

### CANDLE ALLIANCE FOR SHIPPING TO MAKE SURE THEY ARE FRESH



A Strong Light Renders Contents of Egg Visible and Its Quality is Indicated.

Do you know how to tell the quality of an egg without breaking the shell? All you need is a pasteboard box with a hole 1 1/2 inches in diameter, a strong light such as is furnished by a lamp



Making Use of Pasteboard Box.

or an electric-light bulb, a dark room, and the egg. When the egg is held close against the hole the strong light renders its contents visible and its quality is indicated by the appearance

### PROMPTLY CAN FRESH VEGETABLE OR FRUIT

If Permitted to Stand, Bacteria Have Chance to Multiply.

Product Which is Unduly Soft, Over-ripe, Partly Moldy or Decayed, Withered or Bruised, Should Be Carefully Discarded.

Many of the bacteria which form heat-resistant spores are found in the soil, and thus are quite likely to occur upon the surface of fruits and vegetables. If these products stand for some days or even longer, after being picked, the United States Department of Agriculture finds that certain bacteria will have a chance to multiply which they did not have while the fruits or vegetables were growing in the field, garden, or orchard. When packed or piled together, the vegetable or fruit mass may heat in the center, even if stored in a comparatively cool place. Thus these bacteria will be supplied with all the conditions that most favor their rapid development—warmth, moisture, darkness, and an abundant food supply. The result is rapid growth and development of several new crops of bacteria. Evidently, then, our chances of success in the effort to kill all the bacteria and their spores in the canning process will be much less than if the perfectly fresh vegetables or fruit had been promptly canned.

For similar reasons, no fruit or vegetable which is unduly soft, over-ripe, partly moldy or decayed, withered, or bruised, should be canned. Most of these conditions mean that there is already present an unusually large number of these microorganisms which have caused or aggravated the undesirable condition of the fruit or vegetable. In case of bruising or over-ripeness, the injured or dying plant tissues have a very low resistance to bacterial attacks; consequently the bacteria grow much more rapidly than would otherwise be possible.

There is another reason why speed is imperative when handling these perishable products. There are present in all plants, as well as animal tissues, certain substances called enzymes, which have power to produce very great changes in the tissues, independently of the changes wrought by the growth of bacteria. The apple, as it ripens, becomes less starchy and more sweet, because its sugar-forming enzymes transform the starch to sugar; at the same time, other enzymes cause the disappearance of the acids of the green apple. As ripening progresses still further, another set of enzymes brings about the softening of the cell walls which results in meekness and still another set causes the gradual disappearance

of the yolk, the white and the air space at the blunt end. By comparing the egg with charts furnished by the United States Department of Agriculture in Department Bulletin 51, it is possible to learn the exact condition of an egg before it is broken.

**Candling By Housewife.** Testing eggs by candling, as it is called, may not only be used by the housewife in obtaining fresh eggs for her table but has also proved to be commercially profitable in preventing loss by separating for local consumption, eggs that, because of cracks, wetness, incipient spoilage, and other defects, are likely to spoil in shipment. Such eggs are suitable for immediate use but will not stand shipping.

**Candling Saves Charges.** Candling as near as possible to source of production will not only save transportation and storage charges for the farmers who wish to buy and sell on an accurate quality basis but will prevent the loss of a valuable food product. This method of conservation was tried out during the World war and the results have been so gratifying that many states have made it a permanent feature of their food-control work.

Department bulletin 51, which contains these charts, may be obtained from the Superintendent of Documents, Government Printing Office, Washington, D. C., for 30 cents.

of the sugar, so that the "dead-ripe" apple is no longer as sweet as it was. Equally important changes of one sort or another take place in all fruits and vegetables during ripening.

In some actively growing products, such as young green peas, asparagus, and sweet corn, these enzymes work with exceeding rapidity, and sweetness is lost with each succeeding hour that passes after they are gathered. "One Hour From the Field to the Can," is an excellent slogan for home canners, especially when canning that most difficult of all products, corn. Its adoption as a working guide would do much to improve the quality and hence the saleability of canned products.

