



By GRACE VIALI GRAY  
Household Science Institute.

### PEACHES AND PEARS

Before starting to can peaches or any other fruit, collect and examine equipment and put it in good order. Have a liberal supply of new rubbers. Test and fit jars and lids. A sure method of testing is to put water in to the jar, put on rubber, fasten the lid tight and invert. If the jar leaks, try another lid. Discard all defective lids and defective jars to avoid further trouble. Regulate balls for glass top jars by removing from jars and tightening or loosening them by bending to fit.

With everything in readiness, you are now ready to can the peaches. Select peaches which are ripe but not soft. Before preparing fruit, make thin syrup, or richer if desired, allowing one cup for each quart jar. Add one cracked peach pit for each quart of syrup, boil five minutes and strain.

Immerse peaches about one minute in boiling water or until skins will slip easily, plunge at once into cold water, peel and stone. Pack in jars at once, placing the halves in overlapping layers, concave sides down with blossom end facing glass. Fill containers with syrup. Process quart jars for 10 minutes at 5 lbs. pressure, pint jars for 6 minutes. Process No. 2 and No. 3 tin cans for 10 minutes at

5 lbs. pressure. Never use more than 5 lbs. pressure for peaches and all other fruits and berries.

Pears may be canned whole or cut in halves. Peel and remove core if cut in halves. When packed whole, leave stems on. Cook from 5 to 10 minutes, according to size, in a medium syrup until barely flexible. This precooking is necessary in order to make a full pack. When packed whole, if pears are small, place in layers, stems up; let the second row fill the



Pears May Be Canned Whole or Cut in Halves.

spaces between the two stems. Add the hot syrup as the layers are built up. Process 8 minutes at 5 lbs. pressure.

Many people think the pear is rather bland in flavor so they add additional flavor, as lemon or ginger, to the syrup. Then add a slice of lemon or a small piece of ginger root when packing the jar.

The Kieffer, the Pineapple and the Le Conte pears are desirable for canning. When canning a larger quantity of pears, they are apt to turn brown very rapidly when exposed to air. This can be avoided by placing the fruit in a dilute salt brine (2 tablespoons salt to 1 gallon water). A good, medium syrup for pears is made by boiling together one quart of sugar with two quarts of water.

If pears are canned in tin plunge immediately into cold water and cool as quickly as possible, otherwise fruit may turn pink in color.



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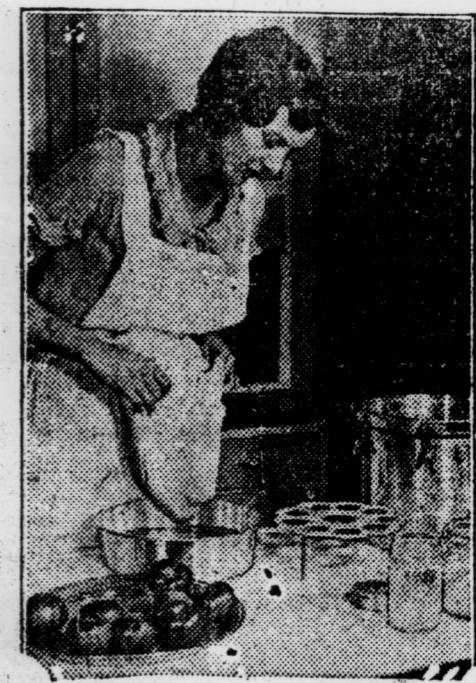
### TOMATOES

Tomatoes are one of the easiest of vegetables to can. They are an acid vegetable and as such do not present any of the difficulties that sometimes arise in canning the non-acid vegetables. Tomatoes are so rich in vitamins that they are quite necessary in the diet, and fortunately retain their vitamin value after being canned. All wise



Grace Viall Gray, homemakers will can many quarts of tomatoes for their winter menus when vitamins are not so plentiful.

For canning, use only sound, firm ripe tomatoes. Cut off any green, unripened parts. Scald 1½ to 2 minutes to loosen the skins. Putting the tomatoes in a square of cheesecloth facilitates this process. Dip in cold



**Making Tomatoes Ready for Canning.** water, core and peel. Pack in jars. There are two styles of packing tomatoes. One way is to pack them solid or whole. The other is to pack them mashed in their juice.

