

MANY USES FOR CORN AS FOOD DESCRIBED

Value Is Very Similar to That of Many Other Cereals.

(Prepared by the United States Department of Agriculture.)

Sections on corn flour, hominy, popcorn and fresh, canned and dried "sweet" or green corn have been added to material formerly published in what was popularly termed "the corn-meal bulletin," Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It," together with matter that has not been issued before in bulletin form by the United States Department of Agriculture. The result is a very comprehensive publication, Farmers' Bulletin 1238, "Corn and Its Uses as Food," containing more than sixty household recipes and covering the various products and corn preparations commonly used in the United States.

The food value of corn, it is pointed out, is very similar to that of other cereals. When used in a diet that also supplies flesh foods, dairy products and vegetables or fruits, the choice between the various cereals depends more on personal preference and price than on the nourishment supplied. If corn is abundant or cheap, or if wheat, rice or other cereals are scarce or dear, corn may be safely substituted for them.

Corn preparations may be used in place of starchy vegetables such as potatoes, sweet potatoes, or beans, but in such cases some other vegetable or fruit should also be included in the diet to supply the mineral matter and vitamins which are less abundant or lacking in the corn. Corn can be substituted for part of the wheat in making yeast bread, but not for all, because it does not contain the necessary gluten. It can also be used in place of part or all of the wheat flour in many good quick breads and cakes.

Differences in milling methods make "old process" or "water-ground" and "new process" corn meal differ in taste, constituents and keeping quality. White corn meal is made from a different and, as a rule, milder-flavored variety of corn than yellow corn meal. The preference for one or the other kind is largely personal or local. Coarsely-ground white corn, from which the skin and germ have been removed, is usually called samp, or coarse hominy; a somewhat finer, granular product is called hominy grits. Corn meal results from still finer grinding and treatment according to the "old process" or "new process"; corn flour is corn meal ground and bolted until it is as fine as wheat flour. During the war corn flour was widely sold, but at present it is not ordinarily found in retail stores. Bakers and sausage makers use it, and it is one of the ingredients of some of the pancake flours on the market. Corn starch is separated out from the other ingredients of the corn kernel and sold under that name for cooking purposes; it is not discussed at any length in this bulletin.

Corn meal may be boiled to make mush or porridge, which may then be used in a number of ways. The meal also forms the basis of many quick breads, cakes and puddings, and is combined with milk, cheese, eggs, meat, or other foods, into nutritious and wholesome dishes which may be served as the main dish at a meal. All kinds of hominy are used as breakfast cereals, or in place of starchy vegetables, and in a variety of cakes, puddings and dishes made with meat, fish or cheese. Popcorn is made from special varieties of corn, the dried kernels of which burst open when quickly heated. A pound of popped corn has practically the same food value as a pound of dry corn meal or hominy.

Partly ripened or green corn, especially certain sweet varieties, is a favorite vegetable in this country. It is in common use, both fresh and canned, and is occasionally preserved by drying. The bulletin includes recipes for using corn in all these forms, and directions for making lye hominy or whole hulled hominy, at home, and for drying corn and canning it. It is free upon application to the United States Department of Agriculture, Washington.

Directions for making it have been given to members of home demonstration clubs, by extension workers employed co-operatively by the United States Department of Agriculture and the state agricultural colleges. Brooms, mops and brushes should either be hung in the closet by strings or screw-eyes fastened to the handles, so that the weight does not rest on the straws, strings or bristles, or they should be set upside down on their handles. A small shelf or two for cleansing agents such as scouring powder, ammonia, lye, etc., is a convenience. The picture shows a home-made closet with shelves, placed on the back porch.

CLAM CHOWDER GOOD CHANGE

Recipe Recommended by Department of Agriculture in Preparing Fish Products.

The United States Department of Agriculture suggests the use of the following recipe in preparing fish products for sale. Plain soda crackers are often broken up into clam chowder at serving time when New England cooks make it.

Clam Chowder.

