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JELLY MAKING

Jane S. McKimmon, State Home Dem. Agt.; Cornelia C. Morris, Asst.

Jellies and jams are perhaps the most popular sweets made from fruits and berries and the process is so simple and results so satisfactory that I am giving receipts to the housewife and am promising her success if she will follow directions to the letter.

Selecting the Fruit

The fruits best suited for jelly-making are grapes, plums, apples, crab apples and blackberries, as these fruits contain the necessary properties for making good jelly-pectin with an acid. The fruit should be firm and in good condition. One-half should be ripe to give color and flavor with one-half under-ripe fruit to supply acid. Strawberries, peaches, and cherries are lacking in pectin and will not make jelly unless this is supplied from some other source. Pectin is that thing in fruits or berries which makes juice jelly and its presence can be determined by the following test:

Pectin Test
Use one teaspoonful on grain alcohol (wood alcohol can be used but it is a poison and should be immediately thrown out) and one teaspoonful of cooked fruit juice (cooled to room temperature), mix in a glass, and let stand five minutes. If a solid mass of jelly has formed, the juice will jell with measure for measure of sugar. If the mass is slightly broken, it will be safer to use three-fourths as much sugar as juice. If only a small amount of pectin is present, one-half measure of sugar to a measure of juice is advisable. Crab apples usually yield a heavy pectin, and an equal volume of sugar and juice may be used. Apples and blackberries contain a smaller amount and will usually require three-fourths as much sugar as juice. Grapes require from one-half to three-fourths as much sugar as juice.

Cooking the Fruit

Juice is extracted for jelly making by cooking fruit with water until it is soft. This usually requires from 35 to 45 minutes. Long cooking destroys the pectin.

Straining

After cooking, the fruit is placed in a square cheese cloth and the juice allowed to drip without pressing. It is then filtered by pouring through a flannel jelly bag.

A square of white flannel with the two adjacent sides French-seamed makes the best bag, and this may be hung on nails to drain if loops are placed at the top.

As soon as the juice begins to boil add sugar and cook rapidly until the jelly stage is reached. By adding the sugar at the beginning, there is less danger of crystallization, as sugar is inverted when cooked with an acid.

Too little sugar makes a tough jelly. Too much sugar causes the jelly to be soft and syrupy. Overcooking and the use of too much sugar causes many failures. The old saying a pint of juice to a pint of sugar will hold good only with such juices as quince, crab apple and currant. Three quarters of a pint of sugar would be safest with other juices.

Testing Jelly

The skillful use of the thermometer will save many failures in jelly-making. Different juices jell at slightly different temperatures.

A good thermometer costs very little money and will soon pay for itself in materials saved. To test the jelly without a thermometer, take a little of the boiling juice in a spoon and cool. When the jelling point is reached the juice will form a sheet and break from the side of the spoon when poured out. The use of the thermometer will, however, give more accurate results.

As soon as the jelly stage is reached, skim. There is less waste when this is done at the last.

The jelly glasses should be washed and sterilized, removed from the water and drained while hot. When the jelly is finished pour it immediately into the hot sterilized glasses. Fill the glasses to the top; the jelly will shrink when it is cold and firm.

When jelly is cold, cover with a thin layer of melted paraffin to exclude the air, and use lacquered tin tops for the glasses.

If hermetic caps are used, paraffin will be unnecessary, as the jelly is sealed and processed while hot.

Good jelly should be firm enough to hold its shape, and should be tender, clear and brilliant.

Equipment for Making Jelly, Preserves and Jams

Only a few utensils are necessary for preserving and jelly making. Have on hand several sharp knives for paring and cutting; a large kettle for cooking; a colander, cheese cloth and a flannel jelly bag for straining and filtering. Use a wooden paddle or spoon for stirring. A thermometer is a necessity if perfect products are desired. Other tests are fairly accurate, but they take time, patience and experience, and even then good material is often spoiled by over or under-cooking. Accurate scales and

measuring cups are also necessary. A wash-boiler with wooden rack in the bottom makes an excellent sterilizer for glasses, bottles and jars, and can also be used for processing.

Jelly Stock

During the summer months when fruit is plentiful, it is advisable to can fruit juice and make it into jelly as it is needed. This jelly stock will keep, while jelly, unless it is hermetically sealed, will sometime ferment in very hot weather and lose its delicate, fruity flavor. The method of preparing the stock is simple. After the fruit is cooked and juice extracted and strained, it is poured into jars, sealed, and processed for 20 minutes. It can then be stored and used just as is the freshly made juice.

Apple Jelly

Wash apples, and cut into small pieces; cover with water and boil from 35 to 45 minutes. Strain and measure juice. Test with alcohol to determine amount of sugar to be added. Apples usually require three-fourths as much sugar as juice. Cook to 222 degrees F. or 105 1-2 C. Skim and pour into hot glasses.

Crab Apple Jelly

Cut apples in small pieces, cover with water and when the boiling point is reached, cook for 35 minutes. Strain through cheese cloth. Filter by pouring juice through a heavy flannel bag and for each cup of juice use a cup of sugar. Crab apples contain a great deal of pectin and are also very acid. The jelly stage will be reached at from 220 to 221 degrees F. This jelly is very firm and is excellent in flavor.

