## SOME DO'S AND DONT'S IN CANNING HOME PRODUCTS

### By Miss P. E. Church.

Canning depends on two things—"Perfect Sterilization and Perfect Seal".

Perfect Sterilization means clean products and clean equipment—sterile too.

Test jars for leakage. Test rubbers.

Wash jars in warm, soapy water and rinse in hot water.

Sterilize jars, tops, rubbers and rings.

Sterilize spoons, forks, knives —all utensils used in canning.

Be sure nothing unsterile touches the inside of the jar, the mouth, or the inside of the top.

Use fresh and tender products only.

Wash, pare, and prepare product carefully and properly.

Can as quickly after gathering as possible.

After sterilizing, invert jar on rack, so that no germs will get in it, and fill quickly after placing rubber on jar as speedily as possible. Fill jar to overflowing with boiling water or boiling syrup.

Put clean food in jar, if you expect to take clean food out.

Use pint jars if you have never canned before. They are easily handled.

Place a rack under your jars in processing in hot water bath to allow for proper circulation of water.

Invert jars after processing to be sure they are sealed perfectly.

Store in cool, dry, dark place where there is good ventilation.

Don't try to can in large quantities. A few jars at a time is best.

Don't use a doubtful sealing jar for vegetables. Put some easy keeping product, such as pickles, jams, or jellies in chipped or uneven jars.

Don't touch rim of jar or bottom of glass top with fingers after sterilizing them.

Don't use old rubbers—new ones cost less than spoiled food.

Don't try to use a wide rubber on a screw-top jar. The narrow rubber fits the screw-top and the wide the spring-top jar.

Don't use soiled dish cloths and towels to handle jars. You will need to sterilize them, over again if you do.

Don't let the heat down so that water fails to boil.

Don't fail to seal jars tightly.

Don't shorten the time of sterilization. Count time of processing from when the water starts to boil if in hot water bath. Watch your processing table carefully.

Don't move glass top after processing or you will break seal.

Don't put soda with tomatoes —they will keep with salt or without it.

Don't pack tightly products which pack, such as greens; or which swell, such as corn.

Don't hold product too long before canning—"From garden to can in two hours' is a good slogan.

Don't leave spoiled or decayed vegetables or fruits with sound products if you have to leave them for a time before canning.

Don't leave them in a warm place until ready to use them.

Don't set jars in a draught after filling.

Don't store unless jars have been thoroughly wiped. It is a wise idea to label them too.

Don't forget that rings must be tight.

## NURSING THE SICK AND EMERGENCY HINTS

### By Miss I. McIntyre

The subject *Nursing* is so wide a topic that I hesitate, wondering where to begin.

However, none of us know at what time we may be called upon to take charge of a sick patient or an injured person until the arrival of a doctor, so I shall write this paper with a view to impressing the most important general points of nursing upon the memory.

First of all, "Keep yourself cool". This is only exercising will-power. We all know that the more serious the condition of the patient, the greater tendency there is for one to lose his or her head. So first of all, keep cool, at least long enough to call a doctor.

Then the patient should be made as comfortable as possible. That is, see that he is placed in a position that he may be resting. If dressed, loosen all clothing, collars, waist bands, belts, etc. Handle your patient gently, quietly yet firmly, and wait until your doctor comes before giving anything in the way of medicines. In some cases however immediate action is necessary, as in case of cuts, choking, fainting, etc. We shall suggest emergency remedies for these conditions further on.

The defenses of the body are of two kinds, the outer and inner; the outer being skin which covers the body, and the inner the mucus membrance which line all the inner passages communicating with the outside. In all cases the infection, two elements must be present. First, the germ; second, conditions favourable to their growth. By conditions favourable, we mean enough bacteria to overwhelm the white blood corpuscles. The white blood corpuscles are the scavengers of the blood.

Now let us think of the ever-present colds. Colds weaken our defences and prepare the way for the bacteria of many dread diseases,—such as : Catarrah. Mastoiditis, Bronchitis, Pneumonia, and many others. Hence, the great necessity of guarding against colds. We speak of *catching* cold, but this is misleading; one cannot catch a cold if he tries. One may expose himself to all kinds of weather, dry, rainy, freezing, hot, and not develop a cold. Then some day, when he is totally unaware, when conditions are perhaps not more unfavourable than usual, a cold catches him. And now for the conditions which actually cause colds.

