

PREPARE FOR BETTER LIVING.

Home Drying of Surplus Fruits and Vegetables is a Simple and Easy Matter. Careful Selection and Preparation Important if Best Results Are to Be Obtained.

The scarcity and high price of tin and glass containers this year has caused attention to be turned to drying and evaporating as economical methods of conserving perishable food products.

It is extremely important this year that all surplus fruits and vegetables be saved for future consumption. The food situation of the country has become exceedingly acute. Qualified experts agree that the shortage of food products this year will be serious.

In almost every garden there occurs at different times and in varying amounts, surplus products above those that can be used. The saving of this surplus can best be accomplished through the agencies of canning and drying.

To meet the urgent demand for information regarding drying fruits and vegetables, a circular on this subject has been prepared by the Division of Horticulture. This circular may be obtained by writing the Agricultural Extension Service, Raleigh, N. C.

Drying or evaporating is the simplest and cheapest method of preserving fruits and vegetables. Root crops may be stored rather than dried if they mature at a time when they may be kept in this way.

The more perishable fruit and vegetable crops should be dried. Conservation or surplus produce by drying is highly practical and may be practiced in every home at very slight expense.

Dried products require a minimum expenditure for containers and if properly stored may be kept for a long period of time. When properly dried the products lose very little or none of their flavor and retain their entire food value.

Methods of Drying. Drying may be accomplished either by exposing the material to the sun or by subjecting to artificial heat.

While sun drying is employed to a large extent in some sections, a product of higher quality may be produced more economically by the use of artificial heat. A type of cook-stove evaporator is most satisfactory for home use.

This evaporator may be either purchased from dealers or made at home. Detailed instructions for making one of these evaporators are given in the Department's circular on drying.

The selection and preparation of the raw material determines in a large measure the quality of the finished product. Material of poor quality and coarse texture cannot be improved by drying but will give a poor product.

Equally as much care should be given to the selection and preparation of vegetables for drying as for canning. Where the highest quality of product is desired only absolutely fresh, sound, and tender vegetables should be used.

All vegetables and fruits should be washed perfectly clean before preparing. After the material has been cleaned it should be peeled, if peeling is necessary, and then sliced or threaded.

With many roots crops, it is not absolutely necessary that they should be peeled but a product of better and more uniform color is produced if the vegetables are first peeled before slicing or shredding.

not stick to one another when pressed together.

Storing Dried Fruits and Vegetables. The dried products should be carefully stored in both moisture and insect-proof containers in a dry place. Any form of tin container with a tight cover is satisfactory.

MORE NEW RECORDS IN COTTON

Entire Option List Above 27-Cent Basis. Poor Crop Reports Continue.

No repetition of 206-point fluctuations has been witnessed in cotton, though prices have established more new records, with the entire option list above the 27-cent basis and the spot quotation up to 27.40 cents. From the top levels, there was a subsequent break in futures of about 75 points on the average, and some net decline appears in comparison with last Saturday's final figures.

Campaign Against Typhoid Fever.

This week the State Board of Health is mailing to citizens of Johnston County valuable advertising matter announcing the campaign of free treatment to prevent typhoid fever, beginning July 9, 1917.

It is the sincere hope of The Herald that this advertising matter will be posted by those receiving same, that every one may have information not only of the anti-typhoid campaign; but the other educational information bearing upon other preventable diseases as well.

The reason preventable disease is not controlled, is because the people themselves are not informed and do not take hold on the matter. Let us accept this opportunity to do something ourselves by posting the advertising matter for our own and the benefit of the other fellow.

Think Health!

"It is not a fear of illness or of death that we should encourage, but a love of health, a sense of responsibility for the care of our bodies, a desire for bodily endurance and efficiency and full achievement."

"DYNAMITE JOHNNY" O'BRIEN



Capt. John (Dynamite Johnny) O'Brien, who recently celebrated the passing of his eightieth year at the Hotel McAlpin in New York.

A. & E. SUMMER SCHOOL.

Plans for Institute Week July 12-25. Enrollment to Friday, 422.

(By C. F. Miller.) West Raleigh, June 29.—The Summer School of the State College of Agriculture & Engineering which opened for its first annual session on June 12 completed the first two weeks of the session with success from every standpoint.

The first Teachers' Institute has just ended and eminent satisfaction with the benefits obtained has been expressed by departing teachers. Plans for making the Institute lasting from July 12-25 an even greater success have been evolved by Dr. W. A. Withers, Director of the Summer School and Messrs. Giles and Smith, members of the State Board of Examiners and Institute Conductors in conjunction with the other teachers on the staff of the Summer School.

