

The Housewife and the War

(Special Information Service, U. S. Department of Agriculture.)

SAVING THE FATS FOR FOOD



This Farm Method of Saving Fats From Rinds, Bones, and Scraps Can Be Used on a Small Scale on Any Kitchen Stove.

GREAT VALUE OF SUET IN COOKING

Most Housewives Know That It Is Excellent Shortening.

IT HAS SOME MEAT TISSUE

Possesses Same Food Value as Lard, and if Properly Tried Out, It Is Satisfactory Substitute for Frying Purposes.

Special pains should always be taken to save and use suet because of its great value in cookery. Most housewives know that rendered suet is a very good shortening and very commonly they also have special dishes in which the chopped suet is used instead of a rendered fat. In addition to the fat it contains, chopped suet has some meat tissue. Rendered suet possesses the same food value as lard or other similar shortening, and if properly tried out it is a satisfactory substitute for frying purposes, for shortening, and for making savory fats. Anyone who regards suet as useful only in making soap is wrong for it is a valuable food. Its use for soap making should be considered only when the fat has become too rancid for use or when it has been burned when used for frying.

Trying Out Suet.

Those who do not know how to render and use suet sometimes object to it on the ground of its hardness and special flavor. Fresh suet, however, can be so rendered as to make a soft useful fat practically free from any distinctive flavor or odor. The following is a simple method for trying out suet:

Remove the skin and lean parts from beef fat and cut it into small pieces. Put it into a saucepan and cover it with cold water. Place it on the stove uncovered, as it is believed that steam carries away strong flavors. When the water is nearly all evaporated set the kettle back and let the fat fry out. When the fat has ceased bubbling and the scraps of skin are shriveled, allow the scraps to settle at the bottom of the kettle, strain the fat through a cloth, and set it away to cool.

Suet and Leaf Lard.

For those who want a mixture of suet and leaf lard, which is a softer fat than rendered suet and has a different flavor, the following recipe will be useful:

Take two parts of suet and one of leaf lard, finely ground, and mix together. Render this with whole milk in the proportion of one-half pint to two pounds of the mixed suet and lard. (Render means to melt down or to clarify by melting.) This may be conveniently done if the suet and lard mixture be finely divided by passing it through a meat grinder and then heated in a double boiler, when the fat will be quickly released from the tissues, and when strained and allowed to cool will form a cake on the surface of the liquid which may be easily removed.

This fat has a good odor, color and texture, and is softer than the suet alone. It is particularly useful for frying and for shortening foods which

are spiced or have distinctive flavors, and may be also used with satisfactory results in shortening such things as baking-powder biscuits. It is also useful for cooking vegetables either alone or with the addition of a little butter.

The unpopularity of fried food in many families is due largely to the fact that the fat has been burned in cooking. Fat when heated to too high a temperature splits up and may form substances which have an irritating effect on the throat and may cause digestive disturbances. Fat in itself is a very valuable food, and if it is not scorched should prove a healthful rather than an objectionable article of diet.

Destroy Home Pests.

Clean up the cabbage patch! Don't raise a crop of insect pests on the stalks. That is what is likely to happen if stalks of cabbage or cauliflower, collards, brussels sprouts, and such vegetables are left in the garden after they have fulfilled their food mission. Entomologists of the United States department of agriculture advise that where such remnants of the garden can be promptly fed to hogs or cattle a double purpose will be served—insect pests will be kept down and a food provided for meat-making animals.

The plants just named are affected by the same class of insects of which there are several distinct kinds—cabbage worms, the cabbage looper, harlequin cabbage bug, cabbage aphids, and other plant lice and cutworms—any one of which, if it occurs in sufficiently large numbers, is capable of destroying an entire crop. After the cabbage has been cut the stalks are likely to bear numerous shoots which harbor the insects in autumn and even during early winter. Cabbage heads which have not properly matured either because of insect ravages or for other reasons also may provide a place of refuge for bugs. All such crop remnants which cannot be used for feed, and weeds or other rubbish, should be destroyed now by burning.

If the gardener is familiar with the use of arsenicals some stalks may be left growing to serve as traps for insects, the specialists say. The pests which gather on such traps can be readily destroyed by dusting the plants with dry paris green or arsenate of lead diluted with about 20 parts of finely sifted lime or road dust.

