

BIBLE THOUGHT —FOR TODAY—

NOVEMBER 28

THUS SAITH THE LORD that created thee, O Jacob, and he that formed thee, O Israel. Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.—Isaiah 43:1

NOVEMBER 29

THE SPIRIT OF THE LORD GOD is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound.—Isaiah 61:1

NOVEMBER 30

BEHOLD AT EVENING TIDE trouble and before the morning he is not. This is the portion of them that spoil us, and the lot of them that rob us.—Isaiah 17:14

DECEMBER 1

TRUST IN THE LORD with all thine heart; and lean not unto thine own understanding.—Proverbs 3:5

DECEMBER 2

THOU SHALT LOVE THE LORD thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself. This do and thou shalt live.—Luke 10:27-28

DECEMBER 3

THE WOLF ALSO shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fattening together; and a little child shall lead them.—Isaiah 11:6

DECEMBER 4

THOU ART MY LORD: and the Lord will lighten my darkness. For by thee I have run through a troop; by my God have I leaped over a wall.—2 Samuel 22:29, 30

HOME DRYING OF APPLES

There is no conflict between the advocates of canning and of drying for each has its field, separate and distinct. Many products may be canned more advantageously while with others there is a distinct advantage in drying. Then, too, the number of glass jars in the average home is limited when these are filled, home canning must stop unless additional jars are purchased. Dried food products require far less room for storage and for shipping and there is little or no danger from freezing because the greater part of the water content has been removed.

It has been estimated that half the garden products raised in this country are never used because we do not know how to save them for winter use or do not think it worth while. Any manufacturer with as diversified a field as the farmer, will tell you that his staples barely take care of the running expenses of his plant, and that the profits of the company are derived from so-called by-products. Thousands of families live in abundance during the productive summer months and exist on a restricted menu all winter because they allow valuable homegrown food products to rot at harvest time, and lack the time, foresight, or money to purchase commercially canned and dried foodstuffs to take their place.

Just as in home canning, one must not expect to improve the raw product. If no attempt is made to select good quality fresh material for drying, if the products are not carefully graded before being put through the drying operation, then the result will be a poorer quality of dried product.

Get the Moisture Out. Successful drying depends to a surprising extent upon the amount of moisture, the humidity in the air. All fresh food products contain a very high percentage of water, much higher than the surrounding air. Just as water seeks its level so moisture equalizes itself if given an opportunity. Nature provides skins for apples and potatoes to help retain the moisture in these products, and we therefore usually store them in their raw state. However, if the surrounding atmosphere is reasonably dry sufficient

CLAIMS CARSON COOPER



Carson Cooper, crack forward of the Hamilton Tigers seniors of the Ontario Hockey Association, whose services have been sought by practically every manager in the National Hockey League, is no longer free, according to the claim of Newsy Lalonde, manager of the Saskatoon Sheiks, who says that he has Cooper under contract and that he may trade him to Canadiens of Montreal.

moisture will escape through the skins to cause the products to shrivel or wither, and occasionally enough moisture evaporates so that the products will not rot. This is the fundamental principle in drying. By means of various apparatus, by removing the hard surfaces, and by increasing exposed surfaces, the moisture is released and then, when the products are to be used the process is reversed and they are soaked in water to restore the moisture, just as we soak withered radishes or celery to make them crisp again. Warm air absorbs more moisture than cold, and most drying operations therefore include raising the temperature. Likewise stagnant air soon becomes impregnated with all the moisture it will hold and hence successful drying demands some method whereby a circulation of air is maintained.

Generally speaking, flavor and cooking quality are best preserved when products are dried at a low temperature and it is also true that rapid drying tends to improve the quality. Manufacturers of dried milk appreciate this and therefore force the liquid milk through tiny pinholes, converting it into a spray or mist which floats through a current of warm air until the necessary moisture is removed. By reducing the liquid to a spray they make every particle subject to the action of the warm air and as this air becomes saturated with moisture it is forced from the drying room and more dry air takes its place.

Blanching and cold dipping of all products are now recognized by most authorities as necessary steps in drying, for much the same reasons as in cold-pack canning. By the addition of these steps a more uniform and higher quality finished product is secured and what is still more important, weevils and other insect life are eliminated, thus removing one of the great drawbacks in home drying operations. Sun drying is the oldest form of evaporation used in food preservation.

Indians have for many years utilized the dry, sultry days of mid-summer for "jerking" meat. It is the cheapest method of home drying and requires less labor than some of the other methods, but of course is not adaptable to localities having a humid atmosphere or at seasons of frequent showers. In its simplest form it consists of spreading the products in thin layers upon racks in the sun. Usually cheesecloth, mosquito netting, or better still, strips of glass are placed over the products to keep out insects, dust, and dirt. Any home-made rack for sun drying purposes must be so constructed as to provide for the elimination of saturated air by circulation. Those products which dry quickly are most successfully handled in this type of outfit.

