

### SOUR MILK VERY USEFUL AS FOOD

Has Some Food It Originally Had Because It Is Source of Lime for Bone Building.

### LACTIC ACID IS HEALTHFUL

Gladder Is Relished as Refreshing and Wholesome by Many People, Especially if Served With Sugar and Sweet Cream.

Prepared by the United States Department of Agriculture.

"Accidents will happen in the best-regulated families." In spite of the most careful protection from dust, flies, or exposure to the sun, milk occasionally turns sour in the refrigerator during the hottest months. It may be that there is more left-over milk than usual, or that the ice supply is low, or that heat or thunder have affected the milk. Sour milk, nevertheless, has the same food value as it had originally, specialists in the United States Department of Agriculture say, because it is still a source of lime for bone building, of protein for tissue repair.

**Lactic Acid Considered Healthful.** The bacteria which have caused souring are not necessarily harmful, if the milk was properly cared for, and the effect of those which caused the development of the lactic acid in the milk is thought by some to be beneficial. Many who cannot get buttermilk to drink like to churn thick, freshly soured milk with an egg beater till the curds are broken up into fine particles, and use it in the same way.

Gladder—the coagulated, semiliquid state of fresh sour milk—is relished as refreshing and wholesome by many people, especially if served with sugar and sweet cream. The addition of maple syrup, honey, orange marmalade, or other preserves to clabbered cream makes a delicious dessert. An excel-



Just One More Cookie, Grandma, Please.

lent cake filling can be made of thick, sour cream, whipped and sweetened, with nuts added. Whipped sour cream is often added to mayonnaise salad dressing for fruit salads.

No housewife needs to be told that good gingerbread can be made with sour milk, as well as corn breads of various kinds. In most recipes where sour milk is used as a leaven with soda, fewer eggs are called for. Very good pancakes and cornbread can be made with sour milk, omitting eggs entirely. Farmers' Bulletin 265, Corn Meal as a Food and Ways of Using It, gives no less than nine recipes calling for sour milk. Among them is this easy way of making Boston Brown Bread:

**Boston Brown Bread.**  
1 cupful corn meal, 1 teaspoonful salt,  
1 cupful rye meal, 1/2 cupful molasses,  
1 cupful graham flour, 1 cupful sour milk,  
1/2 cupful sugar, or 1/2 cupful sweet  
soda.

Mix and sift the dry ingredients and add the molasses and milk. Beat thoroughly and steam 3 1/2 hours in well-buttered, covered molds. One-pound baking powder tins are satisfactory. Remove the covers and bake the bread long enough to dry the top.

This may be made also with 1 1/2 cupfuls corn meal and rye meal and no graham flour. A cupful of seeded and shredded raisins or prunes or a cupful of currants may be added.

This serves eight people.  
If there is only a very little sour milk on hand, why not make some cookies? They may be made with corn meal. Oatmeal cookies are also excellent.

**Corn-Meal Cookies.**  
1/2 cupful fat, 1/2 cupful corn meal,  
1/2 cupful sugar, 1/2 cupful soda,  
1/2 cupful flour, 1/2 cupful molasses, 1/2 cupful raisins,  
1 egg, 1/2 teaspoonful sour milk.

Combine the melted fat, sugar, molasses, beaten egg, and sour milk. Sift together the corn meal, soda, and flour. Add the liquid ingredients to the dry ingredients. Drop from a teaspoon into a greased pan and bake 15 minutes in a moderate oven. This recipe makes 25 to 30 cookies 2 inches in diameter.

Thin milk or buttermilk and baking soda may frequently be substituted where the recipe calls for sweet milk. In place of one teaspoonful of baking powder, a half teaspoonful of soda may be used to each cupful of flour. Baking soda is particularly good where the substitution is made

### WOULD BE POWERFUL NATION

But Separate Nationality for Ukraine Does Not Seem to Suit the Great Powers.

The Ukrainians are by far the most numerous of the races aspiring to independence through the disappearance of the Romanoffs and Hapsburgs. There are 25,000,000 Ukrainians, most of them in the six southern and southwestern former Russian "governments" or provinces, and in eastern Galicia.

The Ukraine is larger than Germany and twice as large as France. It stretches from the Carpathian mountains to the Black sea and the Caucasus. It contains the oil fields of Galicia and the famous Donets coal and iron region. Almost all the cereals, cattle, sugar and salt exported from the former Russian empire came from the Ukraine.

If the Ukraine manages to survive and keep within its boundaries the territories in which its race predominates, it will be the most populous and the richest of the new states created by the war, and next to Russia, the largest country in Europe.

An independent Ukraine, however, does not seem to fit in with the interests of the victors in the World war, as these interests are conceived by their statesmen. Hence every possible effort is being made to deny the existence of a Ukrainian race. During the last few years the most absurd and unfounded statements about the Ukrainians have been circulated and have gained credence.—Herbert Adams Gibbons in the Century Magazine.

### COMFORT FOR THE AVIATOR

Electrically Heated Coat Protects Against Extreme Cold Encountered in the High Altitudes.

