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"LOOK FORWARD, AND NOT BACK."

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Act Amending Recorder's Court Act For Chowan County.

An act to amend chapter one hundred and thirty-four Public Local Laws extra session nineteen hundred and thirteen relative to a Recorder's court for Chowan county.

The General Assembly of North Carolina do enact:

Section 1. That chapter one hundred and thirty-four Public Local Laws extra session one thousand nine hundred and thirteen be and the same is hereby amended by adding at the end of said chapter the sections which shall be as follows:

"Section 19. That the recorder of said court and the clerk of said court shall be placed on a salary, which salary shall be in lieu of all fees enumerated in section eight or elsewhere of said act. The salary of said officers shall be as follows: Four hundred dollars per annum for the recorder, and two hundred dollars per annum for the clerk of said court, which amounts shall be paid monthly to said officers by the county commissioners of said county. Provided, that the fees enumerated in said section eight or elsewhere in said act, shall be taxed in the bill of costs and paid by the defendant to the clerk and paid by said clerk to the treasurer of Chowan county instead of to the recorder and clerk of said court.

Section 20. That there is hereby created the office of "County Prosecutor" for Chowan County, which office shall be filled by a reputable lawyer of said county. Said prosecutor shall be elected by the qualified voters of Chowan county at the first general election for county officers following the ratification of this act, at the same time and in the same manner as members of the General Assembly. The term of office of said prosecutor shall be two years from and after the first Monday in December next succeeding his election. Until said election is held W. S. Privott be and he is hereby appointed to serve as such prosecutor in Chowan county from and after the ratification of this act and until his successor is elected and qualified as provided for in this act. Said prosecutor before entering upon the discharge of his duties shall take and subscribe the oath of solicitors before the clerk of the superior court of Chowan county, or some other person qualified to administer oaths, which oaths shall be filed and recorded by the clerk.

Section 21. Said prosecutor shall appear for the state in all criminal actions or matters heard before the recorder and shall receive as compensation therefor the same fees as are now prescribed by law for solicitors, and said fees shall be taxed by the clerk in the bill of cost, to be collected and paid the prosecutor as now provided by law for solicitors.

Section 22. If either the complainant or the accused shall ask for it, the recorder shall allow a trial by jury, as is provided in civil actions before justices of the peace.

Section 23. Any vacancies that

may occur in any of the above named offices, recorder, clerk or prosecutor, either by death, resignation, failure to qualify or for any other cause, may be filled for the unexpired term of said officer by the board of county commissioners of Chowan County.

Sec. 24. That in all cases of assignments of prisoners by the said recorder's court to work upon the public roads of Chowan county as provided in the act creating said court, if not used by the county commissioners of Chowan county immediately upon such assignment, the said recorder is hereby authorized and required to transfer such prisoners so assigned to work upon the public roads of Pasquotank county."

Sec. 2. That this act shall be in full force and effect from and after its ratification.

In the General Assembly read three times and ratified this the 16th day of January, 1915.

E. L. DAUGHTRIDGE,
President of Senate.

E. R. WOOTEN, Speaker
of the House of Representatives.
Examined and found correct,

DEAN,
For Committee.

Raleigh, Jan. 18, 1915.

I, J. Bryan Grimes Secretary of State of the State of North Carolina, do hereby certify the foregoing and attached (three (3) sheets) to be a true copy from the records of this office.

In Witness Whereof, I have hereunto set my hand and affixed my official seal.

Done in office at Raleigh, this 18th day of January in the year of our Lord 1915.

J. BRYAN GRIMES,
(Seal) Secretary of State.

Helps For Home-makers

Edited by the Extension Department of the State Normal and Industrial College Foods Prepared by Miss Minnie L. Jamison, Director of the Domestic Science Department.

Eggs

If the young chick is developed from the egg without the aid of any external agency, save heat, it follows that eggs contain much protein (tissue forming material) and mineral matter, because these are the materials out of which bone and blood are built.

Composition

The white of the egg is made up principally of albumen and water. The yolk contains not only protein, but fat of a very assimilable nature. Yolks of eggs are especially rich in the quality of the mineral matter, also. These are phosphorus, iron, calcium, potassium and magnesium in the form of salts and other chemical compounds. The latter foods are necessary in making the chemical changes of the body, if health is to be maintained. They are also necessary for the development and growth of the bony structure of the child's body. Because of this fact, and the large percentage of protein and assimilable fat in the

yolks of eggs, these are valuable food, especially for children and anaemic people.

The white of eggs is a valuable source of protein for the sick. Because of the mild flavor, the white may be combined with milk and many other cold drinks to increase the nutritive value of a liquid or semi-solid diet.

