

**DRYING FRUITS AND VEGETABLES IN THE HOME**

One of the most prominent features of the food conservation program of European countries has been the universal drying of fruits and vegetables. The surplus vegetables in the city markets were forced by the government into large municipal drying plants and later community driers were established in the trucking regions, thereby saving the vegetables that would otherwise have to waste. These products have been used in considerable quantities to supplement the concentrated food diet of the men in the trenches.

The drying of vegetables may seem strange to the present generations, but to our grandmothers it was no novelty. Even though this process of conserving food has become practically a "lost art," the present food situation doubtless will cause a marked stimulation of drying as a means of conserving the food supply. Drying should not take the place of storing or canning to any considerable extent where proper storage facilities are available or where tin or glass jars can be obtained readily at a low cost. The dried product holds an advantage in that it usually requires fewer jars, cans or other containers than do canned fruits or vegetables; also dried materials can be stored in receptacles which cannot be used for canning.

With simple and inexpensive facilities, all housewives can save quantities of food which are too small conveniently to can. A few peas, apples, beans, etc., may be dried at a time, and a quantity sufficient for a meal will soon be secured. Dried products require not outlay for expensive containers and can be stored almost indefinitely under proper conditions in relatively small space. One hundred pounds of fresh vegetables will average ten pounds of the dried product. Vegetables and fruits if properly dried retain their natural flavor and food value and when properly cooked can be made into most attractive and wholesome dishes.

Vegetables and fruits can be dried in the sun, in the oven, in trays or racks over the kitchen stove or in specially constructed driers. Small driers may be found on the market which give satisfactory results. Trays may be made of galvanized wire to fit the oven or warming closet of stove. The oven or drier should always be well ventilated for when freshly cut fruits or vegetables are spread out they immediately begin to evaporate moisture into the air around them and if in a closed box will very soon saturate the air with moisture. This will slow down the rate of drying and lead to formation of molds. If a current of dry air is blown over them continually, the water in them will evaporate steadily until they are dry and crisp. The ability to judge accurately as when fruit has reached the proper condition for removal from drier, can be gained only by experience. When sufficiently dried it should be so dry that it is impossible to press water out of the freshly cut ends of the pieces, and yet not so dry that it will snay or crackle. It should be leathery and pliable.

When freshly cut fruits or vegetables are to be dried by means of artificial heat, they should be exposed first to a gentle heat about 110 degrees and later to a higher temperature. If the air applied at the outset is of too high a temperature, the cut surfaces become hard or scorched, covering the juicy interior so that it will not dry out. The temperature should never go above 150 degrees, and it is well to keep it below this point. Sun drying is popularly believed to give fruits or vegetables a sweeter flavor. This is probably due to the fact that in the sun they are never scorched. Sun drying has much to recommend it, since it requires no expenditure of fuel and there is no danger of the product becoming overheated. However, it requires more care and attention to keep dust and insects from it by the sun drying method. Insects are apt to lay their eggs on the fruit while drying, and later on after the dried product has been packed away, the eggs may hatch and the insects spoil the product before notice is taken of it.

Equally as great care should be given to the selection and preparation of fruits and vegetables for drying as for canning, and cleanliness is just as essential in one process as in the other. To secure a fine quality of dried products much depends upon having the vegetables absolutely fresh, young, tender and perfectly clean. High grade dried "root" vegetables can only be made from peeled roots as washing isn't sufficient to remove the earthy smell and flavor that clings to them. Wash all vegetables and clean well. After preparing vegetables well, they should be blanched. The blanching gives a more thorough cleansing, removes the strong odor and flavor from certain kinds of vegetables, and softens and loosens the fiber. This allows the moisture to evaporate

quickly and uniformly. It also quickly coagulates the albuminous matter in the vegetable which helps to mold in the natural flavors. Blanching consist in plunging the vegetables in boiling water for a short time. Use a wire basket or cheese cloth bag for this. After blanching, drain well and remove surface moisture by placing vegetables between towels. The vegetable thus prepared is spread in a thin layer on the trays of the drier. The time required for drying vegetables varies, however, it can easily be determined by a little experience. The material should be stirred or turned several times during the drying in order to secure a uniform product.

Beans: Wash and string beans carefully, young tender ones can be dried whole. Cut older ones in 1/4 to one inch lengths. Blanch for 6 to 10 minutes depending on maturity of beans. One-half teaspoonful soda may be added to each gallon of boiling water to help set green color in the beans. Remove surface moisture and pace on trays.

Peas: Shell and blanch from 3 to 5 minutes. Remove surface moisture and spread on tray to dry.

Corn: Select very young and tender corn, and prepare at once after gathering. Boil or steam on cob 8 to 10 minutes to set milk. To improve flavor a teaspoon salt to a gallon of water may be used. Drain well and cut corn from cob using a very sharp knife. Cut grains fine only half way down to the cob and scrape out remainder of grain, being careful not to scrape chaff next to cob. Dry from 3 to 4 hours at 110 degrees to 145 degrees F. Corn may be dried in the sun, but is not satisfactory in moist weather and the dried product will be darker in color and not as attractive in appearance. When dried in sun, it should be heated in the oven before storing to kill insect eggs.

Okra: Wash, blanch 3 minutes in boiling soda water using 1/2 teaspoon soda to a gallon of water. Dry small pods whole. Older pods should be cut in 1/4 inch slices. Dry 2 to 3 hours at 110 degrees to 140 degrees.

