

DRYING VEGETABLES

Owing to the scarcity of containers for canning it is well to consider the question of drying vegetables.

Below is given the manner in which to dry the most common vegetables in this section.

Very little equipment is necessary for the drying. Any plain board tray or dish will be quite satisfactory, but quicker results may be obtained using trays made like wire mesh screens or with muslin or cheesecloth in place of the wire cloth.

When the fruit or vegetables are dry place in flour sacks and hang in a warm place "to cure." The bag and its contents should be thoroughly shaken two or three times daily. After a week put a way in air tight paper bags folded twice or more at the opening and fastened with a clothes pin or wire clip.

The following are some suggestions picked up at the plant and found satisfactory. Beans I passed them on to you.

Apples.—Any variety can be used, but to get good results, they should have begun to ripen and should be used before they have become too mellow. Pare and cut into quarters or eights removing all traces of worm, rot, and core. Each apple should be cut up as soon as pared, the quarters being dropped in a dish of salt water (about one small cup of salt to two gallons of water). Leave them in the water at least fifteen minutes, then they may be placed on boards or frames to dry. They should be stirred or moved on the tray at least once daily and should not be considered dry until the center is tough. This may be ascertained by breaking open a quarter. Many prefer to slice the apple rather than quarter it, but while these dry more rapidly, a poorer article is the result, although the keeping qualities will be the same.

Apples can be dried just as well without the salt water, but will be much darker in color. Professionals bleach apples with sulphur while drying, but this is not advisable.

The juices from the cores and skins, if boiled, will make an excellent apple jelly, and if these are dropped into salt water before cooking, the jelly will be much brighter in color. The jelly needs no sugar at the time of boiling, but may be melted during the winter, sugar added, and allowed to reset, but it will not reset unless some juice from fresh cooked apples is added to it while being reheated.

Excellent janes are often made by mixing with this reheated jelly a few freshly cooked dried berries or plums. The skin and cores can be dried and worked up into jelly, latter in the year if desired.

Peaches and pears can be dried in much the same manner as apples.

Figs.—Take ripe figs; wipe dry. If preferred, take off the skins, being careful not to bruise or break the fruit. Place each fig on a clean dish, do not put them on top of each other, then place them in the sun to dry. Turn them daily. When dry, place in layer in a box or something convenient receptacle and sprinkle each layer with confectioner's sugar. In a short time the figs will be in good condition for use. Figs preserved in this way will last for a long time.

Figs seem to sour easily with the skin left on them than they do when they are removed.

Plums.—These should be pitted, and, if possible, split in halves, but the skins may be left on. They will dry more slowly than other fruit, the skin preventing rapid evaporation.

Cherries.—Pit them then spread thinly, stirring three or four times daily till dry.

Raspberries.—These should be carefully picked over then spread thinly on plates, trays or boards, and exposed to air and sun. They should be stirred every four or five hours while in the sun and dried until they rattle; then put in a muslin bag and hang in kitchen. Shake the bag daily, for a week or so till they are thoroughly cured after which either may be put away in paper sacks.

Deberries.—Same as raspberries. Some advocate heating them in the oven for a few minutes but not sufficiently long to start the juice.

Currents.—Same as raspberries.

Muckleberries or Black berries.—Same as raspberries.

Corn.—Sweet corn should be used; field corn will dry, but will not be satisfactory. Select and boil the corn on the ear as for "green corn." When cool, draw a sharp knife through the center of each row of kernels, pitting the shell, then shave from the ear, and try not to get any of the cob with the corn. Spread in pans and heat in the oven, but be careful that it does not scorch. Stir often. This may be left in a slightly warm oven until dry, or finish in the sun. Some, instead of splitting the kernels, shave only the top of the kernels and then scrape the cob thereby being sure of not getting any cob, but the grains of dry corn will be smaller.

Pumpkins.—Cut in strips 1-2 to 1 inch wide, cutting entirely around so that rings are secured. Pare and clean, then hang near stove or in the sun. Pumpkins may be cut in small pieces and dried on trays the same as apples, or they may be cooked down as dry as possible, then spread on plates, dried in the sun, and put away in a crock in cakes.