Foods Rich in Iron.

Compared with most other foods, milk contains much lime, but very little iron. Spinach and other green vegetables, and egg yolks are rich in iron. This is one reason why combinations of egg yolks or vegetables with milk are good, particularly for feeding children, for they have special need for lime and iron.

Plan Meals Carefully.

Do not be ashamed to plan meals closely. Provide enough, of course, but practice thrift and plan economical dishes, and use the "left-overs" for making palatable dishes—there are many such.

One reason there is such a waste of food in this country is because we habitually set before ourselves more than we can eat. Plan the meals carefully and eliminate waste from this cause.

Proportions for Decorating.

In furnishing a room two-thirds of background to one-third of decorative value are the right proportions.

SANDY SPRINGS SCHOOL ITEMS.

Box Party and Voting Contest Bringing the Sum of \$66.60.

We had a box party at Sandy Springs School House Saturday night, February 2. It seemed that all wanted a box, therefore they sold well. Then while passing off the time very pleasantly, we had guessing and fishing. But the most interesting thing of all was how the boys were determined to see which one of the girls should be the prettiest, in order to get the prize which was to be given. It was a very tight contest. But finally Miss Savannah Bailey won out. The amount received for this contest was \$37.80, and the total amount made up in all was \$66.60. This money will be used for painting the school house. D. C. M.

A Letter From Camp Travis.

Mr. Editor:

I have been thinking I would write you ever since I found the first copy of my home County paper in the Y. M. C. A. reading room. It is a source of great interest and much pleasure to me and each copy is hailed with delight. Even though I am many miles away, it is quite interesting to me to note the progress and development my home County and State are making, for to me there is no State like the "Old North State."

Though in another State, I have been quite fortunate in receiving promotions. Soon after reaching this Camp I was made Sergeant of Ordinance for my regiment, and later when the new camp for training men for officers was opened I was chosen as one of the cadets and am in training now, which course lasts for three months. In this camp we have a fine group of young men, the most of whom are college graduates, and everyone is very much enthused in his work and the motto of all seems to be "To do or die."

Mr. Lassiter, I will appreciate it very much if instead of sending the Herald to the Y. M. C. A., if you will send it to me at my new address, as I hate to miss a copy of your paper, and unfortunately I am at quite a distance from the Y. M. C. A.

I could write you quite a number of interesting items of camp life here, but realizing I would be consuming your time, will conclude.

Thanking you for past favors, and wishing you future success with your paper, I am

Very sincerely,
SERGT. B. O. STEPHENSON,
Battery A., Camp Travis, Texas.
January, 27, 1918.

The Cedars of Lebanon.

There are only about four hundred of the Cedars of Lebanon left. The Maronite peasants almost worship them and call them the "Cedars of the Lord," and a recent governor of the Lebanon has surrounded them by a great wall, so that the young shoots may not be injured by roving animals. Yet, century by century, their numbers grow less.

But the few remaining are of royal blood. They are not the largest of trees, though some of the trunks measure forty feet around. Their beauty lies in the wide-spreading limbs, which often cover a circle two or three hundred feet in circumference. Some are tall and symmetrical, with beautiful horizontal branches; others are gnarled and knotted, with inviting seats in the great forks, and charming beds on the thick foliage of the swinging boughs. The wood has a sweet odor, is very hard, and seldom decays. The vitality of the cedar is remarkable. A dead tree is never seen, except when lightning or the axe has been at work. Often a great bough of one tree has grown into a neighbor, and the two are so bound together that it is impossible to say which is the parent trunk. Perhaps the unusual strength and vitality of the cedars are due to their slow growth.

When a little sprout, hardly waist-high, is said to be ten or fifteen or twenty years old, one cannot help asking, "What must be the age of the great patriarchs of the grove?" It is hard to tell exactly. There have been counted, with the aid of a microscope, more than seven hundred rings on a bough only thirty inches in diameter. Those who have studied the matter deeply think that some of these trees must be more than a thousand years old. Indeed, there is nothing wildly improbable in the thought that perhaps the tree called the Guardian of the grove, for instance, may have been a young tree when Hiram began cutting for the temple at Jerusalem.—Canadian Forestry Journal.

