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HOW TO DRY FRUIT

F. C. Bradford of Agricultural College Fruit Expert Staff Answers Questions.

So many letters asking how to dry apples have been received by the Oregon Agricultural College division of horticulture recently that F. C. Bradford of the research laboratories has prepared the following information on the subject.

Most of the apple drying in Oregon is done in prune dryers, probably because these are available. In New York state, where apple drying is done extensively, evaporators much like the hop kilns here are used. In fact, some apples are dried in hop dryers in Oregon. Prune dryers are fairly well adapted to this work, and have the advantage of being available for drying several crops.

The best fruit is peeled, cored and put on trays. An experienced operator with a hand machine will pare 50 bushels a day if the fruit is not too small. It is usually exposed then to the fumes of sulphur for a few minutes to bleach it, or keep it from turning dark. It is important that it be bleached as soon as possible after paring and slicing. A simple form of bleacher is a tight compartment with cleats to accommodate a number of trays at a time, at the bottom of which a pan of sulphur is burned. The fruit should not come nearer than two feet to the sulphur. Trays with wooden slats are preferable as galvanized wire is affected by sulphur fumes. If the fruit is handled in bulk a box with a series of inclined planes place one above the other and sloping in opposite directions is used. The fruit is thrown in at the top and slides down these planes exposed constantly to the fumes of sulphur, and collects at the bottom whence it is removed from time to time. Care must be exercised lest too much sulphur be absorbed by the fruit, a condition forbidden by law. The time required for sulphuring is variously estimated at from 20 minutes to an hour and a half, depending on the amount of sulphur used. Ten pounds of sulphur to a ton of fruit is perhaps a goods estimate of the amount required. Slicing usually follows, but may precede the bleaching. Slices are cut a quarter of an inch thick and whenever possible should be at right angles to the hole whence the core was removed. The proportion of rings governs the grading of the fruit to a considerable extent.

In kiln evaporators the fruit is spread some eight inches deep. This is, of course, impossible when trays are used. The general practice in New York's evaporators is to start the fruit at 150°, finishing at 125°. In prune dryers this is necessarily reversed, and a higher temperature is frequently maintained. In kilns the fruit is turned from time to time to prevent it from sticking to the slats. When one lot has been removed, the floor is treated with tallow to further prevent sticking. A good kiln usually dries a lot of sliced fruit in 10 to 14 hours; in prune dryers in Oregon 24 hours is the most common period for drying.

The fruit should dry until there is little or no visible moisture on the surface. A test sometimes employed is the squeezing of a number of slices together in the hand. Properly dried slices will separate at once upon being released. After it is taken from the drier the fruit should be allowed to "sweat" on a clean floor, as prunes are shoveled over from time to time. This makes the fruit more uniform as to moisture.

Most of the dried apples in Oregon are sold in sacks. If one is drying on a large scale, however, it will be found advantageous to pack in an attractive manner in 25 to 50 pound boxes, or in one pound cartons, as large operators in other regions do.

Reports from experienced Oregon apple dryers indicate that a bushel of green apples will produce 8 to 12 pounds of dried fruit, the amount varying with the method of drying and the variety used. King, Baldwin and Northern Spy are generally considered good apples for drying. Opinions as to the Ben Davis vary. Summer apples in general lack the firmness required in a good drying apple, although the Duchess of Oldenburg is considered good. Though it is reasonable to suppose a good eating apple will make the best dried apple, at present the market does not discriminate, and seedlings are frequently employed. The grading is usually based upon whiteness, cleanliness and general attractiveness and proportion of slices in rings.

The drying of apples is discussed in much greater detail in Farmers' Bulletin No. 291, from which much of this matter has been taken. It can be secured by writing members of Congress or the Secretary of Agriculture, Washington, D. C.

Springfield Will Have Creamery. Springfield is soon to have a creamery. Looney & Worth, who will operate it, have already ordered the machinery.

Man wants but little here below, and a Sentinel want ad. will get that for him.

KEEP CLEAN AND LIVE PROPERLY

Health Authorities at Agricultural College Tell Students Rules of Hygiene.

Health experts talked straight from the shoulder to the students of the Oregon Agricultural College at convocation this week, as to rules of hygiene and sanitation. Dr. E. J. Stewart, director of physical training for men, spoke on baths; Miss Miriam Thayer, director of physical training for women, spoke on air, exercise, and proper clothing; and Prof. T. D. Beckwith, head of the department of bacteriology, talked on disease and its prevention.

