

Homes For Bombed Britain



Prefabricated houses of the type shown above will be shipped overseas through lend-lease by the U. S. for 20,000 British families, victims of the Nazi rocket-bomb blitz. Fixtures, such as gas ranges and kitchen sinks, shown at right, supplied by Britain, are of luxurious touches familiar to American housewives.

Dairy Products Essential To Health, Says Specialist

Arey Tells Part Dairyman Have Played In War Outlines Future Course To Follow

EMPHASIZES GOOD DAIRY PASTURES

Including Food Production, Including Pasture, Can Be Secured In North Carolina

BY J. A. AREY, Extension Dairyman.

Milk and other dairy products have proven beyond question that they are essential in maintaining the health of the nation and for fighting a war. Just now dairymen of North Carolina and the United States are making a special effort to produce enough milk to meet the local market and war demands. Under normal conditions dairy products are in full supply at this season but in 1945 conditions are different. Some dairy foods tightly rationed while others are not in sufficient supply to meet increasing demands. Milk has gone to war.

For Fighting Men The daily garrison ration for our fighting men in this war is 17 ounces of milk, or its equivalent, per man as compared with 11 ounces per man in World War I. In spite of the fact that U. S. dairymen are now producing about 6 1/2 billion quarts more milk per year than before the war they cannot meet all the demands for both our military forces and civilians. This is the reason for the tight rationing of butter and cheese and why ice cream is none too plentiful at this time.

Extra milk has been used to advantage in our war plants. It is reported that one plant in New Jersey reduced its accident rate by 20 percent through the expedient of having its employees drink a glass of milk between meals.

After the War Some dairymen are worried because the supply of milk and dairy products will be too large after the war and that many dairymen will be forced out of business. The answer to this problem is that the national income will probably be on a relatively high basis after the war and that consumers will be able to purchase more milk products than before. Besides, in recent years many people have drunk reasonable quantities of milk for the first time and after the war as over they will not wish to return to a restricted milk diet. Milk has proven itself one of the best foods in the American diet and it is up to all of us to keep this fact continually before the people.

Tribute to Dairy Workers Today dairymen are faced with severe shortage of labor on the farms and in the milk plants. Many of the workers in the plants, and on the farms, are either old men or boys too young for military service. Women and young girls are also furnishing much labor. Five workers are attempting to do the work of six people and they are working exceptionally long hours and without vacations.

All of these people are rendering a real patriotic service and they are some of the unsung heroes of the war. North Carolina Farmers During the war years the number of dairymen in North Carolina has been considerably increased and more milk routes have been established. Many dairies have been closed by a shortage of labor and others have taken their places. There are many more 5-10-cow dairies than formerly.

To insure against a drop in the price for milk, as will occur with other farm commodities, in the Post-War period, pastures should be established now. Good

Expert Advises Canning Of Fruits, Vegetables

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canning of fruits and vegetables: 1. Can only fresh food that is in tiptop condition. 2. Have food, jars, and everything used in canning thoroughly clean. 3. Work quickly so as to can "freshness". 4. Heat food long enough and hot enough to make bacteria and other organisms harmless. This will greatly help in preventing food spoilage. 5. Follow up-to-date directions and time tables, backed up by scientific research. 6. Make sure that jars are sealed air tight, to keep spoilage organism outside containers. 7. Store food in a cool, dark, dry place.

Home canners are interested and concerned over the sugar available for the canning of fruits this year. Sugar helps canned fruit hold its flavor, color, and shape. Water, fruit juice, or water mixed with fruit juice may be used with the sugar to make a syrup. Syrup made with granulated sugar is generally the most desirable sweetening for canned fruits. To make syrup, boil sugar and water or juice for 5 minutes. If scum forms on top of syrup, remove it before adding to fruit. About 3-4 to 1 cup of sugar is usually allowed per quart jar.

To make a thin syrup, add 1 cup of sugar to three cups of water or juice, add 1 cup of sugar to 2 cups of water or juice; and for a medium syrup, add 1 cup of sugar to 1 cup of water or juice. Under the new provisions, the maximum amount of sugar allowed to an individual is 15 pounds, instead of the 20 pounds maximum announced earlier this year. The general wartime rule is 1 pound of sugar (2 cups) to 4 quarts of canned fruit. The home canner, to get the best use of her sugar, may vary the 4 to 1 canning ratio somewhat according to the fruit she cans. Sour fruit may demand, and get, more than the average sugar, while very juicy and sweet fruits can take short rations on sugar. Such individual adjustments may be worked out by the housewife.

Honey may be used to replace as much as half the sugar called for in canning. Corn syrup may replace as much as one-third of the sugar called for in canning. Strong flavor syrups should not be used in canning fruits. The use of brown sugar or unrefined syrups like sorghum may cause the fruit to spoil. Saccharin should not be used as it may give the canned food a bitter flavor. Efficiency, using the best methods, is the only way to preserve food at all. The homemaker wants to do her canning safely, without explosions or spoiled food. She also wants to get the most food value out of her efforts and she wants to know the best ways to preserve her foods.

Every county in North Carolina has a county home demonstration agent who is ready and willing to give expert advice on your canning problems. So, Mrs. Homemaker, we are looking to you to meet this food challenge in the same big way you have always met and solved problems.

pasture represents the cheapest source of cow feed. Permanent pastures should be supplemented in many cases with temporary pastures.

An ample supply of good quality hay is also an essential feed in economical milk production. The mechanical hay drier which is coming into use has much promise in aiding a farmer to produce a good quality hay.

In North Carolina where there is a long grazing season and good rain fall, ample feed production, including pasture, can be secured if the same attention is given to the production of these crops that have been given to our money crops, such as cotton and tobacco.

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