Of 80,000 graduate nurses in this country, 2,000 already are in active war service. The Red Cross carefully card indexes every nurse as librarians do a book, and the whereabouts and service of each one can be found in a moment by referring to this index.

DELICIOUS CORN MUFFINS.



Here's an old fashioned recipe for corn muffins that has recently been revived and used with unusual success in several of the larger New York hotels: To make three and a half dozen muffins take one quart milk, six ounces butter substitute, twelve ounces of light syrup or honey, four eggs, pinch of salt, two ounces baking powder, one and a half pounds cornmeal and one and a half pounds rye flour. The butter and syrup should be thoroughly mixed; then add the eggs gradually. Pour in the milk and add the rye flour mixed with cornmeal and baking powder.

Men of New Bern Knitting.

"The boys in Seattle are not the only ones who are knitting for the soldiers," said Mrs. M. M. Marks, chairman of the knitting committee of the local Red Cross Society, Monday night. "The boys and men of New Bern are doing their part," she said. "Twenty-five are knitting regularly and are knitting well. They have been assigned to the task of making squares for quilts and rugs and scarfs."

"The boys love to knit, and so do the men. Some of our business men are engaged in this work. One is so patriotic that he has undertaken to knit an American flag, and is making good progress with it. It is a work of art and is to go into the next quilt to be sent to Red Cross headquarters."

"There are many of our citizens who spend a great deal of time in the Elks' Club, and it has been suggested that they be invited to join the Red Cross knitting class."—News and Observer.

All the blood, all the heroism, all the munitions and all the money in the world will not win this war unless our Soldiers, our Sailors and our fighting Associates are fed. They will not be fed, this terrible sacrifice of blood and money will be in vain, and the cause of Democracy will be defeated, unless every person, in every home, every day, guards the Nation's supply of WHEAT, BEEF, PORK, FATS and SUGAR.

ARE YOU DOING YOUR SHARE?

WHY NOT SEND CORN TO EUROPE?

We cannot send them corn because they have not enough mills to grind it and are not familiar with its use as food. Even if they knew how to use corn meal, it is not suitable for shipment because it is so liable to spoiling. The oats, rye, barley, etc., that we send them will not support them unless mixed with wheat.

WE MUST SEND THEM MORE WHEAT, and to do this,

WE MUST EAT LESS WHEAT BREAD.

NOTICE.

The undersigned having qualified as Executor on the estate of Geo. W. McCabe, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 1st day of February, 1919, or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment.

This 31 day of January, 1918.
E. B. McCABE,
Executor.

Four Oaks, N. C., R. 4.

NEWHOME

"I'll get it for my wife"

NO OTHER LIKE IT.
NO OTHER AS GOOD

For less than "NEW HOME" and you will have a fine asset at the price you pay. The climatic repair expense by superior workmanship and quality of material insures life-long service at minimum cost. Ins. it so having the "NEW HOME" WARRANTED FOR ALL TIME.

Knows 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.

NOTICE OF SALE.

North Carolina, Johnston County. Under and virtue of the authority contained in a certain mortgage deed executed on April 1st, 1915 by Louis Raynor and wife, Charity Raynor, to Roberts-Atkinson Company, Inc., which mortgage is duly recorded in the registry of Johnston County in book No. 2 at page 228, and default having been made in the payment of the bond secured by said mortgage, and a breach of the conditions of said mortgage, the undersigned will, on February 14th, 1918 at 12 o'clock M. at the Court House door in the town of Smithfield sell at public auction for cash to the highest bidder, the lot or parcel of land hereinafter described: Beginning on corner of West and Preston Streets, running West 150 feet to J. A. Blackman's corner; thence along with J. A. Blackman's line 75 feet to corner of J. A. Blackman and W. H. Hare; thence East 150 feet with W. H. Hare's line to West Street; thence along said street South 75 feet to point of beginning, being 1-2 of lot No. 30 plan of Town of Selma, known as part of the Gin Lot formerly known as George W. Dean, Jr. and containing 1-4 of an acre more or less.

This January 14th, 1918.
ROBERTS-ATKINSON CO.
Mortgagee.
WELLONS & WELLONS,
Attorneys.

CERTIFICATE OF DISSOLUTION.