"Baths as taken by the students are not always beneficial," said Dr. Stewart. "Sometimes they do more harm than good. After violent exercise on the field, in the gymnasium, or even after a brisk walk a student may have so stimulated his physique as to have brought it to the point of exhaustion. If he takes a hot bath after it, the effect is further exhausting, as it stimulates him still more. The proper temperature for a bath after such exercise is merely tepid, about the same as the blood in the body, 98°. Such a bath has the effect of soothing and reducing pressure on the spinal column and the brain, acting as a generally restful agent.

"Shower and plunge baths should be taken with care. A plunge in water 70° to 75° acts as a bracing tonic to a robust person. The action of water under 70° is to stimulate heart action. If taken suddenly it has a tendency to shock the nervous system, and therefore a person who is not robust should never take a cold bath unless under doctor's advice. A tepid bath, which is soothing rather than stimulating, is good for all sexes, and ages. The athletes who have become bruised and sore take a warm bath, 95° to 105°, which has a soothing tendency. Everyone should take a bath of some sort every morning, if it is only a rub-down with a wet towel, with a brisk rub afterward to stimulate circulation."

Miss Thayer said, speaking of physical education in the home and gymnasium, "No matter how much you develop your mind, you will never attain to our highest educational efficiency unless you have the health to use it. I have noticed many students' houses in which the windows were not open. We were meant originally to live out of doors. Every student and member of the faculty should have all the ventilation possible in class rooms and at home. When possible you should sleep out of doors, or make your rooms as open as you can to the fresh air.

"The subject of diet is also important. Fried foods and pastry do not make muscle, strength and good dispositions. Good, plain, substantial and wholesome food is what you need. Almost no student, or teacher for that matter, eats as slowly as he should. A great many headaches and other ailments come from eating too fast and failing to chew the food properly. I will speak to the girls later on hygienic and sensible clothing. The boys who have their fine, sensible, military uniforms, do not need such advice."

"There is a living cause of disease. Fortunately we have in the body certain organisms which tend to kill off the germs, but they are only good to a certain point, and when the number of germs becomes too great these natural safeguards are broken down and we suffer from disease. There are four paths through which germs enter the body, by the mouth, by the nose, by abrasions or wounds giving entry through the skin, and by way of the reproductive organs. Among the diseases entering through the mouth are typhoid, dysentery, tonsillitis, tuberculosis, scarlet fever and diphtheria. They must have some method of transportation, through the water or other drinks, as milk, or food. The water supply of Corvallis is one of the purest I have ever had to deal with, but 60% of the wells about the city are bad, so I would advise that you make sure you are drinking city water, not well water. Look into the kitchen where your food is cooked and see that there are not germ distributing flies there. Know that the milk you drink is not from dirty or diseased cows. And, above all, live clean, morally straight lives if you would not be one of the 10% in the United States who are infected with venereal diseases, grouped under the general name of the Black Plague."

Boy Hitches Up Jersey Cow. A ten year old boy who lives on the river road is practicing in his ideas. He believes in making his stock work for him. In digging his carrots he has a large wheel barrow to which he hitches the Jersey cow and has her so well trained that by speaking to her she will pull the barrow full of carrots to which she has been hitched wherever he wants her to.—Register.

The time to do a kindness to a friend is now—let your Eastern friends know about the famous, fertile, fruitful Willamette by sending them a copy of The Sentinel.

FOR MAJORITY RULE

Argument Submitted by Its Friends in Favor of Initiative Bill.

Do you know that we do not now have Majority Rule in the State of Oregon?

No doubt you think we have. The present form of the Initiative and Referendum does not provide Majority Rule.

Laws effecting all the voters of the State were passed by one-third of the voters at the last election.

Do you know that laws can be passed by less than one-third of the voters at any election?

The Majority Rule Amendment will make it so that less than one-half of the voters cannot pass laws.

Our opponents argue that this is minority rule, because if 49 per cent of the voters vote for a bill, 26 per cent vote against a bill and 25 per cent do not vote at all on a certain bill, they say it is the 25 per cent non-voting electors that do the legislating, thereby defeating the will of the majority.

Now, there are 100 per cent in the total number of votes cast at any election and laws cannot be passed without effecting the whole 100 per cent, and a majority is more than one-half of that number.

Our opponents refuse to recognize the total of 100 per cent or all the voters at an election who are affected and must pay the cost of passing all laws.

