

## PECTIN EXTRACT HAS MANY COOKING USES

Lemon or Orange Best for Making Clear Amber Jelly.

(Prepared by the United States Department of Agriculture.)

Many fruit juices that do not ordinarily make successful jelly may be jelled by the use of pectin extracts. Lemon or orange pectin extract is better to use than apple pectin extract when a clear amber jelly is desired from such juices as pineapple, orange, lemon or grapefruit. Even with rhubarb, apple pectin extract often produces a dark, cloudy jelly instead of the transparent, brightly-tinted product which may be secured by the use of the practically colorless orange or lemon pectin.

Thick-skinned oranges and lemons are best to use for this purpose. The fruit should be washed and wiped dry; and the outer yellow rind, which would impart an undesirable flavor, should be carefully pared off, using a silver or glass knife, or a steel blade which does not stain. It is easier to remove this rind before the fruit is cut than afterwards.

After the yellow skin is removed the white peel is cut off in as large pieces as possible, care being taken that none of the fruit pulp adheres to it. If as much as one-half pound of peel is collected at one time, the extraction of the pectin may be made at once. If, however, the peel is collected from time to time in small amounts, it can be dried and kept either until there is a sufficient quantity to make the process of extraction practical, or until the jelly is to be made. It must be so carefully dried that all discoloration is prevented, otherwise the flavor will not be good.

Convenient quantities to use are: one pound fresh white peel and two quarts of water.

Put the fresh peel through a meat grinder, using the coarse blade, then place it in a granite saucepan large enough to permit rapid boiling, cover it with the water and allow it to stand for one or two hours. Just before beginning to heat, measure the depth of the material in the pan, by standing a silver knife or spoon handle upright in it. Boil rapidly until the volume is reduced to a little less than one-half of the original, measure the depth as before. Strain through four thicknesses of cheesecloth and allow to stand until dripping is complete. The dripping may be hastened a little by pressing the mass lightly with a spoon.

Two more extractions are made in the same way, adding two quarts of water to the pomace each time. It is not necessary, however, to allow the pomace and water to stand for an hour before heating, as it was in making the first extraction.

Mix the three extractions together. If the peel has been cooked according to the directions given, a little less than one pint of strained liquid should be obtained as a result of each extraction, and the total amount from a pound of peel should be about two and one-half pints. The lemon pectin extract obtained in this way is sufficiently concentrated for use. Better results are obtained with the orange pectin if the combined extractions are concentrated by boiling until the yield

is reduced to two pints. Stir the liquid constantly during the boiling, since there is considerable danger of scorching.

The extract from lemon peel is a thick, somewhat sirupy liquid having a pale sediment and no very pronounced flavor. The extract from orange peel is thinner in consistency. Pectin extracts should always be shaken before using, as the sediment contains much pectin.

Citrus-pectin extract prepared in this way does not always keep so well as does the more acid apple-pectin extract. Process in a steam pressure cooker at 10 degrees for 10 minutes. Small containers are advisable, so that when a jar is opened all of the contents may be used at once and none need be lost by spoilage.

## COOK BEEF AND CALF HEARTS

Should Appear Occasionally on Family Menu Because of Variety and Economy.

Beef and calf hearts are most palatable when properly prepared, and, for the sake of variety as well as economy, since they are among the less expensive meats, they should occasionally appear on the family menu. Beef hearts are tougher than calf hearts, and must be given long cooking. Calf hearts may either be cooked very quickly, as when they are sliced and fried, or given long, slow cooking, in the same way beef heart is prepared.

For the latter dish, wash either kind of heart thoroughly inside and out, says the United States Department of Agriculture. Stuff it with a mixture of broken or crumbed bread from the center of the loaf, butter or other fat, salt, pepper and chopped onion. About one cupful of bread to one small onion is a good proportion, and sufficient to stuff a beef heart. As calf hearts are so much smaller, several will be needed, and the same amount of stuffing can be made to do for two or three hearts. Sew up the opening. Cover the heart or hearts with water and simmer until tender, or boil for ten minutes and cook in the freess cooker for six or eight hours. Remove from the water about one-half hour before serving. Dredge with flour, pepper and salt, or sprinkle with crumbs, and brown in the oven. Serve with a gravy made from the water in which the meat was cooked.

## SIMMERING MUTTON IS BEST

Important for Cook to Remember That "Boiled" Meat Should Never Come to Boil.

