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for women and misses



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E. THOMAS

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HOME AND FARM DEPARTMENT

Conducted by Mrs. John Sandy Covington.

Now that the canning season is opening up, would like to say a few words in regard to canning. Many enthusiastic canners have been much disturbed by the water shrinkage in jars of beans, berries, peas and other vegetables after they have been cooked. This is due to the fact that these vegetables contain air in their pods and when this air is driven off by the heat, the boiling water rushes in to take its place. In consequence we have an apparent shrinkage of water. To remedy this the top may be removed from the jar just ten minutes before it is to be taken from the canner and boiling water may be added until the jar is quite full. Replace the lid and let jar remain in canner ten minutes longer.

I know we have all had trouble with our berries or fruits rising to top of jar and leaving and excess of juice at bottom. To prevent always blanch products before packing into jar. If I should be canning berries the fruit would be placed in a bag and plunged into boiling water for one minute and then plunged into cold, I should expect it to

emerge somewhat softened, though still firm and just in the condition to be packed very closely in a jar, so closely it would be possible to add a very little syrup. When a jar thus packed is processed or boiled for the proper length of time the berries will extend from the bottom to the top of jar and not be floating as unblanched fruit. Peaches, apples and other fruits are treated in like manner.

If you desire well flavored fruit always add sugar in the form of syrup. It does not take much with blanched fruits, and the grade of the product is much better. Plunge peeled fruit immediately into cold water to prevent from turning dark, and to keep beets fading or bleeding, wash well but do not peel and start cooking in boiling water. Peel before packing into jars, cut as little as possible.

To make a good blackberry jam pick and wash berries, crush well, and to every pound of berries add 3/4 pound sugar put in kettle and cook until almost the consistency of jelly. Pack in jam. After packing jams or

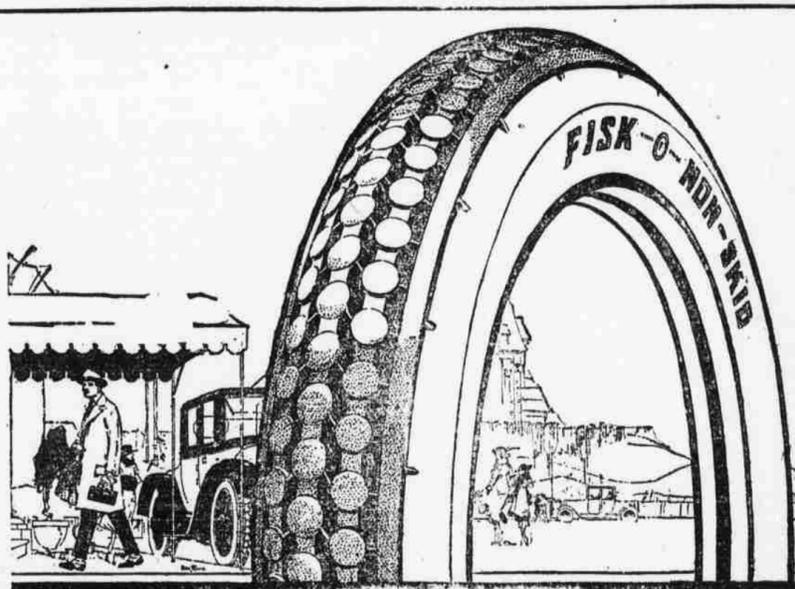
preserves, place in a boiler of cold water bring to a boil and process or boil 15 minutes to prevent the mould so often seen on top of jam or preserves.

To make good jelly cook fruit, put in bag, let drip over night, strain juice through a flannel bag then add equal parts of sugar and juice. Never cook a large quantity at time; always use a shallow pan, and to test it take a little on spoon, let cool, pour slowly from spoon; if it flakes on spoon your jelly is ready to put in glasses. After it cools cover with paraffine wax. Mrs. John Sandy Covington.

Automobile Law.

As a result of the recent letters sent out by the state highway commission to city, county and state officers, with reference to the automobile law of 1917, it is expected that in all parts of the state officers will watch more carefully to see that there are no violations. This act is different from nearly all statutes enacted by the general assembly, in that there is a clause which reads: "That each and every one of the officers herein named who shall neglect or refuse to carry out the duties imposed by this act shall be liable on his official bond for such neglect or refusal as provided by law in like cases."

Not only does the act, chapter 140, public laws of 1917, make it unlawful for auto owners to use a motor vehicle on the streets or highways without having a metal strip with the registered number placed thereon at both front and rear of the machine, but it makes it unlawful for an owner to have



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Why Suffer?

Mrs. J. A. Cox, of Alderson, W. Va., writes: "My daughter... suffered terribly. She could not turn in bed... the doctors gave her up, and we brought her home to die. She had suffered so much at... time. Having heard of Cardui, we got it for her."

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more than two display numbers on any motor vehicle. This portion of the law is intended to enable the officers to see that every motor vehicle owner properly registers his machine with the secretary of state and pays the required registration fee. In case one number is lost, an additional one will be furnished, two being required to prevent persons from registering one car and then using one of the numbers on an unregistered truck or car.

Section 13 of the law reads: "That no person shall operate a motor vehicle upon the public highways of this state who is under the age of 16 years and who is not competent physically and mentally, and no person shall operate a motor vehicle when intoxicated."

Section 17 provides that the rate of speed for all motor vehicles shall be not more than 10 miles an hour on business streets and not more than 25 miles an hour outside the corporate limits

of a city; the act holding that any rate of speed in excess of the above mentioned is in violation of the act.

Section 23 says: "No governing board of any city or town shall pass or have in effect or in force ordinance contrary to the provisions of this act."

The new automobile license begins on July 1, after which time it will be unlawful for any motor vehicle to be operated without having the 1920 license tags displayed at both front and rear of the machine, the rear license number tag being so arranged that it will be illuminated at night by the tail lamp of the automobile.

Another provision is that regarding the headlights. The act says: "A motor vehicle of any kind operated on the public highways of the state shall not use any lighting device of over four candlepower equipped with a reflector, unless the same shall be so designed, deflected or arranged that no portion of the beam

or reflected light when measured 75 feet or more ahead of the lamps shall rise above 42 inches from the level surface on which the vehicle stands under all conditions of load."

With the enforcement of the license tag section of the act officers will also turn their attention to this provision and it is expected that many autoists will have to provide reflectors for their machines.

Coming Tuesday, July 1st.

DR. S. RAPPORT will be at Rockingham, at Helm's Jewelry Store, Tuesday, July 1st, from 1 p. m. to 7 p. m., to examine eyes and fit glasses. Glasses that are restful to the eyes. Headaches relieved when caused by eye-strain.

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