Fan drying to be uniformly successful must be combined with heat in some manner. While it is considered a method of drying, is used independently to some extent, and is successful under certain conditions, it must be considered largely as an efficiency factor in sun and artificial-heat drying.

Drying by artificial heat is the most practical for home use. The usual method is to use a rack holding sliding trays, and suspending this apparatus over the kitchen stove or setting it upon the back of the stove. One can thus be independent of weather conditions and the work is done in the kitchen where one can watch developments closely. A sudden shower will ruin a batch of products in a sun dryer but does not interfere with stove-drying operations. Products dry more rapidly by this method and the work is therefore completed in a shorter time or a larger amount may be prepared in the same length of time. Stove dryers are not expensive and can easily be made at home. Care should be taken to make the dryer fireproof by building the bottom of the rack of metal. Another type of stove dryer consists of a flat, inclosed shallow pan which is filled with water, the products being placed upon the top and dried from contact with the heated metal.

Equipment in Home.

Very little equipment is necessary for home drying, and aside from the dryer itself is usually found in the home. Paring knives, pans for blanching and cold dipping, and tightly inclosed containers for storage are the necessary materials. All products except berries should be blanched by plunging in boiling water for from two to five minutes, cold-dipping quickly and immediately, and placed immediately upon the dryer. Of course potatoes, beets, and other thick-skinned products should be peeled or scraped before cutting. In fact the preliminary steps are almost identical with those used in cold-pack canning. Products should be dry when the dryer until most of the moisture has been extracted. A very little experience will teach one when to remove the materials. Apples and many other products are finished when they will bend without breaking and yet not show moisture upon the broken surface. Berries should show moisture when crushed between the hands. Fruits intended for drying should be handled carefully for bruised spots dry dark and make an inferior product. Care should be taken always to prevent burning, especially during the latter stages when the product is almost dry. With a stove dryer the products are placed in the upper tiers and gradually moved toward the bottom.

During drying and upon removal from the dryer all products should be carefully stirred in order that any little cluster or bunch of improperly dried material may be separated, else molds or bacterial formations may develop. All dried products should be packed in air and insect-proof containers, and if these are of glass, they should be stored in a dark place for light affects all dried products. There is little danger of proper drying when absorbing enough moisture from the air to cause trouble. Carefully sealed paper bags, hard cans with close fitting covers, cereal boxes resoled with pasted paper strips, etc., may be used for storing the dried products.

AH! A REWARD

Jimmy (after trying for half an hour to open the pantry): "Gimminy! It's no use, Tommy; none of the keys fit." Tommy: "Aw, alright then; we'll wait 'til Mom comes home and ask for something for being good boys."

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D. A. R. Time-table

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No. 95 From Halifax arrives 10.10 a.m.
No. 98 From Yarmouth, arrives 3.12 p.m.
No. 97 From Halifax, arrives 6.12 p.m.
No. 99 From Halifax (Mon., Thurs., Sat.), arrives 11.48 p.m.
No. 100 From Yarmouth (Mon., Wed., Sat.), arrives 4.13 a.m.

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vertise in
ning Acadian

rs have power to add to
e under the presidency
McDonald has closed a
year, having contributed
causes. A vote of thanks
to the retiring officers,
rris and Mr. John Harris,
entertained at "Bridge"
g, Nov. 18. The ladies
by Mrs. Jack Whitehead,
insman winning the gen-

Langille, Truro, nee
daughter of H. S. Dickie,
anard, underwent a suc-
on at her home and is

James Frizell and Miss
Halifax, motored to Can-
by were guests of Mr. and
Gowan. Mrs. McGowan,
ed them to Halifax, has
pleasant trip.

Members of Upper Canada
church were entertained on
g, Nov. 11, at the home
rs. A. D. Ellis, Sheffield
by Miss McKenzie and
chairman, and Messrs.
and Albert McKenzie,
yed. The evening was a
and an opportunity was
bers of bidding farewell,
to one of their members,
ie, who left for Truro,

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Christmas



Blue broadcloth makes the girl
fab shown here. The mode
is built on the perfectly straight
lines that are so smart, and fastens
with one button at the side.
Narrow gray squirrel trims the
collar, cuffs and hem, and an un-
usual note is seen in the stripe of
material that loops back to form a
border over the squirrel.
The little hat is of blue felt with
a black velvet crown.