

SOME BIG FACTS ABOUT RICE.

Famous World Traveler and Writer Tells About Uncle Sam's New Rice Fields. Recent Developments in Food Crop of Enormous Value to the Army and People. A Dish That Costs One Cent Per Person. How Five Pounds Will Feed Sixty Men.

(Copyrighted, 1917.)

Lake Charles is one of the centers of a new industry that can do much toward increasing one food supply in this great war with Germany. It is surrounded by thousands of acres of rice fields, and the territory tributary to it is now growing more than a million sacks of rice every year. Just now the rice is standing high out of the water, like countless emeralds sprouting out of a basin of silver. There are great beds of these emeralds all the way from here to the Mississippi river, and they extend westward and southward along the Gulf of Mexico to below the Brazos river in Texas. They are part of the great rice farm which runs along the flat Louisiana prairies above the Gulf of Mexico and extends far down into Texas.

The gulf strip of rice land is four or five hundred miles long and from 20 to 50 miles wide, and it is now producing a large part of the crop of the United States. Its area can be greatly extended and can be made to include much of the land running northward from here to Arkansas.

In the Arkansas prairies there are other rice lands which yield even more to the acre than those of the gulf; and within the past five years a big rice industry has sprung up in the Sacramento and San Joaquin valleys, in California. In 1912 the rice of California had not yet come into the market. During that year a strip of 1,400 acres was planted near Biggs, in the Sacramento valley. It succeeded so well that in 1913 6,000 acres were planted, and they yielded more than 3,000 pounds of rice to the acre. In 1914 the area jumped to 16,000 acres. In 1916 the rice crop of California alone was more than 100,000,000 pounds. It was equal to one pound for every man, woman and child in the United States, or enough to supply twelve meals for each of our citizens.

To show that this is not an extravagant estimate, I here give you some figures supplied by the "Manual for Army Cooks," gotten up by the War Department for the troops in the field. It contains directions for the rations to be supplied to the soldiers, and how to cook them. Among the recipes are several for rice. One of these tells how to prepare a meal of boiled rice for sixty men. The ingredients are five pounds of rice and three gallons of water. The recipe reads: "When the water comes to a boil add the rice. When the rice has grown soft enough to be mashed with the fingers pour into a colander and drain well. After that each rice grain should be whole and separate." The dish should, of course, be salted to taste.

Five pounds of rice for 60 men! That means 8 1/2 pounds for 102 men. It means that 85 pounds would furnish a meal for 1,000 soldiers. At that rate our new army of 500,000 could be fed on less than 43,000 pounds of rice, an amount that could easily be stored in a single box car. Four such acres would supply a meal of rice for 2,000,000 men, and the food would form the best nourishment we could supply.

This brings me to the food value of rice. How warm will it keep the soldiers in the trenches, and much work can be done on such a diet? I have been in Manchuria in winter. It is bitterly cold, and there is nowhere that one needs more food to keep warm. Nevertheless, it was upon a diet of rice and fish that the Japanese soldiers endured all their hardships and succeeded in defeating the meat-fed Cossacks from Russia. Every soldier in the Japanese army had a little lacquered tin case about as big as an old-fashioned cartridge box. This contained a pound or so of raw rice, and that was sufficient to sustain his life and fighting strength for two or three days. The rice could be cooked anywhere that a fire could be made and water obtained. It was used both in the camps and on the march.

As to the value of rice for our people at home, it is equally good. It forms the chief bread of Asia, and about half of the people of the whole world make it their principal food. The Filipino keeps fat upon rice, and the Chinese coolie works twelve hours a day upon his scanty supply. I have had Japanese jinrikisha men carry me over the country at six miles an hour, running all day, on nothing but rice, and I have seen Korean porters carrying loads of 300 pounds on the same food.

Our Department of Agriculture says that, pound for pound, rice ranks higher than corn, wheat or oats in the amount of nutrition contained, and that it has three times as

much food energy as the same weight of potatoes and more than twice that of fat beef. It has a higher heat-producing power than rye, barley or wheat, and far more than white bread or beefsteak. Dr. Atwater, one of the chief authorities on the chemistry of foods, says the ideal ration is rice mixed with chicken, beef or veal in a stew.

