

OUR DE. ACY — by Mat

As Ye Sow —

SOME WENT FORTH TO SOW... SOME SEEDS FELL BY THE WAYSIDE... SOME FELL UPON STONY PLACES WHERE THEY HAD NOT MUCH EARTH, FORTHWITH THEY SPRANG UP AND BECAUSE THEY HAD NO SOOT, THEY WITHERED AWAY. BUT OTHERS FELL INTO GOOD GROUND AND BROUGHT FORTH FRUIT, SOME AN HUNDREDFOLD.



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Tomato Juice Good Source Of Vitamins

Tomato juice is a healthful drink and, if properly prepared, is an excellent source of vitamins A and C, says Mrs. Cornelia C. Morris, Home Economist in Food Conservation at N. C. State College.

She suggests the use of fully ripe firm tomatoes of a bright red color, which have been washed well and cut into small pieces, after the removal of the core. To preserve the natural flavor and color in the canned tomato juice, Mrs. Morris says that knives of stainless steel should be used and that utensils of copper, brass, and iron should be avoided.

The conservationist advises that one to two gallons of tomatoes should be handled at the time and that there should be no delay in any step of the canning program. The tomatoes should be pre-cooked at about 170 to 180 degrees F or if no thermometer is available, let the tomatoes stand until softened. They should not be boiled.

According to Mrs. Morris, the softened hot tomatoes should be put through a fine sieve at once. A bowl or cone type sieve is recommended because it allows the least amount of air to be incorporated in the pulp. If the tomato juice is to be given to an infant or an invalid, salt should be omitted. Otherwise, one-half to one teaspoon of salt may be added to each quart.

After the tomatoes are put through the sieve, the juice should be reheated at once, according to Mrs. Morris. If glass containers are used heat the juice to boiling, pour into the sterilized containers, and add salt. Process for five minutes.

If tin cans are used, Mrs. Morris advises that the juice should be heated to 180 to 190 degrees, poured into the cans, sealed, and allowed to process for 5 minutes. No head space should be left in either the glass or tin container.

Plans For Curing Small Yam Crops

Plans for a sweet potato curing house to take care of from 80 to 200 bushels of potatoes have been developed by the Agricultural Engineering Department at N. C. State College, says David S. Weaver, head of the department.

This new plan calls for a structure somewhat different from the usual curing house. It consists of an "A" type roof, mounted on log skids for easy moving, and ventilation doors for temperature and humidity control. The engineer says that it is a great improvement over the customary "bank" plan for handling small amounts of sweet potatoes. It is inexpensive, and can be built easily by any one who can handle a saw and hammer.

In mild climates, no supplementary heat is needed but in the colder areas a lantern, a check brooder unit, or light bulbs can be used on cold nights. For cold climates, a method of insulation is shown in the plans.

Any grower who wishes a free copy of this plan, which shows 2 sizes of the same general type of building—one for 80 bushels, one for 150 bushels, and another for 200 bushels—should write the Agricultural Engineering Department, N. C. State College, Raleigh, for "Plan 271".

All available food crops should be carefully harvested, cured and stored, and Weaver suggests that growers give the sweet potato crop special attention this fall.



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By PERCY L. CROSBY