An important thing to be remembered is that "boiled" meat should not boil, but simmer, says the United States Department of Agriculture.

Prepare a leg or shoulder or lamb, or mutton, for cooking. Have ready a large kettle containing enough boiling water to cover the meat. Lower the meat into the water, taking care that it is entirely submerged. Bring the water again to the boiling point, then place kettle where water will simmer, as shown by continued motion on one side of the kettle. Continue the simmering until the meat is tender, from an hour and a half to two hours for lamb and from two to three hours for mutton. While cooking add to the water salt, pepper and any other seasonings liked.

## LIVE STOCK NEWS

### Indigestion in Horses Result of Poor Feeding

Digestive troubles in the horse are often the result of injudicious feeding and watering, especially during the hot summer months when the horse is doing a full quota of work. It must be remembered that if the horse is tired out and exhausted his stomach and other internal organs are in the same condition and are not in a fit state to start to do their work, which is the proper digestion and assimilation of the food taken in by the animal. If the stomach is unable to perform its work in a normal manner and a large feed of oats is given it can easily be understood that the results are apt to be disastrous and lead to severe colics which often have a fatal ending. Many colics are due to feeding immediately the horse comes in from a hard spell of work and when he is heated and tired out. Being hungry, he starts in to eat rapidly, with the result that the stomach becomes overloaded and unable to handle the food. In a short time the horse shows signs of pain and restlessness and the farmer has on his hands a very sick animal. If the horse is exhausted, allow him only a mouthful of water and feed a sloppy bran mash, which is easy of digestion, but the oats and hay must be withheld until the animal is cooled and been well rubbed down. By that time, under the influence of the bran mash, the stomach will have recovered its tone and be in a fit state to digest the regular rations.

Indigestion in colts may result from the irritation of teething, from the removal of the dam at too early an age, or sucking when the dam is heated or has been too long a time parted from the foal. In older animals indigestion may be due to defective teeth, debility of the stomach; improper and irregular feeding are also common causes. Indigestion with engorgement arises from ravenous eating, filling the stomach to an excessive degree.

In ordinary cases of chronic indigestion first examine the teeth, and remove the cause of irritation from them; next carefully consider the diet the horse is fed, and see that it is moderate in quantity, nutritious and offered at regular intervals, and when these are done it will be time to think of medicines.

Generally, it will be advisable to give a mild purge of oil with ginger, followed by a tonic made of bicarbonate of soda and powdered gentian, each half an ounce, and powdered nux vomica, 20 grains, given as a dose twice a day.

### Essential Features of Self-Feeders for Hogs

Pigs that are to be fattened for market, says Arthur L. Anderson, who is in charge of the hog section of the animal husbandry division at University farm, will make the most rapid and economical gains if put on a self-feeder. The time required for the hogs to reach the marketable weight is reduced by this system of feeding. Also the labor bill is cut down materially.

The free choice system, or allowing the hogs to select feeds to the amount of their own wanting, has been found a satisfactory plan. The wants of the pig are a good criterion of his bodily needs.

Self-feeders vary a great deal in minor features of construction. The essential features, says Mr. Anderson, are:

1. Substantial and rainproof construction.
  2. A V-shaped hopper to insure a constant supply available to the pigs.
  3. A small opening at the base of the hopper to control the escape of feed, and adjustable for the various kinds of feeds.
  4. A trough from which the hogs may eat, so constructed as to prevent the waste of feed.
- A self-feeder having these features of construction can be made in an ordinary farm workshop and will be found very practicable.

### Silage More Profitable Than Corn in Feed Test

The Iowa experiment station in feeding steers found that a full ration of silage (52 pounds) and no corn gave larger profits than a full ration of corn and a half ration of silage (27 pounds). Linseed meal and alfalfa hay being fed to both lots of steers. The lot that received a full ration of shelled corn and a half ration of silage gave a profit per steer of \$15.82 while the lot that received no shelled corn and a full ration of silage gave a profit of \$23.11.

The farmers of Iowa have been building silos by the thousands and in a few years there will be one on every farm in the state. The same should be true in Colorado.—R. W. Clark, Colorado Agricultural College, Fort Collins, Colo.

### Vigorous, Healthy Hogs May Withstand Cholera

Hog cholera is a germ disease like typhoid fever, and unless the germs are present on the farm it is utterly impossible for hogs to take it from feeding stuffs of any kind, for if the germ is not there there can be no cholera, and even though it may be present hogs in vigorous health may escape it, but if for any reason they become weakened they are practically sure to take it.

