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TRYON, N. C., TUESDAY, JUNE 23, 1942

Suggests Ways To Can With Minimum of Sugar

Most homemakers have received their home-canning sugar certificate, and have been allotted one pound of sugar for every four quarts of finished fruit to be put up. "This may not sound like enough to some people," says Mrs. Cornelia C. Morris, extension food conservationist of N. C. State College, "but it will suffice if care is used."

The extension worker makes the following sugar-saving suggestions to home-canners: If you pack your fruit hot in its own juice, you will need much less sugar than if you pack the fruit cold, then cover it with sugar-and-water syrup. Remember, sugar is not needed in canning to keep food from spoiling. But it does help the fruit to hold color and flavor. By sweetening the fruit slightly, and then heating it, you can draw out juice from the fruit itself—in many cases make it unnecessary to can any added water.

For juicy fruits, usually it's best to separate the riper fruits from those less ripe. Then you can crush the riper fruits, heat them, and extract juice from them. Pre-heat the less ripe fruit, which you have set aside, in this juice. Add sugar to sweeten slightly if necessary. Fill the jars. Make sure there is plenty of juice to cover the fruit. Process in a water bath.

Certain varieties of peaches and pears may not yield enough of their own juice to make the canning liquid. You'll get more juice from these fruits if you slice them and add a little sugar before you pre-cook them. If there isn't enough

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X-Card In Pocket Clergyman At 59, Hikes 50 Miles

The Rev. Wilbur L. Caswell, rector of St. Paul's Episcopal Church, whose appointment as counselor in charge of religious education, music, dramatics and hiking at the Yonkers "Y" Camp near Patterson, N. Y. was announced yesterday, gave convincing proof that he intends to base his instruction in pedality on a first-hand knowledge of the subject.

On a bright Wednesday not long ago, Mr. Caswell was visiting the camp with Arthur Foust, "Y" boys' work secretary and camp director. Casually, during the course of the visit, he inquired, "How far is it from here to Yonkers?"

"About 50 miles," Foust replied.

"Quite a hike!" mused the cleric.

Two nights later, Foust was entertaining a coed group at the camp from the Bronx Union Y. M. C. A. Shortly after 10 p. m., the fifty-nine-year-old minister, arrayed in hiking togs and the dust of two counties, emerged from the inky blackness outside the camp's brilliantly lighted pavilion where Mr. Foust's guests were being entertained.

He had left Yonkers at 7:30 a. m., the same day and made the 50-mile trek—with an "X" gasoline ration card in his wallet for company!

SOFTBALL RESULTS

Soumerco defeated the Tryon Players in softball Tuesday by a score of 20 to 9.

Tryon Players will play Bushwhackers this evening at 6:30, at Adams-Millis park.