

## HOW TO PRESERVE AND PREPARE MEATS

### COUNTRY STYLE PORK SAUSAGE

Take 40 pounds of lean pork trimmings or if necessary use hams or shoulders. Season with 7 ounces of table salt; 3 ounces ground white pepper; 1 1/2 ounces sage; add 6 pounds shaved ice or ice water while mixing. This may be put in links or kept in jars.

### EXCELLENT SAUSAGE

For 30 pounds of pork, 12 ounces salt, two ounces of pepper and two ounces of sage. Dry sage in the oven, then sift. Add two ounces ground mustard if you like, two ounces sugar. Mix all together and mix with the meat before it is chopped. Chop fine or coarse, as preferred.

### SUGAR-CURED MEAT

When the meat is cold rub each piece with salt and allow to drain overnight. Then pack it in a barrel with the hams and shoulders in the bottom, using the strips of bacon to fill in between or put on top. For each 100 pounds of meat add 8 pounds salt, 2 pounds of brown sugar and 2 ounces of saltpeter. Dissolve in 4 gallons of boiling water, and after cooling cover meat with it. Bacon should remain in the brine four to six weeks; hams six to eight weeks.

### HOW MEAT IS CURED

Mix together one gallon of clean salt, one pint of brown sugar and a half-cup of pepper. Mix these ingredients together and apply by rubbing in by hand. Rub one-half of this mixture into every part of the meat, the rind side as well as the parts where there is no rind.

After having rubbed the meat thoroughly, place it in a cool place and leave for a week before applying the balance of the mixture. Do not let the hams or shoulders freeze before applying the mixture. After letting the meat lie thus seasoning for several weeks, remove to the smokerouse for final curing.

### TO MAKE A SCOTCH HAM

Take the hind quarter of a fat beef, with a sharp knife remove all bone, leaving the leg in good shape. Make a brine like the following for each 100 pounds of meat: four pounds of good salt, one pound of New Orleans sugar, six ounces saltpeter; boil. When thoroughly cold put the beef in and let remain for 10 days. Take from the brine and rub thoroughly with the following mixture of pepper and spices: one and one-half pounds of black pepper, one pound of allspice, one-half pound of cloves, one-half pound of mace and one pound of ground sage. Roll the meat into original shape and wrap closely with coarse twine. Hang up in a cool, dry place for one month, or until cured.

Beef prepared after this recipe (which is an old family recipe brought from Scotland) has a most delicious flavor and may be kept as long as it will last.

### MAKING PORK SAUSAGES

Pork sausages should be made only from clean, fresh pork. To each three pounds of lean pork add one pound of fat. As the pork usually used for sausage is the shoulder, neck and lean trimmings, the sausage is quite likely to be too fat unless part of the fat is removed and used for lard. Mix the fat and lean meat together in chopping. Where a rotary cutter is used it is best to cut the meat twice. After it is cut the first time spread it out thinly and season. One ounce of pure fine salt, one-half ounce of ground black pepper and one-half ounce of pure leaf sage, rubbed fine, to each four pounds of meat, will suit the taste of most persons. The seasoning should be sprinkled thinly over the cut meat and the meat again run through the cutter to mix the seasoning thoroughly. This method will give a more even mixing of the spices than can be obtained by working it with the hands. For immediate use the sausage may be packed away in stone jars or crocks to be sliced for frying. Many people stuff it into casings made from the small intestines of the hog. When this is done the intestines must be turned inside out and carefully cleaned.

Casings for sausage can be bought for about three cents a pound. At this price it will hardly pay to bother cleaning them for home use. The bought casings are more uniform in size and strength and will usually give better satisfaction. A good substitute for casings may be had in narrow muslin bags. These, when filled, should be two and one-half or three inches in diameter and 18 to 24 inches long. Stuff the sausage in tightly by hand and hang in a cool place. If the sausage is to be kept for some time, melted lard should be rubbed over the outside of the bag. This excludes the air. Sausage may be kept for some time in a large jar if a thin coat of lard is put over the top.—From Bulletin U. S. Department of Agriculture.

### TO CORN BEEF

Four gallons of fresh water, one and one-half pounds coarse brown sugar, two ounces saltpeter, seven pounds common salt. Put all into a boiler and boil well, taking off the skum as it rises. Allow the pickle to get cold. Pack the meat in a suitable tub or barrel, having sufficient pickle to cover the meat. Lay a cloth over the meat and keep the meat well under pickle.

