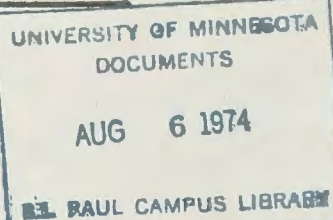


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Canning Fruits



(0:35)

University of Minnesota food specialist Isabel Wolf suggests canning fruit without sugar. Don't let the price of sugar keep you from canning fruits and juices.

Sugar is not needed to prevent food from spoiling. Sugar is used mainly to improve the flavor and help the fruit to hold its shape. For some fruits, it may improve the color. The processing time is the same for sweetened or unsweetened fruit.

If you're counting calories, can your fruit without sugar or in a thin syrup. For thin syrup, add two cups sugar to four cups water or juice from the fruit. Bring to a boil and boil for five minutes before adding to fruit.

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Sweaty Basements

(0:30)

If these hot, sticky summer days are making you break out in a sweat, there's a pretty good chance your basement is having the same reaction.

The summer syndrome of damp, clammy basements is caused by warm, moist air from outdoors entering the basement where lower temperatures cause the moisture to condense on walls and floors.

Agricultural Engineer Harold Cloud says there are two ways to tackle the problem. You can ventilate your basement by leaving windows and doors open when temperatures outside are relatively low. Ventilation on very warm days will only make your problem worse. Household dehumidifiers offer another solution.

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