Squash.—Same as pumpkins.

Tomatoes.—Cut up and boil tomatoes. After boiling, strain through a sieve. Boil again until the liquor becomes thick; then spread out on plates and place in the sun to dry.

Peas.—Gather and shell for eating, then spread on trays to dry.

String Beans.—Chop both ends, products should be soaked for several hours or over night before cooking. Drop in salted boiling water for ten minutes, then spread thinly on trays to dry. Some suggest splitting the beans two or three times lengthwise, to a gallon of water. For asparagus this, of course, will cause them to dry a heavier brine, 4 ounces to a gallon much more rapidly.

TRINITY NEWS

Last Thursday the 12th was the missionary rally at Trinity—quite a crowd gathered in and around the old Calvary. Mrs. Robertson, of Greensboro, and Mrs. James Kearns of High Point made very interesting talks. Miss Carpenter of this place introduced the speaker—a basket picnic added greatly to the enjoyment of the day.

Miss Verna Bullard visited her grandmother Mrs. Brinson Parker last week.

Mrs. Graham and Mrs. Patterson of South Carolina are visiting Miss Berle White on South Main Street.

Mrs. D. C. Johnson and family have moved to High Point.

Miss Irene Payne has moved to Danville Va.

It has rained here almost constantly for the last two weeks or more.

Mrs. Carinna Cothran Patrick attended the Rally on the 12th. An entertainment was given Thursday night by the local talent here, proceeds to go toward the building of the new church.

Elizabeth Johnson was visiting her young friends in town Friday.

Canning peaches is the order of the day around town now.

Mrs. Sarah Paul White and family who have been visiting relatives here have returned to Badin.

Providence Items

We hope the rainy season has ceased for a few days.

Several of our people attended the special meeting at Bethel Sunday.

Samuel Underwood and family, of Pleasant Garden visited Mrs. Florence Cox Sunday afternoon.

Mr. and Mrs. A. M. Macon and Earnest Macon spent a part of last week in Raleigh visiting Mrs. Macon's sister Mrs. Bruton.

Miss Edith Macon returned home last week from Chapel Hill summer school.

Mrs. D. G. Kanoy and children, of Albany, Ga., are visiting her parents Mr. and Mrs. W. J. Pugh.

Mr. Earnest and Edith Macon, Laura Nece and Vera King attended services at Mt. Pleasant church in Guilford Sunday.

Damages of \$5,000,000 were done in Toledo Ohio, Monday by a severe rain storm. Great stretches of city paving floated away and automobiles parked at curbs either were floated away or stood with floors flooded.

IS A MERRY WIDOW

"Soon after my husband's death 9 years ago I was taken with typhoid fever. Since then have suffered from stomach and liver trouble and constipation. I have doctored a great deal without benefit. Since taking Mayer's Wonderful Remedy three months ago my bowels have moved regularly and I am feeling well again. I am now a happy woman." It is a simple, harmless preparation that removes the catarrhal mucus from the intestinal tract and allays the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitis. One dose will convince you. Money refunded.

Sold by Standard Drug Company and all druggists.

Okra.—Drop in boiling water for ten minutes, then slice and spread on trays.

Potatoes.—Cook till they are ready to mash, then drain. Let steam then peel and put through a potato ricer, spreading lightly, and dry either in the oven with very little heat or in hot sun. Stir gently three or four times daily, until the pieces become brittle. If these are carefully dried, they should be quite white, otherwise they will be reddish in color. The color, however, only slightly affects the quality.

Carrots.—Wash thoroughly, then cut or shred in small pieces 1 1/2 to 2 inches in diameter and dry as you would potatoes, but they do not need cooking before drying.

Turnips (yellow).—Dry as you would carrots.

Cabbage.—Remove all loose leaves. Cut or shred the remainder as tiny as possible and spread loosely about 1-2 inch thick on the trays. Stir often. They may be dried in an oven, but great care must be taken to prevent scorching.

Cabbage, beans, corn and cucumbers can be put away in crocks, kegs or barrels by pickling. This will not only assist in saving the product, but will add much to the variety of the winter table.

