

INTERESTING SESSIONS OF SUMMER SCHOOL; SPLENDID PAPERS

The summer school which has been in progress for the past four weeks, has not only been well attended but has been full of interest.

Mr. R. E. Cox, director, has submitted two articles which will be of interest to our readers. They are as follows:

METHODS OF TEACHING PRIMARY READING

(By Ola Snyder.) The first thing we strive for in a child is to arouse his interest and cause him to have the ability to give it to the class.

Learning to read is developing thought. Thought getting process start from a consciousness of need felt by the child. We strive through oral repetition to make him independent. The teacher's problem, then, is to keep alive a desire to achieve a result while the process of repetition is going on.

The text we use must be interesting to the individuals. It must arouse and stimulate a desire. It must bear pictures, it must contain poems of real music and must meet the hygienic situation. Our reading lessons must be short. They must have real thought and real power form and should be presented to children as pictures of thought which have a personal meaning. The experiences of children themselves must be brought into the lesson in order that they may be able to use this matter after they have gone from school.

HEALTH EDUCATION IN THE RURAL SCHOOLS

(By Miss Virgie Lee Sawyer Trinity.) There are few achievements in life that have been accomplished without a purpose, and what is true of life is also true of education. If you ask a man on the street what is the aim of education he will in all probability tell you it will help a man to earn a living. Many opportunities are open to the man who can read and write and has some special training that would be offered to the illiterate. Some regard this as the chief aim of education. But there are other aims—happiness, morality and culture. We hear a great deal about education fitting the individual for good citizenship. This includes all the other aims mentioned. The last one I want to mention is health, because it is the foundation for the realization of all the larger aims of education.

Health is necessary to making a living. To make our way in the world we must approach our work with a maximum of enthusiasm, skill and energy. This is impossible unless the individual is at a high standard of physical and mental efficiency. The worker suffering from disease or some physical defect does an inferior kind of work and less of it than he would if he were in normal health. If these conditions are not overcome he will eventually lose his position. Not everybody who is healthy is honest, truthful or charitable, but any one who stops to think for a moment will realize that his moral life has a higher tone when he is in good health. Ill health and happiness do not occur together. Health makes for individual and social welfare, happiness and prosperity. Good citizens cannot thrive without it.

HOME DEMONSTRATION Different Methods of Drying

The different fruits and vegetables may be dried either in the sun or in an oven or a stove or range, or in trays over the cook stove, or in trays before an electric fan, or in different forms of driers especially constructed to use on top of a cook stove. For larger amounts the portable evaporator or kiln type may be used.

Whether drying by means of artificial heat or in the sun, the moisture content should be reduced as quickly as possible to produce the highest quality of product and to prevent discoloration. Long exposure to the sun will increase the discoloration and make the product very unattractive in appearance.

Sun Drying

While it is not the most economical way, and does not give a product of as high quality, sun drying may be used with many fruits and vegetables. The prepared material is placed in thin layers on shallow trays, which are exposed to the sun. The trays should be strongly made with either galvanized or cheesecloth bottoms. A bottom made of small slats of wood is excellent. The exposed matter should be protected from flies and other insects by mosquito netting. The trays should be protected from the rain or dew and should be brought under shelter on damp and rainy days. The sun drying method requires much labor, and is not economical when compared to other methods. To prevent the over exposure of the material to the sun and to give the dried product the proper conditioning, are two very important factors to be remembered in sun drying. Unless weather conditions are ideal, the product is generally of inferior quality and is liable to become dark and moldy.

Oven Drying

If the material is dried in the oven of a cook stove or range, the oven door should be left slightly open. Because of the fact that in an oven the temperature rises so rapidly, a thermometer is essential to note the temperature at short intervals. Convenient trays may be made for oven drying from galvanized wire screening or dog wire.

Cook Stove Driers

For home use the most satisfactory results can be secured by employing one of the small cook stove type of driers that may be purchased in the market, or, better still, by the use of a home-made cook stove drier. The cook stove driers are oven like structures containing a series of trays on which the prepared material is placed. These driers are generally made of galvanized sheet iron or wood with a galvanized sheet iron base. They are of such convenient size that they may be used on top of a cook stove, range or oil stove. They are of various sizes, from one having the capacity of from two to four pecks covering a portion of the stove, to those with greater capacity covering the entire top of the stove.

Youth Kills Father at Morganton.

Whiskey was again the cause of a killing last week. Max York, who lives near Morganton came home in a considerably drunken condition, as was his habit, and finding fault with his supper called upon his son, Graham York, to bring him the axe. Because the son would not bring him the axe, York beat him severely, then securing the axe, attacked his wife, who escaped him. He then lay down on the floor in a drunken stupor for some time. When he awoke he began to row again with his son, and although the evidence was not clearly brought out at the trial, it was understood that the row was about the preparation to make a run of brandy. In the scuffle York threw the gun out of doors, and the boy while infuriated with his father's conduct, shot and killed his father. The boy stated that he was 14 years old, and he was sent to Jackson Training School for three and one-half years.

that they are in a deplorable unsanitary condition. We find also that the country children have more physical defects than the city children. We would naturally come to the conclusion that the city is more healthful than the country. Dr. Thomas D. Wood, who has investigated the whole matter thoroughly, says that statistics justify this conclusion.

