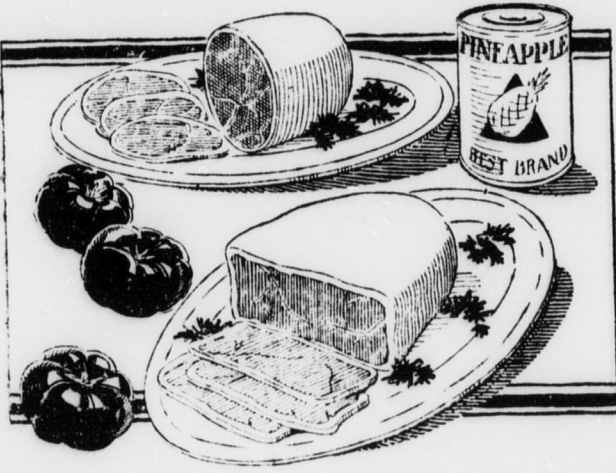


Flavor-Sealed Ham



Did you know you could buy ham with the flavor sealed in it? "How?" you ask. Why just go to your dealer and pick out a sliced, mildly cured ham which is vacuum cooked and sterilized in its own can. All its juices are sealed in and the ham is delivered to you fresh, flavorful and tender. The skin and bone and other waste are all removed. To serve whole, simply pop into the oven and brown. For medium sized families the whole ham weighing six to ten pounds and which will bake in sixty minutes may be purchased. Smaller families will prefer the three to five-pound can of ham which will bake in thirty minutes.

Toothsome Uses

Everyone knows the usual ways of using ham, in sandwiches, cold with salads, baked, fried, with eggs, and so on, but there are other meth-

ods which are just as delectable and more unusual.

For instance, cut one or two inch-thick slices of ham and brown in a little fat in the baking pan. Pour crushed pineapple over the ham and add one-half cup water. Bake slowly until tender. Remove to hot platter and pour hot pineapple syrup around it.

Tomatoes stuffed with ham are delicious. Remove a thin slice from the top of each tomato and remove seeds and pulp. Run canned ham through the meat grinder and mix with half as much bread crumbs and the tomato pulp and pepper and salt. Stuff tomatoes with this mixture, cover with buttered crumbs and bake thirty minutes in a moderate oven.

Celery and ham may be creamed together and served on toast, garnished with minced parsley.



A Dollar Dinner for Four

This dollar dinner takes careful planning and buying, but doesn't it sound good enough to please any family?

- Tomato and Peanut Soup 22¢
- Baked Beans with Bacon 26¢
- Boston Brown Bread and Butter 15¢
- Lettuce with French Dressing 9¢
- Apple and Coconut Snow 22¢
- Black Coffee 4¢

The foregoing menu totals 98 cents, leaving 2 cents for incidentals.

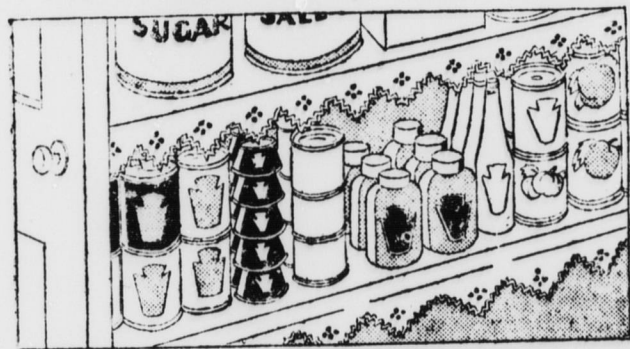
To make the soup, heat three tablespoons of peanut butter with contents of a can of tomato soup; when well blended add a pinch of soda. Scald one and one-half cups milk with one slice of onion, remove onion, and pour tomato mixture slowly into the hot milk. Do not boil. Serve in cups.

In preparing the beans, fry one-fourth pound of bacon, remove about half the fat and to the rest add one sliced onion and sauté to a golden brown. Add contents of a number 2 can of beans, season and heat thoroughly. Serve with the bacon on top.

Heat a live-ounce can of Boston brown bread in the can in boiling water, remove, and slice. Serve with butter.