### TO MAKE DRIED BEEF

Rounds of beef is best for dried beef. Take rounds of beef, divide

from seams. Use 20 pounds of salt; 5 pounds of brown sugar; 2 ounces pulverized saltpeter. Cover the bottom of the barrel with this mixture, then put in a layer of meat, then a layer of the pickle mixture 1/4 inch deep, and continue in this way until you have the barrel full.

Weight down as tight as possible and add enough water (distilled is best) to cover. Put in refrigerator or ice-box for 30 days, then if the pieces are not too large they may be thoroughly cured.

Take out and soak in plenty of fresh water for 24 hours.

String, hang up to dry and smoke over a slow fire for three or four days.

This makes excellent dried beef. Slice and serve as you desire.

### RECIPE FOR DRIED BEEF

The round is commonly used for dried beef, the inside of the thigh being considered the choicest piece, as it is slightly more tender than the outside of the round. The round should be cut lengthwise of the grain of the meat in preparing for dried beef, so that the muscle fibers may be cut crosswise when the dried beef is sliced for table use. A tight jar or cask is necessary for curing. The process is as follows: To each 100 pounds of meat weigh out five pounds of salt, three pounds of granulated sugar and two ounces of saltpeter; mix thoroughly together. Rub the meat on all surfaces with a third of the mixture, and pack it into the jar as tightly as possible. Allow it to remain three days, when it should be removed and rubbed again with another third of the mixture. In packing, put at the bottom the pieces that were on top the first time. Let stand for three days, when it should be removed and rubbed with the remaining third of the mixture, and allowed to stand for three days more. It is then ready to be removed from the pickle. The liquid forming in the jars should not be removed, but the meat should be repacked in the liquid each time. After being removed from the pickle, the meat should be smoked and hung in a dry attic or near the kitchen fire, where the water will evaporate from it. It may be used at any time after smoking, although the longer it hangs in the dry atmosphere the drier it will get. The drier the climate in general the more easily the meat can be dried. In arid regions good dried meat can be made by exposing the flesh to the air with protection from flies.

### PRESERVING MEAT

Take large pieces of the fore-quarter of beef (the cheap pieces of neck and shoulder) boil slowly in water enough to cover until tender. Add a little salt the last half-hour. It is boiling. Let it stand until quite cold, chop fine, season to taste with pepper and pack tightly in a stone jar. Put a few whole cloves on top, then pour over it hot melted beef suet. When this gets cold cover the jar with a cloth and store in a cool place. This is fine for mince pie, or may be cut in slices and served with hot baked potatoes.

### SOUTHERN RECIPE FOR CURING MEAT

For 250 pounds of meat, beef or hams and shoulders, use 16 pounds of salt, eight gallons of water, four ounces saltpeter, two quarts molasses, one tablespoonful of soda; mix and dissolve. For beef, first cut in suitable pieces, pack in a clean barrel as closely as can be pressed in by hand; put in even layers. When all the meat is packed, place a stone or other weight on top to keep the meat under the brine. Pack hams the same way, and after thirty days remove from the brine and smoke.

### SCRAPPLE

Cook fat and lean bits of meat trimmed from the lard and heads until well done, in water enough to cover. Season with salt, pepper, sage and any other seasoning liked. When done, drain off the water and return the meat to the kettle. Strain all bits of meat from the liquor in which it was boiled. Chop the meat fine and keep it in a warm place. Make a common corn meal mush of the liquor in which the meat was boiled, stirring constantly to keep the corn meal from scorching. Cook until well done, but not too thick, and then add the meat scraps, and press the mush in crocks or pans. Cut it thin with a sharp knife when cold and fry as ordinary mush. Keep in a cool place and it will be good a long time.

### FILL THE SMOKE-HOUSES

Smoke-houses should be erected all over the South and then these should be filled with pork for home use. This is one of the surest indications of home prosperity.

When you see the fire around the kettle on a cold, frosty morning and the busy hands dressing hogs, the housewife and her daughters buying themselves with the lard, you feel that this family is in a prosperous condition. And quite likely this family has potatoes, dried and canned fruits, jellies, jams, etc., to supplement the bacon, hams and sausages.

Full smoke-houses and corn cribs with silos, hay barns and fruit larders mean more than many of us suppose. They mean so much that few of us can afford to neglect these essentials for comfortable farm living.

