

FOR the LADIES.

Putting up Pickles.

The following is a good recipe for plain pickles. Small cucumbers, but not too young, are wiped clean with a dry cloth, put into a jar, and boiling cider vinegar, with a handful of salt, poured on them. Boil up the vinegar every three days, and pour it on them till they become green; then add ginger and pepper and tie them up close for use. Or cover them with salt and water (as above) in a stone jar, cover this and set them on the hearth before the fire for two or three days, till they turn yellow; then put away the water and cover them with hot vinegar, set them near the fire, and keep them hot for eight or ten days, till they become green; then pour off the vinegar, cover them with hot spiced vinegar, and keep them close. Half a dozen peppers improve a jar of cucumbers, as the heat of the former is absorbed by the latter.

How to Keep Meat.

A farmer's wife wrote from Venice, Cayuga county, N. Y., telling the farmers' club how to keep meat fresh a long time: There is no good reason why farmers and their families should eat so much salt meat to the inhabitants of cities and villages, when the following method will keep meat fresh for weeks, even in the warmest weather. I know, for I have used it for more than ten years. As soon as the animal heat is out of the meat slice it up ready for cooking. Prepare a large jar by scalding well with hot salt and water. Mix salt and pulverized saltpetre to one teacupful of salt. Cover the bottom of the jar with a sprinkle of salt and pepper. Put down a layer of meat, sprinkle with salt and pepper the same as if just going to the table, and continue in this manner till the jar is full. Fold a cloth or towel and wet it in strong salt and water, in which a little of the saltpetre is dissolved. Press the cloth closely over the meat, and set in a cool place. Be sure and press the cloth on tightly as each layer is removed, and your meat will keep for months. It is a good plan to let the meat lie over night after it is sliced before packing. Then drain off the blood that oozes from it. It will be necessary to change the cloth occasionally, or take it off and wash it, first in cold water, then scald in salt and water, as at first. In this way farmers can have fresh meat the year round. I have kept beef that was killed the 12th of February till the 21st of June. Then I packed a large quarter of veal in the same way during the dog days, and it kept six weeks. This recipe alone is worth the price of any newspaper in the land.

Summer Fruits and Health.

A very mistaken idea has found a lodgment in the minds of many, otherwise sensible persons, to-wit, that summer complaints, the generic term under which the disorders peculiar to the season are known, are caused mainly by the use of fruit, and that the wise and safe plan is to prohibit its use altogether. This method, which neglects to take advantage of the most beneficent provisions for man's use comfort, and well being, is detrimental not only to enjoyment but to permanent health. The term "antiscorbutic" expresses the value of fruits as food, and the estimation in which they are held by those who understand their relation to human wants.

When fruit does harm, it is because it is eaten at improper times, in improper quantities, or before it is ripened and fit for the human stomach. Fruit ought not to be eaten between meals any more than any other food. It may be taken as a lunch, however, with very great benefit, or as a preparation for a meal, that is before breakfast or dinner. Perhaps the very best time in the day for eating fruit is before or after breakfast. A distinguished physician has said that if patients would make a practice of eating a couple of Messina oranges before breakfast, from February till June, his practice would be gone. From June, which brings us the ever welcome strawberries, until November, there is a constant succession of fresh fruits which are a pleasure to the eye and a delight to the mind. The proof of their usefulness lies in the fact that the more people make it a part of their regular, daily diet, taking the place in part of meat, and wholly of pastries during the summer months, the better and finer, more cheerful and more uniformly well they are, the less fever and thirst do they experience, the less ice water and other violent reactionary fluids are they obliged to drink, and the less are they subject to changes and fluctuations of the system and of temperature.

The principal difficulty with us is that we kill its finer qualities with sugar; that we drown them in cream. We need the medicinal action of the pure fruit acids in our system. We need a cooling corrective influence, and we should accept it as one of the best gifts of Providence.—*Hearth and Home.*

THE MASONIC JOURNAL.



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Advertisements.

WILMINGTON & WELDON RAIL ROAD COMPANY.

OFFICE GEN'L SUPERINTENDENT, }
Wilmington, N. C., May 28, 1875. }

CHANGE OF SCHEDULE.

On and after June 1st, Passenger Trains on the Wilmington and Weldon Railroad will run as follows:

MAIL TRAIN.

Leave Union Depot daily (Sundays excepted).....at 7:35 a. m.
Arrive at Goldsboro..... 11:50 a. m.
" Rocky Mount..... 2:00 p. m.
" Weldon..... 3:50 p. m.
Leave Weldon daily.....at 9:50 a. m.
Arrive at Rocky Mount..... 11:35 a. m.
" Goldsboro..... 1:37 p. m.
" Union Depot..... 6:05 p. m.

EXPRESS TRAIN AND THROUGH FREIGHT TRAIN.

Leave Union Depot dailyat 5: p. m.
Arrive at Goldsboro..... 11:4 a. m.
" Rocky Mount..... 2:0 a. m.
" Weldon..... 6:00 a. m.
Leave Weldon dailyat 7:00 p. m.
Arrive at Rocky Mount..... 9:00 p. m.
" Goldsboro..... 12:50 a. m.
" Union Depot..... 6:30 a. m.

Mail Train makes close connection at Weldon for all points North via Bay Line and Acquia Creek routes.

Express Train connects only with Acquia Creek route. Pullman's Palace Sleeping Cars on this Train.

Freight Trains will leave Wilmington tri-weekly at 5:00 a. m., and arrive at 1:40 p. m.

JOHN F. DIVINE,
General Superintendent.

SEABOARD & ROANOKE RAIL ROAD.