For the apple and coconut snow, beat two egg whites stiff. (Yolks can be used in custard or mayonnaise for the next day's dinner.) Fold in contents of an eight-ounce can of apple sauce, one-fourth of a four-ounce can of moist coconut, two teaspoons lemon juice, and two tablespoons confectioner's sugar. Pile lightly in glass cups and put a dab of jelly or marmalade on top for a garnish. Chill and serve.

Use The Emergency Shelf As "An Every Day" Shelf



By JOSEPHINE B. GIBSON
Director, Home Economics Dept.,
H. J. Heinz Company

It is no longer true, as it has been in the past, that the best housekeeper is the one who manufactures and creates everything in her own home. Rather she is the one who assembles most wisely what others have made for her. In this way she saves her time for the accomplishment of things outside the home and for the enjoyment of life. It is absolutely necessary to make some short cuts to the required three meals a day, if one is to have any time to oneself.

Dedicate one shelf in your cupboard as an "Emergency Shelf"; fill it with ready-to-serve foods which keep indefinitely, replenish it when foods are used, and insure yourself of excellent meals at any time. The feeling of security which an adequate supply of "emergency" emergency foods affords is invaluable. Your "Emergency Shelf" should include:

A—Ready to Serve Luncheon and Supper Dishes such as: Nourishing Cream Soups; Baked Beans; Cooked Spaghetti in Tomato Sauce; Prepared Meats and Fish—Bacon, Dried Beef, Tongue, Boned Chicken, all in glass jars; Canned Vegetables.

B—Salad and Luncheon Materials such as: Salad Dressings, Mayonnaise, Vinegar, Salad Oil, Sandwich Relish; Olives, Sweet and Sour Pickles; Peanut Butter; Packaged Cheeses.

C—Desserts such as: Plum Pudding; Fig Pudding; Canned Fruits (Also may be used in Salads); Packaged Small Cakes.

D—Seasonings and Relishes such as: Ketchup and Chili Sauce; Worcestershire Sauce; Prepared Mustard; Prepared Horseradish.

Purchase fresh fruits and vegetables once or twice each week, and these together with the ready-to-serve prepared foods, will fortify you against any emergency.

Gas Tax Menace Opposed

The year 1929 will go down in history as a period wherein legislators boosted the gasoline tax to a point where the press, thinking public officials, the oil industry and the people combined to fight this newest of tax problems.

Last year 27 states had taxes of three cents a gallon or less. Now 20 states impose levies of four cents or more, one state has a tax of six cents, and legislators in still other states are casting longing eyes at further increases as a means of providing public funds with the least effort.

In some states it is said that gas taxes have actually deprived the states of revenue. In Pennsylvania, for example, which has a four-cent tax, one-third of motor owners live near state borders and make a practice of driving to localities where the tax is lower. Estimates place the loss to Pennsylvania at \$1,500,000 yearly.

No one objects to a fair gasoline tax when all the revenue is employed for road building and maintenance. What is objected to is a tax out of proportion to the cost of gasoline or one which is used for purposes other than road work.

Thirteen Billions For Crime

Crime, according to Wade Ellis, of the American Bar Association's Crime Commission, costs the United States \$13,000,000,000 a year.

We have 12,000 murders annually, 50 times the number recorded in Great Britain. Since 1900 our murder rate has increased 350 per cent.

The causes of crime are many and foremost among them Mr. Ellis places our multiplicity of laws which, by simple mathematics, has increased the total of crimes.

Every new law breeds new criminals, decreases respect for society and places new burdens on our courts of justice.

It is a disheartening fact that the great majority of our citizens take crime more or less as a matter of course.

What is needed is an active public consciousness that will force a simplification and reform of our laws and legal system, and oppose the tendency to pile more enactments on the already bulging statute books. Too many laws touch the good citizen and fail to discomfort the criminal.

The sole test for any law is whether it protects society and punishes or reforms the underworld. We must return to first principles in our war against crime.

Sixteen hundred men and women registered for rooms at the State Farmers' Convention at State College last week. Other hundreds came in for the program in which they were immediately interested. At least two thousand persons were present on Tuesday and Wednesday, July 23 and 24.

Renew Your Subscription today by it NOW.

Good Outlook Seen For Hog Prices

Raleigh, July 15.—Though prices of fat hogs have been a little above the average during the last few months, the outlook is for still better prices throughout the year.