But you, Mr. Voter, can readily see that less than the majority of the total number of votes cast at an election is a minority and the 25 per cent of non-voters, who do not vote on a certain measure did not do the legislating and did not defeat the will of the majority, for the majority had not expressed a desire for the measure.

We say: We now have minority rule in Oregon, because less than one-half of the total number of votes cast at an election can pass laws.

Defeating the will of less than the majority is not legislating.

Legislating consists in passing laws, but in accordance with the argument of our opponents, we now have a double minority rule system, for if only 20 per cent or a minority of the votes cast at an election vote on a certain bill and out of that minority only 9 per cent vote for a measure and 11 per cent vote against a measure, then the 2 per cent more than 9 per cent defeated the will of the 9 per cent affirmative votes as well as the silent-consent-giving non-voting 80 per cent of the total number of votes cast at the election.

Do you want to take these chances any longer? Suppose you and your friends and many others, just like you, can't find time to fully consider and vote intelligently on some measures.

Suppose the ballot is loaded intentionally so you shall not be able to find the time to consider all the measures.

Remember you are defeating the initiative and you will finally kill it if you vote against all measures you have not fully decided upon. If you don't vote, remember that under the present system, silence gives consent.

All voters in the State of Oregon, our opponents as well as our friends, say the initiative needs amending. No one has suggested a remedy. The Majority Rule Bill is a fair and just measure.

If you want to be safe, vote for this bill.

Remember if it is easy to pass a law without money, that it is easier to pass a law with money.

You are now warned to beware. Money, as yet, has not known how to use the Initiative and Referendum, but when it does it is bound to have the upper hand, under the present system.

Protect your own best interests. Vote right on election day. Go into the booth and put your X after number 322 X Yes on the ballot.

We appeal to your best judgment and know you will not overlook this very important measure. Paid Adv.

Amendment Creating the Office of Lieutenant-Governor (Continued from page 3.)

choose a Governor, Senator, Congressman or other public official.

7. It will cost the taxpayers nothing beyond the salary of the Lieutenant-Governor when that official serves as President of the State Senate, or, in other words, two hundred dollars (\$200.00) biennially.

This measure was passed by the last Legislature by a unanimous vote in both houses. It has received the endorsement of the best thinkers of the state, and citizens generally who desire to improve the public service.

It is submitted to you with the urgent request that you vote "Yes".

W. W. CALKINS, Senator from Lane County. IRA C. POWELL, Representative from Polk County.

F. M. GILL, Representative from Hood River and Wasco Counties. Committee appointed by the President of the Senate and Speaker of the House. "Vote 302 X Yes."

Phone 35

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Puts End To Bad Habits

Things never look bright to "the blues." Ten to one the blues is a sluggish liver, filling the system with bilious poison, filling the New Life Pills would expel them. Let the joy of better health end "the blues." Best of the liver and kidneys. 25 cents at druggists.

We Point with Possessor Kee

to the Tax Payers of and Vicin

(Paid Advertising)

In appearing before a candidate for re-election, I am bold, but I have rendered good service, discouraged in my career that I have dumbness, corrected considerably in my notably among them give to the assessors Service Corporation, Speaking frankly, by experience and I intricate details of the to special consideration. You know that the difficult one to fill in the most important and if my services history to you, I shall endorsement.

Respectfully,

B.

note for Mil

lumber 32

It provides six-tenths support of Agricultural

of Oregon, giving support and facilities. It also provides

feet satisfaction guaranteed agents, thus solving operation, consolidation and economy of

It does not increase rate of taxation.

It repeals the 850 appropriation bill

The Bill is endorsed West: "This Bill is a good business and should

By L. E. Alderman, Independent Public Instructor in other states shows a

to be correct."

By Will H. Daly, State Federation of Labor

has successfully voted to the state that will follow the millage tax plan.

Endorsed by Portlanders League.

Bill prepared by commission, Board and administrative organizations.

W. K. NEW

CHAIRMAN OF GOVERNMENT

Carl C. Kratzenstein, Mgr. Tanner Drug Store, Santa Cruz,

writes: "We have sold Foley & Company's medicines for the past 25

and have yet to hear our first complaint, or of a dissatisfied customer.

Their remedies are pure, made and contained, and contain no injurious

stances. On the contrary, our experience shows us that the Company's

has always been to make health and health maintaining remedies

New Era Drug Store.

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yourself with a good whose progressive men

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The latter is always silent feature in business

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Concrete Work a Specialty

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