Cabbage: Shred or cut in strips a few inches long. Blanch 10 minutes, drain, remove surface moisture and dry 3 hours at 110 degrees to 145 F.

Pumpkins and Squash: Pare and cut in 1/2 inch strips. Blanch 3 minutes. Remove surface moisture and dry slowly from 3 to 4 hours.

Other vegetables including carrots, parsnips, onions, leek, beets, cauliflower, pepper, etc. may also be dried very satisfactory. Recipes for cooking these dried products will appear later.

Store dried vegetables in moisture proof containers, and in a dry place, free from dust and diet. The best container is a tin box, bucket or can with a perfectly tight cover. A convenient and cheap container is a small paper bag. A small amount should be put in each bag, just about enough for one or two meals. Twist neck over, tie and dig in melted paraffin or place bogs in container with a tightly fitting cover.

Fruits may be dried very satisfactory in the sun.

If apples are given a cold bath in salt water, it will prevent discoloration. Use 1/4 cup salt to a gallon of water.

Peaches are usually dried with peeling on, but if it is desired to have peeling off loosen skins with solution made of 1 tablespoonful of Red Devil Lye in 1 gallon water. The solution should be boiled and peaches plunged into it until skin breaks. Rub peels off with hands and rinse twice. Cut into halves. Remove seed and dry.

Mary B. Martin.

**Clear, Peachy Skin Awaits Anyone Who Drinks Hot Water**

Says an inside bath, before breakfast helps us look and feel clean, sweet, fresh.

Sparkling and vivacious—merry, bright, alert—a good, clear skin and a natural, rosy, healthy complexion are assured only by pure blood. If only every man and woman could be induced to adopt the morning inside bath, what a gratifying change would take place. Instead of thousands of sickly, anaemic-looking men, women and girls, with pasty or muddy complexions, instead of the multitudes of "nerve wrecks," "rundowns," "brain fags," and pessimists who should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste,

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sour fermentations and poisons, thus cleansin, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle, but is sufficient to demonstrate the quick and remarkable change in both the health and appearance, awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood while the pores in the thirty feet of bowels do.—Adv.

**WILL HOLD STATE-WIDE LIVE STOCK CAMPAIGN**

Camden, Aug. 3.—The South Carolina Live Stock Association in co-operation with the United States department of agriculture and extension division of Clemson College and chambers of commerce of the cities of Rock Hill, Greenville, Prosperity and Darlington, will hold a series of live stock meetings during the month of August to arouse the farmers of South Carolina to the necessity of the production of more live stock to combat the invasion of the boll weevil in South Carolina, which will take place in the late summer and fall of this year. These meetings are spe-

cial one day meetings and are to be held in addition to the annual meeting which is to be held in Orangeburg during the early fall, the date to be announced later. With the packing house now under construction at Orangeburg and to be opened for operation this fall and the proposed one for Greenville and with successful creameries now in operation at Clemson College, Spartanburg, Darlington and several others to be put in operation soon, thus establishing a home market for all live stock and dairy products, the time seems opportune for the expansion of beef, pork and dairy products productions in South Carolina to fortify our farmers for the advent of the boll weevil. Excellent programs have been arranged for these meetings and prominent speakers have been secured to make addresses on various phases of live stock and forage crop production. There will be addresses made by W. W. Long, of Clemson College, W. J. Woodal, Editor South-eastern Live Stock, Columbus, Ga., S. M. Byars, County Agent, Anderson, and W. R. Elliott, District Agent, Winnsboro, S. C.

These meetings will be held on the following dates: Rock Hill, Tuesday, August 14th; Greenville, Wednesday, August 15th; Prosperity, Thursday, August 16th; Darlington, Friday, August 17th.

It is earnestly hoped that the farmers in the counties in which these meetings are to be held and adjoining counties will take advantage of

the opportunity offered by these meetings and attend. These meetings are to be held at a time of year when farm work is the least pressing and will afford an opportunity for a community to get together for social as well as for instructive intercourse.

**LIFT YOUR CORNS OFF WITH FINGERS**

Tells How to Loosen a Tender Corn or Callus So It Lifts Out Without Pain.

You reckless men and women who are pestered with corns and who have at least once a week invited an awful death from lockjaw or blood poison are now told by a Cincinnati authority to use a drug called freezone, which the moment a few drops are applied to any corn or callus the soreness is relieved and soon the entire corn or callus, root and all, lifts off with the fingers.

Freezone dries the moment it is applied, and simply shrivels the corn or callus without inflaming or even irritating the surrounding tissue or skin. A small bottle of freezone will cost very little at any of the drug stores, but will positively rid one's feet of every hard or soft corn or hardened callus. If your druggist hasn't any freezone he can get it at any wholesale drug house for you.—Adv.

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**"SAMMIES" ABROAD ARE GETTING MAIL FROM HOME WITHOUT INTERRUPTION**

Regular Postal Service is Being Maintained by Uncle Sam.

Washington, Aug. 3.—American soldiers at the front are receiving mail without interruption. A postal agency established in France with a corps of experienced workers is handling the mail at the base post-office. Branches have been established in Paris and at the American port or debarkation.

At present regular domestic postage is required. The postmaster general asked congress to permit free postage for soldiers letters addressed home.

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