Moreover, rice can easily be digested. It is out of your stomach within an hour after you eat it. It takes two hours to digest oatmeal, three hours to digest potatoes and your stomach has to work four hours on meat.

Rice has gone up in price with other provisions, but it is still about the cheapest of foods. I have before me a cookbook prepared by the Southern Pacific railway which runs through this rice territory. It has twenty pages of rice recipes, and gives much information concerning the cereal as a food. It states that one cup of rice will expand in boiling to about four cups of cooked rice, and that this amount in combination with a dish of meat or with beans or peas will make a meal for a family of four. It estimates that one pound of rice is equal to three teacupfuls, and that even though rice costs 10 cents a pound the amount mentioned in the above recipe should not cost more than 3 or 4 cents anywhere in the United States. Even at 4 cents the cost would be only 1 cent per person for this part of the meal.

The fact is that our people have never appreciated the value of rice. In most parts of the country they use it as a pudding for dessert and not as a cereal, or principal article of food. In many sections the people do not know how to cook it; and, on this account the Association of Rice Growers here has been considering the sending of trained cooks to the army to show how it should be prepared for the soldiers.

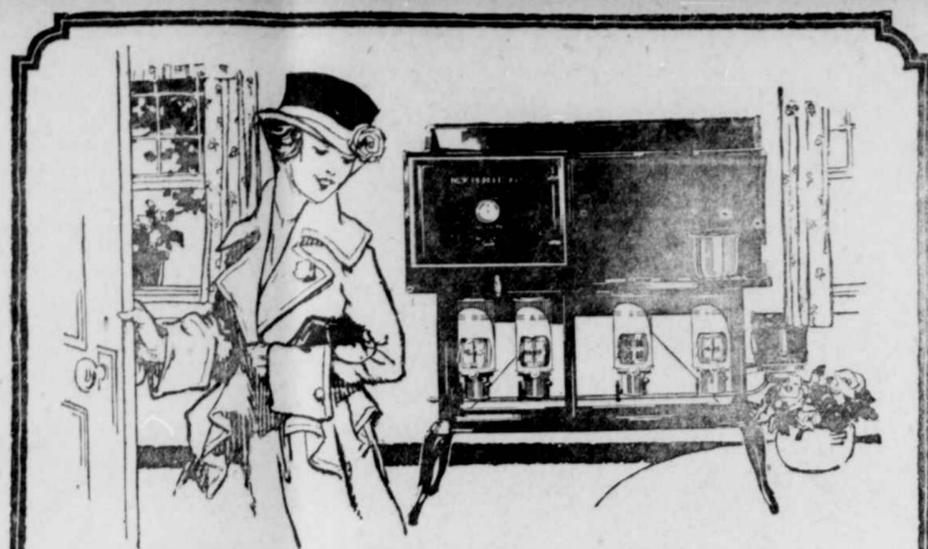
As to our rice supply, we are still importing several hundred million pounds every year, but if the people do their duty in extending the rice farms they can increase the crop five or six fold in this region alone, to say nothing of the possibility of new rice lands in California. In the central part of the latter State they have been growing rice at both ends of the Sacramento and San Joaquin valleys. This region is more than 400 miles long and from twenty to sixty miles wide, and a great part of it can be irrigated. The two valleys contain about twice as much land as Massachusetts. They have nine or ten million acres in all, and, as I have said, there are now only 70,000 in rice. The great prairies of Arkansas, which last year produced about half again as much rice as California, have less than 122,000 acres in that crop, and Louisiana and Texas alone could probably supply five or six times their present output. Our total rice yield at present is less than one million pounds.—Frank G. Carpenter, writing from Lake Charles, La.

BRITISH ASSEMBLY PROGRAM.

Christian Workers' Training School at Wrightsville Beach June 27-July 4.

General Secretary E. L. Middleton, of the Baptist Seaside Assembly, has brought out a handsomely illustrated program of the third annual session of the assembly which is to be held at Wrightsville Beach June 27 to July 4. The assembly is designated "A summer training school for Christian workers," and is held under the auspices of the Baptist State Convention.