For the solid pack, pack the tomatoes whole, pressing down firmly enough to fill all air spaces; add only the juice which drains from the tomatoes during peeling and cutting. If the tomatoes are to be sold, this is the type of pack that government

### OFFER \$5,825 IN PRIZES IN NATIONAL CANNING CONTEST

To ward off a threatened surplus of farm products in many sections and to impress more housewives with the economy and healthfulness of home canned foods, a National Canning Contest is now under way to find the best jar of canned fruit, vegetables and meat in the country. Two hundred and twenty-two cash prizes totalling \$5,825 have been hung up by the Sears-Roebuck Agricultural Foundation, including a grand sweepstakes prize of \$1,250 for the best jar of canned food entered in the contest. Any woman or girl is eligible to enter the contest, but entries must be in not later than October 1, 1929. Further information on the contest and free jar and entry blanks for sending in entries may be had by writing to Anne Williams, director, National Canning Contest, 925 S. Homan Avenue, Chicago, Ill.

regulations require. Add 1 teaspoonful of salt to every quart. Seal and process. Process means sterilize.

For the other type of pack, the irregular, broken or extra large tomatoes can be used. Scald and cold dip to remove the skins. Mash. Fill jars. Add 1 teaspoonful salt to each jar. Partially seal and process.

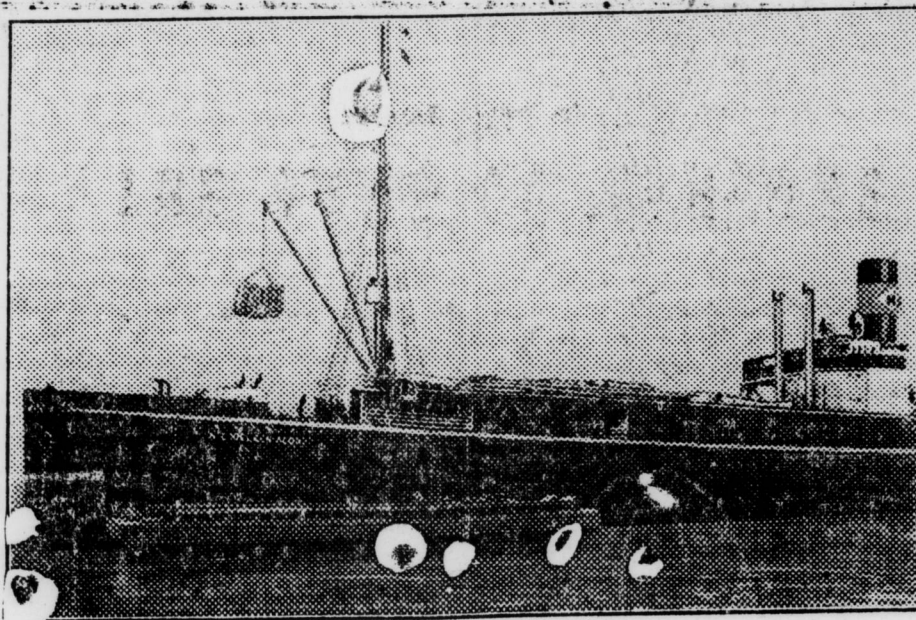
Whole canned tomatoes look more attractive and should always be canned this way for exhibition purposes. They should be canned whole, also, when desired for salads. The other type of canning enables one to get more tomatoes in a jar and is excellent for soups.

Tomato puree can also be made by cooking tomato pulp until it is the consistency of catsup, after which it is seasoned, strained and packed hot in jars and canned. It is all ready for use when the jars are opened.

After the jars of tomatoes and tomato puree are ready for canning, put them in the steam pressure cooker. Have boiling water almost to reach the rack in bottom of cooker. Fill cooker with jars, adjust cover by tightening clamps opposite each other. At the same time, see that all clamps are tight and no steam escapes except through the petcock. When steam comes from the petcock, close petcock completely, and allow pressure to rise to 10 pounds. Sterilize 10 minutes at this pressure. Keep uniform pressure to prevent loss of liquid in jars.

Remove cooker from fire at the end of the processing period, and allow gauge to register zero before opening the petcock, then open gradually to prevent loss of liquid in jars. Remove jars, completely seal, invert, cool, watch for a few days, then store in a cool, dry place.

An enthusiastic reporter described a soprano as the "quintessence of charm and beauty." Clara Bow, et al, please take notice.



