Home Drying of Surplus Fruits and Storing Dried Fruits and Vegetables. Vegetables Is a Simple and Easy Matter. Careful Selection and Prep-Are to Be Obtained.

and glass containers this year has be used and only a quantity of prodcaused attention to be turned to dry- uct sufficient for a few meals should ing and evaporating as economical be put in each bag. The bag should methods of conserving perishable food products.

year that all surplus fruits and vegetables be saved for future consumpfied experts agree that the shortage ticulturist. 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 or Horticulture. This circular may be obtained by writing the Agricultural Extension Service, Raleigh, N.

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 the same influences which explained may be kept in this way. The more the recent great rise accounted for perishable fruit and vegetable crops the week's further upturn. Briefly should be dried. Conservation or surplus produce by drying is highly hind the advance have been the 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 for a decidedly bullish report by the of their flavor and retain their entire Government on Monday as to the food value.

Methods of Drying.

by exposing the material to the sun other hand, not all of the crop news made at home. Detailed instructions for making one of these evaporators and violent reaction are not disreare given in the Department's circular on drying.

the raw material determines in a permitted.—Dun's Review, 30th. 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. Most vegetables may be dried with or without blanching and each method has its advocates. Blanching is accomplished by immersing the vegetables in boiling health officers cannot prevent disgenerally blanched. Sweet corn should be boiled long enough to set the milk.

pared, it is spread on the trays of drier in thin layers not over 1 to 11/2 pick up a rock and begin our part. inches deep. The drying is generally started at 110 degrees F. and gradually increased to 150 degrees F. and the drying completed within 21/2 to 3½ hours. If a higher temperature is used the material is liable to be scorched. To secure a uniform product, the material should be thoroughly stirred on the trays several times during the drying, and the trays should be shifted once or twice. Every drier should be provided with a thermometer so that the temperature may be regulated accurately.

The best temperature and length of time for drying varies with different vegetables and fruits and is easily de- death that we should encourage, but food (the grinding surfaces) should termined by experience.

garden peas, sweet corn, carrots and desire for bodily endurance and effiparsnip, onions, beets, pumpkins, ciency and full achievement. spinach, cabbage, Irish potatoes and "If the mind is fixed on these ideals, sweet potatoes are vegetables that and the already known means of apmay easily be dried.

berries are commonly dried. Properly lives of so many may be left to take dried vegetable products will be care of themselves. slightly brittle when removed from "It is not much necessary to letin. the drier. In this condition, careful fight disease as to cultivate health handling is essential to prevent break- for the happiness, contentment and fruits should be leathery and should Bulletin.

PREPARE FOR BETTER LIVING. not stick to one another when pressed | DYNAMITE JOHNNY" O'BRIEN together.

The dried products should be carefully stored in both moisture and insect-proof containers in a dry place. aration Important If Best Results Any form of tin container with a tight cover is satisfactory. Fruit jars may be used. The cheapest container is a The scarcity and high price of tin paper bag. Small paper bags should

All dried food products should be soaked in either cold or warm water It is extremely important this before cooking. The material should be soaked until it resumes its original appearance and is soft and pliable. The material should be cooktion. The food situation of the country ed in the water in which it was soakhas become exceedingly acute. Quali- ed. C. D. Matthews, Assistant Hor-

MORE NEW RECORDS IN COTTON

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

No repetition of 200-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. Yet the market obviously remains at an extraordinarily high position ,and practically summarized, the propelling forces bescarcity of contracts, persistent trade buying by both domestic and foreign interests and continuance of poor crop advices, with low condition estimates from private sources. In consequence, nearly everyone is looking Drying may be accomplished either ed to show a small decrease. On the ery standpoint. risen, and the possibilities of sudden garded. Reopening of the Liverpool Exchange occurred on Friday, but The selection and preparation of with no new speculative commitments

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 opportuunity to do something ourselves by posting the advertising matter for our own and the benefit of the other fellow. Law and ease unless we do our part, and this time we have a chance to begin. The After the material is properly prework is made easy-everything-even

> The number of people treated in the campaign will be an index more of the progressive spirit of our citizenship in grasping the opportunity of protecting our health than it will the effort or lack of effort of those in charge of the campaign. The physicians are offering us a great opportunity, and are rendering a service none but the unselfish can-but we must act-must take our part and place in a great work.