Governor Bickett is on the program, together with some of the leading figures of the Baptist denomination, as follows: Dr. A. T. Robertson, professor of New Testament, S. B. T. Seminary, Louisville, Ky.; Dr. Weston Bruner, pastor of Tabernacle church, Raleigh; Dr. B. D. Gray, corresponding secretary of Home Mission Board, Atlanta, Ga.; Dr. R. F. Y. Pierce, pastor North Baptist church, New York City; Dr. H. M. Wharton, preacher, author, lecturer, Baltimore, Md.; Dr. John Roach Stratton, pastor First Baptist church, Norfolk, Va.; Dr. W. L. Potat, president Wake Forest College, Wake Forest; Dr. W. M. Vines, pastor First Baptist church, Charlotte; Dr. R. T. Vann, secretary of Board of Education, Raleigh; Dr. W. C. Barrett, pastor Baptist church, Gastonia; Dr. C. D. Graves, pastor Baptist church, Wake Forest; Dr. Fred D. Hale, pastor Baptist church, Lexington; Dr. C. L. Greaves, pastor Baptist church, Lumberton; Mr. E. L. Wolsagel, singer with Home Board evangelists, Asheville; Hon. John A. Oates, president Baptist State Convention, Fayetteville; Miss Annie L. Williams, field worker of Sunday School Board, Birmingham, Ala.; Miss Bertha Carroll, corresponding secretary W. M. U. Convention, Raleigh; Mrs. W. N. Jones, president State W. M. U. Convention, Raleigh; Mrs. H. T. Pope, Lumberton; Mrs. H. C. Moore, Raleigh; Mrs. W. J. Jones, Salemburg; Miss Ruth Caldwell, Lumberton; Mrs. W. B. Muse, Wilmington; Acme Quartet, Wilmington.



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NEW PERFECTION
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Prophecy War's End.

Atlanta Constitution.

Official announcement from Washington, as carried by the Associated Press, that little hope is held out in well informed circles that the war will terminate inside of three years, and that America's war plans are being furthered upon that basis, is such as to cause the ordinary American citizen to pause and ponder deeply.

And probably the very act that those directly in touch with the war plans and in whose hands the shaping of them rests have brought themselves to thus look at the thing in its coldest aspect, to plan accordingly, will have a tendency to hasten rather than retard the end.

The general tendency has been, with the speedy end of the war as consuming world desire, to minimize the strength and durability of the enemy and at the same time overestimate America's power to turn the balance without adequate time allowance; which, of course, is fallacious and hinders rather than helps.

Of course, no man knows even approximately when it is going to end. It may end in a few months, but the fact of the matter is that a war does not end until the last gun is fired; and it is poor policy for us to give too free sway to our desire in arriving at a conclusion, because over confidence is often a fatal weakness.

There is no indication that Germany is anywhere near the end of its resources. True, Germany is short of food, but so is France, Italy, England and Belgium. It may be true, too, that there is considerable internal disaffection in Germany—that there is a pronounced spirit of opposition of the German population. But, nevertheless, to date there has been no evidence of anything resembling a concert of action in revolt, and the kaiser's iron will is apparently as all powerful at home as ever it was.

It is also true that thousands of Austro-Hungarians are opposed to a continuance of the war and would welcome a separate peace. But there has to date been no visible evidence that this element is strong enough seriously to embarrass the supreme lord in Berlin in the furtherance of his oft-expressed determination to prosecute the war to the bitter end.

It is all right to wish for peace, to hope for peace; but the best way to attain peace is for us to say little about it and go ahead about our business of living and waging war as though such a thing as peace is not to be thought of until it comes—which it will only when the German fighting arm is broken and the Hohenzollern dynasty brought to its knees.

There is nothing to be gained by super-optimism, no more than by over-pessimism. Each is bad for a people at war, and in its bearing upon the final outcome one is about as bad as the other.

We shall win, and that is all we know about it, and all that need give us concern until we do win.

OUR STATE CAPITAL LETTER.

The Summer School at State College of Agriculture and Engineering. The Efficiency of Dr. J. Y. Joyner. Some Plans for Big State Fair.

(By Llewaxam.)

Raleigh, June 12.—The summer school at the State College of Agriculture and Engineering began today with a creditable attendance of teachers, and those preparing to teach here from the various sections of the State to take advantage of the fine opportunity presented to fit themselves for the work.

