

# Bringing HOME the FACTS

by BARBARA DALY

Not long ago a woman came to me with a look of sheer disgust on her face.

"I never want to look at another food budget again as long as I live. They suggest the same thing day after day, stewed prunes, cooked cereal, beef stew and baked apples, until I'm fit to be tied."

"Well," I said, "Tying yourself in emotional knots isn't going to help either. I could sit down and tell you just how many pounds of this and that to keep within your budget. But I won't. You are experienced enough to buy carefully and not spend your money for foolish food frills. Tell you what I'll do. I'll give you a batch of my choice economy recipes and you can fit them into your own food budget."

She beamed and I brought out the recipes two of which I give you here. They are inexpensive but quite aristocratic enough to hold their own on Park Avenue.

**Crown Stew.** In a heavy frying pan brown two large chopped onions in a generous tablespoon of cooking fat. Add a pound of hamburger, breaking it up with a fork. Let the meat brown lightly then lower the heat and add three cups of hot water or the vitalizing water drained from cooked vegetables. Let simmer very gently with a teaspoon of salt, a half teaspoon of pepper and a fourth teaspoon of ground cloves for 15 minutes. Stir in two tablespoons of flour mixed to a smooth paste in cold water. Cook until thickened and serve with boiled rice or potatoes. Serves four comfortably.

**Custard Apples.** Peel and core four whole apples. Save the skins. Drop the apples into a syrup made of four cups of water, half a cup of sugar, four whole cloves, and a slice of lemon peel (optional). Cook until tender but still firm. Remove the apples and chill. Add the apple peelings and cook down 20 minutes, strain, bottle and store for future use as syrup with pancakes. Just add brown sugar and cook until thickened. Meanwhile, prepare the custard. Heat to steaming point two cups of milk. Add one-half cup of sugar and stir in one tablespoon of flour smoothed to a paste in cold water. Cook over hot water until thickened. Remove from the heat. Stir in one beaten egg yolk. Cool slightly and fold in the egg white whipped stiff. Chill. Flavor with lemon extract or leave plain. Pour over the apples for serving.

**Hobbies for Housewives** was the subject for debate recently, at one of the women's colleges. Handicrafts such as knitting, sewing and gardening, are grand hobbies, but to some they come under the heading of household chores. As an incentive to those who would like to express their hidden creative urge

in other directions it was suggested that these women arm themselves with the Leisure League of America's new booklets on hobbies. Therein one may "discover the stars," dabble in oil painting, "shoot" pictures, or study dancing at home—just for fun.

Sales of china and glassware draw larger crowds to some department stores, than any other type of merchandise. Yet fewer sets of dishes are being sold than ever before. Instead, women buy from open stock, eight or ten of the type of dishes most often used and supplement these with harmonizing pieces of peasant style pottery.

Few cereal products have the versatility of corn. Besides lending its services to the kitchen as a vegetable or corn oil, and in the guise of cornstarch for puddings and sauces, it enters the laundry as a washing, aids the parlor as a possible filler in wallpaper, the bathroom as a cosmetic, and, away out in the woodshed, the shoe cleaning box as an ingredient in shoe polish.

Did you know that marmalade gets its name from "marmelo" which is the Portuguese name for quince? In Europe where oranges are more expensive, marmalade was first made from the quince.

H. G. Wells says, "It is only when knowledge is sought after for its own sake that she gives rich and unexpected returns in abundance to her servants."

## DAN BOONE KIN HEALTH FADDIST REVEALS SECRET

Henry Earnest, 55, of Cleveland, Ohio, last week took a six-inch snow there as a means of telling his neighbors and fellow residents that beer, whisky and cigarettes are not conducive to rugged health.

Barefooted, and in shirt sleeves, Earnest played in the snow, saying, "No, I'm not cold. I can take the weather for I have never drank a drop of beer or whisky, or smoked a cigarette."

He claims to be a direct descendant of Daniel Boone.

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## KY. DENUDE FOREST LAND (Courier Journal)

If Kentucky's hills again were covered with tree, this winter's snow would assure clear-running streams and never-failing springs all next summer. As it is, we shall have freshets and mud this spring and dry stream beds in July.

## First Slave Sold In 13 Colonies

Story Of A White Youth Who Was Bought By Indian Chief From Capt. John Smith.

