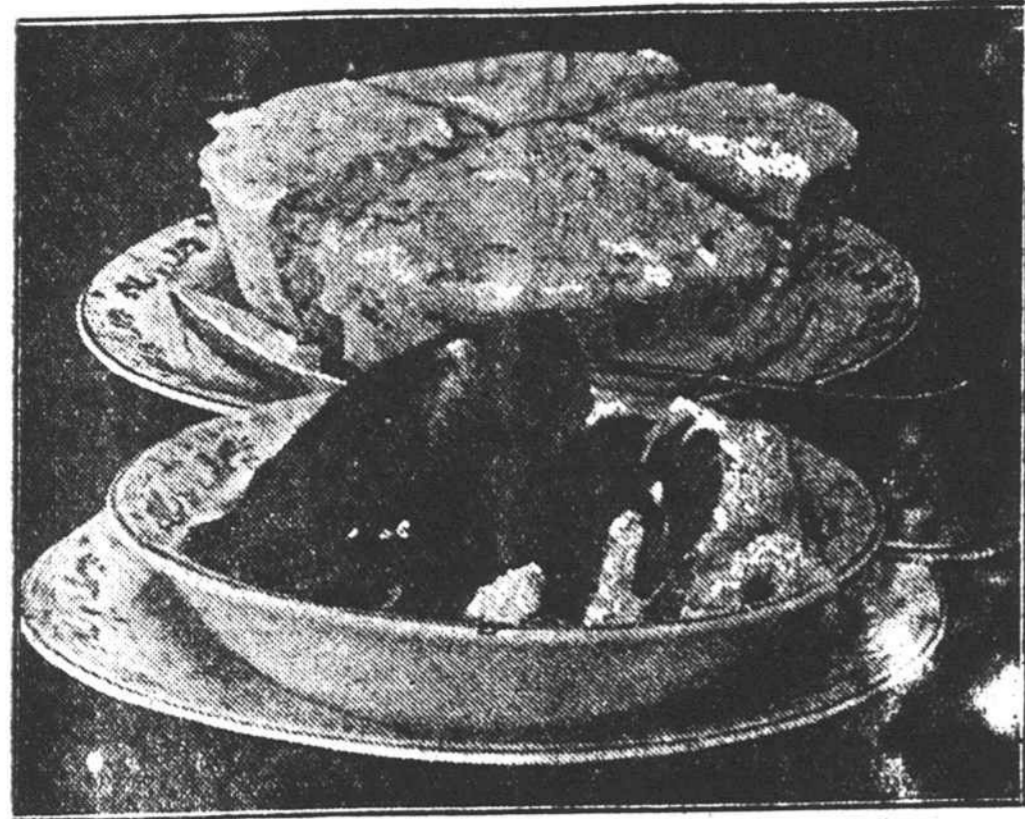


PLAN TO MAKE SUNDAES AT HOME



Crushed Peach Ice Cream and Chocolate Sundae.

(Prepared by the United States Department of Agriculture.)

Far from the soda fountain—out in the country, at shore or mountain resort—the children may enjoy chocolate sundaes and fruit ice creams of many kinds if ice is procurable and if they are willing to furnish the labor when it comes to turning the freezer. The small boy who is not willing to help out in exchange for the privilege of licking the dasher would be hard to find.

Plain Vanilla Ice Cream.

1 qt. market cream (usually 16 to 18 per cent fat).  
1/2 pint whole or evaporated milk.  
1/2 pint sugar (1/2 pound).  
1/2 teaspoonful vanilla.

This recipe is recommended by the United States Department of Agriculture. It can be served with a hot or cold chocolate syrup as chocolate sundae; it is good with maple syrup poured over it and a few chopped walnut meats; with crushed fruit in syrup it may be some other kind of sundae—either strawberry, peach, raspberry, pineapple (the pineapple should be cooked or canned), apricot, or any other preferred fruit according to the season.

The recipe can also be varied by introducing different flavors into the mixture before freezing it. A cupful of sweetened fruit pulp is the right amount for the quantity of cream and other ingredients in the recipe. Half a pint of sweetened peach pulp (made from three peaches and one-fourth

of a pound of sugar) is enough for about two quarts of the crushed-peach ice cream illustrated. A few tablespoonfuls of caramel flavor in vanilla ice cream give a pleasant variation.

After combining all the ingredients for any ice cream, the mixture should be put in the refrigerator for several hours to improve the texture and make it easier to freeze. When packing the freezer six pounds of finely crushed ice should be used for each pound of salt. If the freezer is turned slowly and steadily for eight minutes at the beginning it will only need to be turned fast for about two minutes.