Think Health!

a love of health, a sense of responsi-Green string beans, shelled beans, bility for the care of our bodies, a

proaching them are utilized, the Applies, pears, peeches, plums, and needless miseries that embitter the to keep the teeth clean.



passing of his eightieth year at the Hotel McAlpin in New York. In honor

A. & E. SUMMER SCHOOL.

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

(By C. F. Miller.)

status of the plant on June 25, and June 12 completed the first two weeks can be said about him. He is the the statistics on acreage are expect- of the session with success from ev- prince of slackers, the king of waste

or by subjecting to artificial heat. has made dismal reading, and late just ended and eminent satisfaction ine he will, unless he is curbed, swal-While sun drying is employed to a dispatches telling of showers at nu- with the benefits obtained has been low more food than will, the wide Atlarge extent in some sections, a prod- merous points in Texas, where expressed by departing teachers. lantic, aided by the entire fleet of uct of higher quality may be produc- drought has been serious, prompted Plans for making the Institute last- German U-boats. Eighty million bushed more economically by the use of not a little profit-taking and other ing from July 12-25 an even greater els of sound grain, 120,000,000 galartificial heat. A type of cook-stove selling. By conservative people, the success have been evolved by Dr. W. lons of mosasses—that is only a part evaporator is most satisfactory for future of the market is viewed with A. Withers, Director of the Summer of the good foodstuffs that will go to home use. This evaporator may be some degree of uneasiness, because School and Messrs. Giles and glut his monstrous appetite. And either purchased from dealers or of the rapidity with which it has Smith, members of the State meanwhile Europe starves; our allies the courses and teachers conducting farm lands and farm hands. the Institute follows herewith:

Miami Schools, Florida.

College will teach General Science. Wake County, will have charge of 16,000,000 mouths. 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.

tion, Reading and Language.

The enrollment of the Summer the least important. School was 422 at noon to-day and this increasing daily. Already reserso 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 "It is not a fear of illness or of part of the teeth used for chewing be brushed in all directions.

After each meal use a soft quill coothpick 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 Twice a year is none too often to see your dentist .- The Health Bul-

riage nothing but checks will do.

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. It came as a shock to see them swaying in their tracks, waving awkward gestures and grinning fatuously. Their eyes were bleared, they were foul mouthed and abusive. A block below were the tents of a recruiting station. Some boys-they were nearing the age for enlistment-began to guy the intoxicated guardsmen; they betray-

faster. It was plain that this exhibition had not helped the cause of the recruiting squad down the street. Prohibition the Answer. Prohibition in the ranks was the

Women who were passing hurried

first answer that suggested itself to

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

We are all soldiers in this war-Capt. John (Dynamite Johnny) soldiers of the lathe, soldiers of the O'Brien, who recently celebrated the plow, or we must quickly learn to be, else we shall go down in the general of his birthday, President Menocal of wreckage in the wake of the Hun. Cuba ordered Victor Hugo Barranco, Why, then, deny to the man in khaki, Cuban representative in New York, to who is physically fit to bear the entertain the captain at an elaborate 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 West Raleigh, June 29 .- The Sum- drillmaster and just at this particumer School of the State College of lar crisis in our national affairs that Agriculture & Engineering which makes him a real and potent influence opened for its first annual session on for evil. Nor is that the worst that and the veriest glutton in all the The first Teachers' Institute has world. In his year of threatened fam-Board of Examiners and Institute cry for food. In answer to that cry Conductors in conjunction with the we sound the alarm for grain, more other teachers on the staff of the grain and ships, more ships, to put it Summer School. The announcement of in. We suffer panic from our lack of

The war will be won in the trench United States History will be es of France and in the furrows of taught by Miss Gladys Beckwith, head | America, so we are told. We set ourof the Department of History in the selves to the task of training a million men in a year, of bringing new Prof. W. H. Browne, of the State acres under the plow, and yet during the course of that twelve months we Miss Daphne K. Carraway, Rural will consume in the form of alcoholic Supervisor of Elementary Schools of beverages alone enough grain to feed

Waste Is Colossal.