### SAVE SEWING TIME

If a woman's time, counting at home is worth 20 cents an hour, and if, through laziness, she makes a foundation pattern according to the United States Department of Agriculture, she saves an hour or more of time each sewing day. The 471 women in two training classes in Franklin county, Mo., who saved a total of 498 hours after they had studied with the home demonstration agent, must obviously have saved time worth \$734.19. These women made 74 foundation patterns among them, 324 undergarments, 409 outer garments and 148 garments that would have been bought or hired made under ordinary circumstances. In addition to the time saved, and its value, these garments represented a saving of \$975 cash outlay.

### Household Questions

Oysters are considered best if bought in shells.

Use gelatin immediately after dissolving in hot cream.

Panned chicken is delicious served with currant jelly sauce.

It takes more time to freeze water than it does ice cream.

Dip fish into boiling water for a minute and the scales will be much easier to remove.

The inkstain on the rug will disappear if you shift the rug so that the sun will shine on the spot.

When putting cooked currants in cookies, add them to the butter, sugar and egg mixture before the flour is added.

### IMPROVED UNIFORM INTERNATIONAL

## Sunday School Lesson

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.) Copyright, 1922, Western Newspaper Union.

### LESSON FOR NOVEMBER 12

#### JESUS THE GREAT TEACHER

**LESSON TEXT**—Luke 9:47-48.  
**GOLDEN TEXT**—As ye would that men should do to you, do ye also to them likewise.—Luke 6:31.  
**REFERENCE MATERIAL**—Matt. 23:13; John 3:2; 6:43; 7:24; Col. 3:1.  
**PRIMARY TOPIC**—Jesus Teaching Us to Love Everybody.  
**JUNIOR TOPIC**—Living by the Golden Rule.  
**INTERMEDIATE AND SENIOR TOPIC**—The Golden Rule in Everyday Life.  
**LONGER STUDY AND ADULT TOPIC**—Jesus Teaching Us How to Live Together.

#### I. Characteristics of the Subjects of the Kingdom (vv. 20-23).

Only those who are subjects of the Kingdom know what blessedness is. The spiritual experience of the subjects of the Kingdom are marked by the following steps:

1. Poverty of Spirit (v. 20). This means consciousness of one's lost condition and worthlessness. It is spiritual bankruptcy. It means to come to the end of self and to show sorrow for sins.

2. Hunger for Righteousness (v. 21). The one who has come to know his poverty desires the true righteousness of Christ.

3. Weeping Because of His Lack (v. 21). This is the godly sorrow which worketh repentance. (II Cor. 7:10). Those who thus sorrow are assured that they shall laugh.

4. Treatment Which the Subjects of the Kingdom May Expect (vv. 22, 23). When the subjects of the Kingdom become like the King they invite the hatred, contempt and persecution of the world. Those who pass through this for Christ's sake should rejoice, for there is great reward laid up for them.

#### II. The Governing Principles of the Kingdom (vv. 27-35).

1. Love Your Enemies (v. 27). To love friends is easy, but to love enemies is only possible to those who have been made partners of the divine nature.

2. Do Good to Those Who Hate You (v. 27). Love acts according to its own nature. "Finally only stimulates love to act in harmony with its own laws.

3. Bless Them That Curse You (v. 28). Injury by words is hard to let go unchallenged.

4. Pray for Them Which Despitefully Use You (v. 28). Christ's own example is the best commentary on this precept (Luke 23:34; cf. Acts 7:60).

5. Patiently Endure Wrong and Injury (v. 29). The Christian is not to bristle up in defense of his rights, but rather to suffer insult, injury and even loss. This should not be pressed so far that evil-doers can go unchecked. It expresses the law which should govern individual action.

6. Give to Every One That Asks (v. 30). This does not necessarily mean that the thing asked for should be given. We should give to every one that asks, but not necessarily the thing asked for.

7. Do as You Would Be Done By (v. 31). This is called the "Golden Rule." If men were to live by this rule the labor problem would be solved. An end would be put to war. International relations would be peacefully adjusted and all practicing in business would end.