The first slave trade to be participated in by a British settler of America occurred a decade before Negroes from Africa were landed at Jamestown. The English participant was Captain John Smith, who may thus be accredited with initiating the traffic here, and the slave was a white boy.

We are likely to think of Captain Smith as a romantic figure, because of the glamorous story of his rescue from death by the Indian Princess Matoaka, or Pocahontas. All the world may love a lover, but Smith and the girl were not lovers. She was much younger than he and in rescuing him was very likely actuated by her general friendliness toward the English colonists.

Although clever and brave, Smith was after all a soldier of fortune in a day when military adventurers still roamed Europe, sophisticated and ruthless ready to take orders from the highest bidder. Hence, it was not out of character that he should have been the first European to sell a slave on our soil.

The story of the first slave trade by a British colonist was found among old documents by writers who are preparing articles for the American Guide, the Government's forthcoming 5-volume travel handbook.

Jamestown was founded in 1607. One of the early supply ships sent to the colony from England carried a lad named Henry Spelman. He was an adventurous as Smith whom he probably looked upon as his model. Perhaps it was with the desire of keeping close to his leader that he joined the party which Smith took with him on an expedition to the falls of the James river in 1609.

At the falls, Smith found an Indian village governed by Taux (Little) Powhatan, son of the Emperor Powhatan and brother of Pocahontas. He thought that the site would be excellent for a white settlement and asked the chief to sell it to him. For the purpose of barter, Smith had brought with him a supply of beads and other inexpensive trinkets which the Indians usually were glad to get. Taux Powhatan, however, refused to sell his village site for such knock-knacks. Pressed to say what he would accept, he demanded the boy, Henry.

The thought of selling into slavery to uncivilized Indians a fellow English citizen, and a motherless boy under his care at that, might have been expected to fill Smith with repugnance. Quite to the contrary, he accepted the chief's proposition with alacrity and delivered young Spelman to his owner.

In a way, the Indian paid the boy a tribute by purchasing him, but Henry did not appreciate the compliment. Soon after Smith and his party left, the youngster escaped from the village and a week later climbed aboard the expedition's ship probably anchored in the James river.

Taux Powhatan complained to his father and an Indian runner was dispatched to Jamestown to demand the boy's return. The colonists were forced to consent or face disagreeable consequences.

Henry remained with Powhatan for six months. At the emperor's court, he met the vassal king of the Potomac who took a great fancy to him, and, in this instance the boy returned the liking. When the king started back to Pas-patan-zie, his town on Potomac Creek shortly below Quantico, Henry contrived to leave with him. Powhatan sent a force to capture or kill the run-away, but they could not catch him.

Several years later Captain Argall found Spelman at Pas-patan-zie and bought him from the king for a quantity of copper. At the time of Argall's visit, Pocahontas was also stopping with the king of the Potomac. Emperor Powhatan was expecting hostilities with the English and had sent her to stay where he thought she would be safe. Dreaming of winning a big ransom of corn, Captain Argall enticed the princess aboard his ship, "Treasurer," and carried her off to Jamestown.

Powhatan refused to pay for her release, so she remained among the settlers. She seemed not to have found her captivity altogether unpleasant, for it brought her into close contact with John Rolfe. They fell in love, as everyone knows, and were married in April, 1613.

Captain Smith, his hero and nemesis, had gone back to England and Henry Spelman attended the wedding, free at last.

**COLD WEATHER STATISTICS**  
On New Year's Eve, 1863, it was 70 degrees above zero at 11 p.m. On New Year's day, at 6 p.m., it was 20 below.

How's that for a tall story? Authority for it is the diary of the late Joe Dodson, father of Dr. J. A. Dodson, Maysville dentist and fraternalist.

Mr. Dodson, whose records of many years of happenings in Maysville are his son's most prized possession, also wrote of a -15 in 1828 and 1851, a -12 in 1918, a -23 in 1899, and a -20 in 1857.

But the 90-degree drop in 1863 was the greatest Dr. Dodson found record of.—Maysville Independent.

**BIG HOG FOR MEAT**  
George Wood, who lives in the Hopewell community near Milwood, it is reported, killed on January 13 what was probably one of the largest hogs slaughtered in Grayson county for some time.