Prined or Salted String Beans.—These are gathered as for canning, the ends clipped off, then put in layers of two to three inches in the keg or crock and pickled with salt; another layer is added, etc., until finished and then all is covered with brine.

Sauerkraut or "Crout"—Use 1 to 3 quarts salt to 20 gallons shredded slaw. Remove outside leaves and hard core of cabbage. Shred finely. Line the keg with the larger leaves on the bottom and sides as you fill it. Put in a 3-inch layer of shredded cabbage, and sprinkle with four or five table-spoons of salt. Continue this process, lining with the larger leaves. Pound it all down well until the cask is full and covered with brine. Cover with the

Sauerkraut is usually made in the fall for winter use. It may be eaten raw, fried, boiled with pork, with onions added, or with frankfurt sausage, and browned in the oven or cooked with spare ribs.

Note: All dried, brined, or salted products should be soaked for several hours or over night before cooking. Brine for beans, cress, cauliflower, etc., should contain 2 1/2 ounces salt to a gallon of water. For asparagus this, of course, will cause them to dry a heavier brine, 4 ounces to a gallon much more rapidly.

STATE SCHOOL SYSTEM

A few years ago it was California that had first place in school education. Now Montana is first and California second. The Department of Education of the Russell Sage Foundation has made its report for the year 1918 with figures showing educational standing of different states. Before up to 1300 Massachusetts held first place. Ten years ago it gave way to Washington. The forty eight States, the District of Columbia, Hawaii, Canal Zone and Porto Rico makes an interesting study.

The three territorial possessions having higher ratings than many of the forty eight states. The schools of the Canal Zone are in twenty-eight place. The schools of Porto Rico are in forty-second place, while North Carolina has forty-eighth place, only four states being behind it, Alabama, Arkansas, Mississippi and South Carolina. Porto Rico with capital wealth of \$200 per inhabitant, about one-fourth that of the poorest American States, stands higher than ten southern states.

In 1870 there were only nineteen thousand attending high school. Now there are two million. Since the beginning of the world war there has been a notable increase in school attendance and it is on the part of girls, while the boys have gone to work, taking advantage of the high wages obtainable.

The lowest average salary paid teachers is in North Carolina, \$25.00 per month, while the highest average of teachers is \$88.00 per month in California.

Here are the figures giving the educational index of the states and territorial possessions in 1918:

1. Montana	75.8
2. California	71.2
3. Arizona	66.2
4. New Jersey	65.9
5. Dist. of Col.	64.3
6. Washington	63.7
7. Iowa	61.9
8. Utah	61.4
9. Massachusetts	61.0
10. Michigan	60.1
11. Connecticut	59.8
12. Ohio	59.7
13. New York	59.4
14. Colorado	59.2
15. North Dakota	59.1
16. Nevada	59.0
17. Indiana	58.9
18. Idaho	58.6
19. Minnesota	58.4
20. Oregon	57.8
21. Pennsylvania	57.7
22. Nebraska	57.1
23. Hawaii	57.3
24. Illinois	56.3
25. Wyoming	56.7
26. Rhode Island	56.7
27. Kansas	55.2
28. Canal Zone	55.1
29. South Dakota	55.0
30. New Hampshire	54.4
31. New Mexico	53.0
32. Vermont	51.5
33. Wisconsin	51.3
34. Missouri	49.6
35. Maine	47.4
36. Oklahoma	44.4
37. Maryland	43.2
38. Delaware	42.3
39. Texas	41.1
40. Florida	37.8
41. West Virginia	37.7
42. Porto Rico	35.8
43. Virginia	35.3
44. Tennessee	35.1
45. Kentucky	35.0
46. Louisiana	33.9
47. Georgia	33.6
48. North Carolina	30.6
49. Alabama	30.6
50. Arkansas	30.3
51. Mississippi	30.0
52. South Carolina	29.4

BIG SKYSCRAPER TO BE BUILT IN GREENSBORO

The Jefferson Standard Life Insurance Company, of Greensboro, will erect a new home in the near future. The building will be erected where the old Guilford county courthouse now stands and will be 15 stories high.