Office of the Superintendent of Transportation, of the Seaboard & Roanoke Railroad Company.

PORTSMOUTH, VA., Jan. 1 1875.

On and after this date, trains of this Road will leave Weldon daily, Sundays excepted as follows:

Mail train.....at 4 p. m.
No. 1 Freight train.....at 4 a. m.
No. 2 Freight train.....at 8 a. m.
Tuesdays and Fridays at.....at 8.00 a. m.

ARRIVE AT PORTSMOUTH.

Mail train.....at 7.15 p. m.
No. 1 Freight train.....at 12, Noon.
No. 2 Freight train.....at 4 p. m.

Freight trains have a passenger car attached. Steamer for Edenton, Plymouth and landings on Black water and Chowan Rivers leave Franklin at 7.40 a. m., on Mondays, Wednesdays and Fridays

E. G. GHIO,
Supt. of Transportation.

RALEIGH & GASTON RAILROAD.

SUPERINTENDENT'S OFFICE, }
Raleigh, N. C., Aug. 16, 1875. }

On and after Monday, August 16th, 1875, trains on the Raleigh & Gaston Railroad will run daily (Sunday excepted) as follows:

MAIL TRAIN.

Leaves Raleigh.....10:00 A. M.
Arrives at Weldon..... 3:30 P. M.
Leaves Weldon.....10:00 A. M.
Arrives at Raleigh..... 3:45 P. M.

ACCOMMODATION TRAIN.

Leaves Raleigh..... 5:00 A. M.
Arrives at Weldon.....5:25 P. M.
Leaves Weldon.....5:15 A. M.
Arrives at Raleigh.....5:40 P. M.

Mail train makes close connection at Weldon with the Seaboard and Roanoke Railroad and Bay Line Steamers via Baltimore, to and from all points North, West and Northwest, and with Petersburg Railroad via Petersburg Richmond and Washington City, to and from all points North and Northwest.

And at Raleigh with the North Carolina Railroad to and from all points South and Southwest, and with the Raleigh & Augusta Air Line to Haywood and Fayetteville.

A. B. ANDREWS, Gen. Sup't.

RALEIGH & AUGUSTA AIR-LINE.

SUPERINTENDENT'S OFFICE, }
Raleigh, N. C., Aug. 16th, 1875. }

On and after Monday, August 16th, 1875, trains on the R. & A. A. L. Road will run daily (Sunday excepted) as follows:

MAIL TRAIN.

Train leaves Raleigh.....4:00 A. M.
Arrives at Cameron.....7:20 P. M.
Train leaves Cameron.....6:30 A. M.
Arrives at Raleigh.....9:45 A. M.

Mail Train makes close connection at Raleigh with the Raleigh and Gaston Railroad, to and from all points North.

And at Cameron with the Western Railroad, to and from Fayetteville and points on Western Railroad. A. B. ANDREWS,
Superintendent.

PIEDMONT AIR-LINE RAILWAY.
RICHMOND & DANVILLE, RICHMOND & DANVILLE R. W., N. C. DIVISION, AND NORTH WESTERN N. C. R. W.

CONDENSED TIME TABLE.
In effect on and after Sunday, Sept. 19, 1875.

GOING NORTH.		
STATIONS.	MAIL.	EXPRESS.
Leave Charlotte,	9:15 p. m.	5:45 a. m.
" Air-Line J'ct'n	9:53 "	6:20 "
" Salisbury.	1:58 "	8:34 "
" Greensboro,	3:15 a. m.	10:55 "
" Danville,	6:08 "	1:12 p. m.
" Dundee.	6:18 "	1:20 "
" Burkville,	11:35 "	6:07 "
Arrive Richmond,	2:22 p. m.	8:18 "

GOING SOUTH.		
STATIONS.	MAIL.	EXPRESS.
Leave Richmond,	1:38 p. m.	5:08 a. m.
" Burkville,	4:52 "	8:36 "
" Dundee,	10:33 "	1:14 p. m.
" Danville,	10:35 "	1:17 "
" Greensboro	3:00 a. m.	3:58 "
" Salisbury	5:32 "	6:15 "
" Air-Line J'n	8:05 "	8:25 "
Arrive at Charlotte	8:22 "	8:43 "

GOING EAST.		GOING WEST.	
STATIONS.	MAIL.	MAIL.	MAIL.
Leave Greensboro	3:00 a. m.	Ar. 1:45 a. m.	
" Co. Shops	4:30 "	U'Ve 12:30 "	
" Raleigh	8:33 "	L'Ve 8:10 p.m.	
Arr. Goldsboro	11:30 "	L'Ve 5:00 "	

NORTH WESTERN N. C. R. R.
(SALEM BRANCH.)

Leave Greensboro	4:30 p. m.
Arrive at Salem	6:13 "
Leave Salem	8:40 a. m.
Arrive at Greensboro	10:33 "

Passenger train leaving Raleigh at 8.10 P. M. connects at Greensboro with the Northern bound train; making the quickest time to all Northern cities. Price of Tickets same as via other routes.

Trains to and from points East of Greensboro connect at Greensboro with Mail Trains to or from points North or South.

Two trains daily both ways.
On Sundays Lynchburg Accommodation leave Richmond at 9.00 A. M., arrive at Burkeville 2.45 P. M., leave Burkeville 4.35 A. M., arrive at Richmond 7.58 A. M.

No Change of Cars between Charlotte and Richmond, 282 Miles.

For further information address
S. E. ALLEN,
Gen'l Ticket Agent,
Greensboro, N. C.

T. M. R. TALCOTT,
Engineer & Gen'l Superintendent.

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