

EMATIC HOUSE-CLEANING PLAN



Vacuum Cleaner Saves Time and Labor.

The United States Department of Agriculture has in the weekly house cleaning plan, the Department of Agriculture. When this is done, the will not need to be repeated, when rooms near to be cleaned on the same often easiest to get all of, then clean them all, and them all in order.

Small Things First.

ures and bric-a-brac should be dusted. If not removed from firely they should be placed covered. Furniture, mirrors should be dusted with cloths. Draperies should be taken down or Radiators, registers, grates, replaces should be cleaned. ing and baseboards should and dusted, and floor and rugs cleaned according to the object of sweeping and to remove dust, not to scattering, the strokes should even. Keep the broom or

HEADS HOME ECONOMICS BUREAU

Stanley Is Recipient of Usual Honor.

The United States Department of Agriculture has the first time in the history of the States Department of Agriculture, Dr. Louise Stanley, recently made chief of a newly created bureau of home economics. The desirability of a woman in this position is appreciated when it is understood that the work of the Department is intended to serve the whole farm family in agriculture and home economics. While the bureaus give their attention to such subjects as crops, live stock, insect pests, or general



Stanley, Chief of Bureau of Home Economics.

ment, it is part of the department work as well, also to help the woman. In rural homes it has been the life of the mother is a life of drudgery. This is due to failure to understand the value of doing housework to gain strength. Frequently the lack of conveniences. The home economist wants all informed of the best and practice in regard to housework. It is not necessarily mean to buy expensive new things, it is possible to make interesting and so dignified. The bureau of home economics believes that it takes a home to the best

brush on the floor most of the time instead of fliriting it through the air. The dust cloth should be held in a fairly compact mass, so that the surface to be cleaned is wiped or polished and at the same time the dust is held by the cloth. While the dust is settling, remove spots from the woodwork and wash windows if necessary.

The covers may then be taken from pictures and furniture. They should be shaken out of doors if possible. Then the room and furniture should be dusted thoroughly, beginning at the top of the room and working down.

Use of Vacuum Cleaner.

When a room is cleaned with a vacuum cleaner, the order of proceeding is different. The room is first dusted, then the vacuum cleaner is used on upholstery, hangings, walls, and carpets or rugs, and finally the floor is dusted. By this method of cleaning fewer articles need to be moved, no dust is scattered, and more dirt is actually removed. A vacuum cleaner, therefore, saves time and labor.

advantage of the whole family, and that what a mother does should be recognized and appreciated. At the same time, with more information as to what other housekeepers and scientific workers have found out about good household management, the proper feeding of the family, the best utensils and equipment to buy or the most durable materials for clothing, every mother can render better service to her family with less effort on her own part. To supply information on all such questions and to make investigations which will lead to continued improvement in household methods, the new bureau of home economics was established.

Printed leaflets, known as "Farmers' Bulletins" and dealing with a great many topics of interest to housekeepers, may be had free upon application to the United States Department of Agriculture. Those on food subjects contain good recipes which have been thoroughly tested.

For the present year the new bureau of home economics will continue work already begun in nutrition, food preparation and other household problems. After next July scientific studies will be made to learn how the family income should be spent, what woman's work in the home is actually worth if wages were paid, how to select clothing and dress materials to best advantage, how to choose the most nourishing foods, how much housing ought to cost, the best kind of equipment to buy, such as furnaces, hot water heaters, stoves, refrigerators, the best plan for a kitchen. As these studies are completed information relating to them will be circulated in the newspapers and magazines and in the form of farmers' bulletins.

COOK RABBITS LIKE CHICKEN

Those Raised Especially for Market Are Apt to Be More Tender Than Wild Ones.

Rabbits may be served in any way chicken is liked—fried, fricasseed, smothered, baked, in a casserole, in pie, croquettes, or hash. While wild rabbits are often relished, those especially raised for the market are apt to be more tender and will cook in less time. The bureau of home economics, United States Department of Agriculture, recommends the following way of preparing an excellent casserole of rabbit:

Clean and disjoint the rabbit into as many pieces as desired. Sprinkle with salt and pepper and dredge with flour. Fry to a delicate brown, preferably in sausage or bacon fat, though any clean cooking fat may be used. When the rabbit is done, put the pieces in a casserole and pour over them a gravy made from four tablespoonfuls of the fat in which it was fried, blended with four tablespoonfuls of flour and four cupfuls of stock or boiling water, seasoned well with salt, pepper and Worcestershire sauce. If the casserole is prepared early in the day it may be reheated in the oven for dinner. It should be boiled in the casserole from half an hour to an hour, or until the meat is very tender.