- | | |
|---------------------|---------------------|
| 2 dozen clams | 1 to 2 teaspoon- |
| chopped fine | fuls salt (to |
| 2 quarts hot water | taste) |
| 2 medium, white | 1 saltspoonful pep- |
| onions sliced | per |
| 2 bunches celery, | 3 large tomatoes, |
| finely chopped | peeled and cut |
| 2 leeks, cut fine | fine |
| 2 slices of pork or | 1 teaspoonful |
| bacon, cut into | thyme |
| dice | 1 teaspoonful fine- |
| 3 large potatoes, | ly chopped pars- |
| peeled and cut | ley |
| into dice | |

Heat the pork or bacon and fry the onions, celery and leek in the fat; add the liquid from the clams, water and potatoes, cook 10 minutes, add the clams, tomatoes, salt, pepper and thyme. Worcestershire sauce according to taste may be added. Simmer for two hours, and add the parsley.

When serving, equal amounts of butter and flour may be creamed together and added as thickening to the heated chowder.

MANY CONVENIENCES AID CLEANING WORK

"Scrubbing Chariot" Rolls Pail Around Without Effort.

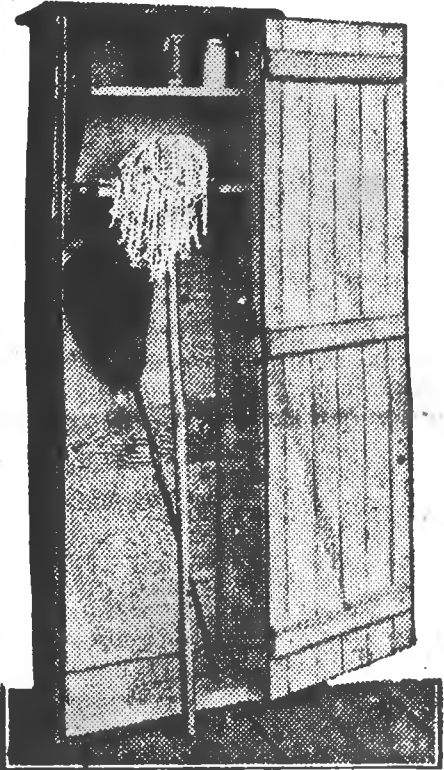
(Prepared by the United States Department of Agriculture.)

The woman in the photograph does not have many conveniences, apparently, but she has learned to make light work of cleaning by having a tall narrow closet in a handy place in which to store her long-handled brushes, brooms and mops. She has also what is popularly known as a "scrubbing chariot," which can be used either as this housewife is using it, to roll her pail easily about, or, if there are corners which must actually be scrubbed, to kneel on as she works. This "chariot" can be easily constructed at home by an amateur carpenter.



"Scrubbing Chariot" in Operation.

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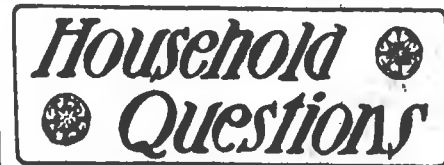
Tall, Narrow Closet for Mops and Brooms.

or screw-eyes fastened to the handles, so that the weight does not rest on the straws, strings or bristles, or they should be set upside down on their handles. A small shelf or two for cleansing agents such as scouring powder, ammonia, lye, etc., is a convenience. The picture shows a home-made closet with shelves, placed on the back porch.

IN WELL-EQUIPPED KITCHEN

More and Better Work Can Be Done in Room Arranged for Comfort and Convenience.

The kitchen is the workshop in most farm homes. In it the housekeeper and her helpers prepare the food for the family, and from it as a center carry on most of the other housework. More and better work can be done in a well-lighted shop arranged for the comfort and convenience of the workers and equipped with good tools than in a dark shop where much time must be spent in unnecessary steps and energy wasted with scattered equipment. Business men have found this a sound principle, and it should be applied to the farm kitchen so that the housekeeper can do her work more quickly and with the least fatigue.



A good vinegar will awaken the flavors of vegetables and salads.

To preserve the rubber bathing cap sprinkle the inside with talcum.

Lemon milk sherbet is a wholesome, delicious hot-weather dessert.

All vegetables should be clean and fresh if one intends to can them.

String beans and sweet corn are the perfect combination for picnecosh.

This is the time of the year to take the family on a week-end vacation. It is good for health and disposition.

FIRES IN STATE KILL 265

Insurance Agents at Winston Are Told That Losses in 1922 Were \$8,235,000.

Winston-Salem.—That 265 lives were lost and \$8,235,931 in property was destroyed as the result of fires in North Carolina in the year 1922 was the declaration of the conservation committee submitted to the annual convention of the North Carolina Association of Insurance Agents held here with the president, John R. Hall, of Oxford, presiding. In his annual address the president urged that the association reaffirm its position as to the further extension of bank agencies; that as a pledge of good faith members refrain from employment of bank officers and employes as solicitors, and that they be extended to companies and their field men who cooperated with the association in this matter.

