

METHODS OF DRYING

Three Ways Applicable in Making Dried Products.

SHRED OR CUT INTO SLICES

When Artificial Heat Is to Be Used, Freshly Cut Fruits and Vegetables Should Be Exposed First to Gentle Heat.

(From FARMERS' BULLETIN No. 184, United States Department of Agriculture.)

Three main ways of drying are applicable in the home manufacture of dried fruits and vegetables, namely, sun drying, drying by artificial heat, and drying by air blast. These, of course, may be combined. In general, most fruits or vegetables, to be dried quickly, must first be shredded or cut into slices, because many are too large to dry quickly or are covered with a skin, the purpose of which is to prevent drying out. When freshly cut fruits or vegetables are to be dried by means of artificial heat, they should be exposed first to gentle heat and later to the higher temperatures. If the air applied at the outset is of too high a temperature, the cut surfaces of the sliced fruits or vegetables become hard, or scorched, covering the interior so that it will not dry out. Generally it is not desirable that the air temperature in drying should go above 140 degrees to 150 degrees Fahrenheit, and it is better to keep it below this point. Insects and insect eggs are killed by exposure to heat of this temperature.

Degree of Heat.

It is important to know the degree of heat in the drier, and this cannot be determined very accurately except by using a thermometer. Inexpensive thermometers can be found on the market, or an ordinary chemical



These Potato Strings Have Been Sliced, Passed Through Meat Slicer Used in Ordinary Homes.

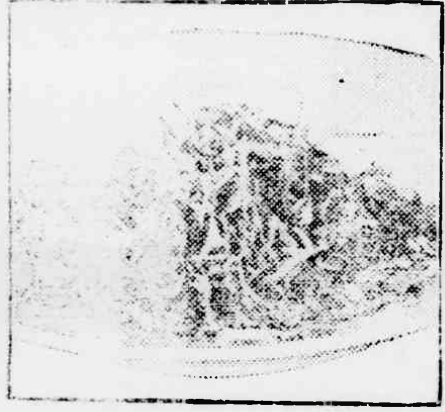
thermometer can be suspended in the drier. If a thermometer is not used, the greatest care should be given to the regulation of the heat. The temperature in the drier rises rather quickly, and the product may scorch before the attention is given. The reason sun drying is popularly believed to give fruits and vegetables a sweeter flavor lies probably in the fact that in the sun they never are scalded, whereas in the oven or over a fire, scorching is likely to occur unless careful attention is given them.

The drying of certain products can be expedited in some driers within two or three hours. The time required for drying vegetables varies. However, it can be determined easily by a little experience on the part of the person doing the drying. The material should be turned or turned several times during the drying in order to secure a uniform product.

The ability to judge accurately as to when fruit has reached the proper condition for removal from drier can be learned only by experience. When properly dried it should be so dry that it is impossible to press water out of the frosty cut ends of the product and will not show any of the sticky quality of the fruit on being broken, and yet not so dry that it will crumble. It should be leathery and pliable.

Preparation of Moisture.

Freshly cut fruits or vegetables should be spread out immediately to evaporate moisture into the atmosphere, and if in a closed



Sliced Green Peas Which Were Sliced Before Drying.

box will very soon saturate the air with moisture. This will slow down the rate of drying and lead to the formation of molds. If a current of dry air is blown over them continually, the water in them will evaporate steadily until they are dry and crisp. Certain products, especially raspberries, should not be dried hard, because if too much moisture is removed from them they will not resume their original form when soaked in water. On the other hand, the material must be dried sufficiently or it will not keep, but will mold. Too great a loss cannot be made upon this point, as this does not mean that the product must be completely desiccated, but simply that it

must be dried uniformly through and through.

It will be found advisable also to "condition" practically all dried vegetables and fruits. This is best done in a small way by placing the material in boxes and pouring it from one box into another once a day for three or four days, so as to mix it thoroughly and give to the whole mass an even degree of moisture. If the material is found to be too moist, it should be returned to the drying trays for a short drying.