United States History will be taught by Miss Gladys Beckwith, head of the Department of History in the Miami Schools, Florida.

Prof. W. H. Browne, of the State College will teach General Science.

Miss Daphne K. Carraway, Rural Supervisor of Elementary Schools of Wake County, will have charge of Primary Number Work.

Mr. D. F. Giles, the Rural School and Community.

Mrs. Pearl Cross Green, Drawing.

Professor J. Henry Highsmith, How to Teach.

Miss Mary Shotwell, Rural Supervisor of Granville County, Grammar Grade Reading.

Miss Ethel Terrell, Secretary North Carolina Primary Teachers' Association, Reading and Language.

Prof. C. B. Williams, Dean of the Department of Agriculture of the State College, will give a course in Agriculture.

The enrollment of the Summer School was 422 at noon to-day and this increasing daily. Already reservations for the second Teachers' Institute are being received.

Strong courses in Home Economics, Music, Story-telling, Industrial Manual Training, including Basketry, are also offered.

Among the noted lecturers who will address the Institute will be C. Alphonso Smith, formerly Roosevelt Professor at the University of Berlin.

Brushing the Teeth.

Do not brush the teeth straight across. The outside of the upper teeth should be brushed downward from the gums; the lower teeth upward. Clean the inside of your teeth—next to your tongue—in the same way.

The part of the teeth used for chewing food (the grinding surfaces) should be brushed in all directions.

After each meal use a soft quill toothpick or floss silk to remove bits of food from between the teeth.

Decay causes the teeth to ache, so by preventing decay you prevent pain. The best way to stop decay is to keep the teeth clean.

Twice a year is none too often to see your dentist.—The Health Bulletin.

JOHN BARLEYCORN A SLACKER.

More Grain Used in a Year for Liquor Making Than All German Submarines Can Sink in a Year.

(By Rex Beach.)

Today I saw two drunken soldiers on the street. They were young soldiers, their uniforms were new and sufficiently unusual, alas, to excite attention. They were ordinary upstanding young fellows, better a lot than many of us who passed them by, for they had answered the call—they were not slackers.

Some boys—they were nearing the age for enlistment—began to gey the intoxicated guardsmen; they betrayed contempt for both the men and their uniforms.

Women who were passing hurried faster. It was plain that this exhibition had not helped the cause of the recruiting squad down the street.

Prohibition in the ranks was the first answer that suggested itself to me.

But why prohibition in the ranks if not in the file?

We are all soldiers in this war—soldiers of the lathe, soldiers of the plow, or we must quickly learn to be, else we shall go down in the general wreckage in the wake of the Hun. Why, then, deny to the man in khaki, who is physically fit to bear the shock of battle, that privilege which we weaker, less courageous brothers prize so highly—the glorious and inalienable privilege of getting drunk?

No, manifestly that sort of prohibition isn't the right sort.

John Barleycorn Poor Drillmaster. But if John Barleycorn is a bad recruiting sergeant he is a worse drillmaster and just at this particular crisis in our national affairs that makes him a real and potent influence for evil.

Nor is that the worst that can be said about him. He is the prince of slackers, the king of waste and the veriest glutton in all the world. In his year of threatened famine he will, unless he is curbed, swallow more food than will, the wide Atlantic, aided by the entire fleet of German U-boats.

The war will be won in the trenches of France and in the furrows of America, so we are told. We set ourselves to the task of training a million men in a year, of bringing new acres under the plow, and yet during the course of that twelve months we will consume in the form of alcoholic beverages alone enough grain to feed 16,000,000 mouths.

Waste Is Colossal.

It is all wrong. It is colossal waste. It is extravagance which the world cannot tolerate in this hour of stress. England, France and Russia have learned their lesson. Let us profit by their experience.

We need alcohol, yes. We will need more of it in war than in peace, but alcohol—usable, drinkable alcohol—can be made from swill, from refuse, from damaged grain. In fact, almost any food which is unfit to eat can be made fit to drink if one goes to the trouble, but of all the uses we can put it to, the drinking of alcohol is the least important.

"Let's Go Without It."

Nor is the fact that the byproducts from the process of liquor-making have a considerable commercial value a sufficient reason to warrant us in devoting to it 80,000,000 bushels of our all-too-scanty grain supply. Our live stock can subsist on other food.