To mold ice cream after it is sufficiently frozen, any clean can of suitable shape, with a tight-fitting lid, may be used. Baking-powder tins, lard pails, or coffee tins, if they permit turning the ice cream out in good shape, may be used. The mold should be well filled to prevent water from coming into it. When it is time to unmold the cream, the mold should be slightly warmed in hot water and a hole made through the center of the cream with a pencil or rod to admit air.

Chocolate Ice Cream.

To plain vanilla ice cream add one-half cupful of chocolate syrup made by cooking three tablespoonfuls of powdered chocolate or cocoa and four tablespoonfuls of sugar in one-half a cupful of water. Mix, let stand in refrigerator several hours, and freeze.

LIVE STOCK

More Summer Fattening of Cattle Is Suggested

More summer feeding of young cattle for market is suggested by W. H. Peters of the animal industry division, Minnesota College of Agriculture, who has been watching market quotations on grain-fed cattle and finds that they are higher now than at any time yet this year. Market reports for the last ten years also show, he says, that invariably good grain-fed cattle, especially yearlings, have sold for high prices through August, September and October of each year. He believes there is a suggestion in this circumstance that should be used to advantage by Minnesota farmers.

Professor Peters does not overlook the objections raised to the fattening of cattle on grain through the summer months. There is, of course, the difficulty of securing suitable feeder cattle in the spring. Ordinarily cattle on feed do not make good gains through the hot weather and fly season; also, all available labor on the farm is needed for farm-crops work through the summer season. But he believes it is possible to overcome these objections, and against them there is the great advantage of a high price for the finished product through the late summer and early fall months.

"Summer feeding," he says, "should perhaps be confined to yearlings or baby heaves, as it is the handy weight fat beef carcass from the 1,000 to 1,200-pound steer that is in greatest demand through the summer and early fall. By starting in with a group of good beef calves in the fall when they are weaned and carrying them through the winter on alfalfa or clover hay and slage with a medium grain ration, not getting them on full feed until in April or May and then pushing them until sold in August or September, the feeding of such cattle can be accomplished economically. Many feeders of baby beef cattle would be money ahead had they carried cattle that were sold last May and June until now.

"By giving yearling cattle the run of a darkened, well-bedded shed during the daytime in summer, so as to protect them from the flies, and turning them out to a good grass pasture at night, at the same time keeping them in a full feed of grain, they will make almost as good gains as in winter. The labor of caring for them is also somewhat less and the usual higher price received for grain-fed cattle in late summer and early fall will more than make up the difference in the highest cost of labor and slower gains made."

Prejudice Against Heavy Lambs in Many Quarters

Of late years there has been a growing prejudice among consumers against heavy lambs. There is no doubt that the texture of meat of a large animal is coarser than that of a small one, but the difference is so slight that it would take a scientist to discover it.

The real trouble is that in certain quarters the word lamb has become rather elastic. It has been applied to sheep of all ages with the result that the consumer feels it safest to purchase the smallest specimens he can find and is usually willing to pay more for this kind.

In reality lambs are no exception to the general rule. Small animals of other classes are not usually preferred to large ones. There is no doubt that lamb properly grown up to 175 or 150 pounds' weight is better food than the same lamb marketed at 90 or 100 pounds. At the latter weight he should be consumed without any waste.

Sometimes the heavier breeds are marketed in an unfinished condition for the purpose of keeping the weight within what is considered the margin of safety. This practice should be discouraged for the quality of meat produced must certainly be of a low class.

The way to overcome the difficulty with lambs of heavy breeds is to begin to feed them for market a couple of months younger than is necessary with the smaller breeds.

Question of Labor in Considering Fall Pigs

If fall pigs are being considered, the question of labor arises. They might perhaps require a board or two nailed over the cracks in the old hoghouse or a little more bedding and a little more energy spent occasionally in seeing that their wants are properly supplied. But those items are well taken care of as labor at that time of the year, viz., late fall and winter, is forced by nature to take things more or less easy.

Manner of Controlling Principal Insect Pests

Hog lice, mange, mites and fleas are the principal insect pests of the hog. For lice and mange rubbing posts or oiled wallows will usually give relief. The fleas are often troublesome in breeding houses and open sheds in early spring. Clean out all bedding and spray with coal oil or stock dip. Repeat at intervals of a week until the pest is completely controlled.

DOINGS IN THE TAR HEEL STATE

NEWS OF NORTH CAROLINA TOLD IN SHORT PARAGRAPHS FOR BUSY PEOPLE

Wadesboro.—This section of the country is having a great deal of rain. The corn crop is fine, but some anxiety is being felt regarding the cotton crop.

Warrington.—J. W. White, well known insurance man of this city, owns and operates what is thought to be one of the oldest typewriters in use in the United States. He has been pecking on the machine for thirty-seven years.

Wadesboro.—Work has been resumed on the new, high school building, which will be completed before the beginning of the fall term. The work was interrupted by the failure of the firm which had the contract. The building is one of the finest in the State.