First, there are germs. Most germs cannot harm us unless conditions are just right, and for conditions to be right for germs, they must be all wrong for us. The germs that give us our colds are lodged in the nose and throat. Sometimes they are waved back and coughed or sneezed into the air where they float about. Then, where conditions are more favourable to them, they find lodging and begin to multiply. Then follow the numerous conditions within the nose and throat, and to the eyes and ears, which as a group are called a cold. Like human beings, germs require food upon which to live. Some live upon dead tissue and others upon living.

In the back of the mouth, at the entrance to the throat, there are several germ filterers. The largest of these are the Tonsils. They have an important duty to perform, especially in infancy; that is to protect the child from infection. However, if the tonsils have a greater burden than they can withstand they become diseased. Then they are a menace to health rather than a protection. Mouth breathing, to which those are compelled to resort who have nasal obstruction, is the most frequent cause of diseased tonsils. The fine hairs in the nose, as it were, strain the air before it enters the body. The mouth breather has not this protection, so the tonsils are overburdened, pus forms and is absorbed by the system; then we take the tonsils out and now we must be more careful than ever, because we are working without one of our best filtering plants.

You will readily see how very important and necessary it is to gargle with some antiseptic fluid and irrigate the nasal passages daily, in order to guard against these numerous health destroying Bacteria.

This has not been exactly to the point of nursing the sick, but it is well to know just how all disease germs enter the body and how to defend the system against them, and, if these precautions are taken regularly, there will be much less nursing of the sick to do.

....In nursing the sick, do not fail to report symptoms because they may seem trivial to you, what seems most unimportant may have a serious bearing on the case. Sometimes it is a very trivial symptom which helps the physician to distinguish between similar diseases.

The three most important signs to be recorded are the pulse, temperature and respiranote the character of bowel and tion. It is also important to kidney excretions, and, if anything appears abnormal, it should be reported.

There is one necessity common to all cases. Keep the patient with a clean skin, clean clothes, clean air and clean surroundings generally, and much will be done toward satisfying your patient's needs. Cleanliness is a positive aid to recovery, and with proper precautions there are few patients who cannot be washed without danger. In almost all cases, at least a sponge bath in bed can be given, care being taken neither to chill nor fatigue the patient. The room should be warm and free from draught. Everything likely to be needed should be at hand, plenty of hot and cold water, soap, sponges, towels, clean clothing, etc. The bed should be protected by an extra rubber and draw sheet. Take plenty of time, and, exposing only a small part of the body at a time, wash, dry, and cover it before proceeding further. Use a sponge or a flannel wash-cloth. This will retain the heat much better than cotton. The clothing should always be warmed before it is put on.

Baths are used for remedial purposes, as well as simply for cleanliness.

Cold or tepid sponging often gives much relief to a feverish condition. Sponge always downward, and leave the patient, still wet, in a warm blanket, leaving him undisturbed for an hour. Alcohol in the water makes it more cooling by its rapid evaporation. Alcohol alone may be used.

A general warm bath is used to induce perspiration, soothe pain, or relax spasm.

A foot bath is usually given to relieve the head and should be as hot as possible. Adding mustard will increase the effect. (1 tablespoon of mustard to 1 gallon of water). Soak feet from a quarter to half an hour. Then dry them well, and either wrap in flannel or put on woollen stockings.

Bed sores are frequently occasioned by bad nursing. They are more easily prevented than cured, when once established. Preventative measures consist in keeping the parts thoroughly clean, and the surface under thpm dry and smooth, in hardening the skin and in relieving as far as possible the local pressure.

Crumbs in a bed contribute one of the minor miseries of sickness, and cannot be too carefully looked out for.

#### Emergency Hints

Often around the home some member meets with an accident in the form of a bad cut. If the blood is bright red in colour and comes in spurts, an artery has been cut. Since arteries carry the blood from the heart to all parts of the body, we must stop the heart sending blood through that artery. So we tightly tie the wound on the side next to the heart.