### LIVER PUDDING

Take six hog livers, six melts, six hearts and all the scraps and bones out of the sausage meat; also one backbone and one head. Cut all in small pieces and break the bones. Put all together in a large kettle, cook and boil until the bones separate from the meat. Add salt, pepper and other seasoning to taste, and stir constantly after the liver begins to crumble to prevent sticking. When it is all thoroughly cooked, take up

## STATE AND GENERAL NEWS

### HAPPENINGS OF INTEREST TAKING PLACE THROUGHOUT THE DIFFERENT SECTIONS OF THE COUNTRY—POLITICAL AND OTHERWISE

America has more cause for returning thanks just now than for ages past. How fortunate this country is not to be engaged in a daily struggle such as is going on in Mexico and Europe.

At 2 o'clock on Thanksgiving day, Martin H. Holt, of Oak Ridge, died at the age of 89 years. Professor Holt spent his life at Oak Ridge and for years has been identified with the college.

The same burglar made three raids in Greensboro Thursday night. The first call was at 10:45 o'clock at the home of H. W. Slaughter on North Park Drive where thirty dollars in money were secured. At the other places jewelry and other valuables were stolen.

The Virginia-Carolina railroad which has been under construction from Abington, Virginia, to Todd, N. C., is now completed to Jefferson and for the first time in the history of this quaint little mountain village has the voice of the great "Iron Horse" been heard.

One of the most enjoyable occasions of the Bonice High School occurred in the auditorium Tuesday evening when the Literary society met and the query "Resolved, that North Carolina should have a compulsory school law," was discussed by G. Paschall and E. W. Manus of the affirmative and T. B. Beal and W. S. Phillips of the negative.

The Literary Digest has been making some investigations as to the sympathies of the American people in the prevailing European war, and recently addressed about 400 inquiries to that many editors, asking their sentiments and that of their respective communities. Of the 367 replies received, 105 editors favor the allies, 20 favor the Germans and 242 announced they were strictly neutral.

There was beautiful sentiment in the article on the school teacher which recently appeared in *Charity and Children* from the pen of its editor, Mr. Arzibald Johnson. Among some of the things he said was the following: "They may not be so well acquainted with 'bridge' more about life and its real meaning than the devotees of society who get ten times the space in the newspapers."

President M. C. S. Noble, of the University of North Carolina in his annual address before the Teacher's Assembly at Charlotte last Thursday gave the following figures: "Thirty-one years ago when this Assembly was organized there was an annual expenditure for schools of about \$300,000 where there is now an annual expenditure of nearly four million dollars. There are now in the State 1,600 local tax districts whereas there were only a few when the Assembly was organized. There are now over 300 high schools in the State, over which the State has oversight and about 3,000 children in schools of all kinds."

In a large pan or tray to cool. Then with the hands, mix thoroughly, taking out all the bones. Pack in jars while warm and cover with melted lard. If preferred it may be stuffed in cases.

### HOT TAMALES

Boil beef, pork or chicken without salt until tender, then remove all the bones and put through the food chopper. Also grind up a few onions and plenty of red pepper. Mix and salt to suit taste, and if too dry, add a little of the broth in which the meat was boiled. Take nice, large corn husks, not the outside ones, trim off the ends, lay in a pan and pour boiling water over them. Now put a pint of meal in a pan with a little salt, a tablespoonful of lard, and mix with scalding water, not too stiff. Spread a thin layer on the husk, then put on a little roll of the meat. Roll up the husk, and double back each end. Put in a kettle, or pan, keeping the ends doubled up, pour the hot broth from the meat over them until about half covered, and let cook. Serve hot in the husk.

### CHILI CON CARN

The following, now universally styled the national dish of Mexico, is very savory and much liked. Chop one large onion and fry to a light brown in two tablespoonfuls of lard or cooking oil. Chop two pounds of round steak fry 10 minutes with the onion. While the meat is cooking seed six red peppers and cover with boiling water. Soak until tender, then scrape the pulp of the peppers into the water. Stir one tablespoonful of flour into the browned meat, add the water and pepper pulp, and simmer until tender, adding more water as needed. If beans are desired, cook the beans (brijoles) until tender and ten minutes before serving add to the chili. Two teaspoonfuls of chili powder may be used instead of the pepper, if preferred. As made by the Mexicans the chili is very peppery, but can be seasoned to suit one's taste.

### LIVERWURST

This is a German dish, but is relished by every one if properly made. To prepare it use all the head meat not used in the headcheese, the meat rinds taken from the lard and two livers. Cook all these together until quite tender, then remove from the kettle. Take the bones out of the head meat and run all through a meat grinder. Season with two tablespoonfuls of salt, two tablespoonfuls

## THE MEN WHO COUNT

(By Roy Cox.)

The men who do their work from mere necessity and according to precedent are mere factors in accomplishing the routine of the world's work. Most men spend their allotted days in doing things just as other men have done them, because they must work in order to live and let live.