State Superintendent of Instruction Joyner is calling upon the teachers and others concerned to not allow the great cause of education to lag or the work to suffer because of "war conditions." Dr. Joyner cites the inestimable danger and loss caused by the Civil War to schools and education and which so seriously affected a generation of our people, and he urges upon all the great importance and necessity of guarding against the repetition even in a small degree of such a calamity.

If the educational units of North Carolina will heed the advice and follow the wise counsel of Dr. Joyner this most precious cause of learning will be kept in good condition and the youth of the State will continue to enjoy the blessings which our present State system of schools and colleges affords, and which has reached its present state of efficiency, so loyally through the untiring zeal and activities of this man—for no State in the Union has a more competent and useful head directing its educational interests than North Carolina.

Closely allied to this subject is that of keeping alive and in usual activity the cause of agriculture and the display of agricultural products at the various Fairs to be held this fall—and especially in its application to the Great State Fair at Raleigh. Secretary Pogue and Treasurer Denson say the arrangements for horse-racing and live stock display exceeds those of any previous year. With the farmers cultivating this year the largest acreage in the State's history, the agricultural harvests and State Fair displays in October ought to excel everything heretofore attempted.

Producers Getting Double Prices.

The level of prices paid producers of principal crops on June 1 was 99.8 per cent higher than a year ago and 107 per cent above the past nine years' average on that date, the Department of Agriculture reported Monday. Producers of meat animals on May 15 received 48.4 per cent more than a year ago and 71 per cent more than the average price on that date in the last seven years.

The composite condition of all crops on June 1 was 5.8 per cent below their ten year average on that date.

Jerome-Bowers.

The Methodist church of Kenly was the scene of a beautiful, though simple, wedding on last Thursday afternoon, when Miss Annie Cora Jerome became the bride of Mr. Eugene Scott Bowers, of Jackson.

The church, under the direction of Mrs. H. F. Edgerton and Mrs. J. R. Sauls, was transformed into a bower of green and white, and lighted with numerous white candles.

Just before the ceremony Mr. Geddie Jerome, of Rose Hill, played softly on the violin, "Humoresque" and "Trauerliche." He was accompanied on the piano by Miss Allie Strickland, of High Point. Promptly at half past one o'clock, to the strains of the Bridal Chorus from Lohengrin, the ushers, Messrs. Fred Jerome, brother of the bride, and George Burnett, of Jackson, proceeded down the aisle and took their places near the altar. Following them came the maid of honor and sister of the bride, Miss Gladys Jerome, dressed in tulle over yellow satin and carrying yellow roses. Next came the little flower girls, Emily Grant, niece of the groom, and Miriam Edgerton. They were dressed in white and carried lovely baskets of white sweet peas. The ring bearer followed, little Joyce Harper, a cousin of the bride, carrying the ring on a silver tray. The bride, beautiful in a traveling suit of navy blue, with accessories to match, and wearing a corsage of orchids and valley lilies, entered on the arm of her father, Rev. C. P. Jerome, who gave her away. At the altar she was met by the groom, accompanied by his best man, Mr. J. P. Buxton, of Norfolk, Va.

Rev. E. H. Davis, of Jackson, officiated, using the beautiful ring service of the M. E. church. During the ceremony Miss Strickland played softly, "To a Wild Rose" and as a recessional, Mendelssohn's wedding march.

Mr. and Mrs. Bowers left immediately for points in Canada. After their return they will make their home in Jackson, where Mr. Bowers is engaged in the mercantile business. The many beautiful and handsome gifts from friends, attest the esteem in which both the young people are held.

Out-of-town guests for the wedding were: Mr. and Mrs. J. T. Jerome, of Williamston; Mr. and Mrs. W. G. Jerome, of Winston-Salem; Mrs. Lindsey Walker, Mrs. L. C. Grant, Mrs. G. W. Ball, and Mr. George Burnett, of Jackson; Miss Elizabeth and Mr. Geddie Jerome, of Rose Hill; Miss Allie Strickland, of High Point; Miss Fannie Noe, of Pottsboro; Mr. J. P. Buxton, of Norfolk, Va.; and Miss Joyce Harper, of Durham.