LIVE STOCK

Proper Ventilation Is Big Boon to Live Stock

If your stable has a foul, stifling odor in the morning and, if there is frost on the side walls and ceiling, then your building needs ventilation, says E. A. Stewart of the agricultural engineering division at University farm. "It is not always possible to keep out all frost, but there should be very little, if any, except during the bitter cold days of winter.

"Barns should have walls that are built to keep in the warmth of the stock," says Mr. Stewart. "There should not be cracks around doors and windows, where the snow and icy blasts can blow in. It is best to use storm windows on all openings into the stable. Do not have a large stable with only a few head of stock in it. If you do not need all of the room, partition off a part of it. Even a canvas can be used for this purpose. A cow should not be required to heat more than 700 cubic feet of space; about 550 cubic feet is an average value. A horse may be expected to heat about 1,000 cubic feet of space, but 700 or 800 cubic feet is a fair value.

"Make sure that the air intakes are provided with shutters or dampers, so that you can control the amount of air coming in. Likewise, a shutter is needed on the foul air flues to control the amount of air removed. It is a good investment to buy a thermometer for your stable. Hang it in front of the stanchions, about level with your head. The temperature of the barn should be about 82 to 40 degrees when outside temperatures are around zero or 10 below. With the proper number of cattle or horses in it, and with the ventilators working properly, a well-built barn will not be colder inside than 35 degrees, even at outside temperatures of 30 degrees below zero."

Prof. E. A. Stewart, University farm, St. Paul, will give further information on ventilation if you will write to him.

Silage in Ewe's Ration Proves Very Profitable

A preliminary experiment at the Colorado experiment station in feeding silage to ewes along with alfalfa hay showed four pounds more gain for silage-fed ewes than those fed alfalfa alone. Lambs from silage-fed ewes weighed one-quarter pound more at birth and averaged four pounds heavier one month after lambing ended. Neither lot received grain till the end of the lambing period. Allowing 8 cents per pound for gains on lambs and ewes and valuing hay at \$14, the silage was worth \$6.80 per ton for wintering ewes.

At the Purdue station, in three years' trial, ewes gained more when fed silage with hay, compared with hay alone and their lambs weighed slightly more. Valuing the hay fed at \$8 per ton, the silage was worth \$3.20 per ton. At the Iowa experiment station ewes fed a ration of corn silage with a small amount of oats and bran produced lambs weighing 8.02 pounds at birth and all strong and healthy. Ewes fed clover hay alone for roughage with some corn, oats and bran produced lambs weighing 8.19 pounds, but cost 1.37 cents per day as compared to .78 cents per day for the silage lot. Ewes fed corn silage with clover hay and a little oats and bran produced lambs weighing 8.63 pounds, and the feed cost 1.02 cents per day.

These figures should be sufficient to show the high value of corn silage for breeding ewes. Moldy silage should not be fed.

Causes for Abortion in Brood Sows Are Traced

It is now known that abortion in sows is caused by a germ practically identical with the one that causes contagious abortion in cows. The germ has been found in the aborted pigs, afterbirth, discharges from the sow, and even in her first milk. A sow that has once aborted may remain infected but carry pigs full time and yet spread infection in her vaginal discharges. Her blood and that of any sow or gilt affected with the disease, whether abortion has occurred or not, will be likely to respond to the laboratory tests by which the infection is detected.

The infection is contracted by healthy gilts and sows eating feed contaminated by vaginal discharges of an affected sow, or devouring afterbirths or aborted pigs. The herd boar may become infected but may throw the disease off in about two months. A sow becomes infected in about twenty-four days after eating infected feed. The average period of pregnancy at which abortion occurs is 65 days. It may occur as early as 24 days and as late as 90 days.

