

Home Agent Urges Eating Tomatoes for Food Values

With the return of summer, to become abundant storing their bright red jackets a goodly amount of vitamin C, some riboflavin, and minerals, too. The most of their goodness is lost if they are not eaten until the nipping frost. Miss Mary Margaret Smith, county home agent, is advising citizens to eat tomatoes often and eat them raw when they can't eat. She points out that tomatoes are most nutritious as they are from the vine, plump and with their skins on. During the summer rest in the shade, or on picnics people should eat tomatoes out of hand and whole with a little sliced tomatoes will give you that elusive vitamin C. If they are allowed to become overripe and uncooked in the summer, but if they are kept cold and served reasonably often, the loss is small. Economists of the department of agriculture advised that the tomatoes be quickly into hot water, in cold water, skinned and in a cold place until they are served.

More Reminiscences

By E. W. GUDGER
The Highest Point In Waynesville

Citizens of Waynesville continue to us the round figures of 3,000 feet when speaking of the altitude of our beautiful city. It is easy to understand in such a fast moving world, that little attention should be paid to actual figures on such matters, but here are the facts on Waynesville's altitude: Some thirty or more years ago, I spent a summer vacation grading the front of the Gudger property and putting in a stone wall. One day, Mr. Shoobred (a civil engineer long resident and highly esteemed in our community) came out South Main Street and up our drive running a line of levels. He stopped at the steps to Mrs. Quinlan's porch and finished setting down figures in his notebook. Then he turned to me with a smile and said, "I suppose that you wonder what I am doing." I replied that he was evidently running a line of levels, but, from what point and for what purpose, I did not know. Then he said that "The town authorities wish to know the elevation of the highest point in Waynesville, and have employed me to run a line

of levels from the "bench mark" at the Railroad Station to the top of the Gudger hill. When I set the matter figured out, I will let you know the elevation of your old home place." A "bench mark," it must be explained, is a definitely determined and absolutely reliable elevation mark. Such an elevation standard is ascertained not by the use of an aneroid or a mercurial barometer, with all the errors consequent upon variations of temperature, humidity of air, and blowing of winds. But it is figured out by beginning with some other bench mark established by a line of railroad levels from the seacoast, or by levels of the U. S. Coast and Geodetic Survey. There is the least possible source of error here. A few days later Mr. Shoobred met me down town and said, "I have figured my levels and have checked everything, and the elevation of the Gudger hill is 2802 feet above sea level. It is the highest spot in Waynesville." Here then is the matter definitely established.

Cooked Tomatoes

Tomatoes are so rich in vitamin C that even when cooked they still supply fair quantities. Now that meats are rationed it is necessary to use more vegetables for the main hot dish. For luncheon or supper tomatoes baked in the skins with a stuffing of bread crumbs or left-over cereal, seasoned with meat drippings, onions or savory herbs is an appetizing dish. For variety tomatoes may be cut in half, pile the stuffing on top and bake. Fried tomatoes on toast, rice, or spaghetti are first rate, especially with tomato gravy. For tomato gravy brown flour in the drippings left in the skillet after the tomatoes are fried and add hot water or milk. Another tempting "headliner" for lunch is broiled tomato on toast. Sprinkle a little cheese on top before putting the tomato under the broiler and serve with a strip of crisp bacon or salt pork. Regarding storage, if tomatoes are bought or picked from the owner's garden and the ice box will not hold them, they should be stored in as cool a place as possible, and spread out.

Persons Changing Jobs Must Have Proper Papers

All employers were warned this week by the U. S. Employment Service, that no person should be hired or solicit the services of anyone whose most recent employment was in an essential activity, unless such worker presents either a statement of availability from his most recent employer or a referral card from the Employment Service. Workers can save much time and trouble by getting these necessary papers filled out before going into new fields for work, it was said. Several Haywood men are losing valuable time in other areas because of failure to carry along proper papers. Detailed information can be had at the employment service office. A number of people from defense areas have recently come to this community and been employed. In some instances they failed to bring their proper statements of availability, and this has caused both employee and employer extra trouble.

Teacher—Junior, how do you define ignorance?
Junior—It's when you don't know something and someone finds it out.