Old Tom, the title of the swine, was two years old last September and dressed out an even 835 pounds, the head alone weighing 56 pounds. The hams tipped the beam at 75 pounds each.

Try an ad in our Classified column.

## Chief Gives Tips To Prevent Fires

Householders May Do Much To Protect Homes From Disastrous Blazes By Few Simple Rules.

The stoves, grates and furnaces that keep our homes and buildings warm and cozy during the winter months are responsible for a great many of the fires that damage those same homes and buildings. That is the opinion of Fire Chief K. B. Phillips who bases his assertion on many years experience with fires of all kinds.

Many fires start when wooden partitions and floors are left unguarded from hot stoves and pipes," says the Chief. "The heat jumps the air space between the wood and the hot metal, soon the wood begins to blaze. A good method of telling whether or not your stovepipe or stove is too close to the wood is to put your hand on it. If the wood gets too hot to be touched comfortably it should be protected, or the heating unit moved."

Stovepipes running through partitions should always be wrapped in asbestos, and even then should not touch the partition itself, according to fire prevention experts. If anyone in the community is uncertain about any of his heating devices, the fire department is always glad to make an inspection to determine its safety.

Often in very cold weather we wish to keep our quarters comfortable, and unwisely make our fires too hot, with the result that the fire spreads beyond the stove, and damages the building. That this is true is proven by the fact that fire losses and the number of fires always jump when the temperature drops suddenly.

Chief Phillips also issued a warning to be careful in thawing water pipes that freeze. No open flame should be used, as sparks often set fire to wooden joists and partitions. When that happens, the pipe usually thaws out all right, but it becomes necessary to call the fire department to extinguish the fire and then pay carpenters to repair the building. The best way to thaw out pipes is to apply cloths soaked in hot water, and keep them hot by pouring hot water on the rugs.

"Winter is a bad time for fires," the Chief said. "It's our busiest time. But by being more careful during cold weather, I feel sure that we can avoid many unnecessary losses, and perhaps save someone's life."

## City and School Tax Notice

Pursuant to law, a six per cent penalty will be applied on March 1, 1936 to all unpaid City and School taxes. Pay your taxes on or before February 29, 1936 and save this penalty.

"It's what you save that counts."

Wm. Gregory, Jr.,  
City and School Tax Collector.

## QUICK NEW YORK TRIPS PLAN OF BRITISH LINER

A popular short holiday trip from England to New York and back is to be a feature of the program of the Queen Mary, new British giant liner which is scheduled to make her maiden voyage in May.

A stay of three days in New York is allowed for, the whole trip taking less than a fortnight. It has been arranged that the Queen Mary shall leave Southampton on Wednesday, returning from New York on the following Wednesday.

## STATE LAND BOUGHT FOR NATIONAL FOREST AREA

An additional 116,694 acres, costing \$513,339, were gathered last week into National forest areas. Purchases approved included 8,981 acres in the Cumberland region of Kentucky at a cost of \$41,529.

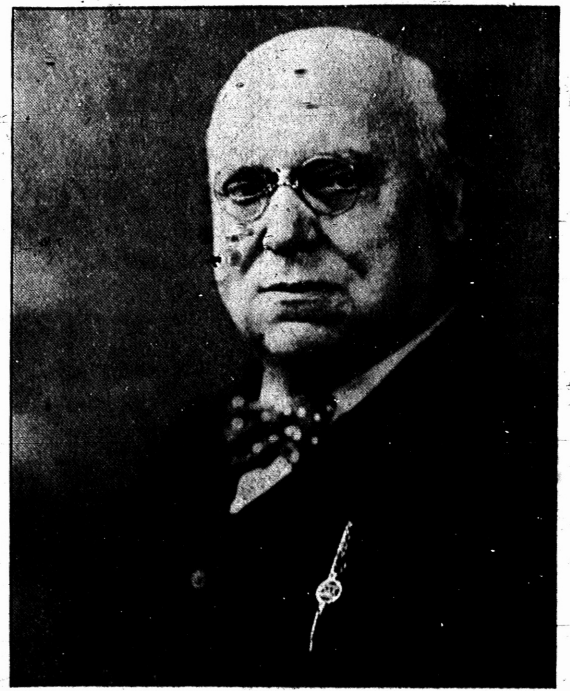
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## For United States Senator



HON. A. O. STANLEY

Editor Herald:

I have concluded to make my announcement for United States Senator subject to the action of the Democratic primary, Saturday, August 1, 1936.