Effect of Heat

Heat hardens and toughens albumen. Albumen coagulates below the boiling point. At about 160 deg. F. the albumen of the egg is a soft, tender, white jelly; therefore eggs cooked below the boiling point are more digestible and wholesome.

Soft Cooked Eggs

1. Pour boiling water over the eggs, four to one quart; cover the vessel, allowing it to stand where the water cannot boil from seven to ten minutes, depending on consistency desired.

2. Pour boiling water in both compartments of a double boiler. Put the eggs in the inner division keep covered in a warm place for eight minutes.

3. Put eggs in cold water; bring the water to the boiling point. Serve immediately.

Hard Cooked Eggs

1. Pour boiling water in both compartments of a double boiler; put the eggs in the inner division; cover, and place on the back of the stove where water will not boil for forty five minutes. The yolks will be granular and the whites will be firm but not tough. Egg yolks cooked in this way are very valuable for undernourished children and convalescents.

2. Boil thirty minutes.

Poached Eggs

Break the eggs, one at a time, in a saucer, and slip them into a pan of boiling salted water. Remove at once to a cooler part of the stove where the water can not boil. As soon as the eggs are set serve, on buttered toast. Sprinkle with pepper and salt. Only fresh eggs can be poached.

Scrambled Eggs

Do not beat the eggs. Cut the yolks just enough to mix with the white, sprinkle with salt and pepper, pour into a hot, greased pan, and cook until set. Now lift the pan slightly and at the same time draw back with a spoon the part already set. If the cook is careful, this will make a pretty dish of gold and white.

Creamy Omelet

Eggs, 4 Salt $\frac{1}{2}$ teaspoon
Cream sauce $\frac{1}{2}$ cup, Pepper to taste
Beat the yolks, add cream sauce, salt and pepper; then fold in well beaten whites. Pour into a hot, buttered pan, cook slowly until set; fold, turn out, and serve at once.

Cream Sauce

Milk, 1 cup Butter, 1 tablespoon
Flour, 1 tablespoon Salt, 1 teaspoon
White pepper to taste.
Cream the butter and flour; add milk and bring slowly to a boil, stirring all the time. Add salt and white pepper.

Omelet

Eggs, 3 Salt, $\frac{1}{2}$ teaspoon
Milk, 1 cup Pepper to taste
Cold grits, 1 cup, Butter 1 teaspoon

Heat the milk and cold grits; separate the eggs and add the well beaten yolks, salt and pepper to the milk and grits after it is cooked fold in the well-beaten whites and bake in a buttered omelet pan.

The Golden State.

The above title, by which California is known all over the country, is certainly not a misnomer, and for more than one reason. The name was first applied to the state after the days of "Forty Nine" had ushered in a new epoch in its economic history; when the great flood of yellow metal placed California on the map and made its name heard round the world. Then, later, came the orange, the juicy golden fruit, which now reigns supreme, and which is adding more to the wealth of the state than all the gold ever taken from the mines. These two evidences of material prosperity well entitle California to the name of the "Golden State," but before these things, after these, and always—the sunshine—that golden flood of warmth and light, filling day after day with its splendour and its message of cheer and optimism. It, more than any other factor, has made California's prosperity possible, and is its greatest asset.

Now before I get too enthusiastic over the land in which I am now living, and not wishing to appear as a mere booster, I think it well to say something of what California is NOT—to correct a few impressions which many of you, no doubt, have picked up here and there. First, if you should happen to come this way during the present year do not bring along the impression that the sun will beam upon you immediately on your entrance, and will not hide its face as long as you stay. California has plenty of sunshine, but not in every spot, and if you should spend most of your time around San Francisco the chances are that you will come away with ugly words in your mouth concerning our sunshine. There are many districts in the state where the clear days are almost monotonous in their regularity, but on the other hand there are sections which see about as little of the sun as do Portland and Vancouver.

And again, while California has the most equable climate of all the states, considering its longitudinal extent, do not get the idea that, no matter at what point you come in you will be entering a tropical paradise in winter, or in summer, coming in contact with an exhilarating air. If one knew just the brand of climate you like and was informed as to the season of the year you intend to visit the state it would be easy to guide you in over the proper route; but if you were running away from the hot eastern weather and should happen to cross the Imperial Valley country on entering by the southern route, I am sure you would not confine yourself to polite English when speaking of California's lovely summer climate; for Imperial Valley is where the mercury stands at 120 in the shade in summer, and where one gets no shade until the sun goes down. On the other hand, if

you entered during winter, crossing the high Sierras by the northern route, you would likely come in contact with more snow than you had ever before seen, and would soon come to the conclusion that the story of California's perpetual May climate was simply the dream of some poet who had dreamed but not seen.