## BYRD ANTARCTIC EXPEDITION IN NEED OF COFFEE

### 11,000 Mile Radio Message Reports Shortage of Coffee in Little America

Off for Little America! The S. S. Nielsen-Alonso in port at Norfolk, Va. Three huge cases of Bokar Coffee are being lowered into the hold for the 11,000 mile voyage to the Byrd Expedition Base Camp.

A brief radio message bearing an urgent request for five hundred additional pounds of coffee has been received from the Byrd Antarctic Expedition Base on the Ice Barrier Little America.

Within the short space of about one year the members of this expedition have consumed almost the entire original shipment of two and one-half tons of Bokar Coffee. This quantity of coffee means 5,000 one-pound tins, enough to supply a normal family for more than ten years.

It is natural for the men on Little America, where they are enduring the bitterest cold known to man, to have a keen desire for a steaming

hot cup of this stimulating beverage and this huge consumption of coffee is a certain sign of their liking the particular brand that is served.

Their request for coffee is being answered immediately by the Great Atlantic & Pacific Tea Company. A shipment of five hundred pounds of Bokar Coffee, of which the A&P food stores sell more than one million pounds a month, is being sent on the whaling vessel, Nielsen-Alonso, which left Norfolk this week and is sailing direct to the ice barrier on which the expedition is encamped. This will reach the ice barrier around Christmas as it is impossible for a ship to break through before that time.

## President Enters Tariff Argument

President Hoover is in the congressional tariff squabble up to his neck now. The president had consistently stayed out of the scrap until Tuesday when he issued a long statement endorsing the flexible tariff provisions enacted in 1922, and providing that the president may upon recommendation of the tariff commission, raise or lower rates on particular commodities. Most of the insurgent republicans and practically all of the democrats in the senate oppose that provision. The president says general revision of the tariff should not come oftener than once in seven or eight years; meantime changing conditions make it advisable to revise rates on some commodities more frequently. So he wants the flexible provision retained in the new bill. A vote on the measure is expected soon.

## Inquiry May Result From Cotton Error

Senators George and Harris of Georgia and Smith of South Carolina have demanded an investigation of an error in the census bureau's cotton report last week. The bureau announced the ginnings to date and then a few hours later announced a correction, showing that the actual ginnings were 300,000 bales less than the first report. The error was made in the Georgia figures. Senators from all the cotton states have long been displeased with the census bureau's manner of handling crop condition and ginning reports, and the instance last week gives occasion to have the matter opened up again.

## TAX REDUCTION MAY COME NEXT YEAR

Many of the good things seem to be either in the past or in the future. Press dispatches coming from Washington during the past few days indicate that there may be substantial reduction in federal taxes next year. Business prosperity is rolling up an unprecedented volume of income taxes, it is said, which will create a surplus in the treasury and make tax reduction possible.

Mrs. Willikins had just paid the last installment on a baby carriage. "Thank you, madam," said the clerk. "How is the baby getting on now?" "Oh, he's all right," replied Mrs. Willikins. "He's getting married next week."—The Pathfinder.



"Does your husband know about horses?"

"Rather! The day before the race he knows which horse is sure to win, and the day following he knows why it did not."—The Pathfinder.

College Boy (home for summer)—Well, dad, bought some books on farming for you to dig into.

Dad—Yeah, and I've bought another 80 acres for you to dig into.—The Pathfinder.

The old lady had just reported to the railway company the loss of her eyeglasses. "Were they anything like the pair you have on?" inquired the kindly official.

"Why, bless me," replied the old lady, "these are the very ones. Thank you so much!"—The Pathfinder.

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## ANNOUNCEMENT

The Board of Directors of the Bank of Moncure take pleasure in announcing that Mr. C. E. Lasater will be associated with the Bank as President. The administration of Mr. Lasater began September 20.

**THE BANK OF MONCURE**  
MONCURE, N. C.

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PITTSBORO, N. C.

## SURE TO GROW OLD

It is hardly possible to guard against growing old, but there is opportunity to avoid NEEDY and DEPENDENT old age. This safeguard is THRIFT.

Many people seem willing to drift along from day to day and take chances on the future. Then when so old they can no longer toil for a livelihood, they find themselves dependent upon charity, not a happy outlook by any means. The time to begin saving is now, while you are earning.

## THE BANK OF GOLDSTON

HUGH WOMBLE, Pres. T. W. GOLDSTON, Cashier  
GOLDSTON, N. C.