Henderson.—Little Miss Ida Lucille Robertson, the nine-year-old daughter of Mr. and Mrs. O. C. Robertson, died last week at the home of her parents. She suffered from hydrophobia, following a bite from a mad dog three weeks ago.

Fayetteville.—D. H. Ellis, Atlantic Coast Line switchman, was fatally injured when he was crushed between two freight cars on a siding at the West Lumber and Box Company. He died three hours after the accident in the Highsmith hospital.

Thomasville.—Albert W. Fuller's store at the village of Fullers in Randolph county, seven miles south of Thomasville, was entered and the safe removed from the store containing many valuable papers, insurance, unrecorded deeds and other papers, but no money.

Winton.—E. D. Clark, of Winton, erstwhile citizen of St. Joseph, Mo., was exhibiting a walnut walking cane at Winton this week which, according to his story, was presented to him by Jesse James, whose real name was Howard.

Henderson.—W. L. Edwards, prominent farmer of this county, died at his home in Kittrell of injuries sustained when his automobile skidded and overturned with him.

Bethel.—The boll weevil has made his appearance here and is doing his work on the August crop. However, the crop is well advanced and a splendid early crop already set from the July crop. The indications are now that 25 per cent of the crop will be destroyed by the weevil this year.

Shelby.—Prof. I. C. Griffin, superintendent of the Shelby schools, announces that Miss Lillian Minor, of Oxford, has been secured to head the department of teacher training in the Shelby high school this year. Miss Minor is a graduate of the State Normal College, of Virginia.

Ahoskie.—That Hertford county farmers are in for one of the most productive harvests of recent years is further strengthened by the report of the condition of the cotton crop in North Carolina, just issued by the State Department of Agriculture. The condition of the crop for Hertford County is 99 per cent, and is the highest average of all counties within the State.

Chapel Hill.—The University will have a student body of about 2,200 for the year 1923-24 according to present indications at the office of Dr. T. J. Wilson, registrar. There was a total of 1,974 students here last year.

New Bern.—D. L. Latham, former county agent in Onslow, at present manager of a local fertilizer plant, who has just returned from a motor trip through that county declared that there is a forty per cent boll weevil infestation in Onslow cotton.

Lenoir.—Word has been received here of the suicide of Vance Triplett at his home just across the Wilkes county line several days ago. Mr. Triplett ended his life by hanging himself in the barnyard in plain view of the front porch of his home.

Henderson.—Henderson's fire losses during the month of July was \$15, Fire Chief M. H. Matthews reported. This was the small blaze that damaged Claude Hunter's chicken coop. During the month three alarms, one of them being a false call, and another being out of the city limits.

Greensboro.—Plans for the formation of an organization of former members of the coast artillery corps, N. C. National Guard which was composed of six companies comprising 705 men and 22 officers, who trained for the war at Fort Caswell, are being considered by Major E. D. Kuykendall, former commander of the corps.

Asheville.—Plans are about completed for the seventh annual convention of the North Carolina Society of Engineers which will be held here August 10-11. Headquarters of the convention will be established at Kenilworth Inn.

Beaufort.—While four young men were fishing in Newport river, one of them, Charlie Russell, aged 17, was drowned. The boat was overloaded and leaky. It filled with water and sank. Three of the boys got to a shoal and were rescued by a fisherman who saw that they were in distress.

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Impossible. Doctor—Put out your tongue—more than that—all of it. Child—But, doctor, I can't. It's fastened at the other end!

Baby Was Soon Playing With Daddy Again

"My baby cut two teeth at 4 1/2 months and cried so much I could hardly quiet her. Really I didn't know what to do till a friend said give her Teethina which I did, and in a day or two she was laughing and playing with Daddy again. She has cut several teeth since and they never gave her a bit of trouble," writes Mrs. Charles H. Partain, 221 Shell Road, Mobile, Ala.

Many a distracted mother would find comfort and relief if she would give her baby Teethina all through its teething time. It soothes the inflamed gums and relieves every distressing symptom. Teethina is sold by leading druggists, or send 30c to the Moffett Laboratories, Columbus, Ga., and receive a full-size package and a free copy of Moffett's illustrated Baby Book.—Advertisement.

Safety First. "I find that I am in no danger of being run over on the streets, as long as I—"  
J. Fuller Gloom spoke with his usual pessimistic acidity. "I—stay out of them."—Kansas City Star.

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do.

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Be sure to get Swamp-Root and start treatment at once. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

Grandpa and Grandma.

"When I was a young man," said grandma, "we used to be reproved for reading dime novels."  
"Yes," rejoined grandpa, "and now you pay a dollar and a half for worse."