## CONDENSED NEWS FROM THE OLD NORTH STATE

SHORT NOTES OF INTEREST TO CAROLINIAN

Oxford.—Granville county's school tax, per capital, is \$4.50, which compares very favorably with the tax of adjoining counties.

Elon College.—Elon College began her thirty-fourth fall term on September 5. The work of registration has been going on all summer and a creditable student body is anticipated.

Maxton.—W. W. Smith, deputy sheriff, reported the arrest of Ed Cummings, who killed Wise Locklear, at the home of Kate Jacobs. In turn James Locklear, brother of Wise, shot and wounded Ed Cummings. In the round-up four of the Indians were placed under arrest and carried to jail.

Winston-Salem.—The cornerstone for the new Ogburn Memorial Methodist church, just northeast of the city, was laid with appropriate ceremonies. The exercises were presided over by Rev. J. S. Hiatt, pastor of Burkhead church.

Kinston.—Leon county members of the Co-operative Marketing Association will hold a picnic at the fair grounds here Friday, Aug. 24. Hugh Parham, tobacco marketing manager of the Co-operatives here, announced that more than 1,000 were expected to attend, these to take "well-filled New Bern."—Edna Earl Avery, four year old daughter of Mrs. Ada Thomas Avery, was instantly killed when she fell through the elevator shaft in the Elks Temple while playing with other children about the building.

High Point.—The directors of the High Point, Thomasville and Denton Railroad were authorized by the general stockholders in their meeting to arrange to raise the capital stock of the road \$125,000 to \$1,000,000 and to proceed to build a road second to none of like purposes.

Bethel.—The traveling public will be glad to learn that the hard surfaced road from Bethel to Greenville will be formally opened for travel on August 21. The grading and hard surfacing of this road has been going on for the past two years and all traffic going east from this section has had considerable trouble in detours.

Greensboro.—Rosell T. Winstead, well known young pressman, of this city, hanged himself here, the suicide taking place in a garage back of the house in which he lived here. No reason is known why he took his life, except perhaps financial worries.

Shelby.—One of the largest Masonic meetings ever held in this county will be held in the lodge room of Cleveland lodge, No. 202, September 4. W. C. Wicker, of Elon College, educational field secretary, will deliver a lecture. Clyde R. Hoey, and J. Frank Roberts, of Shelby, and J. R. Davis, of Kings Mountain, will also speak.

Charlotte.—With more than one hundred cases of smallpox reported within the past ten days, City Health Officer W. A. McPhaul declared the steady increase in number of cases of this disease was becoming serious. Cases reported are scattered generally throughout the city, he said, members of both races being listed.

Lake Junaluska.—Subscriptions were started to the \$750,000 in stock which Methodists of the south are expected to assume for the new cotton mill, to be operated in connection with the textile industrial institute, at Spartanburg, S. C., where students pay their way through school by attending school and working in the mill on alternate weeks.

Statesville.—Three-year-old daughter of Edgar Adams was instantly killed and Ray Christopher, aged 15, seriously injured while swinging on a guy wire to a 23 voltage power line, when their weight brought the two wires together.

Greensboro. Lacy B. Groves, of Danville, Va., arrived here to claim the body of his pretty young wife, who killed herself in the O. Henry hotel, sending a bullet from a .38 caliber Colt revolver through her heart.

Warrenton.—J. W. White, well known insurance man of this city, owns and operates what is thought to be one of the oldest typewriters in use in the United States. He has been pecking on the machine for thirty-seven years.

Shelby.—It was learned here that a large cotton mill will be erected in the near future at Archdale, almost midway between Kings Mountain and Grover. Between 500 and 600 acres of land have been purchased.

Wadesboro.—This section of the country is having a great deal of rain. The corn crop is fine, but some anxiety is being felt regarding the cotton crop.

Goldsboro.—James C. Crone, adjutant of the local post of the American Legion, has received an appointment as first lieutenant of the second battalion, 117th Field Artillery.

Troy.—The street program which has been a long time under way, has at last become a program of action. The contract for street improvement was let a few weeks ago to W. F. Powe, of Augusta, Ga., to do about \$175,000 worth of paving.

Greensboro.—The budget for the city of Greensboro calls for an outlay of \$247,500 and for part of the money will come permanent enlargements and improvements. A bond issue of \$160,000 to provide fire protection in the recently annexed portions of the city and an abattoir will be voted on by the people.

