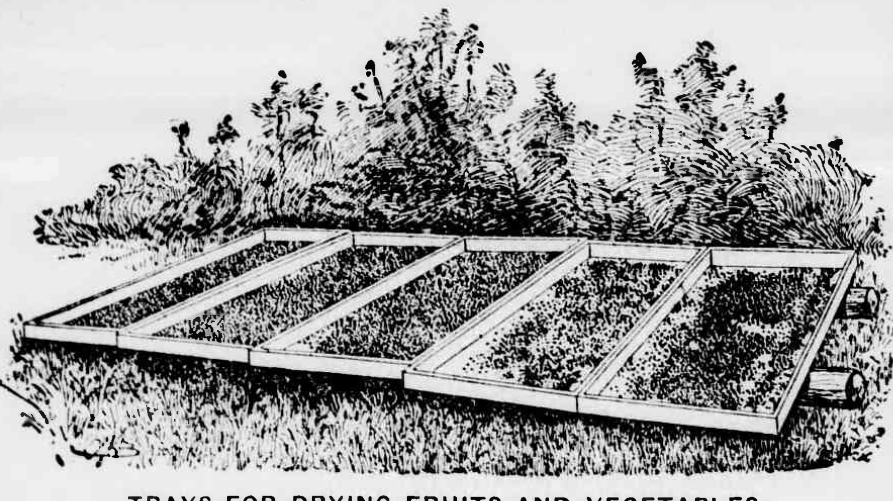


HOME DRYING FRUITS AND VEGETABLES



TRAYS FOR DRYING FRUITS AND VEGETABLES.

(From FARMERS' BULLETIN 341, United States Department of Agriculture.)

One of the most prominent features of the food conservation program of European countries has been the universal drying of fruits and vegetables. The surplus vegetables in the city markets were forced by the governments into large municipal drying plants. Community dryers were established in the trucking regions and even itinerant drying machines were sent from farm to farm drying the vegetables which otherwise would have gone to waste.

The drying of vegetables may seem strange to the present generation, but to our grandmothers it was no novelty. Many housewives even today prefer dried sweet corn to the product canned by the old method, and say that dried pumpkin and squash are excellent for pie making. Snap beans often are strung on threads and dried above the stove. Cherries and raspberries still are dried on bits of bark for use instead of raisins. In fact, many of the everyday foodstuffs already are dried at some stage of their preparation for market. The common dried fruits, such as prunes, raisins, figs, dates and apples, are staples in the world's markets, while beans and other legumes, tea, coffee, cocoa, and various manufactured foods, like starch, tapioca, macaroni, etc., are dried either in the sun and wind or in specially constructed driers.

Even though the drying of fruits and vegetables as practiced a few decades ago on many farms has become practically a "lost art," the present food situation doubtless will cause a marked stimulation of drying as a means of conserving the food supply. This country is producing large quantities of perishable foods this year, which should be saved for storage, canned, or properly dried. Drying is not a panacea for the entire waste evil, nor should it take the place of storing, enabling to any considerable extent more proper storage facilities are available or tin cans or glass jars can be obtained readily and at a low cost.

The advantages of drying vegetables are not so apparent for the farm home as they are for the town or city household, which has no root cellar or other place in which to store fresh vegetables. For the farmer's wife the new methods of canning probably will be better than sun drying, which require a somewhat longer time. But shorter methods of drying are available, and the dried product holds an advantage in that usually it requires fewer jars, cans, or other containers than do canned fruits or vegetables; also dried material can be stored in receptacles which cannot be used for canning. Then, too, canned fruit and vegetables freeze and cannot be shipped as conveniently in winter. Dried vegetables can be contracted and shipped with a minimum risk.

To the housewife in the town the drying of vegetables and fruits presents special advantages. During the season when the market is oversupplied locally and prices are low she can lay in a stock, dry it, and put it away for a winter's emergency without its taking up much of the needed small storage space in her home. If she is accustomed to canning her fruit and vegetables and finds she cannot secure jars or tin cans, she can easily resort to drying.

With simple and inexpensive facilities, all housewives can save quantities of food which are too small conveniently to can. A few sweet potatoes or apples or pears or even a single turnip can be dried and saved. Even when very small quantities are dried at a time, a quantity sufficient for a meal will soon be secured. Small lots of several dried vegetables, such as cabbage, carrots, turnips, potatoes, and onions, can be combined to advantage for soups and stews.