An electrically heated garment, designed especially for use by aviators, has been developed by the genius of an Italian, Antonangelo Negromanti of Milan. It has certain very novel features.

In the high reaches of the atmosphere, into which aviators ascend, there is even in summer time cold so severe that the thickest garments of padded and fur-trimmed leather do not afford adequate protection.

The Negromanti coat is woven of threads which, both warp and weft, are electrically resistant wires coated with a fireproof insulating material—

asbestos or silk. The wires are connected with a source of electric current (which may be a battery of accumulators), and also with an apparatus which contains an aneroid barometer. The latter instrument is associated with a thermostat tube in such a way as to vary the electrical resistance of the wires composing the coat.

Thus, because of the barometric control of the electric current, the coat gives increasing warmth as the flying machine attains higher and higher altitudes. The higher the aviator goes the more the heat furnished for his comfort by the garment he wears.—Philadelphia Ledger.

### An Eye Test by Ear.

Appropos of the oral method of instruction at present in vogue, a bachelor-professor in one of the San Francisco medical schools tells a story on himself in connection with a clinic patient turned over to him for an eye examination.

Doctor Blank put the chart on the wall and commanded a small and shrinking six-year-old to read what he saw on it.

The child began painstakingly with a strange assortment of grunts and hisses. "Guh! Bah! Tah! B-r-r-r!! Ull—"

Here the doctor interrupted. "No, no!" he commanded impatiently. "Don't make those sounds! Just read—read what's up there."

The little boy looked grieved and bewildered, and evidently decided he was not getting enough steam into his performance.

"Duh!" he ejaculated explosively. "Bah! Kph! U-r-r-r!"

The poor child was red in the face, and the doctor about to hand him over to the office nurse to be taken down to the neurological clinic as a probable idiot, when the mother puffy interferred and enlightened the ignorant bachelor.

Her little one had been taught to read by the phonetic method.

### Confessions of a Cynic.

I am very fond of dynamite fire-crackers when they are shot off over in the next state.

I like humid weather, but not in a selfish way. I would just as soon let the other people have some of it.

I always read all the fiction magazines I can get. I think the ads are very interesting.

I have worry about little things—like umbrellas. There are so many bigger things that are worth while.

I would like to know what kind of a battle boat a Pacific fleet is, anyhow. I have never had time to play golf, and don't believe I have missed very much.—New York Mail.

### New Clutch.

A new adaptation of the parachute has been experimented upon by the Army Air Service. This consists of carrying the parachute in the rear of the fuselage with certain special equipment. When accident strikes it is necessary for the pilot to leave the plane in which he is simply pulling a lever, down which himself, and a section of the rear fuselage from the rest of the plane.

### A Merry Clown Doll



This merry gentleman is one of many dolls that may be made of discarded ribbed underwear or stockings. His head is made of a piece of white or pink ribbed stocking and his face painted with black and red paint. For the rest of him two colors are used and he is stuffed with cotton and has a white raffia about his neck.

### N. W. TAYLOR FAVORS BUILDING AND LOAN

Beaufort Building and Loan Assn., Beaufort, N. C.

Gentlemen:—

The letter of one of your patrons, Mr. C. P. Dey, which appeared in the Beaufort News of last week, prompts me to express the sentiments as stated by him, that it is my duty as a citizen of Beaufort, to have the interest of my town at heart sufficient to justify me in making an investment in an institution, which is helping in a practical way to build up this community. I have been a constant member of your association since its beginning, and note with satisfaction the progress it has made in the construction and improvement of some thirty or more homes in Beaufort and vicinity, which has assisted very largely in relieving the housing shortage in Beaufort that has been very acute for some time.

Beaufort, like every other town in North Carolina can be benefited by a Building and Loan Association, as an institution of its kind, has its place in a community along with other progressive organizations which tend to build up a community in a practical and constructive way.

Yours for success,  
N. W. TAYLOR.

### SOLDIERS' INSURANCE

Atlanta, Ga., Nov. 21.—The U. S. Veterans' Bureau wishes to announce that all ex-service men who desire to reinstate their insurance can do so upon the payment of 1500 monthly premiums before January 1, 1922, with a full and complete medical examination.

By authority contained in Act of Congress, approved August 9, 1921, all medical examiners of the U. S. Veterans' Bureau on duty in the cities throughout this District, are authorized to make physical examinations for ex-service men who wish to reinstate their insurance without expense to the applicant. Ex-service men are urged to take advantage of the opportunity to reinstate their insurance, especially, since the expense involved in making the physical examination has now been eliminated.

Read the advertisements in the News and begin to do your Christmas shopping while stocks are fresh and plentiful.

### Norfolk Southern R. R.

Passenger Train Schedule Effective April 10, 1921.

Published as information only, and not guaranteed.

### LEAVE BEAUFORT

4:15 a. m.—Daily for Washington, Greenville, Wilson, Raleigh, Charlotte, Edenton, Elizabeth City, Norfolk. Sleeping Car New Bern to Norfolk, open at 10 p. m. Sleeper New Bern to Raleigh.