## Recovery From Influenza Hastened by PE-RU-NA



Mr. C. A. Allen, R. R. No. 2, Bondurant, Iowa, gives testimony to the healing power of Pe-ru-na. Influenza left him much run down in health with catarrh of the nose, throat and bronchial tubes punctuated with attacks of asthma. He writes:

"While recovering from the influenza I was so weak I could not gain any strength for two months. The latter part of the winter, I bought six bottles of Pe-ru-na and began taking it. My weight increased to 175 pounds, the most I ever weighed.

My usual winter weight is 155. If you can use this letter for any good, you are perfectly welcome."

Such evidence cannot fail to convince the rankest unbeliever of the merits of Pe-ru-na.

Insist upon having the old and original remedy for catarrhal conditions.

Sold Everywhere Tablets or Liquid

In a Japanese English Class. The lesson was on the farm-house occupation of churning. When the teacher had explained that the milk after the cream was skimmed off, was called skimmed milk, she proceeded to explain the process of butter making. Later she asked, "What do we call the milk that is left when the butter is taken from the churn?" The student replied, "Skimmed cream."

No Difficulty There. Prospective Employer—I don't even know if I'd have enough work for you to do. Applicant—Oh, that wouldn't matter, provided the pay was satisfactory.

Take It at Night Makes Mornings Bright

St. Joseph's LIVER REGULATOR for BLOOD-LIVER-KIDNEYS The BIG 25¢ CAN

Pesky Bed-Bugs P. D. Q.

Try just once P. D. Q.—Pesky Devils Quietus—as a preventive or to rid Bed Bugs, Roaches, Fleas and Ants. Every family should use P. D. Q. house cleaning time to guard against the Pesky Devils and to prevent moths. P. D. Q. is not an insect powder, but is a new chemical that kills insects and their eggs. Each package contains, free, a patent spot, to enable you to get to the hard-to-get-at places and saves the juice. A 3¢ cent package makes one quart, enough to kill a million insects and their eggs. Your druggist has it or can get it for you. Mailed prepaid upon receipt of price by the Owl Chemical Works, Terre Haute, Ind.

FRECKLES

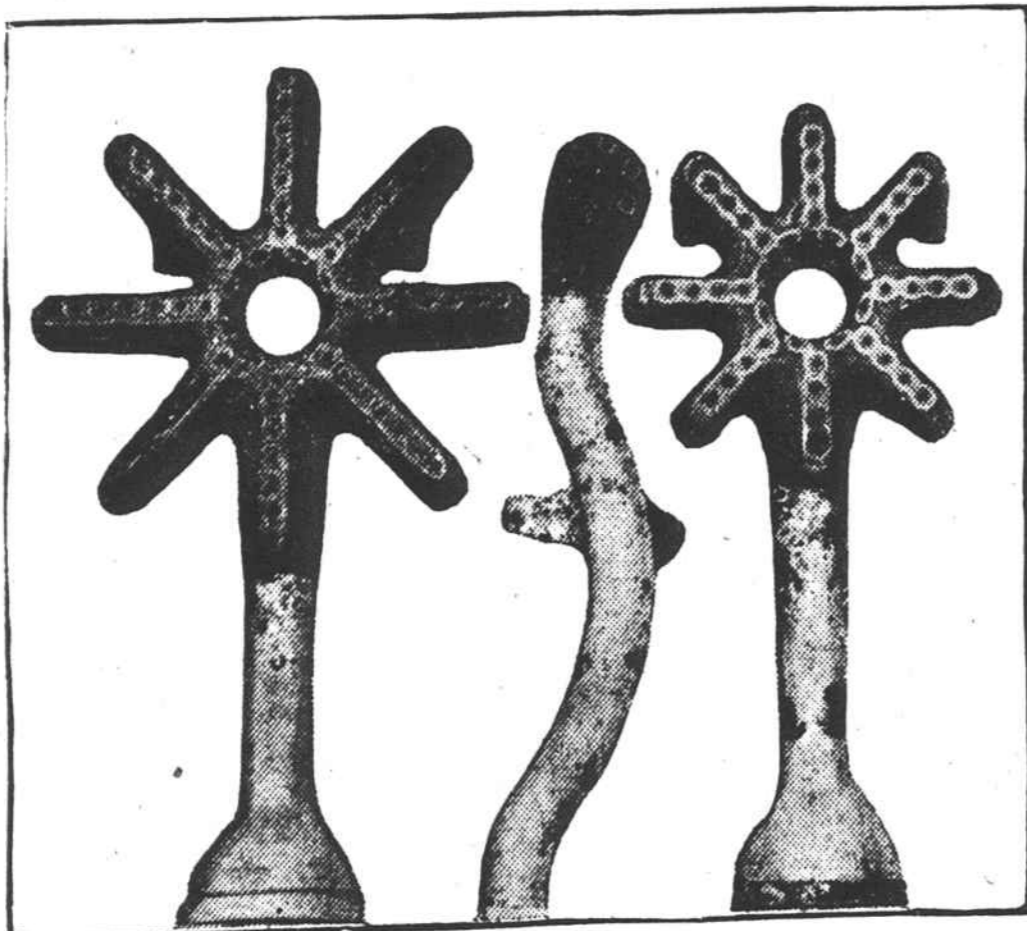
Now Is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of Othine from any druggist and apply a little of it at night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful, clear complexion. Be sure to ask for the double-strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.