About 12,000,000, or two-thirds of the children in the United States are in rural schools. These children are entitled to the same privileges of beautiful sanitary school buildings as the children in the city. They have just as much right to be healthy and happy. It is a question in which the whole nation is involved for the welfare of the nation is dependent upon the efficiency of the farmer. We need better laws of sanitation providing for the medical inspection of school children, school houses, play grounds, pure water supply, etc., but these laws must be backed by public opinion. Health education is even more important than any amount of legislation and for this we turn to the rural school.

In this campaign of health education for rural schools, boards of education, physicians, school officers and clubs may render valuable aid but the success of the movement depends upon the one in the firing line—the rural teacher. She must co-operate with all the social forces of the community and take the lead. This is no easy matter, for the ordinary teacher in the rural schools is confronted by innumerable sanitary school houses, school grounds and a conservative public attitude. She needs to have a conviction that health is the most important subject and the country needs it as much as the city. She needs to approach her problems with some of the spirit of the missionary, enthusiasm, training, intelligence, tact and courage to help blaze the trail.

MAKING A HOME MADE ICELESS REFRIGERATOR

On interest to people in isolated sections where it is impossible to obtain ice is the construction of an iceless refrigerator. It will keep meats, fruits and vegetables as well as extend the period for keeping milk and butter. It can also serve as a cooler for drinking water.

Construction

A wooden frame is made and covered with screen wire, preferably the rustless type, which costs a little more than the ordinary kind. The door is made to fit closely and is mounted on brass hinges, and can be fastened with a wooden latch. The bottom is fitted solid, but the top should be covered with screen wire. Adjustable shelves can be made of solid wood with holes bored or of strips. Shelves made of poultry netting on light wooden frames, are probably the most desirable. These shelves rest on side braces placed at desired intervals. A bread baking pan is placed on top and the frame rests in a pan.

All the woodwork, the shelves, and the pans should receive two coats of white paint, and one or two coats of white enamel. This makes a very attractive surface and one that can easily be kept clean. The screen wire also may receive the coats of enamel which will prevent it from rusting.

A cover of cotton bannel is made to fit the frame. Put the smooth side out if cotton flannel is used. It will require about three yards of the material. This cover is buttoned around the top of the frame and down the side on which the door is not hinged, using buggy hooks and eyes or thumb tacks in the material. On the front side arrange the hooks or tacks on the top of the door instead of on the frame and also fasten the cover down the latch side of the door, allowing a wide hem of the material to overlap the place where the door closes. The door can then be opened without unbuttoning the cover. The bottom of the cover should extend down into the lower pan. Four double strips are sewed to the upper part of the cover. These strips form wicks that dip into the upper pan.

The operation of the refrigerator is as simple as its construction. The lowering of the temperature of the inside of the refrigerator depends upon the evaporation of water. To change water from a liquid to a vapor, or to bring about evaporation requires heat. As evaporation takes place heat is taken from the inside of the refrigerator thereby lowering the temperature of the inside and the contents.

Keep the upper filled with water. The water is drawn by capillary attraction through the wicks and saturates the cover. Capillary action starts more readily if the cover is first dampened by dipping it into water or by throwing water upon it with the hand. The greater the rate of evaporation the lower the temperature which can be secured; therefore the refrigerator works best when rapid evaporation takes place. When the refrigerator is placed in a shady place in a strong breeze and the air is warm and dry, evaporation takes place continuously and rapidly and the temperature inside the refrigerator is reduced. Under ideal conditions the temperature has been known to be reduced to 50 degrees Fahrenheit. When it is damp and the air is full of moisture the refrigerator will not work as well, since there is not enough evaporation. More water will find its way to the lower pan, but will be drawn up into the covering by capillary attraction when the air again becomes drier.

Care of Refrigerator

The refrigerator should be regularly cleaned and sunned. If the frame work shelves and pans are white enameled they can more easily be kept in a sanitary condition. It is well to have two covers, so that a fresh one can be used each week and the soiled one washed and sunned.

Those interested in this home convenience, may call on Miss Garrison, Home Demonstration Agent, for illustrations of iceless refrigerator and suggested dimensions.

Application of Parole of B. H. Pressnell

Application will be made to the Governor of North Carolina for the parole of B. H. Pressnell who submitted at the April Term, 1921, of the Superior Court of Randolph county, for the crime of highway robbery, and sentenced to the state prison for a term of five (5) years.

LADY ASTOR INTRODUCES BILL FAVORING PROHIBITION

Prohibition by a new and rather novel process faces Great Britain if Lady Astor manages to put through her bill which was introduced in the parliament on August 2. The bill does not prohibit the manufacture of distilled spirits or even their sale. Broadly it provides for local option with compensation for the liquor trade. In the event the measure becomes law elections are to be held every three years, at which voters may register their views on three propositions: "No change," "reorganization," and "no license." By "no change" is meant that the situation is to remain as at present; "reorganization" means that the governing board of control provided for under the act shall take over the liquor business; "no license" means absolute prohibition. In the event a district registered succeeding polls there would be no election for six years and not then unless demanded by at least 5 per cent of the electors. The compensation feature of the bill is to deprive the liquor dealers of the argument that they are being deprived of a living and pro-



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