

YEAST BREAD IS DELICIOUS WHEN LOAF IS WELL MADE.

Cleanliness, Care, and an Oven of Right Temperature Are Essentials in Good Bread Making—Neglect Them and Loaf May Be Soggy and Unappetizing—Some Tested Recipes.

A well-made loaf of bread is a source of satisfaction as long as it lasts. A burnt or pale loaf with a soggy interior tempts none but the starving. The following directions for making yeast bread are given by food specialists in the United States Department of Agriculture. If the directions are followed carefully, a delicious loaf is the result.

Cleanliness Essential.
Everything connected with the process of bread making should be scrupulously clean. All utensils, therefore, should be washed carefully; the liquids should be scalded; the dry materials should be kept from dust; liquid yeast should be kept cold and well covered; the hands should be washed and the nails cleaned before they touch the dough. Wooden tooth-picks, which can be used for cleaning the nails and then thrown away, are a convenient part of the equipment for bread making.

In making stiff dough out of the sponge, or out of the liquid containing yeast, the flour should be added gradually, and what is more important, the dough should be beaten thoroughly, or when it gets too stiff for this, kneaded, after each addition of flour. If this is not done, too much flour is likely to be added and this spoils the texture of the bread. The time to stop putting in flour is when the dough can be kneaded without sticking either to the hands or to the board, even when they are unfloured. If for any reason more flour than this is added, the dough should be softened again by means of water or milk.

Beginners often have difficulty in determining when the dough is ready to be divided into loaves and put into pans. A good rule is to measure its volume. When it is ready to be made into loaves, the dough for each loaf, if made out of hard wheat flour, should amount to 3 pints; if made from soft flour, to about 2 1/2 pints. Recipe for Two Loaves Wheat Bread.

- 2 cups lukewarm milk, water, or a mixture of them.
 - 1 cake compressed yeast; or
 - 1 1/2 cups lukewarm milk, water or a mixture of them.
 - 1/2 cup liquid yeast.
 - 2 teaspoons salt.
 - 2 tablespoons sugar.
 - Fat, if used, 2 tablespoons or less.
 - 6 cups, or 3 pints, sifted flour.
- Boil the water or scald the milk. Put the sugar and salt (and fat, if used) into a mixing bowl. Pour the hot liquid over it and allow it to become lukewarm. Mix the yeast with a little of the lukewarm liquid and add it to the rest of the liquid. If convenient, set this aside in a warm

place, not over 86 F., for one hour; if not convenient to set it aside, add the flour at once, putting in a little at a time and kneading until the dough is of such consistency that it sticks neither to the bowl nor to the hands. This requires about 10 minutes.

Dough should be kept covered while it is rising, for otherwise a crust will form on top and interfere with the expansion. Some house-keepers brush the dough over with

melted fat, but this is not necessary if the dough is well covered.

Cover, and allow to rise 1 3/4 hours at a temperature of 86 F.; it may be better to set it at a lower temperature, but the lower the temperature the longer the time required for the rising. Cut down the dough from the sides of the bowl; grease the hands slightly. Knead a little and set aside to rise again for one hour. With a good bread flour, the dough should treble its bulk in each rising.

With a soft wheat flour, it should not rise much beyond twice its volume. Divide into portions, mold, and place in greased pans of standard size (1 1/2 quarts). Allow to rise until a light touch will make a slight dent. With good bread flour this happens when the dough reaches the top of the pans. Bake for 50 minutes.

Short Sponge Method.
Bread can be made during the day by what is known as the "short sponge" method. All the ingredients

are the same as for the "short or straight-dough" process, but only half of the flour is added at first. When this mixture, which is called a "sponge," is so light that it will fall at the slightest touch, it is ready for the addition of the rest of the flour.

Overnight Sponge Method.
Use the same proportions as for the short process, except in the case of the yeast, which should be one-eighth cake of compressed yeast for each loaf. Use water rather than milk. In the evening mix the yeast with water, salt and half of the flour, and beat thoroughly. Cover and place at a temperature of 65 to 70 F., or that of an ordinary room. In the morning add the sugar and the rest of the flour and proceed as in the case of the short process.

TEACH CHILDREN TO WASH FRUITS AND VEGETABLES.

