

Suggests Operation of Cafeteria In Connection with Brevard Public Schools

Mrs. J. L. Saltz has submitted an article to the Brevard News discussing the possibilities and advantages of having a School Cafeteria here to provide the Brevard Grammar and Elementary school grades a balanced meal for very low prices. Mrs. Saltz explains that if the work is planned, before hand, it will be possible to provide lunches of a very healthful and nourishing nature for only ten cents. This brings a balanced meal within the reach of every school child.

Mrs. Saltz speaks authoritatively, from many years of experience in this work and her article will reveal many valuable suggestions to the reader. She suggests that the Parent-Teacher Association and other Women's clubs of Brevard be encouraged to give their services in securing a Cafeteria here and in supplying funds to provide food.

Mrs. Saltz's article follows: Since there is so much talk and interest shown in preparing school lunches for the under nourished children, I am going to ask Mr. Barrett for enough space to say a few words; as this subject appeals to me more than anything I know of.

As I have studied and specialized in school lunches four years, and have been dietitian and supervisor of School Cafeterias for six years; and think I could offer a few helpful suggestions from experience.

First: I have been asking myself this question. Why can't we have a school cafeteria, or just a Lunch Room; where we can take care of the under-nourished children for much less expense and trouble: In the meantime give them the things they really need?

The children that are not under nourished need a place to eat to prevent them from getting under nourished. "We should prepare for war in time of peace".

During the school year all of the

NOTICE of Foreclosure

Under and by virtue of the Power of Sale contained in that certain Deed in Trust from D. P. Kilpatrick and wife, to the undersigned Trustee bearing date of March the 8th, 1929, and registered in Book No. 23, on page 48, Record of Deeds in Trust for Transylvania County, N. C., securing certain indebtedness therein named, and default having been made in payment of said indebtedness, whereby the Power of Sale contained in said Deed in Trust has become operative and the holder of the note evidencing said indebtedness having requested the undersigned to foreclose said deed in Trust and all notices required as to said default in payment having been given and said default has not been made good;

NOW, THEREFORE, the undersigned Trustee will on Saturday, March the 5th, 1932, at 12 o'clock M. at the Court House door in the town of Brevard, N. C., offer for sale and sell to the highest bidder for cash the following described real property to-wit:

LYING in the Town of Brevard, N. C., on the South side of Whitmire Street and being described by metes and bounds, both in said Deed in Trust and the record thereof, reference being hereby made thereto for the description of said property.

The proceeds of said sale to be applied upon said indebtedness, cost of sale, etc.

This the 1st day of February, 1932.

D. L. ENGLISH, Trustee.

BB&L Feb 11, 18, 25, Mar 3c

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After the firemen have done all they could to save your home; after your furniture is ruined; after you begin wondering where you can find a place for your family to stay until you can rake and scrape up enough cash to rebuild your home—then is the wrong time to think of

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BREVARD, N. C.

B. Y. P. U. MEETING AT ENON SUNDAY

Penrose Splits In Basketball Game—Other News of Penrose Section

Announcement was made Sunday at church that the district meeting of the B. Y. P. U. will be held at Enon church next Sunday at 2:30 p.m. The last meeting was held at Blantyre. These district meetings are usually well attended and prove very beneficial. Miss Hybernia Shipman presides at the district meetings.

On last Thursday afternoon the Davidson River graded school played basketball at Penrose. The Penrose girls won in a pretty game, with a score of 16 to 6. The Davidson River boys won by a score of 9 to 5. Several spectators were on the ground, and all seemed to enjoy seeing the "kiddies" play.

Mr. Holland Talley has been confined at his home this week, suffering from a badly sprained ankle, caused by being thrown from a mule. He is reported improving nicely now.

Mrs. Eva Woodfin of Campobello, S. C., is at present with her mother, Mrs. W. A. Williams.

Mr. and Mrs. Holliday of Brevard were visitors Monday at their old home place here.

and the Lunch Room pays them cash, with which in turn they pay for their food.

This is a clever idea from a health standpoint. School lunches consist mostly of vegetables and fruits. A lunch should consist of at least eight hundred calories. There's a vegetable soup that can be made and served (with the volume of seventy-five students) for five cents that contains eight hundred calories.

If you work for the interest of the child and not your pocket book. This soup contains a rich stock and ten vegetables. All the vegetables except celery can be brought in from farms in Transylvania county. After they have eaten a large bowl of this soup you generally hear them say they are full or they could order a bowl of soup, two hot corn muffins, which gives them energy, or a bread and butter sandwich, and a glass of milk, for another nickel, which makes a balanced meal. (costs ten cents).

There's also a variety of vegetable plates that can be served for ten cents; if volume can be got which consists of lima beans, one hundred, twenty-five calories, One baked potato with butter, one hundred thirty calories—I say baked, in order to retain their food value. Diced apples, grated carrot, shredded cabbage with a little mayonnaise make a healthy salad for their plate. I like to give them the raw vegetables—especially carrots, they are rich with iron.

Most children like sweets, and a certain amount is good for them—in order to get the eight hundred calories. On this ten cent plate as health requires, we give bread pudding with raisins and chocolate sauce. This gives the plate lunch, with lima beans potato and butter, corn muffins, salad and dessert for ten cents.

There's such a variety of vegetables to select from, we can give something different every day. These are actual quotations from lunches served in my school cafeterias where children had to buy at low cost.

Some parents find it cheaper for the children to eat in school cafeterias than at home. When they want them to have something besides just a filler.

WITH THE COUNTY'S COLORED PEOPLE

(BY J. M. HARRIS)

CHURCHES

All the colored churches are striving to lift up a standard for our people. The home, the church and the school are the three great factors in the up lifting of the race.