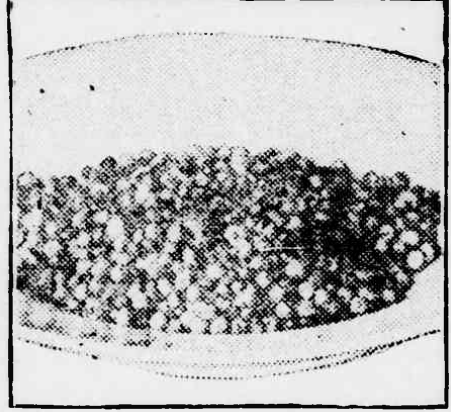
Directions for Drying.

Many of the products for which directions are given here may be dried either with or without preliminary blanching. In such cases both methods are described. Alternative methods are designated by letters.

Sweet Corn.

Only very young and tender corn should be used for drying, and it should be prepared at once after gathering.

(a) Cook in boiling water two to five minutes, long enough to set the milk. Cut the kernels from the cob



Dried Green Peas.

with a sharp knife, taking care not to cut off pieces of the cob. Spread thinly on trays, and place in position to dry. Stir occasionally until dry.

(b) Boil or steam on the cob eight to ten minutes to set the milk. To improve flavor a teaspoonful of salt to a gallon of water may be used. Drain well and cut corn from cob, using a very sharp and flexible knife. Cut grains fine, only half way down to the cob, and scrape out the remainder of grain, being careful not to scrape off any of the chaff next to the cob. Dry from three to four hours at 140 degrees to 145 degrees Fahrenheit. When field corn is used, good, plump roasting ear stage is the proper degree of ripeness. A pound of dried corn per dozen ears is an average yield.

(c) The corn may be dried in the sun. Dry in oven ten to fifteen minutes, and finish drying in the sun. Sun drying, of course, is not satisfactory in moist weather.

Pack in cartons or boxes for a few days to "condition."

Lima Beans.

Lima beans can be shelled from the pod and dried. If gathered before maturity when young and tender, wash and blanch from five to ten minutes. Length of time for blanching depends upon size and maturity of beans. Re-



Sliced Beets in Tray, Ready for Drying. Above surface moisture and dry from three to three and one-half hours at same temperature as string beans.

Peppers.

(a) Peppers may be dried by splitting on one side, removing seed, drying in the air, and finishing the drying in the drier at 140 degrees Fahrenheit. A more satisfactory method is to place peppers in biscuit pan in oven and heat until skin blisters, or to steam peppers until skin softens, peel, split in half, take out seed, and dry at 140 degrees to 149 degrees Fahrenheit. In drying thick-deshed peppers like the pimento, do not increase heat too quickly, but dry slowly and evenly.

(b) Small varieties of red peppers may be spread in the sun until wilted and the drying finished in the drier, or they may be dried entirely in the sun.

(c) Peppers often are dried whole. If they are large they can be strung on stout thread; if small, the whole plant can be hung up to dry.

Spinach and Parsley.

Spinach that is in prime condition of greens should be prepared by careful washing and removing the leaves from the roots. Spread the leaves on trays to dry thoroughly. Slicing will greatly facilitate drying.

Parsley should be treated in the same way as spinach.

Herbs.

Celery tops, parsley, mint, sage, and herbs of all kinds need not be sliced, but should be washed well and dried in the sun or in the drier. These are good for flavoring soups, greens, gravies, souquets, etc.

Just a Few Ifs.



If you kill the first fly of spring, the second one and a few others no more flies will bother your premises all summer.

If you screen the house, if you protect all food-stuffs, including

baby's milk.

If you keep the lid on the garbage can.

If you can keep the back yard clean.

If you do a few other things occasionally that you know should be done, but just as often forgot.

If you do these things flies will not die of old age upon your premises, but rather "pine away" and "drop off" in their early youth of inanition. That is a polite term for starvation, but starvation is good enough for a fly.

Clean, screen, kill and starve 'em early.

Swat the fly!

Fly Guilty of Murder.

Dr. Crumblin of the Kansas state board of health discovered the murderous character of the fly in keeping a monthly record of infants who died from diarrheal diseases.

He found that deaths increased as flies multiplied.