Wallace P. Bennett, secretary of the National Association of Insurance Agents, speaking on "Why Should I Worry," called attention to the contrast in fire records in the city of London, where there were 225 fire alarms in 1921, and in America, where in New York city alone there were on January 1, 1923, one day, 327 alarms.

At the evening session of the convention Spencer Walton of Baltimore, spoke on "Production From a Production Executive's Standpoint."

An informal banquet was held with Thomas Barber, of this city, president. A number of brief addresses were made by visitors.

Freakish Lightning Kills Three Horses

Statesville.—Lightning struck the barn of A. W. Stevenson in Shiloh township and killed three horses and one mule. The miraculous feature of the incident was that a son of W. R. Stevenson, who had his hand on the mane of one of the horses was not affected by the stroke that caused the animal to fall suddenly at the young man's feet. W. R. Stevenson was knocked down and one foot was affected by the stroke. A. W. Stevenson, who was inside the barn, was not hurt. The barn was set on fire and was consumed with its contents.

Berry Growers Complete Shipments.

Hamlet.—The dewberry growers of Hamlet have about finished shipping. On account of the cold weather in the spring, and a very severe hail storm in April the crop was very short. Excellent prices have largely made up for the short crop. After the peach crop, the dewberry crop is beginning to be the most profitable crop raised in the Sand Hills. All the dewberries are shipped through the association, and have been so routed that there has been no glutting the market.

Big Celebration at Oxford.

Oxford.—The celebration of St. John's Day, the greatest annual event in the life of the Masons of North Carolina and the town of Oxford, took place at the Oxford Orphanage. With ideal weather an immense crowd from all sections of the States this annual event, always the center of interest for many friends of this great institution, was greatly enjoyed.

The session of the Grand Lodge convened in Lodge Hall, with the following officers in attendance: Grand Master Hubert M. Poteat, Wake Forest; J. Legrand Everett, deputy grand master; Leon Cash, senior grand warden; J. E. Cameron, junior grand warden; Z. V. Reed, grand treasurer; W. W. Wilson, grand secretary; Rev. Bruce Benton, grand chaplain; R. F. Edwards, grand lecturer; R. B. Walker, senior grand deacon; L. M. Halbrook, junior grand deacon; Dr. W. C. Midgett, grand marshal; A. J. Harris, grand sword bearer; T. M. Arrington, grand pursuivant; B. S. Royster, Jr., grand secretary; R. S. Pritchett, grand steward; W. T. Terry, grand tiler. Past grand masters present included B. S. Royster, Oxford; A. B. Andrews, Raleigh; J. Bailey Owens, Henderson; J. C. Braswell, Whitakers.

Rescind Order for Railway Election

Goldsboro.—The call for an election set for July 9, to determine whether the city should take over and operate street cars over five miles of local track, was rescinded at a called meeting of the Board of Aldermen. Goldsboro has not had street car service in several years. About two years ago, quite a sum was spent in repairing and extending the tracks and it was thought at the time that this action meant the resumption of trolley service, but the tired resident of newly developed suburbs still hoist it.

Hamlet Holds 3rd Annual Peach Show

Hamlet.—The third annual peach show will be staged at Hamlet the latter part of next month. An exhibition building is being put in condition for the show, and towns in both North and South Carolina, of the peach belt, are cooperating to assure the success of the show, which is expected to be the biggest of the three.

LaCoste Evans, of Cheraw, is the director of the show this year. He will be assisted by L. E. Blanchard, secretary of the Hamlet Chamber of Commerce.

BANQUET AND DIE

Society Functions Shorten Lives of Diplomats.

Sir Auckland Geddes, British Ambassador, Latest Victim of Over-tentive Hostesses.

When Uncle Joe Cannon remarked that more men dig their graves with their teeth in Washington than elsewhere, he had in mind the fact that dinners and lunches are the dominant, almost the only, social currency of the capital. That's because it lacks the manifold social resources of a commercial metropolis, remarks a New York Sun writer.

In Washington you eat and talk, talk and eat. There's nothing else to do—that is, not much. You meet the same people over and over. And your eating becomes a nonstop grave-digging marathon.