And thirdly, bear in mind that California is not a flower garden from end to end. In fact, it is just the reverse, for most of it is semi-arid in nature, and vegetation does not thrive without irrigation.

The Creator has given the sunshine, climate and soil, and it has been left for man to bring forth the fruits. Given an abundance of moisture in the form of irrigation, this is possible in the greatest degree, but on account of the absence of this there are great tracts in the southern portion of the state that will forever remain barren and useless wastes—burning deserts, picturesque, and interesting to look upon, but utterly incapable of sustaining life.

But, while we have the waste places, we also have the beautiful, fruitful valleys; and although even in southern California the rains do come in the winter, still we have an abundance of sunshine; and while admitting that southern California is not a tropical paradise during the winter months, it is difficult to think of any normal or near normal individual desiring a milder or more genial climate than this part of the state affords during that period of the year.

The climate the year round invites to a life in the open. We have baseball and tennis in mid-winter as well as in mid-summer; motoring on our unsurpassed roads almost every day in the year; and many days throughout the winter will find at the beaches merry groups of the light-hearted, and even those whom age has touched, clad in bathing suits, enjoying sand baths with now and then a dip in the surf.

The writer, himself, spent the past Christmas Day and New Year's Day in his bathing suit. Within a radius of twenty miles of Los Angeles it is possible to do in the winter something very unique—something which is not possible elsewhere on the continent. You can start in the morning from Los Angeles, pluck the juicy oranges by the way, and be throwing snowballs at an altitude of 5000 feet before noon; then, before the afternoon wanes, be enjoying a dip in the surf at one of the beaches, and be back in Los Angeles for an early supper. Of course you can't do this every day, but it is possible now and then.

Many of us are aware of the fact that all the literature advertising this country is overdrawn, and every year numbers of the over-credulous are attracted this way. They come really expecting to find that proverbial land flowing with milk and honey—yes even free milk and honey. Now, of course, we have the milk, but those milk bills are presented with systematic regularity; and we also have the luscious fruits, but don't have them growing on the downtown streets of our cities. That would be

just a little too unique, and would not be at all metropolitan. It is obvious that such poor souls as I have mentioned are woefully disappointed in their expectations and not being able to lay hands on the gifted gentlemen who are responsible for the flowery language that lured, they pour out the vials of their wrath upon the poor old state of California. How foolish!

The majority of us, however, take a more common, sane view of things, and although we know we are in no earthly paradise, as it now is, we are overwhelmingly conscious of the thought that, if man would do for himself and his fellow-man what nature and nature's God has done for this part of the country we would be far on our way toward a realization of a Modern Utopia.

T. P. BERRIN,
Los Angeles, Calif.,
Jan. 23, 1915.

Chautauqua Lecturer Coming to Gatesville Feb. 12, 7:30 P. M.

Rev. R. B. Garrett of Portsmouth, Va., will lecture in the Court House at Gatesville.

His subject, "A Chapter of Unwritten History," or the story of the capture and death of John Wilkes Booth is an interesting one. The fact that Dr. Garrett himself was an eye witness when Booth killed President Lincoln makes the lecture more interesting.

A large crowd is expected as the admission price is very reasonable—Adults 25c, children 15c. Proceeds will be for the benefit of Gatesville High School.

Rev. Sam P. Jones in a Letter States:

"I listened with great pleasure and unbroken interest to the lecture of Rev. R. B. Garrett on 'A Chapter of Unwritten History,' or the capture and death of John Wilkes Booth. It was at the home of Mr. Garrett's father that Mr. Booth was captured and killed, and as an eye witness he gives you the whole story, in a straightforward, vivid manner, of the last days of the life of the man whose daring deed filled the country with consternation and American history with its darkest page. Mr. Garrett handles this subject candidly and interestingly."

From Dr. C. D. Case, South Bend, Indiana:

"Our church was packed to hear Dr. Garrett's story of the capture and death of John Wilkes Booth, and our people were delighted. There is nothing to defend any one and the lecture is intensely patriotic."

C. D. CASE,
Pastor First Baptist Church.

SEALED PROPOSALS will be received at the Bureau of Fisheries, Department of Commerce, Washington, D. C., until 2 o'clock p. m., March 1, 1915, and then opened for constructing a mess house at the Edenton, N. C. Fisheries Station. Blank proposals, specifications, and full particulars may be obtained by addressing the above Office.