Blackberry Jelly Stock

6 quarts blackberries, 1 pint water. Wash berries, place over heat and after boiling point is reached, cook for 15 minutes. Strain through double cheese cloth and process in pint jars for 20 minutes. This will yield 3 pints of jelly stock. Store in cool place.

Blackberry Jelly

2 pints jelly stock or freshly made juice; 1 1-2 pound sugar.

As soon as the boiling point is reached, add sugar gradually and cook to 222 degrees F. Skim and

pour immediately into hot, sterilized glasses.

Grape Stock

With both bunch and muscadine grapes it is best to extract the juice and can it for future use; cream of tartar crystals are almost sure to form in jelly made from freshly extracted juice and by allowing the stock to stand from three to six months, the crystals will deposit and the juice can be racked off and made into clear jelly.

Scuppernon Jelly

Grapes should not be fully ripe. Wash, crush, and place in a vessel, both pulp and hulls. Cook until soft (from 20 to 30 minutes). Strain through cheese cloth and filter through flannel jelly bag. Can this stock and after crystals have deposited, make jelly according to the following recipe:

Bring 1 pint of stock to boiling point. Add 3-4 pint of sugar. Cook rapidly until jelling point is reached (223 degrees F. or 106 C.). Skim and pour immediately into sterilized glass jars.

Send for bulletins ("Jelly, Jams and Preserves" and "Canning Fruits and Vegetables"). Address Dept. of Agriculture, Raleigh, N. C. Telephone 2300.

THE REAL UNKNOWN SOLDIER

Child of Streets, Picked Up by Kind-hearted Brothers, Never Knew Who He Was.

Tragic though the story is of a soldier whose identity was lost after his life had gone out on the field of battle and whose cross in Flanders simply says, "Unknown Soldier," his story is not shot through with such pathetic glory as is the story of a lad who never knew who he was and who gave his life for a country in which he had never known a mother's love or a father's pride. Every mother who does not know just where her son is buried, weeps over the grave of the unknown soldier, thinking that perhaps he is her son. Over the grave of the boy who has always been unknown there are no mourners.

A tiny bundle of humanity was picked up in a Baltimore street some twenty years ago. It was a baby boy. When after a thorough search, no one was found who would claim him, he was taken to be reared by two brothers, who gave him the name of Edward John Evangelist Smith. When he was old enough, they sent him to Mount Saint Mary's school to be educated. In 1917, before the boy's education was finished, a Marine recruiting officer visited Mount Saint Mary's. His story of the country's need for men caused "Smith," as he had come to be known, to enlist. He went overseas and took part in every engagement in which the Fifth regiment of marines participated. On the morning on which the armistice was signed, one of the last German bullets flying claimed "Smith" as its victim.

Wells Hawkes, "Smith's" captain, has started a fund to erect a monument to "Smith": a child of the street, an unknown lad in school, the real unknown soldier!

Soldiers Classed With Idiots.

Soldiers and sailors, along with felons, idiots and insane people are denied the right of suffrage in certain states of the Union, it is pointed out by a writer in the American Legion Weekly. He quotes from the World Almanac, which says that because of their occupation, soldiers and sailors are not allowed to vote in the following states: Indiana, Missouri, Nebraska, North Dakota, Ohio, Oregon, Texas and West Virginia.

When a minister says there is no hell and his parish immediately cuts him off from the salary list, then he knows he has been mistaken.

This is the season when it is possible to size up your neighbor's general view of life by noticing whether he goes out to hunt wild flowers or greens.

That doctor who says that spring fever is a real disease may be right but the trouble is to make the man who pays your wages believe it.

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NOTICE

At a meeting of the Democratic county held in Brevard on June 19, 1922, it was ordered that a primary be held in Transylvania county on Saturday, August 5, 1922, for the purpose of nominating a candidate for the State Senate.

This will be a Democratic Primary and all members of the Democratic Party are urged to come out and vote for the candidate whom they wish for the State Senate.

The Polling places will be at the usual voting places in each election precinct and the ballot boxes will be open from 9:00 o'clock A. M. till 4:00 o'clock P. M. on said date in all precincts except Brevard and Rosman, at which two precincts they will be open from 9:00 o'clock A. M. until sundown.

Again all Democrats are urged to come out and vote.

W. E. BREESE, Chairman
MARTHA G. BOSWELL, Sec.

LAND DEEDS AT THE NEWS OFFICE.

SALE OF PERSONAL PROPERTY BY ADMINISTRATOR

The undersigned Administrator of the estate of A. R. Tinsley and I. C. Tinsley will sell to the highest bidder on the terms named below all the personal property of every kind and description belonging to either of the estates above named, consisting of: Household and kitchen furniture; one cow, one hog, one yearling; farming tools, etc.

Sale will be made at the residence of the late Mrs. A. R. Tinsley, near railway station in the town of Brevard, N. C., on Monday, July 31, 1922, at 10:00 o'clock A. M. Terms: All purchasers will pay cash for sales of \$10.00 and less. All sales over \$10.00 may be had on six months' time, provided that note and approved security are given at the time of sale.

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W. L. AIKEN, Administrator
July 28-4tc. W. L. A.

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