

# 20 Small Farms

On Gray's Chapel Road 2 Miles from Franklinville, Will Be Sold at Auction, on

## SATURDAY, OCTOBER 19TH

They front on the new county road from Franklinville to Climax, containing about six acres each, you can buy six, twelve or eighteen acres. Eighteen would give 600 feet road frontage.

Terms, 1-4 down, balance in four, eight and twelve months, or balance can be paid \$10 per month on each tract. Five per cent discount for cash. Buyers paying 1-2 cash will not be charged interest.

Hot Weenies and Rolls will be served by the ladies. This land is being sold by the owner, Prof. Brockman, and is a fine chance for a family or young man to get a home site, and farm land cheap and on easy terms. In case of severe rain storm the sale will be held Saturday, October 26th.

### SAUCE TO SERVE WITH FISH

Mrs. Kate Brew Vaughn in her admirable household hints in the Raleigh News and Observer says:

I am giving below sauces for fish. We are close enough to the best fish markets on the coast to have an abundance of fish if we all want it enough to ask the dealers to bring it on and assure them of our co-operation.

#### Tomato Sauce

- 1 tablespoon of fat.
  - 1 slice of onion.
  - 1 tablespoon of corn starch.
  - 1 teaspoon of salt.
  - 1-2 teaspoon pepper.
  - 1 cup canned tomatoes.
- Brown the onion in fat, stir in flour, salt and pepper and add tomatoes slowly. Cook three minutes. Strain.

#### Bake Fish

Use the whole fish or a piece from the middle of a large one. If desired stuff with mashed potatoes, cooked rice, or victory bread well seasoned. Cut gashes down the back and insert salt pork or dot with fat. Dredge with fine corn meal, place in a baking pan and cook until tender, allowing 10 or 12 minutes a pound.

Some times fish is baked in tomato sauce or in milk enough to cover the bottom of the pan. Fried fish uses fat which we are asked to conserve. Try the other ways of cooking fish.

#### Sauce to Serve With Fish-White Sauce

- 2 tablespoons fat.
  - 1-2 tablespoons corn starch.
  - 1 teaspoon salt.
  - 2 cups milk.
- Melt fat, add corn starch, blend thoroughly, add cold milk, stir over the fire until the mixture begins to thicken, cook about 10 minutes over hot water. Use this sauce as the basis for creamed or scalloped fish dishes.

#### Lemon Sauce

To make lemon sauce add 2 tablespoons of lemon juice to white sauce just before taking from the fire.

#### Egg Sauce

Add a chopped hard-boiled egg to white sauce before serving.

#### Sweet Potato Muffins

- 1 cup flour.
  - 4 teaspoons Royal Baking Powder
  - 1 teaspoon salt.
  - 1 cup sweet potatoes (mashed).
  - 1 egg.
  - 1 cup milk and water.
  - 1 tablespoon Wesson oil.
- Sift together flour, baking powder and salt. Add cold sweet potatoes which have been lightly mashed or put through a ricer. Add beaten egg and liquid, mixing well. Bake in greased muffin tins in moderate oven 25 to 30 minutes.

#### Grits Muffins

- 1 cup boiled grits, or other cereal.
- 1 teaspoon salt.
- 1-2 tablespoons shortening.
- 1 egg.
- 3-4 cup milk.
- 2 cups corn or wheat flour.
- 4 teaspoons baking powder.

### BACKACHE IS A WARNING

Asheboro People Should Not Neglect Their Kidneys

Backache is often nature's most frequent signal of weakened kidneys. To cure the pains and aches, to remove the lameness when it arises from weakened kidneys, you must reach the cause—the kidneys. If you have pain through the small of your back, urinary disorders, headaches, dizzy spells, or are nervous and depressed, start treating the kidneys with a tested kidney remedy.

Doan's Kidney Pills have been proved good and are especially for weak kidneys. Doan's have been used in kidney troubles for over 50 years. Read Asheboro testimony.

Mrs. J. C. Ingold, N. Fayetteville St. says: "About a year ago I had a hard aching in the small of my back and severe headaches. My kidneys didn't act properly and I was tired and languid. Hearing of Doan's Kidney Pills I got a box at the Standard Drug Co. and they brought me wonderful relief. I take a few doses of Doan's occasionally and they keep me feeling fine."

Price 75c at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Ingold had. Foster-McMillan Co., Mfg. Dept., Buffalo, N. Y.