MISS FLORENCE SCHOFIELD



Miss Florence Schofield is doing great work in this country in behalf of the organization for the relief of French war orphans.

U. S. GRANT IV



U. S. Grant IV, grandson of President Grant, has enlisted as a private in Company H of the Seventh regiment, N. Y. N. G. He is twenty-three years old and was born at San Diego, Cal.

He is twenty-three years old and was born at San Diego, Cal. His father is U. S. Grant, Jr., a retired lawyer of that city. The fourth Grant to bear the famous name was graduated from Harvard in 1915 and has been employed in the offices of J. P. Morgan & Co., the New York bankers.

War Is Sober Business.

We are in this war to win, and win we must, but war is a sober business. Just now bread is as vital to France as bullets; she needs American grain as badly as she needs American troops.

The war has come home to us, and we shall feel it sorely before we are through. Let us begin our sacrifice by a great big saving, a saving of 11,000,000 leaves a day—enough to feed the armies and the navies of our allies and ourselves. If we lose this fight we shall go broke. Let's go dry and win.

After we have tried it we may like it well enough to stay dry. Who knows? (Copyright, 1917, Science Service.)

WHEAT PRICES ON DECLINE.

Offers of New Crop and Good Weather Again Depress Markets.

Once more, July wheat in Chicago, after a temporary recovery, has fallen below the \$2 basis, and September has dropped to about \$1.78. These figures approximate the bottom levels of last week, and no one who has watched the situation with some closeness finds the renewed yielding of prices surprising. That rallies occur from time to time is logical enough, but any sustained advance would seem strange, with the new crop coming on the markets and the weekly weather reports telling of the continued favorable progress of agriculture.

The Merchant and the Spider.

The merchant who advertises is like the spider that builds its net to catch the fly. He gets what he goes after— but unlike the spider, he gives an equivalent for what he gets.

Don't let the spider put one over you, Mr. Merchant. This paper makes an excellent net for the catching of local trade.

No. Six-Sixty-Six

This is a prescription prepared especially for MALARIA or CHILLS & FEVER. Five or six doses will break any case, and if taken then as a tonic the Fever will not return. It acts on the liver better than Calomel and does not gripe or sicken. 25c

With pathetic tears on her cheeks, little Ethel ran up to the big, stalwart policeman. "P-p-please, sir," she sobbed, "will you come and lock a bad man up?" "What's he been doing?" asked the man in blue, gently.

COUNTY EXAMINATION.

The regular examination for county certificates will be held in Smithfield Tuesday and Wednesday, July 10th and 11th. The white teachers will be examined at the Turlington Graded School building and the colored teachers at the colored school building.

All teachers who hold first grade certificates that expire this year may have them renewed till July 1st, 1918, provided the reading course has been kept up.

For further information concerning the regulations of the State Board of Examiners, write the County Superintendent.

L. T. ROYALL, County Superintendent.

Stand by the President.

Why? Because he stands by you. Stand by the Laundryman.

Why? Because he stands by you. All kinds of laundry work done at the Smithfield Steam Laundry. Prices reasonable.

Call phone 19-L and we will come.

T. W. JOHNSON, Proprietor.

Achy Joints Give Warning

A creaky joint often predicts rain. It may also mean that the kidneys are not filtering the poisonous uric acid from the blood. Bad backs, rheumatic pains, sore, aching joints, headaches, dizziness, and urinary disorders are all effects of weak kidneys and if nothing is done, there's danger of more serious trouble.

A Smithfield Case

J. G. Hamilton, carpenter, Smithfield, says: "Trouble with my kidneys was caused by heavy lifting and straining while working at my trade. I had a dull pain across my back and suffered from headaches and dizzy spells. My kidneys acted irregularly."

Friends recommended Doan's Kidney Pills to me and I got some at D. H. Creech's Drug Store. They relieved all symptoms of kidney trouble."

Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS Foster-Milburn Co., Buffalo, N. Y.

NEW HOME



NO OTHER LIKE IT. NO OTHER AS GOOD.

Purchase the "NEW HOME" and you will have a life asset at the price you pay. The elimination of repair expense by superior workmanship and best quality of material insures life-long service at minimum cost. Insist on having the "NEW HOME".

WARRANTED FOR ALL TIME. Know the world over for superior sewing qualities. Not sold under any other name. THE NEW HOME SEWING MACHINE CO., ORANGE, MASS.

J. M. BEATY, Smithfield, N. C.