6:50 a. m.—Daily for Washington, Macksays, (Columbia) Edenton, Norfolk and all points north and east. Parlor Brailer Car New Bern to Norfolk.

6:50 a. m.—Daily for New Bern, Dover, Kingston, LaGrange, and Goldsboro.

11:15 p. m.—Daily for New Bern, Kingston, Goldsboro, and points south and west. Sleeping Car New Bern to Washington, D. C.

Through tickets on sale to all points in the United States, Canada and Mexico.

For rates, routes or other information, call on or write to  
BETH GIBBS, Ticket Agent,  
Beaufort, N. C.

### NOTICE OF SALE OF LAND.

Under and by virtue of the authority vested in me by the last will and testament of the late W. P. Weeks, of Carteret county, North Carolina, (said will being probated in Book 9, Page 42-45 in the office of the Clerk of the Superior Court of Car-

teret county), the undersigned Executor, on Monday, November 22nd, 1921, at 12 o'clock, M., at the court house door in Beaufort, Carteret county, North Carolina, will sell to the highest bidder, for cash or part cash and part credit, (as may be satisfactorily arranged with the undersigned Executor), ALL THE LANDS belonging to the Estate of the said W. P. Weeks, said lands being in White Oak Township, Carteret county, North Carolina. That is to say there will be 6 or 8 tracts of land to be sold ranging from 25 acres to 350 acres, containing woods land, timber land and some cultivated land. An exact description as to metes and bounds and acreage of each tract to be sold may be secured from the undersigned Executor or his Attorney, and the same will be sold according to said description by tracts, singly; and if the Executor so elects all the tracts may be sold in a body after offering the smaller tracts singly, the highest bid or bids securing the land, subject however, to confirmation of the Court and the Executor.

If any of said land is sold on credit, such credit will only be granted until November 1st, 1922.

This October 27th 1921.  
THOMAS D. HEWITT,  
Executor of the Estate of W. P. Weeks.

TIME OF SALE—Monday, November 28th, 1921.

PLACE OF SALE—Court house door, Beaufort, N. C.

LAND FOR SALE—All lands belonging to Estate of W. P. Weeks.

LOCATION OF LANDS—White Oak Township, Carteret county, North Carolina.

For information as to metes and bounds, acreage, etc., apply to T. D. Hewitt, Executor, P. O. Box 355, Wilmington, N. C., or to M. Leslie Davis, Attorney, Beaufort, N. C. Nov. 24.

### ORIENTAL MARINE RAILWAY

For hauling out, Painting and Repairing Boats.

60 Feet and Shorter  
15 Gross Tons and smaller.

Full Line of Marine  
Paints & Marine Supplies

Charges very reasonable.

### All the Good Things to Eat That Make Thanksgiving Day a Treat

Do your Thanksgiving Shopping at our store. You will be given only the choicest goods at surprisingly low prices. And do your shopping early, in order to prepare the big dinner at leisure. That gets the best results.

### As a Special Offering to Thanksgiving Buyers

- Canned Pumpkin,
- Fresh Pumpkin,
- Mincemeat,
- Heinz Mincemeat,
- Libby's Mincemeat,
- Cranberries,
- Dressed Turkeys,
- Live Turkeys,
- Premium Hams,
- Chickens,
- Geese,
- Celery.

And all the usual Best Brands of Canned Goods and Fresh Fruit, Butter, Cheese, Sweet and Dill Pickles, Chili Sauce, India Relish, Etc.

Sugar 7 1-2c Per Pound

C. D. JONES  
ALWAYS AT YOUR SERVICE

### OWN YOUR OWN HOME

\$40,000 INVESTED IN NEW HOMES IN BEAUFORT BE A STOCKHOLDER NOW  
BEAUFORT BUILDING & LOAN ASSOCIATION

We are Sole Agents for the Celebrated Gill Piston Rings. These are the finest rings made. ANYTHING YOU NEED IN THE WAY OF MACHINE WORK CAREFULLY DONE.  
BARBOUR BROS.

### Little tots will get out in the drafts

But the Perfection will provide instant heat—economically

And the Perfection is unusually economical now for Aladdin Security Oil costs only about half of its former price.

Over a million families are economizing on coal by heating their homes *selectively*. They keep the whole house warm with the regular coal heater and use a Perfection, "the portable radiator," to make drafts halls, bay windows and living rooms comfortable and safe.

The Perfection supplies heat instantly, just where you want it, when you need it. No fuel waste, easy to carry about. It is ornamental and durable. It burns for 10 hours on a single gallon of kerosene.

Then, too, the Perfection has a score of practical uses in every home, such as drying clothes on rainy days, heating small amounts of water, warming baby's milk.

Hardware, housefurnishing and department stores sell the Perfection. Let your dealer explain its sturdy construction and smokeless wick adjustment.

ALADDIN SECURITY OIL

STANDARD OIL COMPANY  
(New Jersey)

Ask your dealer about the Perfection Oil Heater Cost—\$5,900.00 in price.

### PERFECTION Oil Heaters