### TEN THOUGHTS ON WHEAT

Why Every Farm Should Bread Itself in 1919

1. Wheat is the most important of all foods—the staff of life for all humanity.
2. The world's available wheat reserve was practically exhausted when the 1918 crop came on the market.
3. The allied and neutral nations must be fed and the reserve stock of wheat must be built up again to avoid a calamity that would surely follow a crop failure.
4. We should release every possible bushel of the commercial wheat supply for our soldiers and Allies.
5. We should relieve transportation for hastening essential war work.
6. It's "safe farming" to produce all food and feed at home.
7. Wheat by-products, such as straw, bran, and shorts, produced on the farm are greatly needed to feed the increased livestock that the government is asking for.
8. Wheat (and other small grain) acreages enables you to practice better crop rotations.
9. Part of your acreage in wheat helps to solve the distressing labor problem by distributing the available labor throughout the year.
10. Finally, we have no assurance of having any flour or other wheat products unless we produce the wheat at home.—By R. W. Freeman, District Agent, Agricultural Extension Service.

### Children Cry FOR FLETCHER'S CASTORIA

No Time to Let Up

"While the prospects of an early peace increases there will be no cessation on the part of the government and there cannot, therefore, be any cessation on the part of the people. The government must prepare for every emergency, and the people must furnish the money necessary. The approach of peace, instead of being an excuse for failure to subscribe, should be the reason for heavier subscriptions. The government will not use any more money than it needs, but must have all it needs. The moral force of the loan will be increased in proportion as a large number participate. Each loan has called out more subscriptions than the loan before, and the money for this one should be furnished by a still larger number. Every citizen should have his part in supporting this loan." —William Jennings Bryan.

### HE WHO DELIVERS THE GOODS IS ENTITLED TO THE GREATEST HONOR

A preparation that gives results, delivers the goods, restores your health, deserves your consideration, and is what you want. L-Rheumo cures rheumatism and gout—that's why those who suffer from rheumatism want L-Rheumo. You should get a bottle when you feel that first pain. L-Rheumo is a rejuvenating, eliminant, laxative. Its use insures success. Don't listen to druggists who offer you something else, you know the reason. Guaranteed. Price \$1.00.

For sale by—STANDARD DRUG COMPANY Asheboro, N. C. RAMSEUR PHARMACY Ramseur, N. C.

Mix together hominy, salt, melted shortening, beaten egg and milk, add flour which has been sifted with baking powder. Beat well and bake in greased muffin tins or shallow pan in hot oven 25 or 30 minutes.

#### Raisin Cakes

- 1-2 cup shortening.
  - 1 cup brown sugar.
  - 1 egg.
  - 3-4 cup rye flour.
  - 3-4 cup white flour.
  - 3 teaspoons Royal Baking Powder.
  - 1-2 teaspoon cinnamon.
  - 1-4 teaspoon nutmeg.
  - 1-4 teaspoon cloves.
  - 1-2 cup milk.
  - 1 cup raisins.
- Cream shortening, add sugar and well beaten egg. Add dry ingredients which have been sifted together. Mix well and add milk. Add raisins which have been cut in pieces and dredged with some of the measured flour and mix. Bake in greased tins 25 to 30 minutes.

### Extra Efforts of North Carolina Farmers Bearing Fruit

"The crops in many sections of North Carolina have been subjected to damaging conditions" reports the State Field Agent, Bureau of Crop Estimates of the Federal Department of Agriculture. "The drought, continued intense heat, hail, floods, destructive pests or windstorms to a more or less extensive degree have existed. Yet our crops are showing in the final run that the production is going to be quite good."

"Farm work has been subjected to shortage of labor, nitrate of soda and certain needed implements. These have made it necessary for him to lay aside his custom of overseeing, and use himself to replace much of his lost laborers. It has not been uncommon for entire farm families to be seen in their fields doing various tasks which were formerly performed by hired labor. Outside labor has become almost an impossible factor, due to scarcity, their independence or to high cost. It is a credit to farmers to have shown so little complaint, and instead of the eight hour day basis to work from before sunrise until dark without overtime consideration.

"The temperature for the past month has been the lowest on record, but no serious damage done. The rainfall was low but not greatly needed. Opportunities for harvesting have been unusually good. Fall plowing has been slow, due to the necessity for harvesting crops needing immediate attention, and to the shortage of labor. Conditions in the western part of the state have been favorable.

"The condition of corn shows 86 per cent of normal, which is the same as last month and above the average. Corn promises 60,630,000 bushels production for the state, this being slightly above that of last year. The production of the United States is considerably less than last year. The greatest damage in this state was along the coast, due to a heavy gale, and in the southern counties where subjected to dry conditions.

"Tobacco is being sold remarkably fast and the yield is good, although the tips have shown damage by various weather conditions. The acreage is considerably more than last year and together with the yield will make the production much heavier. Some warehouses have had to reduce their number of sales due to heavy marketing by farmers."

#### Soldiers Enjoy Chewing Gum

In just two weeks, 80,000 packages of American chewing gum were dispensed by one Y. M. C. A. canteen in France.

A. F. Shepard, of Seattle, Wash., who is in charge of the canteen says that if the wagging jaws of the gum-chewers of the American army in France could be turned into propelling power for projectiles the allies could equip any number of guns of long range to drop shells into Berlin.