Abundant Exercise Most Important for the Jack

Many rules in the care of stallions apply to jacks as well. Abundant exercise is, if possible, more important for the jack because of his sluggish nature. In addition to the exercise possible in a roomy box stall and a large paddock, some road work is almost necessary. Kindness and firmness in handling the young jack determine his disposition and to a large extent his future usefulness.

DOINGS IN THE TAR HEEL STATE

NEWS OF NORTH CAROLINA TOLD IN SHORT PARAGRAPHS FOR BUSY PEOPLE

Spencer.—Stricken with ptomaine poison as a result of eating during the Christmas holidays, Murphy Caddell, a brother of H. C. Caddell and Miss Kate Caddell, of Spencer, died at the home of his mother, Mrs. I. H. Caddell, near Carthage.

Asheville.—L. H. Jones, of Asheville, armed with a mid-iron, won the annual New Year's one-club handicap tournament of the Asheville Country Club here. His net score was 76. Dr. P. R. Terry, of Asheville, was second with a net score of 77. About 40 players were in the tournament.

New Bern.—Two solid-copper moonshine stills, five gallons of their product, and 6,000 gallons of beer were the fruits of a raid a few miles south of Vanceboro, made by Deputy Sheriff W. H. Whitford, Mayor Stonewall Jackson and Chief of Police W. H. Smith, of Vanceboro.

High Point.—A moonshiner who was prepared to help reduce the aridity in this section around New Year had his plans disrupted by 30 gallion copper still north of High Point. The apparatus was found in the packing house of A. M. Stegall, only 50 feet from his dwelling.

Wilmington.—An unknown negro moonshiner has a back partially filled with bird shot and Sheriff George C. Jackson has a unique liquor still the result of a raid led by the sheriff upon a moonshine outfit located in a boggy swamp in the Rock Hill section of New Hanover county.

Charlotte.—The Board of Home Missions and Church Extension of the Associate Reformed Presbyterian Church Synod, meeting here, appropriated \$15,000 toward erection of a church of the denomination in Tampa, Florida. It was reported that members of the church in Tampa were working on plans for a \$25,000 structure.

Wilmington.—A coroner's jury investigating the death of J. S. Hargrove, whose body was found on an isolated street Saturday night reached a verdict that Hargrove came to his death from a gun shot wound inflicted by Arthur Cox, the negro under arrest. Cox, who was arrested immediately after the killing, is held in the county jail.

Wilmington.—A suspender buckle saved the life of J. W. McKoy here when a negro fired a pistol point-blank at his heart at a distance of two feet. The bullet penetrated McKoy's vest, struck the buckle, passing completely across his chest between vest and shirt, and tore through his vest on the opposite side.

Winston-Salem.—The auction warehouse have sold 30,984,359 pounds of the 1923 leaf tobacco crop at an average of 20 cents per pound. While no figures have been given out, it is estimated that the co-operatives have stored in their warehouses here more than a million pounds of the weed. It is generally estimated that at least 75 per cent of last year's crop in the Piedmont section has been marketed.

Durham.—Dr. W. P. Few, president of Trinity College, and Prof. R. L. Flowers, stated that the rumor that a \$40,000,000 hospital plant was to be located here, under the sponsorship of J. Buchanan Duke, millionaire tobacco-king, was without foundation, according to their information. They didn't deny, however, that the establishment of a great hospital, with numerous county branches, might not eventually be located in Durham.

Burlington.—About the best news the traveling public has heard recently is that the work on the approaches to the bridge at Haw River has been completed and the terrible detour has been discontinued.

Edenton.—"Come and get me," were the last strangled words of Lee Umphlett as he sank beneath the water off the third time. He was drowned off the old Norfolk Southern railroad docks.

Elizabeth City.—Alexander E. Jones, Pasquotank farmer, given a preliminary hearing here on a charge of murder growing out of the killing of Alfred Ferebea, negro, was bound over to Superior Court in \$15,000 bail.

