. D. H. Jones, O. A. College, Guelph.

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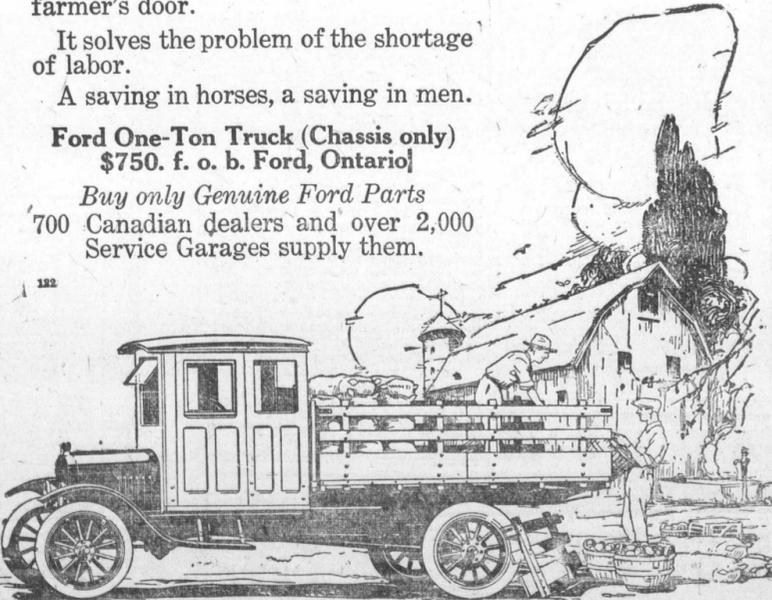
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