Children should have fruits, also celery, tomatoes, and salads not only to give variety in their school lunches, but especially to supply the vitamins and other food elements necessary for healthy growth, agree nutrition specialists of the United States Department of Agriculture. When they eat any of these uncooked foods at home it is probable that the mother has washed the fruit or vegetable properly before serving it. All market produce needs washing to remove dirt and dust, bacteria, and sometimes particles of spray residue. The best fruits and usually the best-looking fruits are those from trees which have been properly sprayed while the fruit was in its early stages and sometimes the spray may not have weathered off the fruit before the harvest. Children should not be given money to buy their own fruit from hucksters or stands unless there are facilities at school for washing it. They should be drilled in the practice of washing what they eat of these uncooked products, as a matter of ordinary cleanliness.

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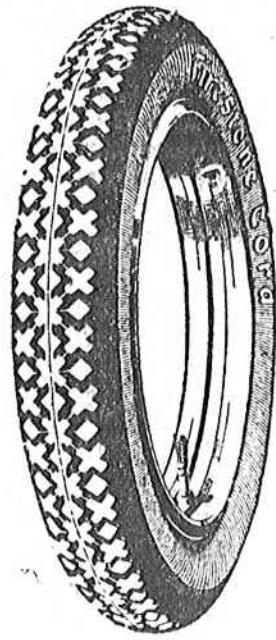
CITATION NOTICE

The State of South Carolina, County of Clarendon.
By J. M. Windham, Probate Judge:
Whereas, Leslie Davis made suit to me to grant him Letters of Administration of the Estate and effects of Henry Davis.
These are, therefore, to cite and admonish all and singular the Kindred and Creditors of the said Henry Davis deceased, that they be and appear before me, in the Court of Probate, to be held at Manning, S. C., on the 1st day of August next, after publication hereof, at 11 o'clock in the forenoon, to show cause, if any they have, why the said Administration should not be granted.
Given under my hand this 16th day of July, Anno Domini, 1921.
J. M. Windham,
Judge of Probate.

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ANNOUNCEMENT

We take the pleasure to inform you that on account of the present situation, we have decided to cut in half prices on everything in our line of business. In other words, we are going to give the people the same service at prices paid before the war. We are doing this at a loss but we feel that every one of us has lost this year to a certain extent, so therefore we are willing to take ours. Now, we must say this, and explain to you we are not putting on a sale, leaving town or going out of business. We will stay in business in Manning. But we are doing this to bring everything back to normal times what we think everyone should do. Remember a penny saved is a penny made. All our fountain drinks 5c, we pay the war tax and you get your drink for only 4c. We send you our bill of fare so you will see it before you let us prove it to you.

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Whole Dozen Fried	45c	Milk Stew	25c
Whole Dozen Raw	25c	Half Fry	25c
Half Dozen Raw	15c	Whole Crumbed Fried	50c
Oyster Cocktail	25c	Half Crumbed Fried	30c

SOUPS

Vegetable	10c	Cream of Tomatoes	20c
Chicken	15c	Ox Tail	15c
Tomato	15c	Home Made Soup	10c

STEAKS AND CHOPS

Small Steak	25c	Hamburger Steak with Onions	30c
Small Steak with Onions	35c	Fried Liver	25c
Small Sirloin Steak	40c	Fried Liver with Onions or Bacon	40c
Small Sirloin with Onions	55c	Fried Ham	25c
Small Porterhouse Steak	55c	Fried Bacon	25c
Small Porterhouse with Onions	60c	Pork Chops	25c
Large Porterhouse Steak	60c	Veal Chops	25c
Large Porterhouse with Onions	60c	Pork Chops with Onions	40c
Hamburger Steak	25c		

EGGS AND OMELETS

Ham and Eggs	25c	Spanish Omelet	50c
Bacon and Eggs	25c	Tomato Omelet	30c
Brains and Eggs	25c	Cheese Omelet	30c
Cheese and Eggs	25c	Ham Omelet	25c
Two Eggs Fried or Boiled	15c	Oyster Omelet	35c
Poached Eggs on Toast	20c	Plain Omelet	20c