It matters not who these men are, or what they do. They may be statesmen, or they may be tillers of the soil. In the final analysis it is all the same and they are all alike.

The farmer who takes a barren waste and makes it verdant and beautiful, or makes "two blades of grass grow where there was but one," is of infinite more importance to the world than the man who farms according to precedent, or the statesman who makes laws according to routine, or the speaker who attracts audiences by fire-branding metaphors.

The man who produces wonders from the soil is not necessarily greater than all the statesmen and speakers. He is not necessarily of more importance than all the governors and judges and business men. There have been statesmen who have brought tranquility out of confusion, who have declared tholand with schools, and incentives to the church. There have been governors and judges who have smashed precedents, reported abuses and graft, and placed the law of right above the law of might. There have been business men who have solved for themselves and their communities the differences between capital and labor.

These few men who have seen visions, who have striven for the common good, and who have set standards for the hosts of common men, are the only real factors in the militant progress of the world's affairs. They are the men who do things. Other men are mere instruments, mere cogs, which these visionaries have manipulated, or pushed out of the way, to bring about good for the greatest number.

The President's Letter, which was in reply to one from Secretary McAdoo announcing the opening of the reserve bank, said:

"Mr. Dear Mr. Secretary—I warmly appreciate your letter of yesterday, for I share your feeling entirely about the significance of the opening of the Federal reserve banks for business."

"I do not know that any special credit belongs to me for the part I was privileged to play in the establishment of this new system of which we confidently hope so much; in it the labor and knowledge and forethought and practical experience and sagacity of many men are embodied, who have co-operated with unusual wisdom and admirable public spirit. None of them I am sure, will be jealous of the distribution of the praise for the great piece of legislation upon which the new system rests; they will only rejoice unselfishly to see the thing accomplished upon which they had set their hearts."

"It has been accomplished and its accomplishment is of the deepest significance, both because of the things it has done away with and because of the things it has supplied that the country lacked and long needed. It has done away with agitation and suspicion, because it has done away with certain fundamental wrongs. It has supplied means of accommodation in the business world and in instrumentality by which the interest of all, without regard to class, may be readily served. We have only to look back ten years or so to realize the deep perplexities and dangerous ill humors out of which we have now at least issued, as if from a bewildering fog, a noxious miasma. Ten or twelve years ago the country was torn and excited by an agitation which shook the very foundations of her political life, brought her business ideals into question, condemned her social standards, denied the honesty of her men of affairs, the integrity of her economy processes, the morality and good faith of many of the things which her law sustained. Those who had power, whether in business or in politics, were almost universally looked upon with suspicion and little attempt was made to distinguish the just from the unjust. They in their turn seemed to distrust the people and to wish to limit their control. There was an ominous antagonism between classes. Capital and labor were in sharp conflict without prospect of accommodation between them. Interests harshly clashed which should have co-operated."

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of pepper and a small nutmeg to the gallon. Mix thoroughly, then stuff in home-cleaned casings. Now place in the kettle in which the heads were boiled and heat until hot throughout. Place on clean boards to cool. When quite cold hang on sticks and smoke. Liverwurst is good sliced cold for lunch or it makes an excellent breakfast dish when warmed in the oven.

## PRES. OUTLINES VIEWS AS TO FUTURE OF BUSINESS

Washington, Nov. 30.—"A future clear and bright, with promise of the best things" was the way President Wilson summed up his view of the business prospects this week in a letter to Secretary McAdoo of the Treasury Department congratulating him upon the opening of the Federal reserve banking system.

"Fundamental wrongs once righted they may too easily and quickly be forgotten if we are not bound, we have, and shall have, more and more as our new understandings ripen, a common discipline of patriotic purposes. We shall advance, and advance together, with a new ardor, a new enthusiasm, a new cordiality of spirit and co-operation. It is an inspiring prospect."

Mr. Wilson referred to the new tariff law, the new currency law, the new trade commission law and the labor provisions of the new anti-trust law as the means through which "the soil has everywhere been laid bare, out of which monopoly is slowly being eradicated." He added that "undoubtedly the means by which credit has been set free is at the heart of all these things; is the key piece of the whole structure."

Referring to the "opportunities" of the currency law, the President said "the war which has involved the whole of the heart of Europe has made it necessary that the United States should mobilize its resources in the most effective way possible." He spoke of the difficulty of marketing the cotton crop of the country and added that "no doubt in the light of the new day with its new understandings, the problems of the railroads will also be met and dealt with in a spirit of candor and justice."