"From reports which we have received from the Bureau of Agricultural Economics at Washington, it appears that there were over 47 million pounds less pork in storage on June first of this year than on the same date last year," says W. W. Shay, swine extension specialist at State College. "Then too, the supply on June first, this year, was over 52 million pounds less than on May first of this year. During May, the 66 leading markets reports 6.1 per cent pork received than the average of five years for the month. Local slaughter was 13.9 per cent less than May of one year ago and the stocker and feeder shipments were much less than the average of five years."

Mr. Shay finds also that the spring pig crop was about 8 per cent below that of 1928. In the Corn Belt, the decrease was 6 per cent, but greater than this in all other sections. This decrease of 8 per cent is equivalent to about 4,300,000 pigs which means that we have the smallest pig crop since 1925.

For these reasons, Mr. Shay believes that the hog grower of North Carolina is in a favorable position. He says that the hog is still a "Mortgage Lifter" in the hands of systematic feeders who adjust the number of hogs they raise to the amount of corn in prospect as a feed for them. One county this year has sold over \$100,000 worth of fat hogs to eastern markets and this money coming at a time when general crops were being planted has been of incalculable benefit.

The Shay method calls for the breeding and feeding of hogs so that they may be ready for the markets of April and September. If this plan is followed faithfully, Mr. Shay believes that good profits will be made from the enterprise.

"Rugged Individualism" Grows

Of all the electric utility power generated in 1926 in this country, but 4 1-4 per cent was produced in municipal plants. And if the Hetch-Hetchy plant of the city of San Francisco is excluded, the proportion was but 3 1-2 per cent.

The number of municipal enterprises, as well, has steadily declined. In 1922, there were 2,581 such systems, serving 2,250 communities.

The trend of the American people away from socialism has been one of the most important developments of recent years. The election of a president who stands for "rugged individualism" shows where the wind blows.

The American public has learned that political promises and statements are to be regarded dubiously, for when business is politically operated the result is generally chaos and a large deficit.

RE-SALE OF LANDS

By virtue of a decree and order of re-sale, made by A. J. Fagg, C. S. C., in No. 999 Special Proceeding Docket, entitled Mrs. Sallie Mabe, widow of Jas. Mabe, et al vs Mary Rierison, et al appointing the undersigned a commissioner to make sale of the hereinafter described lands, I will sell at public auction to the highest bidder for cash at the court house door in Danbury, N. C.,

ON THURSDAY, AUGUST 29, 1929.

at the hour of one o'clock P. M., the following described lands lying in Peter's Creek township, Stokes county, N. C., to-wit:

Beginning at the public road at a spanish oak; thence East 11 1-2 chains to a sourwood, Alice Lankford's corner; thence South 5 chains to a rock; thence East 18 chains to a pine; thence South 2 1-4 chains to a red oak, Fagg's old corner, thence South 40 degrees West

6 1-4 chains to a rock pile, Fagg's corner; thence North 60 degrees West 11 1-2 chains to a dogwood, Alice Lankford's corner; thence South 65 degrees West 5 chains to a bend in a hollow; thence South 48 degrees West 6 1-2 chains to a poplar; thence a Northwest course with the spring branch as it meanders 250 yards to a dogwood on the West side of the spring; thence North to the road leading to Lankford's old house; thence West on the same road to the public road; thence North with the public road to the beginning, containing 35 acres, more or less. See deed from Moses A. Lawson and wife to James I. Mabe, recorded in Register's office, of Stokes County, N. C., in Book No. 56, page 119, for further description. Bidding to begin at \$656.25, and sale subject to confirmation of the court.

This July 29, 1929.

J. D. HUMPHREYS,
Commissioner.



Supper in the Woods

Now that the weather is warm and balmy, isn't it fun to slip some food into appropriate containers and drive out to the woods for your supper? Such a meal may be the simplest imaginable and need not involve even building a fire. Cold meat, sandwiches, perhaps fresh fruit and cup cakes, and hot coffee carried in the thermos bottle are ample for the meal. A typical menu is:

- Cold Fried Chicken
- Potato Chips
- Sardine Sandwich
- Sweet Fruit Sandwich
- Fresh Fruit
- Chocolate Cup Cakes
- Hot Coffee

To make an unusual sardine sandwich, bone and mash a can of sardines. Mix with one tablespoon

chopped ripe olives, one tablespoon lemon juice, two tablespoons chopped, pickled beets and three tablespoons mayonnaise. Spread between thinly sliced white bread.