THE HOME

The home should be a place where peace, harmony and love exists. All children should be taught to honor and respect parents, old people and all those in authority. The home is the foundation of our civilization.

THE CHURCH

The church is a place where all should go, honor and worship God. Without the church no community is safe. The church is among the greatest institutions in the up lift of mankind. All people should attend some church every Sunday.

THE SCHOOL

The public school is one of the greatest agencies for the putting down of ignorance and vice among our young people—by training their minds to think correctly and making good citizens.

PERSONALS

Principal J. M. Harris visited the Glade Creek Baptist church last Sunday afternoon. Rev. Mr. Burgin is pastor, and this church is doing a good work and has a nice congregation. Rev. Moses Baily preached. Services are held on the First and Third Sundays of each month. Rev. Burgin has been pastor for eight years.

Battling Isaac Bailey, of Brevard was in Asheville last week. It is said Baily has a good outlook as a prize fighter among the colored boys.

233,903 Negroes in Chicago. Of the 233,903 negroes in Chicago, four-fifths are from the Southern states.

ROSENWOLD DAY MARCH 4 AT ROSENWOLD SCHOOL

All the colored school committeemen are expected. Rosenwold school: Rev. W. F. Mills, Arthur Hefner, A. B. Benjamin, Glade Creek: P. R. Gash, C. P. Smith, A. Kemp; Everett school: G. Orr, J. Hutcheson, Lewis Smith. Read the Brevard News.

THE PRAYER CORNER

From The Files Of Long Ago

GRACE BEFORE MEALS

The custom of Grace before meals is beautifully natural. Our food received daily and at regular intervals is the most conspicuous and constant reminder of the Father's loving care and beneficent provision for our wants. It means to us the continuance of life, and all that life means, or ought to mean to us. It has been taken up into the loftiness of symbolism—Bread of Life, the Water of Life, The Lord's Supper. In fact any time of the day, public Thanksgiving is to be given to God by our Christian families, it should be at their meals.

Grace before meals is also an indispensable mode of testimony. It marks of Christian households from those that are Christian or are not Christian less devout in reality than in name. If visitors are present, it declares at once and in the most quiet and modest of ways the position of the family in religious matters. Before the children it is a daily training in reverence and gratitude and is the expression of ideal Christian graces; may the head of the family, the father, or mother or whoever performs this sacred office, become more grateful and cheerful because of the continual offering of outward thanks to the Giver of all Good.

"Give-us this day our daily bread," is one of the petitions of our Lord's prayer. The bread belongs to God; and what we need can become ours only through His gift to us. We may take it and use it without asking him for it, but if we do, we take that to which we have no right. Those who pray not, nor even think of God, seem of feel as well as are righteous, sometimes more bountifully. "God maketh His Sun to rise on the evil and on the good and sendeth rain on the just and on the unjust." But there is a difference. Those who ask God for bread, get it as His gift and with His Blessings upon it, while those who take it without asking for it, get it and may be fed, but they miss the blessings, and it is the blessing of God that maketh rich, that giveth value to anything we have. This suggests the true meaning, and the fitness of asking a blessing or saying Grace before meals.

A PRAYER FOR GRACE BEFORE MEALS

Our Father in Heaven, we thank Thee for all Thy kindness to us. Help us to serve Thee with all Thou dost give us, for Jesus sake.

In Thee, O God, we live and move and have our being. Thou didst create us and Thou dost uphold us, and without Thee we are nothing. May we bless Thee for our food, the token of Thy continual care for us.

May we take it always from Thy hand of love, and pray Thee that we

may spend the strength it gives us in ways that will please Thee.

O Thou who didst bid Thy disciples remember Thee as they broke bread and drank, we too, would do this in remembrance of Thee. May our every meal a communion be, with these evidences of Thy love for us, and seeing Thee, may we obey Thee, and adore.

Whether we eat or drink, O God, or what ever we do, may we do it as to Thee. Thou hast given us all our blessings, help us to praise Thy Holy Name. Grant us Thy grace, dear Father, that we may even be good stewards of Thy bounty. May we never be unmindful of Thee, O our God, who are never unmindful of us. Wilt Thou accept our hearts, thanksgiving, especially in our grace before meals. In Jesus name we ask it, Amen.

C. D. C.

Herty Wins Chemist Medal

Adaptation of southern slashed pine for paper pulp was the work of Dr. Charles H. Herty which won him the annual medal of the American Institute of Chemists for 1931. He was formerly with the State University.

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CIRCULATION, DEPT., GREENSBORO DAILY NEWS Greensboro, N. C.

have you ever made—

Gingerbread Waffles?

Here's A Good Recipe

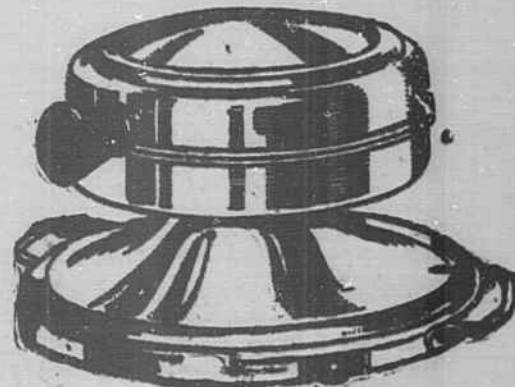
¼ C butter	½ C molasses
½ C sugar	1 ½ C flour
1 egg	1 t soda
½ C sour milk	1 t cinnamon
2 t ginger	¼ t salt

Cream butter, add sugar gradually, beat egg slightly and add. Sift dry ingredients. Add milk and dry ingredients alternately. Preheat iron. Bake gingerbread 3 minutes.

This recipe serves 8 people.

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