In the preparation of large quantities of potatoes a peeler may be utilized. The potatoes are thrown by centrifugal force against a rough surface which, under streams of water provided by the perforated tin container above, nicks off the outer skin and leaves only the eyes to be dug out.

Blanching of vegetables is considered desirable by some housekeepers, although it is not strictly essential to successful drying. It is claimed that the blanch gives a more thorough cleaning, removes the strong odor and flavor from certain kinds of vegetables, and softens and loosens the fiber. This allows the moisture in the vegetable to evaporate more quickly and uniformly. It also quickly coagulates the albuminous matter in the vegetables, which helps to hold in the natural flavors. Blanching consists of plunging the vegetable into boiling water for a short time. Use a wire basket or cheesecloth bag for this. After blanching the required number of minutes, drain well and remove surface moisture from vegetables by placing between two towels or by exposing to the sun and air for a short time.

Preparing Food for Drier. In large factories the vegetables are put through special shredders and slicers not adapted for home use, but convenient and inexpensive machines which can be used to great advantage are on the market. The meat grinder with its special disks can be used in certain cases; the common kraut slicer will cut large vegetables into thin slices, such as potatoes and cabbage; and the rotary hand slicer is adapted for use on a very wide range of material. A large sharp kitchen knife may be used when a handier cutting device is not available. Care should be taken that the material is sliced thin enough but not too thin. From an eighth to a quarter of an inch is a fair thickness for most of the common vegetables to be sliced and dried. Very small slices or strips dry more quickly because they expose a greater surface to the air than do larger cut pieces. But if cut too fine they are more difficult to handle in drying, appear to lose somewhat in flavor, and cannot be used so advantageously to make dishes like those prepared from the fresh foods.

The slicing machines are not suitable for children's use, for they will cut fingers as mercilessly as they do vegetables and fruits, and even adults should exercise great caution in their use in the home.

Good Packing and Storing. Although not necessary, tin cans or glass jars make good receptacles for storage of dried fruits or vegetables. Pastebord boxes with tight covers, stout paper bags, and patented paraffin paper cartons also afford ample protection for dried products when protected from insects and rodents. The dried fruit or vegetables must be protected from the outside moisture and will keep best in a cool, dry, well-ventilated place. These conditions, however, are difficult to obtain in the more humid regions, and there moisture-tight containers should be used.

If a small amount of dried product is put in each receptacle, just enough for one or two meals, it will not be necessary to open a container the contents of which cannot be consumed in a short time. The use of the small container also makes it more difficult for insects to spoil large quantities of dried fruits or vegetables. If a paper bag is used, the upper part should be twisted into a neck, bent over, and tied tightly with a string. If a further precaution against spoilage is necessary the bag can be coated with paraffin by painting it with a brush which has been dipped into melted paraffin. Another precaution may be taken by placing the small bags in a tin container with a tightly fitting cover, such as an ordinary hard can or pail. All bags should bear a label indicating what they contain.

To Dry Cauliflower. Clean, divide in small bunches, blanch six minutes, and dry two to three hours at 110 degrees to 145 degrees Fahrenheit. Cauliflower will turn very dark when drying, but will regain part of the color in soaking and drying. Dried cauliflower is especially good in soups and omelets.

How It Was Done

If you have something to sell or wish to buy or exchange, try a small advertisement in the News.

For an 8 cent ad last week B. J. Sitton sold a good cow.

For 30 cents Mrs. O. E. Johnson found a coat.

For 13 cents James Meadows found a job as cook.

Try a small diversified advertisement. What they do for others they will do for you.

Diversified Ads Are Business Builders

One cent a word for first insertion, one-half cent a word for each subsequent insertion, each initial or abbreviation counting as a word.