Sweet Sandwiches

For the sweet sandwich, mash two cream cheeses, add one-fourth cup of well-drained crushed pineapple and one-fourth cup of strawberry preserves and cream well. Use between thin slices of buttered whole-wheat bread.

Another excellent picnic sandwich consists of three-fourths cup cold baked beans, one-fourth cup chopped celery, one-fourth cup chili sauce mixed together and spread between buttered slices of canned Boston brown bread.

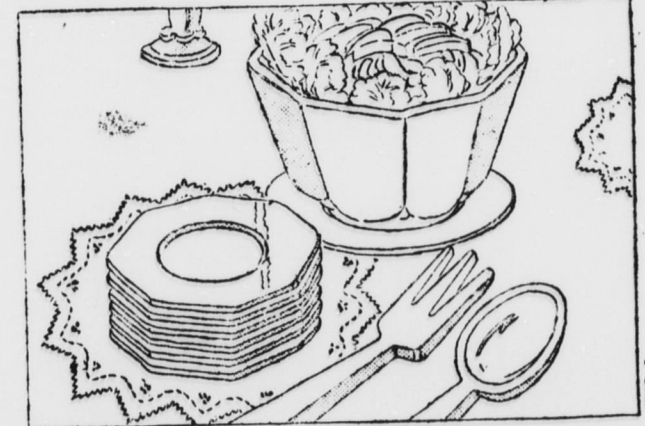
Cultivate The Habit Of A "Salad A Day"

By JOSEPHINE B. GIBSON
Director, Home Economics Dept.,
H. J. Heinz Company

The salad habit is growing in America. We have salads suitable for every occasion, substantial ones for the main dish of the luncheon or supper, simple salads of greens for the dinner menu, and the fancier salads for dessert, or as party refreshments. Besides being attractive in appearance and appealing to the appetite, salads supply in our diets the minerals and vitamins so necessary for health.

Put kidney beans in strainer and pour boiling water over them. Cool, mix with celery, India Relish, and salt. Moisten with well-seasoned salad dressing, chill thoroughly, and serve in beds of crisp lettuce. Garnish with slices of hard-cooked egg or dash of paprika. Serve with whole-wheat bread sandwiches.

Pear Macaroon Salad Mash a package of Philadelphia cream cheese. Moisten with Mayonnaise dressing. Spread half a canned pear with this mixture, cover with another half of pear. Dip whole pear thus formed in ground ma-



It is little wonder, then, that when we women meet, new salad recipes are often the topic of discussion. They are a subject of genuine interest to us!

Here are a few recipes for easily prepared, attractive salads, which you will enjoy using:

Mock Salmon Salad—2 cups carrots coarsely grated or ground; 1 1/2 cup chopped English walnuts; 1/2 cup stuffed olives chopped; 1 green pepper chopped; 1 tablespoon preserved sweet onion chopped; 1/2 teaspoon salt; 1/2 cup well seasoned salad dressing.

Mix thoroughly and serve in nests of lettuce. Garnish with slices of stuffed olive. This makes a delicious, healthful salad, also a good sandwich spread.

Kidney Bean Salad—1 cup Baked Red Kidney Beans; 1 cup celery, cut in pieces or cup cabbage; 2 tablespoons India relish; 1/2 teaspoon salt.

caroon crumbs (to prepare crumbs roll stale macaroons finely). Serve in nest of crisp lettuce. Garnish with spoonful of Mayonnaise Dressing and a maraschino cherry. Peaches may be prepared in same manner.

Banana and Peanut Butter Salad This is a favorite salad with children. Peel bananas, cut in half lengthwise. Spread one half with peanut butter and cover with other layer. Cut bananas into thirds and arrange on beds of lettuce. Garnish with spoonful of mayonnaise.

Country Club Salad—Cut cold boiled or baked ham into small dice and add equal amount of diced celery. Moisten with mayonnaise dressing. Chill thoroughly and serve in beds of lettuce; garnish with slices of stuffed olives.