Friends of Sir Auckland Geddes, the British ambassador, are quoted by a Washington correspondent as relating that his reported approaching return home is influenced not only by the condition of his eyesight but also by an urgent need of rest from the gallant consumption of dinners and lunches.

The British ambassador is always a desirable lion for the table of every Ilana hostess, and precedence generally plants him in the seat on her right. The fierce light that beats upon a guest of honor, when it happens to be Sir Auckland Geddes, at a Washington dinner table, prevents him from cultivating the gentle art of dining without eating.

Sir Auckland, according to his friends, became aware some time ago that the round of lunches and dinners, dinners and lunches, was undermining his constitution. Some of them urged him to resort to the polite camouflage of the fork. They pointed to the example of noted Washington diners out, whose habit of dallying negatively with the food set before them is well known to every hostess.

But the British ambassador felt that his position would not permit him even to seem to make light of the hospitality accorded him, and like a veritable martyr he continued courteously to eat his way through the endless chain of Washington society. His friends are confident that a rest under English skies will speedily chase away whatever penalty he is suffering from due to his over politeness.

Many a wary American "diner out," happily free from international considerations, practices the fine art of dining without eating. 'Tis an art of which the past master emeritus is that valiant banqueter, Chauncy M. Depew, whose artful practice it is to eat his usual frugal dinner at home and let "nought but wit pass his lips at the festive board.

Wit, or at least an unflagging stream of gay loquacity, is an indispensable asset for those who aspire to dine without eating. Such are the wise birds who are the life of every dinner table fortunate enough to earn the benediction of their presence. Indeed, an experienced hostess would group in despair at the prospect of a dinner party attended only by persons intent on clearing their trenchers.

Nevertheless, "would be an unnaturally philosophical hostess that wouldn't feel a twinge of anxiety if she detected the guest of honor surreptitiously passing up her chef's or caterer's choicest dishes, and a plea of poor health from him would make matters worse. Hence the spectacle of a chivalrous diplomat immolating himself on the altar of Washington hospitality.

On the right hand of your hostess, it's no easy thing to let one culinary sample after another be wafted away untasted. If you try to bluff through with a brilliant line of talk, fussing your food about with a fork, her eagle eye will detect the subterfuge and she'll think you don't like the supreme de volaille or the grouse from Scotland isn't ripe enough for you.

Further down the table the camouflage would work, especially if you wiped your lips with your serviette once in a while, shaking your shoulder with a laugh at some sally of a neighbor's, or took an eager swig at your glass as if the crevisses had made you thirsty. It takes tact, but it can be done.

Back to Shakespeare.

Both were wireless enthusiasts, and after the manner of those who fish and those who grow vegetable marrows, they told each other that each possessed the finest apparatus in the world.

"Do you know," said the first, "I distinctly heard the scene shifters talking the other night?"

His companion took a deep breath. "Why, listening in to the performance of 'The Merchant of Venice' the other night, I not only heard the applause, but could distinctly hear the cries of 'Author!'"

Fish Culture in Kansas.

In all southeastern Kansas there is no body of water so suitable for propagation of fish as the Fort Scott impounding lake, which covers more than a hundred acres and has a depth of 40 feet or more. But all the fish that could be grown in such a lake in ten years would be caught out in a single season if no restrictions were placed upon the fishers. If people generally were such fiends for fishing as those around Fort Scott there would be no fish in the ocean.—Fort Scott Tribune.

MANY HAVE BLOOD OF BURR

Numerous Descendants of Man Whose Character Has Been a Subject of Wide Controversy.

A newspaper paragraph says that Senator Carroll S. Page of Vermont has a grandson who is a cousin of Aaron Burr. The context makes it appear the thought is that cousins of Aaron Burr are few and far between. The reverse is the truth. There are hundreds and perhaps thousands of Americans who are blood relatives of this stormy petrel of American life.

To use the customary but bromidic manner of speaking, you can't throw a stone anywhere in America without hitting one of Aaron Burr's cousins. They are or are not proud of the relationship according to their inherited viewpoint, but most of them are proud that they can trace their relationship to Burr through the family of Jonathan Edwards, who was Aaron Burr's grandfather.

Jonathan Edwards is buried in a churchyard at Princeton, N. J., and his grandson, Aaron Burr, lies alongside of him. Edwards had a brother or two and ten sisters, every one of whom married and became father or mother to a large family of children. In the case of the Edwards sisters personally the word large can be used entirely properly in a physical sense. The average height of these ten Edwards girls was six feet. They were known collectively as "Jonathan's sixty feet of sisters."