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"The future will be different from the past which we shall presently look back upon, I venture to say, as if upon a bad dream. The future will be different in action and different in spirit, a time of healing because a time of just dealing and co-operation between men made equal before the law in fact as well as in name. I am speaking of this because the new banking system seems to me to symbolize all of it. The opening of the Federal reserve banks seems to me to be the principal agency we have created for the emancipation we seek. The sixteenth of November, 1914, will be notable as marking the time when we were best able to realize just what had happened."

"In the anxious times, through which we have been passing, you have dear Mr. Secretary, been able to see many noteworthy things to strengthen and facilitate the business operation of the country. Henceforth you have a new instrument at hand which will render many parts of your task easy. I heartily congratulate you upon the part you yourself have played in its conception and creation, and upon the successful completion of the difficult work of organization. A new day has dawned for the beloved country whose lasting prosperity and happiness we so earnestly desire."

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### WRONG CRIED OUT

"This was not merely the work of irresponsible agitators. There were real wrongs which cried out to be righted and fearless men had called attention to them, demanding that they be dealt with by law. We were living under a tariff which had purposely been contrived to confer private favors upon those who were co-operating to keep the party that originated it in power; and that all too fertile soil all the bad, interlaced growth and jungle of monopoly had sprung up. Credit the very life of trade, the very air men must breathe if they would meet opportunities, was too largely in control of the same small groups who had planted and cultivated monopoly. The control of all big business and by consequence of all little business, too, was for the most part potentially, if not actually in their hands."

"And the thing stood so until the Democratic party came into power last year. The legislation of the past year and a half has in very large measure done away with these things. With their correction, suspicion and ill will will pass away. For not only have these things been righted, but new things have been put into action which are sure to prove the instruments of a new life, in which the mists and distempers which have so embraced us cleared away. The wrongs and misunderstandings corrected which have brought distrust upon many honest men unjustly. That is the main ground of my own satisfaction."

### WOODROW WILSON

## SAGE TEA PUTS LIFE AND COLOR IN HAIR

Don't stay gray! Sage Tea and Sulphur dardens hair so naturally that nobody can tell.

You can turn gray, faded hair beautifully dark and lustrous almost overnight if you'll get a 50 cent bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old, famous Sage Tea Recipe are sold annually, says a well-known druggist here, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning gray, becoming faded, dry, scraggly and thin have a surprise awaiting them, because after one or two applications the gray hair vanishes and your locks become luxuriantly dark and beautiful—all dandruff goes, scalp itching and falling hair stops.

This is the age of youth. Gray-haired, unattractive folks aren't wanted around, so get busy with Wyeth's Sage and Sulphur to-night and you'll be delighted with your dark, handsome hair and your youthful appearance within a few days.

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### WRONG CRIED OUT

"This was not merely the work of irresponsible agitators. There were real wrongs which cried out to be righted and fearless men had called attention to them, demanding that they be dealt with by law. We were living under a tariff which had purposely been contrived to confer private favors upon those who were co-operating to keep the party that originated it in power; and that all too fertile soil all the bad, interlaced growth and jungle of monopoly had sprung up. Credit the very life of trade, the very air men must breathe if they would meet opportunities, was too largely in control of the same small groups who had planted and cultivated monopoly. The control of all big business and by consequence of all little business, too, was for the most part potentially, if not actually in their hands."

"And the thing stood so until the Democratic party came into power last year. The legislation of the past year and a half has in very large measure done away with these things. With their correction, suspicion and ill will will pass away. For not only have these things been righted, but new things have been put into action which are sure to prove the instruments of a new life, in which the mists and distempers which have so embraced us cleared away. The wrongs and misunderstandings corrected which have brought distrust upon many honest men unjustly. That is the main ground of my own satisfaction."

### WOODROW WILSON

## SAGE TEA PUTS LIFE AND COLOR IN HAIR

Don't stay gray! Sage Tea and Sulphur dardens hair so naturally that nobody can tell.

You can turn gray, faded hair beautifully dark and lustrous almost overnight if you'll get a 50 cent bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old, famous Sage Tea Recipe are sold annually, says a well-known druggist here, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning gray, becoming faded, dry, scraggly and thin have a surprise awaiting them, because after one or two applications the gray hair vanishes and your locks become luxuriantly dark and beautiful—all dandruff goes, scalp itching and falling hair stops.

This is the age of youth. Gray-haired, unattractive folks aren't wanted around, so get busy with Wyeth's Sage and Sulphur to-night and you'll be delighted with your dark, handsome hair and your youthful appearance within a few days.