MILK For sale. Write or see, C. K. Osborne. 6 22 4c

LOGS WANTED—We pay cash. Miller Supply Co. 3 2 4c

OLD NEWSPAPERS—Five cents a bundle at News office. 1c

CORN MEAL—Home ground, for sale at, W. P. Henderson's mill. 4 6 4c

CHICKENS, EGGS, BUTTER—Cash paid for them. City Market. 7 6 4c

FOR RENT—Six-room house on Jordan street. E. T. Henning. 7 13 3c

HOUSES AND LOTS and vacant lots for sale. See W. H. Faulkner. 12 29 4c

TOWN LOTS, farms and timber lands for sale. Frank Jenkins, Brevard, N. C. 1c

FOR RENT CHEAP—Five-room house with good garden. See Frank Jenkins. 7 6 4c

WANTED—Chickens and beef cattle. Osborne Market, next door to Bishop's. 6 8 4c

FOR SALE—One heavy pair of draft horses, wagon and harness. B. J. Sitton. 7 20 4c

FOR SALE—Six room house on French Broad ave., just below depot. R. K. Ballard. 5 18 4c

DRESSMAKING, plain and fancy sewing, next door to postoffice. Miss Elizabeth Bennett. 6 15 4c

LOST—Gold cuff button with initials M. H. B. Finder please leave it with Farmers Supply Co. 1c

WANTED—HIDES, WOOL AND FURS. Bring them to W. L. Aiken for highest market prices in cash. 12 8 4c

WANTED—Cash paid for all your feed sacks. Bring or ship them to J. L. Aiken, Brevard, N. C. 7 13 4c

PUBLIC SERVICE CAR—Five-passenger Chevrolet. Phone 55, Duckworth Drug Co., or see Ralph Duckworth. 7 20 4c

BARK WANTED—Chestnut Oak and Henlock. Highest cash market price. Transylvania Tanning Company, Brevard, N. C. 4 27 4c

FOR SALE—A practically new two story pebble dashed house, seven rooms and bath. Modern conveniences. Box 19, Brevard, N. C. 7 6 3c

FOR RENT—Eight-room house on Broad street near E. W. Blythe; also rooms for light housekeeping above Mitchell's store. A. M. Verdery. 6 8 4c

6,000 GLASS JARS FOR SALE—Can supply your needs in any size. Buy early when they can be had, for the demand is great and the supply very short. C. C. Youngue. 7 13 2c

REAL ESTATE IS Eke all other business—it requires advertising to stimulate it. Even a Diversified ad will work wonders. Try one.

LOST—Either on the streets or between the town and Marr cottage a gold bar pin with safety catch. If finder will notify Box 61 he will be liberally rewarded. 7 6 3c

FOR SALE—Some of the most desirable unimproved and improved properties in and near Brevard; cash or long term; low interest. See me at once. Thos. L. Walters. 7 20 4c

WANTED—Young man, single, to assist in working truck garden, easy work. No cigarette smoker, liquor drinker or swearer, need apply. Address P. O. Box 84, or apply at the News office for information.

WANTED—A responsible party to take a contract to cut and deliver on car about 6,000 cords of chestnut acid wood, near Rosman, N. C. None but responsible people need apply. Address, John Heilman, Box 421, Asheville, N. C. 7 20 4c

FOR SALE—Few good pigs five to six weeks old, from grade Berkshire and Guinea sows and sired by thoroughbred Poland China boar; two dollars each, crated. Reason for selling cheap is high-priced grain. Will exchange pigs for calves 2 to 3 months old. J. B. Neal, Lake Toxaway, N. C. 7 13 2c

MR. GALLOWAY WRITES OF SUPERINTENDENT

In Brick-bat Style Compliments The News For Its Attitude Toward Change in County Superintendent.

Editor, Brevard News:

Permit me to say that I think a very gross injustice has been done our county at large and our County Board of Education misrepresented and placed in bad attitude before the public, if, indeed, we might not say slandered, by your recent editorial—"The Undoing of Henderson."

To read your editorial one would naturally infer, unless he was acquainted with the facts, that the county, educationally speaking, was doomed to utter destruction and that the Board of Education had deliberately and "with malice aforethought" consigned our school-boys and girls to the realm of eternal ignorance and illiteracy simply because the Board in the exercise of its official discretion, saw fit to overstep the dictations of the News in the selection of a County Superintendent of Schools.

No one has questioned the competency of Prof. Henderson, but, to the contrary, every one who has known or has been associated with him in connection with his educational work recognizes the fact that he has made a most excellent officer. He might justly be proud of his achievements, and he should also be (as he no doubt is) grateful to the people of the county and to the several Boards of Education under whose appointments he has served for retaining him in office continuously for twelve years.