At one time in this country there were seven presidents of American colleges who were of the Edwards blood, and cousins of Aaron Burr. There are in Chicago several families whose members are direct descendants of the Edwardses and therefore who, if they so wish, can claim cousinship to Burr. It is believed that there are more Americans of the Edwards blood than of the blood of any other one American family. Cousinship to Aaron Burr therefore necessarily is a common holding.—Chicago Evening Post.

Son of Princess Mary Not a Prince.

The baby son of Princess Mary and Viscount Lascelles, and the first grandchild of King George, is not a prince. Under letters patent issued in 1917, defining the style and title to be borne in future by members of the royal family, it is declared:

"The children of any sovereign of the United Kingdom and the children of the sons of any such sovereign and the eldest living son of the eldest of the Prince of Wales shall have and at all times hold and enjoy the style, title, or attribute of royal highness, with their titular dignity of prince or princess prefixed to their respective Christian names, or with their other titles of honor; that save as aforesaid the titles of royal highness, highness, or serene highness and the titular dignity of prince or princess shall cease, except those titles already granted and remaining unrevoked."

Noiseless Trolley Cars May Be Built.

The rattle and din of moving trolley cars in St. Paul and Minneapolis will be eliminated if plans of the Twin City Rapid Transit company mature. The two cities will have the first noiseless street cars in the world. Roller bearings will solve the problem and trucks equipped with the bearings are now being made at the shops. The company, however, hopes to decrease something besides noise. It is expected that the new bearings will remove friction in the truck shafts, will save 15 per cent of the power and will enable motormen to stop and start cars more quickly. The company hopes to save a large item in power by the use of the new cars.—Brooklyn Eagle.

Fuel From Waste Paper.

This fuel is not utilized by putting a match to the paper, but by the action of a microbe which will turn one ton of waste paper into fifty gallons of alcohol suitable for motor fuel. Two English chemists are said to have discovered this microbe, which, say its captors, is a rod-shaped bacillus which can develop so much heat in its growth that other germs, which might interfere with the alcoholic fermentation, are automatically killed. Apart from yielding the motor alcohol, the chemists say, this germ is capable of developing some 15,000 cubic feet of gas, suitable for internal combustion engines, from one ton of waste paper. It is to be hoped that these chemists will let the rest of the world know how to breed and use this useful little creature.

Heard on the Highway.

The Fredonia Herald says it took a long time to locate "the laziest man in the country," but—

"You guessed right, gentle reader; that man is none other than Delbert Russell. Listen to this: Whenever Mrs. Russell accompanies him in the car and he has the trouble Rus hides in the weeds somewhere, leaving his wife alone in the car. The first man who comes along and sees the lady alone in the car just naturally stops and fixes the tire. As soon as the friend in need departs our hero steps out and starts on his way."

But a contemporary says it wouldn't call that brother "lazy."—he's a genius.—Atlanta Constitution.

Her Opportunity.

Betty, aged four, was not allowed to go visiting alone. Seeing her one morning going from house to house spending but a few minutes at each, I asked her what she was doing.

"Well, mother's away and can't spank, so I fought I'd call on all the ladies."

The Reason. "Why," asked an arid-looking guest, "do they call Petunia a wide-open town?" "B'cuz 'tis," responded the landlord of the tavern. "Why, as soon as it gets dark you can hear phonographs playing in 'most every block, nearly all over town."—Kansas City Star.

When Dr. James M. Nicol, a missionary in Syria, was in this country, he was addressing a Sunday school on the subject of the country where he lived. He was endeavoring to make the small listeners of his American audience understand something of the strange land and the strange people of Syria. He said that the Syrians were queer people. Realizing that some of his smaller hearers might not understand what he meant by "queer" people, he asked:

"Do you boys and girls understand what I mean by queer people? What sort of people are queer people?"

Then he waited expectantly for an answer. After a little time a little girl six or seven years old timidly put up her hand.

"You know, little girl?" asked Doctor Nicol. "You may tell us what sort of people queer people are."

"I'll use, sir," began the tot, "queer folk are folk who ain't like us."

Want Male Teachers for Boys. Boys of school age nowadays should not be taught by women; they need the firmer guidance of a male teacher, according to a resolution passed recently by the British National Association of Schoolmasters.