It is all wrong. It is colossal waste. It is extravagance which the world WHEAT PRICES ON DECLINE. cannot tolerate in this hour of stress. England, France and Russia have Offers of New Crop and Good Weathlearned their lesson. Let us profit by their experience.

We need alcohol, yes. We will need more of it in war than in peace, but after a temporary recovery, has fal-Miss Ethel Terrell, Secretary North alcohol-usable, drinkable alcohol-Carolina Primary Teachers' Associa- can be made from swill, from refuse, ber has dropped to about \$1.78. These from damaged grain. In fact, almost figures approximate the bottom lev-Prof. C. B. Williams, Dean of the any food which is unfit to cat can be els of last week, and no one who has Department of Agriculture of the made fit to drink if one goes to the watched the situation with some State College, will give a course in trouble, but of all the uses we can closeness finds the renewed yielding put it to, the drinking of alcohol is of prices surprising. That rallies oc-

"Let's Go Without It."

Nor is the fact that the byproducts vations for the second Teachers' In- from the process of liquor-making crop coming on the markets and the stitute are being received. Strong have a considerable commercial value weekly weather reports telling of the courses in Home Economics, Music, a sufficient reason to warrant us in continued favorable progress of ag-Story-telling, Industrial Manual devoting to it 80,000,000 bushels of riculture. Needless to say, the next Training, including Basketry, are al- our all-too-scanty grain supply. Our official estimates are being awaited live stock can subsist on other fod-

MISS FLORENCE SCHOFIELD



Miss Florence Schofield is doing Before marriage a girl wants a man great work in this country in behalf ing them into smaller pieces. Dried moral gain that it brings."—Health to write love letters, but after mar- 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 regi- ing the regulations of the State Board ment, N. Y. N. G. He is twenty-three of Examiners, write the County Suyears old and was born at San Diego, perintendent. 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 bank-

ders than brewer's grains, our dairy cows can be made to give milk from food less vital to our own stomachs. So, too, in the matetr of taxes. We levy a tremendous blackmail on bibulous old John Barleycorn, but we can raise that revenue elsewhere. He pays an undue share of taxes anyhow. If alcoholic liquor is a food we pay too high for the privilege of consuming it; if it is not a food let's go without it for a while and foot the bill out of greater economy.

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 s bullets; she needs American grain as badly as she needs American

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

After we have tried it we may like t well enough to stay dry. Who

(Copyright, 1917, Science Service.)

er Again Depress Markets. Once more, July wheat in Chicago,

len below the \$2 basis, and Septemcur from time to time is logical enough, but any sustained advance would seem strange, with the new with keen interest, and it will be decidedly puzzling if the figures fail to reflect the improvement in winter wheat conditions which has been reported in the weekly dispatches from Washington. The last return of the Government, it will be recalled, was not only disappointing, but surprising, and the forthcoming forecast should prove substantially better, judging from the advices which the Department of Agriculture has been issuing. Reverting briefly to the subject of prices, the improved crop outlook not alone affords reason for reaction, with such factors as food control and Federal regulation of markets present .- Dun's Review, 30th.

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 afterbut 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

Couldn't Escape.

With pathetic tears on her cheeks, little Ethel ran up to the big, stalwart

"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.

"Oo-boo-boo," wailed Ethel, "he's b-b-broken up my hoop wif 'is nasty bicycle." -

"Has he?" replied the bobbie angrily, as he saw her tears flow afresh.

Where is he?" "Oh, you'll easily catch 'im," said Ethel, drying her tears. "They've just carried 'im into that chemist's shop on a shutter!"-Argonaut.

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

For further information concern-

L. T. ROYALL, County Superintendent.

Stand by the President.

Whv?

Because he stands by you. Stand by the Laundryman.

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

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. Use Doan's Kidney Pills, the best recommended kidney remedy.

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 KIDNEY PILLS

Foster-Milburn Co., Buffalo, N. Y.



WARRANTED FOR ALL TIME.

Known 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.