Co-existent with our national life, Democracy has endured through peace and war, adversity and prosperity, victory and defeat, while other political organizations born of the ephemeral exigencies of an hour have, after a brief period of dominance, passed one after another into oblivion.

I am convinced that my political faith has outlasted the century because of the verity of its principles and that they like all great general principles, while immutable are not rigid or static, and are perfectly adaptable to the expansion of an empire and the changing needs of the times.

During the while of my official life, I have regarded the maintenance of the fundamental principles of my party as no less binding upon the conduct of a public servant than his oath of office.

After the lapse of the years, it is most gratifying to find many friends who once advised me to do that which seemed expedient rather than that which I believed to be right, now commending my constant adherence to principles admittedly democratic, without regard to personal aggrandizement or to my political fate, now felicitating me upon the fact that my party in National Convention, assembled and my great and honored Chief in the White House, have expressly endorsed the stand which for a time found little favor among many of my constituents.

With those time-honored guarantees of freedom of personal conduct, of conscience, of speech and of the press, every informed democrat is familiar. There is another right, however, alike essential to the security, the happiness and the prosperity of the citizen, i. e., freedom of the market place, the right of every man who toils to dispose of the thing he has produced in the sweat of his face and upon which his livelihood depends, in an honest and open mart.

To lessen or impair this right by any illegal or inequitable manipulation of the processes of exchange, by monopolistic control, by combinations in restraint of trade, or by an arbitrary interference with the freedom of commerce in the interest of one class to the detriment of another is and since the days of Jefferson always has been, in direct violation of the precepts and practices of the Democratic Party. Obviously the greatest sufferer by such abuses of power or violations of law, is the agriculturalist.

To the detection and prevention of such abuses I have devoted the best years of my life and I am now persuaded to the point of moral certainty that this unexampled depression is due to a greater measure to the wanton violation of this fundamentally democratic principle than to the aftermath of war.

Agriculture has been depressed to the point of utter prostration by a huge and unsalable surplus. This market was destroyed, this surplus created and more than eight billions of profitable commerce was driven from the high seas by a stupid and arbitrary embargo—the Smoot-Hawley Tariff Act—condemned by informed and discerning men of every political faith.

The President and Congress in an earnest endeavor to relieve an intolerable situation attempted first to decrease this surplus, and second, to restore those happy commercial relationships formerly maintained. In this work our great President and his capable associates merit and I am assured will receive the commendation of their countrymen.

I am convinced that much of the condemnation of these attempts to secure immediate relief for our agricultural interests is due to a failure of the Administration's critics to envisage the whole picture.

As aptly stated by Secretary Wallace in a recent and able address—

"We do not claim that the action taken under the Agricultural Adjustment Act, the National Recovery Act, or any other of the emergency acts, helpful as they may have been temporarily, constitute a fundamental plan for American Agriculture."

"We must engage in the delicate processes of adjusting basic production downward, until our people have the vision to adopt a long-time world trading policy which is in keeping with our position as creditors."

To the same beneficent end, one of the greatest Secretaries of State of any administration or any time—Cordell Hull—has devoted his splendid talents and tireless energies.

No court has questioned the constitutionality of this program and no true democrat will fail to endorse it.

This great work requires something more than a simple acquiescence on the part of Congress, it demands affirmative, efficient and courageous cooperation.

Having given more than twenty years of my life to the study of such problems and to the enactment of measures which have proven of practical benefit to our agricultural interests, I am persuaded that at this time the field of my greatest usefulness lies in a return to the duties of a legislator.

Congress should lend effective aid to the President and his accomplished Secretaries of State and Agriculture by breaking down these trade barriers that are bankrupting the world, and in restoring those trade relationships which have been sedulously fostered by every democratic administration from Jefferson to Roosevelt, and which have insured the prosperity not of agriculture alone but of all other activities directly or indirectly affected by it.

If elected to the Senate, I shall earnestly endeavor to maintain the principles and render loyal support to the leaders of my party. My record as a public servant in the past is the earnestness of my conduct in the future.

**Use Herald Want Ads.**

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