The building, which will contain a large number of offices for business and professional workers besides those of the Jefferson Standard Company and the Atlantic Bank and Trust Company, will be of steel, reinforced concrete and granite, absolutely fireproof and modern in every respect. It will be the most imposing skyscraper between Washington and Atlanta, according to officials of the insurance company.

FAYETTEVILLE MAN MEETS DEATH BY ELECTROCUTION

Sidney Hall, of Fayetteville, lineman for the Holmes Electric Company of that place, in attempting to cut a 2300 voltage wire while his knee was in contact with a telephone wire below was electrified last week. When he touched the high powered wire with his pliers, an arc was created. Deceased was 26 years old. He had been married about 10 months.

Miss Beatie Suggs, daughter of Mr. and Mrs. M. M. Suggs, of Thomasville, was married to Mr. John McPherson, of Greensboro, August 1.

YOU WOULDN'T TRY TO TAME A WILD-CAT

Mr. Dodson Warns Against Use of Treacherous, Dangerous Calomel. Calomel salivate! It's mercury. Calomel acts like dynamite on a sluggish liver. When calomel comes into contact with sour bile it crashes into it, causing cramping and nausea.

If you feel bilious, headachy, constipated and all knocked out, just go to your druggist and get a bottle of Dodson's Liver Tonic for a few cents which is a harmless, vegetable substitute for dangerous calomel. Take a spoonful and if it doesn't start your liver and straighten you up better and quicker than nasty calomel and without making you sick, you just go back and get your money.

If you take calomel today you'll be sick and nauseated tomorrow; besides, it may salivate you, while if you take Dodson's Liver Tonic you will wake up feeling great, full of ambition and ready for work or play. It's harmless, pleasant and safe to give to children; they like it.

Auction Sale

A. N. Routh Farm 700 Acres Subdivided in Small Farms Friday, August 7, 10:30 A. M.

Will sell regardless of price, to the highest bidder, and each tract should appeal to the homeseeker or the man who wants to speculate in land.

All the land in this farm is good tobacco and grain land, there is a ten thousand dollar crop of tobacco now growing on this farm, well located on the national highway.

Six Miles of Asheboro

LEADING FROM ASHEBORO TO HIGH POINT, ADJOINING THE PROPERTY OF RANDOLPH COUNTY HOME.

There is one large six room home built about a year ago, newly painted, this is known as the home tract and has good barn granery, good well of water several tobacco barns and all other out buildings that go with a good farm, and will make an ideal country home.

The most valuable tracts to be sold on the above date will be what is known as Caraway Mountain, containing about 50 acres. This place should be called Nature's Sanitarium, altitude 1500 feet. Climate free from dampness, air invigorating, dry and bracing.

The finest apple, peach, tobacco lands and mineral water about 10 or 12 acres level land on top, with two of the best mineral springs in the country, in which is found a combination of medicines, in solution which are calculated to be of the greatest value as a general alternative tonic, especially adapted to those diseases brought about by inactivity of digestive and excretory organs. This may rightly be called NATURE'S SANTARIUM.

Small farms are hard to find and this is an opportunity you should not overlook. Terms will be very easy. Free Lunch Ladies Especially Invited Band Concert

SALE CONDUCTED BY

KENDALL REALTY & AUCTION COMPANY

GREENSBORO, N. C.

M. L. KENDALL, Mgr.

W. H. MATTHEWS, Auctioneer

Fear and Failure

The Two Are Running Mates

"To them that hath shall be given"—how true that is.

The man that has a savings account is not afraid of tomorrow, his abilities are not shackled by fear.

The man with nothing dares not take a chance—he sticks in a rut because only his daily wage stands between him and hunger.

Can such a man succeed?

Take the first step toward success. Open a savings account.

We take amounts from \$100 up. We pay 6 per cent interest, payable semi-annually.

There is no better time than right now, no better place than—

Alamance Insurance & Real Estate Co.

BRANCH OFFICE

C. G. SOMERS, Manager

ASHEBORO, N. C.