8. Be Merciful (v. 33). The mercy of the Heavenly Father is the grand example.

9. Careless Judgment Condemned (v. 37). We should not seek out the evil in others for our satisfaction.

10. Danger of Following False Teachers (v. 39). The one who does not know God and the way to heaven will lead others to ruin. Happily, we have the Scriptures, and the Holy Spirit is ready to make their meaning known, so there is no excuse.

11. Those Who Reprove Others Should Strive to Live blameless Lives (vv. 31-36). It is easy to see others' faults, but hard to see our own.

12. The Sin of Profession Without Fruits (v. 40). The one who professes a life and fellowship with God should practice the principles which reveal the nature of God.

III. The Judgment to Be Applied to the Subjects of the Kingdom (vv. 47-49).

1. The one who hears and does the sayings of Christ the King shall be as secure as the house built upon the solid rock. The storms of the present cannot destroy him for the Rock of Ages is immovable.

2. The one who hears and does not the sayings of Christ shall be overwhelmed in the judgment and go down to utter ruin and destruction.

**The Dangerous Lie.** Every lie, great or small, is the brink of a precipice, the depth of which nothing but omnipotence can fathom.

**Fright.** A timid person is frightened before a danger; a coward during the time, and a courageous person afterward.

**The Christian.** A Christian is God Almighty's godly man.—J. C. Hare.

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### NORTH CAROLINA TUBERCULOSIS ASSOCIATION SANATORIUM, N. C.

27 DEATHS last year from tuberculosis in Person county is just that number too many, but it represents a saving of 6 lives over the previous year, and to that extent we are to be congratulated.

Fifteen out of every hundred who died last year were farmers. In actual numbers there were 388 who died of this disease. This is, perhaps, not startling to a great many people who believe that, like the poor, we must always have tuberculosis with us. The fact is, however, that each and every one of these deaths was preventable and such an enormous loss among our farmers should arouse indignation.

Another significant fact is that more deaths occurred among the farmers than in any other class who are engaged in indoor work, such as teachers, stenographers, bookkeepers, clerks, mill workers, etc. The number of deaths among them engaged in such occupations being 319. It would seem that the farmer is not as vigilant in regard to his health as he should be. A periodic medical examination is not a sure-all but it would have been a life-saver in a great many of these cases.

The North Carolina Tuberculosis Association an organization which is supported by the sale of Tuberculosis Christmas Seals, continues to hold free tuberculosis diagnostic clinics and will gladly send a specialist to any point in North Carolina where the people are interested in finding the cause of tuberculosis in their community. Finding the cause is, of course, the first step. Then if the people really mean business, arrangements should be made to give proper treatment to those cases which are curable.

Clean up around the stumps, along the fence rows and ditch banks to kill hibernating boll weevils this winter. The picked-over cotton stalks should also be ripped up as soon as possible.

Contentment shines upon the brow of Farmer Brown; says he, "I used to keep a cow, but now my pure bred cows keep me."

Send your selection in the field pays from \$30 to \$50 per day by increasing acre yields next year, as proven by nine years of experiments in North Carolina.

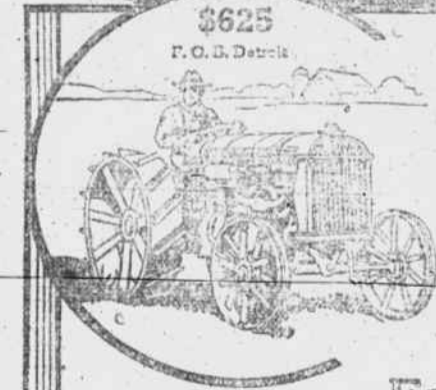
Send the boll weevil to bed hungry. He stands less chance of waking up next spring. Plow up the cotton stalks.

The profit from selling corn as stalk over selling it as grain is computed as \$87 when worked out on the basis of a good sow and seven acres. Get to you.

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The Fordson Tractor is taking much of the drudgery out of farm life; it is solving the labor problem; it is reducing the cost of preparing land by almost one half of what it was with horses; and it is saving one third to one half of the farmer's time; and making farm life more attractive.

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