Resolution and certificate of Directors of Selma Cotton Mills Co., in the Town of Selma, County of Johnston. The Name of the agent therein and in charge thereof, upon whom process against this corporation may be served, is N. E. Edgerton.

We, the undersigned, being a majority of the Board of Directors of the Selma Cotton Mills Company, do hereby certify that at a meeting of the said Board called for that purpose, and held on the 14th day of January, A. D. 1918, said Board, by a majority of the whole Board, did adopt the following resolution:

Resolved, That in the judgment of this Board it is advisable, and most for the benefit of the Selma Cotton Mills Company, that the same should be forthwith dissolved; and to that end it is ordered that a meeting of the stockholders be held on Thursday, the 14th day of February, A. D. 1918, at the office of the Company, in the city of Selma, to take action upon this resolution; and further, that the Secretary forthwith give notice of said meeting and of the adoption of this resolution, within ten days from this date, by publishing the said resolution, with a notice of its adoption, in The Smithfield Herald, a newspaper published in the city of Smithfield, N. C., for at least four weeks, once a week, successively, and by mailing a written or printed copy of the same to each and every stockholder of this Company in the United States.

In Witness Whereof, We have hereunto set our hands and affixed the corporate seal of said Company, this 14th day of January, 1918.
N. E. EDGERTON,
L. D. DEBNAM,
W. M. SANDERS,
W. A. EDGERTON,
J. H. B. TOMLINSON,
GEO. F. BRITZ,
W. H. CALL,
Secretary.

NOTICE.

Under and by virtue of authority contained in a certain mortgage deed executed by Lewis Rayner and wife Charity Rayner to Roberts-Atkinson Co., Inc. April 1, 1915, recorded in Book No. 2, page 228 Registry of Johnston County, the contents of said mortgage having been broken, therefore, the undersigned mortgagee will offer for sale at public auction, at the Court House door in the town of Smithfield, N. C. on Saturday, Feb. 16th, 1918, at 12 o'clock M., to the highest bidder, the following described land or parcel of lands lying and being in the town of Selma, N. C., and bounded as follows to-wit:

Beginning on corner of West and Preston Streets running West 150 feet to J. A. Blackman's corner; thence along with said J. A. Blackman's line 75 feet to corner of J. A. Blackman and W. H. Hare; thence East 150 feet with W. H. Hare's line to West Street; thence along said Street South 75 feet to point of Beginning, being 1-2 of lot No. 30 Plan of Town of Selma, known as part of the Gin Lot formerly known as Geo. W. Dean, Jr., and containing 1-4 of an acre more or less.

This 15th day of January, 1918.
ROBERTS-ATKINSON CO. INC.
Mortgagee.
F. H. BROOKS, Attorney.

NOTICE.

The undersigned having qualified as Administrator on the estate of Bettie Eldridge, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 11th day of January, 1919, or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment.

This 8th day of January, 1918.
TIMOTHY ELDRIDGE,
Administrator.

NOTICE.

The undersigned having qualified as Administrator on the estate of G. W. Holly, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 25 day of January, 1919, or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment.

This 24 day of January, 1918.
J. A. HOLLY,
Administrator.

Four Oaks, R. 1.

I HAVE A THREE-YEAR OLD HOLSTEIN thoroughbred bull for sale. Write at once if you want him. Jesse Wood, Garner, N. C., R. No. 1.

SALE OF VALUABLE LAND.

Pursuant to a Decree of Sale in the Special Proceedings entitled "Alonzo Parrish, and wife, Nellie Parrish, J. H. Godwin, and wife, Eva Godwin, Julius Lee, and wife, Nellie Lee, against G. C. Bryan, and wife, Lillie Bryan," now pending in the Superior Court of Johnston County, I will sell at public auction, to the highest bidder, for cash, the following described lands located in the Town of Benson, County of Johnston, and State of North Carolina, described as follows, to-wit:

FIRST: One lot of land in the Town of Benson, and running back 300 feet to Harnett Street, comprising lots Nos. 8, 9, 10 and 11, in Block "34" according to the revised plan of the Town of Benson, made by Riddick, Mann and Hales.

SECOND: One lot 75 by 140 feet, fronting on Mill Street, being Lot No. 13, in Block "34" according to said plan of said Town.