Cuticura Soap The Velvet Touch For the Skin

Soap 25c, Ointment 25c and 50c, Talcum 25c.

## WHICH GAS BURNER TO USE AND WHY



Giant, Simmering and Standard Burners.

(Prepared by the United States Department of Agriculture.)

Save gas by depending largely on the simmering burner. Use the medium-sized or standard burner to start water boiling or food cooking; then continue the cooking over the simmering burner. After food or water has reached the boiling point, it will continue to cook at that temperature with a very small application of heat, and most cereals, vegetables, gravies or meats which require long, slow cooking can be finished on the simmering burner with a minimum consumption of gas. The simmerer should never sputter or smoke the bottom of the utensil above it, even when turned low. It should be used as often as possible. Putting two simmering burners on a stove may even be found an economy. The giant or largest burner should only be used when absolutely necessary, either to concentrate some food rapidly by violent boiling, without regard to gas consumption, or when a food is being cooked in a saucepan with a very large bottom. The giant

burner uses from one-third to one-half more gas than other burners. Turn to Lowest Point.

Any burner in use should be turned down to the lowest possible point which will maintain the temperature of the boiling point as soon as boiling begins. To leave the burner turned high throughout the boiling process, is to waste gas. Tests made on various gas stoves by the United States Department of Agriculture have shown that fully one-half the gas used in any one day's cooking with the gas turned high or on full, may be saved by turning the gas down as quickly as possible. When the medium-sized star burner uses 12 to 14 cubic feet of gas per hour, the giant burner, it was found, used 18 cubic feet, and the simmering burner used about three to four cubic feet. The ordinary and giant burners can be turned down to keep food boiling while consuming not more than three cubic feet of gas per hour, and the simmerer can be set turned down that it uses only half that amount of gas.

Resinol would soothe it itching skin

First application of Resinol Ointment usually takes the itch and burn out of eczema and similar skin troubles. This gentle, healing ointment gets right at the root of the trouble, and is almost sure to relieve in a short time.

Resinol Ointment and Soap at all druggists.

INFLAMED EYES DISFIGURE YOUR LOOKS!

Don't experiment on them, use MITCHELL EYE SALVE for speedy relief. Absolutely safe.

Treasure Package for \$1

W. S. HOLLAND CO. Norristown, Pa.

Save Young Foxes.

Some foxes, valued at several hundred dollars, which were about to die on the Port Arthur railway, have been nearly healed and strength by the use of some of our local products. The foxes' mother, aged about \$300, was killed in

CHILDREN CRY FOR "CASTORIA"

Especially Prepared for Infants and Children of All Ages

Dr. J. C. Fletcher's Castoria has been used for over 30 years to relieve infants and children of Constipation, Colic, Wind Colic and Diarrhea; and Feverishness arising therefrom; by regulating the Stomach, bowels, aids the assimilation of food, giving natural sleep without medicine. The genuine bears signature

J. C. Fletcher.

DO NOT PAY THE CHECK

Indecent When the Lady is Desirous of Making a Good Impression.

Years I lived in a town that had the most active set of gossips ever encountered; you know—of place where you hate to be first to leave a party because you know what the rest of them will do to you after you have

After I left one of the town's prominent gossips varied a little in my city. I said to my family I should have to do something to get her, otherwise she would talk about how mean I was and talk about how much I had invited her to have lunch at my place, my intention to swank a little so she would have a chance to report any

Nervous? If Coffee disagrees Drink Postum There's a Reason