Kenly, N. C., June 11, 1917.

LOOK ON YOUR LABEL, AND IF your subscription is in arrears remember the printer. He has to pay weekly for the cost of getting out the paper. Paying up when your time is out helps us.

SPECTACULAR RISE IN PIG IRON

Bessemer Above \$50 in Pittsburgh, and Other Grades Participate in Movement.

That prices of pig iron would go still higher seemed a certainty, yet few people, if any, probably looked for a \$5 rise in Bessemer this week, and advances of \$1 to \$3 in other directions. The further upturn carried Bessemer in Pittsburgh to above the \$50 basis, or, to be exact, to \$50.95, and that the movement will continue is the general expectation, as demands for steel-making materials appear as insistent as ever. Somewhat curiously, L. S. Charcoal iron, Chicago, has yielded 25 cents, but this is the only decline of the week, aside from some of the minor metals, and forging billets are up to \$115, Pittsburgh. This compares with \$69 a year ago and, at \$100, open-hearth sheet bars, Pittsburgh, are nearly 140 per cent above the prevailing figure at this date in 1916. Without exception, regular list quotations of old material, twelve in all, have risen, and in every case coke has advanced, the differences as contrasted with last year being \$6.50 to \$7.50 a ton.

With the largest number of active furnaces in many years, there is renewed evidence that pig iron interests are straining for maximum outputs. Thus, there were 340 stacks in operation on June 1, or four more than a month earlier, and the daily capacity of these was 111,704 tons, a new record. Yet the aggregate production during May, 3,417,340 tons, fell below the 3,508,849 tons of last October, which set the precedent, and the daily rate, 110,238 tons, according to The Iron Age, was about 3,000 tons less and also slightly smaller than in April of this year.—Dun's Review.

The Farmer's Day of Opportunity.

The war changes everything. There is hardly any phase of human thought or work that is not profoundly affected by the international convulsion which now shakes the whole earth. And few other industries are more profoundly affected than farming. In fact, the first tremendous development following the declaration of war with Germany was the nation-wide awakening to the fundamental importance of agriculture. From the President of the Republic clear down, there has been an almost unanimous recognition of the fact that the safety of the Nation depends on the farmer.

For this reason this is the farmer's day of opportunity. Perhaps it would not be putting it too strongly to say that if he will rightly use his opportunities, it may be his day of economic and social salvation. But if this is to be true, the farmer must be quick to sense the new conditions and adjust himself to them. There has been a mighty shifting of winds and tides. Now the wise man may find this the "tide in the affairs of men" which taken at its flood leads on to fortune," while the man who refuses to meet new conditions with new methods may suffer shipwreck.

In other words, if the farmer has intelligence, initiative and hustle he is likely to be helped by the war, and if he hasn't, he is likely to be hurt by it. It is time for all prudent men to consider just what are the changes demanded by the new conditions, and just how to make the most of the opportunities they offer.—Progressive Farmer.

SERBIA GETS \$3,000,000 LOAN; \$75,000,000 MORE TO BRITAIN

Washington, June 9.—Loans of \$3,000,000 to Serbia and \$75,000,000 to Great Britain were made today by the Treasury. The total advanced the Allies now is \$923,000,000.

The Serbian loan, the first to be made to that Government, is payable in three equal monthly instalments. It will be utilized mainly in improving railway lines constituting military communications of the Serbian Army. Some of it may go for relief of the distressed population, the department announced, "provided satisfactory organization, such, for example, as the Red Cross organization, can be established to administer the distribution of relief."

The credit of \$75,000,000 to Great Britain is the first to be made that Government during June and will be applied not only on purchases made for Great Britain, but on outstanding contracts for Russia placed here by Great Britain before this country entered the war.

Safety First With Cough and Cold. "Oh, just a cough" to-day may become grippe or pneumonia to-morrow. Thousands die from neglected colds. Take Dr. King's New Discovery before your cough becomes chronic. A few doses check the cold by killing the germs. The healing balsams soothe the throat, loosen the phlegm and clear the air passages of secretions which provoke coughing. Contains mildly laxative ingredients which remove the waste that aggravates the cold. At your druggist, 50c. \$1.00.—Adv't.