THIRD: A lot fronting on Wall and Mill Streets 140 feet by 90 feet, the same being Lot No. 3 in Block "48" according to said plan of said Town.

FOURTH: Three lots, containing three houses on Harnett Street, and said houses being now occupied by Charles McLean, Neill Ferguson and Will Cozart, respectively, said three lots together comprising Lots Nos. 2 and 3, in Block "33" according to said plan of said Town.

FIFTH: Lot No. 8, in Block "20," according to said plan of said Town.

SIXTH: Lot No. 5 in Block "36," according to the said plan of said Town, said lot being known as the Home Place, fronting on Harnett Street about 397 feet, and running back 300 feet to Church Street.

SEVENTH: One house and lot known as the O'Neal Lot, located near Benson on the Raleigh Road, bounded on the West by the lands of Della Brady; on the South by the lands of J. W. Wood, Jr., and John V. Moore, and on the East and North by the lands of Alonzo Parrish.

EIGHTH: A tract of land in the Town of Benson, N. C., bounded on the North by Harnett Street, on the East by the lands of Alonzo Parrish, on the South by the lands of J. W. Wood, and on the West by the lands of Nat McLamb, deceased, and containing 10 acres, more or less.

Date of Sale: Monday, March 4th, 1918, at 11 o'clock, A. M.

Place of Sale: Post Office Door, Benson, N. C.

Terms of Sale: Cash, upon confirmation by the Court, 10 per cent cash deposited on day of sale required.

This the 31st day of January, 1918.
N. A. TOWNSEND,
Commissioner.

NOTICE OF SALE OF VALUABLE LAND.

Under and by virtue of the power conferred upon us by an order of the Superior Court of Johnston County, made in the Special Proceedings entitled "Mrs. Ellen Augusta McLamb, widow, and Thomas I. McLamb, et als, heirs-at-law of Nathan McLamb, deceased, Ex Parte," now pending in the Superior Court of said County, we, the undersigned commissioners, will on the

4th day of March, 1918, at 10 o'clock, A. M., on the Premises in and near Benson, North Carolina, in said County, sell for cash to the highest bidder the following described lands, to-wit: Lying and being in Banner Township, Johnston County, North Carolina, in and near Benson, and adjoining the lands of J. W. Whittenton, J. W. Wood, Jr., and others and bounded as follows:

Beginning at a stake and runs North 1 West 200 Poles to a stake; thence North 67 East 35 1-5 poles to a stake; thence South 30 East 45 2-4 poles to a stake; thence North 89 East 14 poles to a stake; thence South 28 East 40 1-5 poles to a pine; thence South 6 West 142 4-5 poles to a pine; thence North 88 1-2 West 70 poles to the beginning containing Ninety-seven and one-half acres, and is that land allotted to Nathan McLamb in the division is duly recorded in the Office of the Clerk of the Superior Court of Johnston County in Land Book No. 4, page 142.

This tract of land has been subdivided into small lots and tracts, and will be sold in separate lots and parcels.

This 30th day of January, 1918.
EZRA PARKER,
JAMES RAYNOR,
Commissioners.

NOTICE.

The undersigned having qualified as administrator on the estate of Thomas McLamb, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 18th day of January, 1919 or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment.

This 15th day of January, 1918.
J. G. McLAMB,
Administrator.

NOTICE.

North Carolina, Johnston County. IN THE RECORDER'S COURT.

Floyd C. Price,
Vs.
Morris & Company, et al.

The defendant, Morris & Company, will take notice that an action entitled as above has been commenced in the Recorder's Court of Johnston County to obtain judgement for damages resulting to the plaintiff by breach of contract on the part of said defendant, and ancillary thereto the plaintiff has crused to be attached certain funds belonging to said defendant then in the possession of The Bank of Pine Level;

And, the said defendant will further take notice that it is required to appear at the Recorder's Court of Johnston County to be held on Tuesday, the 12th day of February, 1918, at the Court House of said County, in Smithfield, N. C., and answer or demur to the complaint in said action, or the plaintiff will apply to the Court for the relief demanded in said complaint.

This 15th day of January, 1918.
Z. L. LEMAY,
Clerk Recorder's Court.