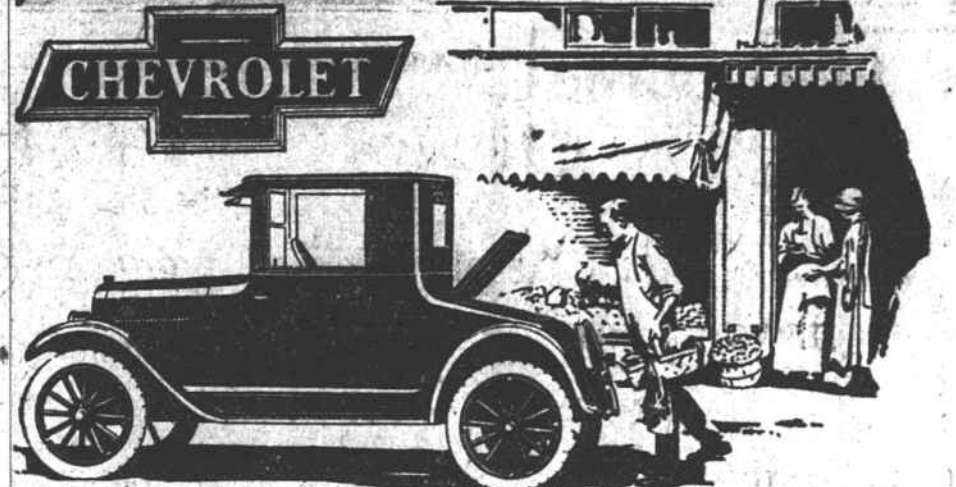
Asheville.—After two unsuccessful attempts to reach Asheville in his airplane to spend Christmas with a young lady friend, Captain N. H. Hale, army aviator, of San Antonio, Texas, landed here for a belated holiday visit.

Shelby.—Mr. Lee Smith died suddenly in his home in South Shelby. Mr. Smith had just been out and witnessed the passing of the funeral procession of Mr. Joe Owens, returning to the house where the final summons came immediately without warning.

High Point.—Miss Myrtle Walker, well known young lady of this city, was injured in an automobile accident near Hopewell, Va. Her father was so badly injured in the same accident that he died. Her mother also was hurt but her conditions is not serious.

Wilmington.—Approximately forty million gallons of gasoline and kerosene were moved through the port of Wilmington by the Standard Oil Company in 1923 and the outlook for the coming year, 1924, are that mammoth amount will be increased, according to J. Laurence Wright, manager of the local distributing station.

For Economical Transportation



The Economical Quality Car

Chevrolet prices are not the lowest on the market, yet Chevrolet economical transportation averages lowest in cost. This average cost considers the purchase price, interest on investment, depreciation and all operating and maintenance costs.

A detailed comparison with any other car in the low priced field will convince you that Chevrolet is the best buy because of its superior quality and because the purchase price includes full equipment.

More than a million Chevrolets are now in use. Twelve huge plants are now building them at the rate of twenty-five hundred per working day. Nearly one-half million Chevrolets were bought in 1923—far exceeding in number the sales of any other quality car.

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When You Buy a Plaster—always ask for "Allcock's"—the original and genuine porous plaster—a standard external remedy.—Adv.

Popularity, if purchased at the expense of base condescension to vice, is a disgrace to the possessor.

Thousands Keep in Good Health by taking one or two Brandreth Pills at bed time. They cleanse the system and purify the blood.—Adv.

The hunter who is chased by a bear is lucky if he comes out ahead of the game.

The weight of a woman's first baking is usually twice the weight of the ingredients.

New Substitute for Rubber. "Factice" is the name given to a new rubber substitute formed by combining sulphur chloride with any of the various vegetable oils.

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Aspirin Marked With "Bayer Cross" Has Been Proved Safe by Millions.

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 23 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

Those who like the solitude of the wilds are made to feel that they ought to apologize for it.

One of the great influences for home staying at nights is the high-way man.

Playing Your Part in Your Community

What will your community be ten, fifteen or twenty years from now? Will it be more prosperous, more beautiful—a more desirable place to live and work in than today?

It will, if you play your part.

Look around you. Somewhere you have seen the magic of concrete roads—the tonic effect of concrete streets. Have seen business improved through buildings made firesafe, sanitary and permanent with concrete. Have seen the greater sense of security and pride that comes from concrete schools, churches, theaters and homes.

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Portland Cement Association service helps anyone to play his part well.

It is a free service for the owner, the builder—for everyone interested in getting the greatest value from concrete.

The cement industry has made this service possible through the Portland Cement Association. It is a service, offered without any obligation.

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