When the 80,000 packages of gum were received by Mr. Shepard he considered it an oversight and protested that he could not get rid of such an immense quantity. But it was all gone in two weeks and the soldiers are now pleading for more.

### Sow Wood's High-Grade Seed Wheat

For Best and Most Productive Crops.

Our Virginia-Grown Seed Wheats are superior for the South—make larger yields and better quality of grain.

Write for "WOOD'S CROP SPECIAL" giving prices and information about SEED WHEAT, SEED OATS, SEED RYE, BARLEY and all other

Seeds for Fall Sowing.

### T. W. Wood & Sons Seedmen, Richmond, Va.

Sow WOOD'S EVERGREEN LAWN GRASS for beautiful, variety green lawns. Fall is the best time for seeding. Special Lawn Grass Circular mailed free upon request.

### AFTER THE WAR

(News & Observer.)

The National City Bank of New York issues a most reassuring circular regarding the financial and industrial conditions that will follow peace. It is of the opinion that our new system of credit will not be assailed as our old system was certain to be at irregular intervals, and that industry will be such that business will go forward on a satisfactory scale for a long time.

It assumes that because the equipment of the world is worn out a busy era of recreating a bigger and better equipment will follow, and as the present expansion of credit rests on the security of the government and its ability to pay there is not to be expected any financial contraction of a type that will be felt in unfavorable results. The logic is sound.

It is safe to say, furthermore, that out from the war have come many things that enable the United States to carry on operations in every line on a different basis of economic production. The labor situation has been readjusted on a basis of efficiency as compared with a basis of the fewest hours for the most money. Quantity of production by the most efficient methods has been carried to an extreme through the necessities of the war, and we have learned in the past three or four years many things that under our ordinary experiences we would not have learned at all. For one thing we have learned how to co-operate and co-ordinate. We have learned how to bring into play the unlimited power of the country, a power that war has shown to be so much greater than we had suspected that we have a new revelation of our abilities. Some of our egotism has given way to real knowledge, to our own sense, and that knowledge has been put to practical use.

As a nation we have learned how to do things. We will no longer operate on the basis of the individual with all that basis compels in its restrictions. We have before us a day of industrial prosperity until we catch up with the present and the future needs of the world, and we need have no fear of the future for many years.

#### GIRLS! WHITEN SKIN WITH LEMON JUICE

Make a Beauty Lotion for a Few Cents to Remove Tan, Freckles, Sallowness

Your grocer has the lemons and any drug store or toilet counter will supply you with three ounces of orchard white for a few cents. Squeeze the juice of two fresh lemons into a bottle, then put in the orchard white and shake well. This makes a quart pint of the very best lemon skin whiter and complexion beautifier known. Massage this fragrant, creamy lotion daily into the face, neck, arms and hands and just see how freckle, tan, sallowness, redness and roughness disappear and how smooth, soft and clear the skin becomes. Yes! It is harmless, and the results will surprise you.

#### Cure and Preventative for Spanish Influenza

In response to hundreds of telegrams from medical men, Dr. George F. Baer, of the Homeopathic hospital staff, Pittsburgh, Pa., has made public the formula of his cure and preventative for Spanish influenza. The treatment, he said is a hyperdermic injection of a sterile solution representing 1.54 grammes of iodine in chemical combination with creosote and galaccol.

The injection, he said, is not a serum but a solution. It is put into the veins of the arm. The patients feel little ill effect.

#### To Reduce Livestock Losses from Railway Accidents

A definite movement to eliminate losses of livestock from railway rights-of-way has been started. The plan is for an assistant in the office of the State Council of Defense who shall direct this work with a representative in each county. In addition to this the active interest of all railway employees will be enlisted. The railway representatives present agreed to defray the expenses of the organization up to \$150 per month. An advisory committee of railway representatives will be appointed.

The railways that were represented reported the killing in this state of approximately 1800 animals, by trains last year with allowed claims amounting to nearly \$50,000. These losses are no greater than similar losses in

# WRIGLEYS



We will win this war— Nothing else really matters until we do!



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other Southern States and in fact much less than in a number of states, but Food Administration and Council of Defense officials say these losses can be reduced 50 to 75 per cent, with the resultant saving of meat and leather that is desperately needed by the Allies and neutrals of Europe. Attending the conference were chairman D. H. Hill and secretary W. S. Wilson of the State Council of Defense, State Food Administrator Henry A. Page, and Food Administration executive secretary John Paul Losen, director B. W. Kilgore, of the Agricultural Extension Service, Messrs. Dan Gray and A. J. Reid, livestock experts of the State Experiment Station, and representatives of the following railroads: Atlantic Coast Line, Seaboard Air Line, Southern Piedmont and Northern, Winston-Salem Southbound, Dover and Southbound, Wilmington, Brunswick and South, Washington and Potomac, and Virginia, Carolina and Southern.