I do not understand Prof. Henderson to claim for himself (as The

News does for him) all the credit for the rapid strides forward in educational matters during his administration. A goodly portion of this twelve years was during the great educational awakening which swept over the southland, and especially over North Carolina, during the administration of our great educational governor, Chas. B. Aycock, the best of whose life was given to the educational uplift of the boys and girls of his state, and whose last works and words were an effort to rally the people of other sections of the South to a more enthusiastic support of popular education.

Perpetual office-holding has never been established in this county, twelve years being the maximum for which any officer has served either by election or appointment, so far as I now recall, and at no time within the history of our county has a newspaper undertaken to administer such severe chastisement to a body of public officers for failure to institute perpetual office holding, or to so boldly impugn the motives which prompted public officers in the exercise of a legitimate right as did the News in the editorial above referred to.

It was with some chagrin that I noted the comments in the Asheville daily papers on the educational situation in Transylvania county, both the Asheville Citizen and the Evening Times referring to the editorial in the Brevard News.

Personally I believe the Board of Education elected a man as county superintendent who is fully capable of serving in that capacity, and I do not believe that the members of the board were prompted by any ulterior or sinister motives in making their selection. The editor of the News can never hammer it into the heads of thinking people that such men as Ed. Poor, J. M. Southern and Luther Wilson can be used as the tools of politicians for sacrificing of such a man as Prof. T. C. Henderson, or any body else, upon the altar of political lust.

The public should have a card of thanks from Prof. Henderson expressing his appreciation for his long continuance in office, and there should also be forthcoming from the Editor of the News a fitting apology for letting his gun (or his mouth) go off "half cocked" in an unwarranted attack upon the official honor and veracity of our Board of Education, and hereafter let such attacks follow and not precede some act of malfeasance. Brevard, N. C., Respectfully, July 10, 1917. M. W. GALLOWAY.

Request for Publication.

My dear Mr. Hollowell: Will you kindly give me space in this week's paper for the enclosed? What I say of the position you have taken on the subject of my article I ask that you do not take as personal. It is only my view of the situation as seen from another angle, and I appreciate the fact that I am placing myself within the range of your guns but I assure you that any criticism you may offer, unless of a personal nature, will be taken most goodhumoredly. Whatever charge, if any, for

publishing the enclosed I will pay upon receipt of statement for same.

Very truly, M. W. GALLOWAY.

Editor's Reply.

For a brief reply we think of none more appropriate than to say that Mr. Galloway was a candidate for the office which Prof. Henderson held.

The News is glad to publish views of its readers, without charge, even though they differ from those of the editor, acting upon the principle that every man should have a square deal through the paper.

Worth While Quotation. "There is something pathetically tragic about the woman who rebels against growing old."—Selected.

MONEY IN REAL ESTATE IS SAFE INVESTMENT

Editor, News:

Buy real estate. Now is the time. There never was a more opportune time to buy real estate than right now. With an unusual era of prosperity upon us values will shortly boom and with this will come the demand for town and close-in properties convenient to schools, and a subsequent increasing of values. Your money invested, now in real estate will bring handsome returns and the best of all, regardless of the future, you can't lose for real estate is the safest of all investments, both improved and unimproved. Real estate will pay better dividends, better interest than savings accounts.

THOS. L. WALTERS.

Auditorium

Wednesday, July 26

Bluebird Photoplays present Ella Hall in

"Little Eva Edgarton"

We have here an exceptionally human little love story which affords unusual opportunity for some good characterizations. It is not necessary for us to tell you Ella Hall is an exceptionally clever little lady. She makes the heroine of this a truly sympathetic figure in her opposition to her father's life, in which he has made the world his home.

Don't fail to see the "Bluebird."

Matinee 3:30, 10c. Night 7:30, 10 and 15c.

"It's a Bluebird: it's got to be good!"

J. W. McMINN

W. P. WEILT

J. M. ALLISON

Fruits and Vegetables



With the prospects of continued high prices for all kinds of fruits and vegetables it is our duty from a material or selfish, as well as a patriotic standpoint to allow nothing to go to waste, by so doing we will reduce the cost of living.

Fruit Jars and Glasses

We have the materials for aiding you in this important work, including Mason fruit jars with extra tops and rubbers, fruit jar openers, jelly glasses, preserving kettles, crockery for packing pickled vegetables of all kinds.

Five Cent Quart Cans.

We have a few hundred quart tin cans we will sell for 5 cents each. Give us a call for any of the things needed in canning, cooking and preserving.

FARMERS SUPPLY COMPANY

BREVARD, N. C.