Anglo-American Drug Co., 215 Fulton St., New York. Dear Sirs: I am using Mrs. Winslow's Syrup. It saved my baby from dying of colic, which she had for three months. Some one advised me to get Mrs. Winslow's Syrup and I did. Yours truly, (Name on request)

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His Statement Doubted. Teacher—Who signed the Magna Charta? Youngster—Please, ma'am, 'twas me. Teacher (disgusted)—Oh, take your seat. Skeptical Member of Rural School Board—Here, call that boy back! I don't like his manner, I believe he'll do it. Milk of human kindness looks more or less blue after it has been skimmed by an ingrate.

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W. N. U., CHARLOTTE, NO. 33-1923



HOW VARIOUS FOODS MEET NEED OF BODY

Recent Bulletin of Much Interest to Housekeepers.

(Prepared by the United States Department of Agriculture.)

A new and graphic method of showing the composition of 50 common foods has been followed in Department Bulletin No. 975, Food Values: How Foods Meet Body Needs, by Emma A. Winslow, which has just been issued by the United States Department of Agriculture. The bulletin is of interest both to dietitians and to housekeepers. A chart for each food shows, by lines of different lengths, what percentage of the total necessary fuel and protein and also of three of the important minerals—lime, iron, and phosphorus—is contained in a pound of that food, thus making it possible to compare foods with respect to any of their nutrients.

The charts do not show whether or not the foods graphically illustrated are sources of vitamins, but certain paragraphs discuss this important phase of nutrition in detail. The comparison made by the charts is helpful in combining food materials so as to make a complete ration, for it shows not only what a given food supplies but also what it lacks.

A glance at the milk diagram, for example, shows that a pound (pint) of milk supplies over eight-tenths of the calcium (lime) a man needs per day, and less than one-tenth of the iron. The other foods of the diet should therefore include some in which iron predominates, and turning over the pages of the bulletin it is possible to find many such very easily.

Vegetables and fruits, it is seen from the charts, are useful in supplying mineral substances and bulk in the diet without unduly increasing the protein and fuel. Milk, eggs, cheese, fish, meats, and almost all the foods depended upon to supply efficient protein, are, with a few exceptions, of animal origin. Peanuts and soy beans, however, differ from other legumes such as dried beans, peas, and lentils, in containing efficient or adequate protein. Milk is one of the best foods for young and old and cannot be satisfactorily replaced in the diet of growing children. Some of the protein foods are rich in mineral substances. Meat and egg yolks supply iron, milk furnishes calcium, and peanuts phosphorus. Many of these protein foods, especially milk and egg yolks, are valuable sources of vitamins A and B.

Cereal foods provide protein and energy in about the proportion needed by the body. Their protein is, however, of such kind that it needs to be supplemented by milk, eggs, cheese, and flesh foods. When made from the whole grain, cereal foods also supply some mineral substances and vitamins, but a diet containing large proportions of refined cereal foods must be supplemented by plenty of dairy products, vegetables, and fruits. The various kinds of cereals differ little in fuel

value. Rice, wheat flour, and corn meal, for example, all yield about 1,600 calories to the pound.

Sugar and energy foods are valuable for fuel. A few sweet foods such as maple syrup, jelly, and preserved fruits also contain small amounts of protein and mineral substances. Sweets in proper amounts are an important part of the diet, when served at the right time.

Fats and fat foods as a class have a higher fuel value than those of any other group. They add flavor and richness to the diet, but should not be used to excess. Milk fat is a particularly rich source of vitamin A. Butter and cream are, therefore, far more important than most other fats in the diet of growing children. Chocolate and nuts, which are fat foods, also contain generous proportions of protein and minerals.

In estimating the value of a "made" dish containing materials from several different groups it has been convenient to chart these in the form in which they are eaten.

The bulletin, "How Foods Meet Body Needs" is available free on application to the United States Department of Agriculture, Washington, D. C.

WAYS FOR COOKING CHICKEN

Steam Pressure Method Saves Time, Fuel, Labor, Heat and Much of Food Value.

Chicken cooked under steam pressure is delicious, states the United States Department of Agriculture. This method saves time, fuel, labor, heat and food value. Smothered chicken can be prepared as for frying, dredged with flour and browned in hot fat in the bottom of the pressure cooker. It is then seasoned with salt and pepper and transferred to the rack of the cooker, with one-half cupful of water below. When the cooker is closed it is brought up to 15 pounds pressure and maintained there 40 to 60 minutes, depending on the age of the fowl. The stock should be thickened and served with the chicken.

Roast chicken with dressing and chicken fricassee can also be prepared in the pressure cooker. A lower pressure and longer cooking is preferred when the fowl is left whole.



- Rub scorched spots with peroxide.
- Rub coffee stains with glycerin, rinse and press.
- Chocolate stains can be removed with borax and water.
- When lice appear on ferns, stick sulphur match heads in soil about the roots.
- When cheese becomes dry, steam for half an hour over a saucepan of boiling water.