Veins carry impure blood back to the heart, so the blood from a cut vein is dark red. It blows freely and does not spurt. To stop bleeding, tie on the side of the wound *away* from the heart. Pressure over the wound in either case is recommended, but it is important that the dressing be absolutely clean to prevent danger from infection.

In the case of *Fainting:* Lay the patient on his back, raising his arms above his head. Apply ice or cold water compresses to the forehead and back of neck.

*Sprains:* In all cases of sprains the results may be serious. Hence a surgeon should be summoned at once, but it is well to start treatment pending his arrival. If the sprain is in the ankle or foot, place a folded towel around the part and cover with a bandage, immerse foot in a bucket of hot water, and add more hot water from time to time as hot as can be borne for fifteen or twenty minutes. After this a firm bandage should be applied (by a surgeon if possible) and the foot elevated, but the bathing treatment should be frequently repeated. Instead of hot water, cold applications may be used. Apply these by means of clothes dipped in very cold water and wrapped firmly around the part and frequently renewed.

In case of *Fracture:* Fractures very frequently require emergency treatment, but where there is not a wound, they do not as a rule, require the same haste as a case of hemorrhage. First make the fractured part as comfortable as possible as there is always danger of injuring the surrounding tissue or piercing a blood vessel with the sharp points or broken ends of the bone. A fracture should be attended to on the spot, if there is nothing at hand to improvise as a splint a broken arm may be bandaged to the trunk. In all cases a broken limb should be bandaged to the good one.

*Choking:* Summon a surgeon promptly, send him information as to the character of the accident so that he may bring the needed instruments. When there is no serious difficulty in breathing, delay all action until the surgeon arrives. To help the act of coughing, slap the person on the back, while the patient's body is bent forward face downward. If the substance can be seen, open the patient's mouth and press two fingers back into the throat so as to grasp it. Even if the effort to grasp it is not successful the act may produce vomiting which may expel it. After the foreign body has been extracted, if the person does not show signs of breathing use artificial respiration.

*Artificial Respiration* may be applied in cases of drowning, electrical accidents, suffocation by gases and vapors, hanging, smothering, etc.

*Burns:* The main idea is to keep the air from the burn. Baking Soda may be dampened and applied, and the outer covering wet from time to time to time to keep it damp.

*Bee String:* Apply hartshorn, if this is not available dampen your blue bag and rub on sting.

When all is said and done, our bodies are wonderfully made. All we have to do is to understandhow nature works and do what we can to help instead of hinder. We can help by never, if possible, overtaxing our strength. Rest always works wonders, simply because it gives nature a chance to set her house in order. Then, too, we all know the value of a well balanced diet. That is giving the body what it needs to rebuild the waste that is always taking place.

I feel that this has not been very helpful, but if there is anything I can do at some future date, I shall be only too glad to help in any way I can.

## FLIES: THEIR SOURCE OF DANGER AND LOSS TO THE FARMER

### By Mrs. Duncan Cormie,

I will try to point out to you some of the dangers and losses experienced by the farmer through flies. Insects play an important part in the spread of certain diseases. In some cases the *germ* which causes the disease *lives*, during one part of its life, *inside* the body of the insect, and during the remainder of the cycle *inside* the human body.

Yellow fever and malaria are spread by certain kinds of mosquitoes. In these two diseases the organism which causes the disease *actually* lives both in the body of the mosquito *and* in the human body.

Typhus fever is also known as jail fever, ship fever and immigrant fever. It is spread by the body louse and is now a rare disease in this country on account of greater personal cleanliness. French fever is also spread in the same manner. Our insect problem in Canada, from the point of view of the spread of disease among human beings, is the common house fly, the germ of some particular disease does not spend part of its life in the insect's body, but *because* the fly is covered with minute hairs *and* because it lights on and feeds on all sorts of filth, it carries and transfers the filth, which may be laden with disease germs, from place to place and often lights on foods and drops into the milk.

Flies should never be allowed to light on food, babies food particularly should be protected most carefully. When milk and utensils are not sterilized there is likely to be an outbreak of summer diarrohea, especially in cities where there are a great many babies die from this trouble.

Farmers are up against a big problem to keep ahead of flies