ROAST MEATS

Roast Pork	30c	Roast Turkey	50c
Roast Beef	25c	Roast Chicken	40c
Roast Veal			30c

VEGETABLES

French Fried Potatoes	10c	Green Peas	10c
American Fried Potatoes	15c	Stewed Corn	15c
Hashed Brown Potatoes	15c	Boston Baked Beans	15c
Shoe String	15c	Lyonnaise Potatoes	15c

FISH TO ORDER

Fresh Water Trout	30c	Shad Roe	50c
Salt Water Trout	25c	Rice Corn Bread with this order served for dinner with no extra charges.	
Fresh Spanish Mackerel	30c		
Fried Shad	40c		

SALADS

Chicken Salad	35c	Combination Salad	35c
Potato Salad	20c	Tomato Salad	25c

SANDWICHES

Club Sandwich	25c	Cheese on Toast	10c
Chicken Sandwich	15c	Hamburger	5c
Egg Sandwich	5c	Roast Beef	10c
Ham Sandwich	5c	Roast Pork	10c
Cheese Sandwich	5c	Ham and Eggs	10c

COFFEE, TEA ETC.

Coffee, per Cup	5c	All kinds of Pies and Cakes per cut	5c
Tea, Hot, per Cup	5c	Hot Chocolate	10c
Ice Tea	5c		
Milk per Glass	5c		

\$6.00 MEAL TICKET FOR \$5.00. From the time you give us your order if you do not get your service in ten minutes you will get your meal FREE, the question is not the price so much as what you are getting for the price.

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PICRIC ACID AS AN AGRICULTURAL EXPLOSIVE

Clemson College, July 25.—The Extension Service is in receipt of information from the U. S. Department of Agriculture that the Bureau of Public Roads has a supply of picric acid for sale to farmers for agricultural purposes, such as stump blasting, ditch digging, etc.; that South Carolina's quota of the supply is 480,000 pounds; and that picric acid may be ordered through the agricultural college or other central agency. Director W. W. Long, of the Extension Service, announces that the Extension Service will undertake to handle orders provided there is sufficient demand from South Carolina farmers so that the required carlot orders may be made to the Bureau of Public Roads.

Picric acid, a high explosive used in the world war, though not to be classified as an agricultural explosive is to be distributed by the Government to stimulate land clearing activities, and is recommended to these farmers who can obtain it at a cost less than that for commercial explosives. It is a safe explosive for use in any open air blasting operations, and is being prepared in six-ounce cartridges about equal in strength to the eight-ounce cartridges of commercial dynamite.

The cost of this Government picric acid will be 6 cents per pound plus freight, and handling charges, which for South Carolina would make the total cost around 10 to 12 cents per pound. Because of the greater cost of freight in less than carlots, making the total cost to the farmer too great to justify its use in place of commercial dynamite, the Bureau of Public Roads will not receive orders from individual farmers but will deal only with a co-operating agency which will receive individual orders, consolidate them into carlot orders, and forward these to the Bureau. The Extension Service may act as the co-operating agency and it is suggested that farmers who are interested take up the matter with the county agents, who will be supplied with full information on the subject.

Detailed information and instructions for the use of picric acid in stump blasting can be secured by application to the Bureau of Public Roads, Department of Agriculture, Washington, D. C.

NOTICE OF DISCHARGE

I will apply to the Judge of Probate for Clarendon County, S. C., on the 15th day of August, 1921 at 11 o'clock a. m. for Letters of Discharge as Administratrix of the Estate of Edward B. Gamble, deceased.

Gertrude Gamble,
Administratrix.
Manning, July 12, 1921. 28-31p.

NOTICE OF DISCHARGE

I will apply to the Judge of Probate for Clarendon County, S. C., on the 15th day of August, 1921 at 11 o'clock a. m. for Letters of Discharge as Administrator of the Estate of Charles M. Mason, deceased.

David C. Mason,
Administrator.
St. Paul, July 12, 1921. 28-31-e.

NOTICE TO CREDITORS

All persons having claims against the Estate of Mary L. Mathis, deceased, will present them duly attested and those owing said estate will make payment to the undersigned qualified Executor of the said Estate.

J. Q. Mathis, Executor.
Summerton, S. C., July 11, 1921—p

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