In January, the season of no flies, deaths were only thirty-five, while during July and August, the season when flies swarm in greatest numbers and carry most filth and germs to the baby's bottle and the baby's lips, the deaths of little children soared to 176.

There is a call for such action NOW as will stop flies from breeding.

Will you heed that call now or wait until your own baby dies?

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

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

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RYE AND WHEAT—Now ready for grinding at my new mill in Brevard. W. P. Henderson. 8-3-2tc

FOR SALE—Second hand carriage in good condition. Reasonable price. Chestnut Hill Farm, Brevard, N. C. 7-27-3tc

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

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

WANTED—For riding or driving, good horse R. E. Lawrence, county agent, Brevard, N. C. 1p

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

WANTED TO BUY—Farm adapted for stock purposes. State price and full particulars. Address Box 8, Asheville postoffice. 7-27-5tc

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SKATING RINK—At Allison's store room on Main street. Open from 7:30 to 10 o'clock each night. Admission 10 cents; skates 20 cents. W. L. Mull. 1tc

FOR SALE—Modern cottage, practically new; six rooms, bath and pantry; desirable location; good community; price reasonable. Rev. A. W. McDaniel. 8-3-tfc

LOST—Watch, gold-filled case, Elgin movement; monogram on case, "E. W. B." Finder return to E. W. Blythe at Duckworth Drug Co. and receive reward. 8-3-2tc

FOR SALE—Some of the most desirable unimproved and improved properties in and near Brevard; cash or long terms; low interest. See me at once. Thos. L. Walters. 7-29-tfc

WANTED—A responsible party to take a contract to cut and deliver on car about 6,000 cords of chestnut acid wood, near Resman, N. C. None but responsible people need apply. Address, John Heilman, Box 421, Asheville, N. C. 7-29-tfc

THAT SUNDAY DINNER FETISH

Interesting Reasons Why Modern Housekeepers Should Wean the Family From Sabbath Overeating and Keep It a Day of Real Rest and Peace.

THERE are more reasons than one for "blue Monday." The advent of the weekly washday hitherto has borne all the responsibility for this nickname, but most housewives know only too well that the strenuous Sunday, which precedes it, is generally the real cause.

In the vast majority of homes, where the members attend church and Sunday school with systematic regularity, Sunday after "meeting" is considered more or less a gain occasion. The good man of the house, as well as other members of the family, expect an es-

pecially good dinner, with at least fine roast, hot vegetables, salad and an elaborate dessert in recognition of the day. Also, it is not an uncommon occurrence for extra guests to drop in for Sunday dinner.

This, of course, means a very busy morning's work in the kitchen for somebody. Even the housewife who employs help is obliged—unless the maid is very competent—to be constantly on the alert to see that things run smoothly. Moreover, the mistress, to allow for the maid's shorter hours of service on Sunday and her "afternoon off," must frequently take the greater part of her own day of rest (?) to do the things that she thinks must be done.

To rectify this "Sunday bughbear" set a reasonable hour for breakfast and make a meal of the simplest description, and let the service be somewhat on the English plan. Let those who are tardy wait upon themselves. Fruit, uncooked cereal, a plate of thin bread and butter, with eggs that may be boiled upon the table, will give all the essentials of a nutritious breakfast, especially at this season of the year, when heavier, hot food is not required.

When only one maid is employed and she is absent from home for the

afternoon a midday dinner is perhaps easiest for the housekeeper. The essentials of this may easily be made ready on Saturday. Thus the actual cooking of the dinner need consume but half or three-quarters of an hour.

Or if a hot dinner is demanded—and it is always the wiser plan to have one in case there come a few days of damp, cold weather—broiled steak, fried chicken, panned chops, a chicken pie that can be made on Saturday and will only require reheating, or one of the many savory dishes that can be prepared in the fireless cooker will all be found excellent suggestions to lessen the Sunday culinary labor.

In like manner try to arrange the supper or "high tea" so that it will be of the simplest character. A variety of dainty sandwiches, a cup of bouillon, salad or some chafing dish daintily easily prepared and supplemented by iced tea or coffee, fruit and wafers (purchased by the box) offer the housewife a wider range from which to make her selection.

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This list of accessories will serve to show you that we have prepared to take care of your automobile needs:

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