Teacher—And how far away were you from the correct answer?
Henry—Three seats.

Heads Fliers



HOLDER of many national and international records, Jacqueline Cochran has been named Director of Women Pilots in the Army Air Forces and special assistant to Maj. Gen. Barney M. Giles, assistant chief of staff. Her office will be in Washington. (International)

Plans Made To Clean Buchanan Cemetery

All persons interested in Buchanan Cemetery are urged to bring tools, and help with a thorough cleaning job on Friday, July 16. This will be in preparation for the annual decoration day, which will be held the second Sunday in August, according to Fred Buchanan. Wally—We're going to hit eighty in a minute! Are you afraid?
Sally (swallowing much dust)—No, indeed! I'm full of grit!

HOSPITAL NEWS

Miss Nellie Gillett, of Canton, operative case, is better.

Mrs. John Mathis, of Maggie, medical case, is resting more comfortably.

The condition of Miss Anne Wells, of Canton, medical case, is good.

Fred Stepp, of Canton, operative case, is better.

Joe Christopher, of Hazelwood, operative case, is improving.

Miss Lura Mae Clauson, of Camp Junaluska, operative case, is resting more comfortably.

Baby Hilda Clontz, of Canton, route 1, medical case, is resting only fairly well.

Jim Cagle, of Waynesville, route 1, operative case, is only fairly well.

Mrs. Richard Kuykendall, of Canton, operative case, is better.

Mrs. J. E. Early, of Waynesville, route 1, medical case, is improving.

Mrs. McKinley Robinson, of Canton, operative case, is better.

Wade Osborne, of Candler, medical case, is resting only fairly well.

The condition of Miss Lura Fisher, of Fines Creek, medical case, is good.

John Davidson (colored), of Lake Junaluska, medical case, is resting only fairly well.

Mrs. Elase Kerr, of Cove Creek, medical case, is better.

DISCHARGED
Among those discharged from the Haywood County Hospital during the past week were the following: Mrs. Henry Campbell, Miss Maggie Kirkpatrick, Mrs. V. R. Davis, Mrs. Noble Hoglen, Miss Frances Roberts, Richard Sale, Mrs. Annie Dee Burnette, Miss Rena Green, Miss Nancy Rhinehart, Mrs. Robert Kelly. Mrs. Lowery Kelly, Mrs. Bobbie Stacy, Mrs. John Arrington and baby, Miss Mae Davis, Miss Maria Davis, Leonard Green, Mrs. R. D. Rogers, Mrs. W. P. Boyd, Mrs. Irene Rogers, W. B. Lanning, Master J. M. Crawford, Mrs. Roy Lindsey and Monroe Banks.

Mr. and Mrs. Hobert Grasty, of Waynesville, route 2, announce the birth of a son on July 11th.

Mr. and Mrs. J. D. Haskett, of Waynesville, announce the birth of a son on July 11th.

Mr. and Mrs. Edward Hill, of Waynesville, route 1, announce the birth of a son on July 12th.

NOTICE
NORTH CAROLINA HAYWOOD COUNTY
The undersigned having qualified as Administrator of the estate of Mrs. Annie D. McClure, deceased, late of Haywood County, North Carolina, this is to notify all persons having claims against said estate to present them to the undersigned at his office in Sylva, N. C., on or before the 4th day of June, 1944, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.
This the 4th day of June, 1943.
HUGH MONTEITH,
Administrator of the Estate of Mrs. Annie D. McClure, deceased.
1306—June 10-17-24 July 1-8-15

BIRTHS
Mr. and Mrs. Verlin Dills, of Waynesville, announce the birth of

MINORITIES
A united nation cannot be formed from a lot of stubborn minorities who constantly preach their own rights and just as consistently dodge their own responsibilities. . . . When selfish interests are placed above the welfare of all, the whole collapses.

Pay Taxes NOW And SAVE Further Costs

The Law Requires That We Advertise and Sell All Property On Which Taxes Have Not Been Paid.

TOWN OF WAYNESVILLE
JOHN BOYD, Tax Collector

PORTRAIT OF A PATRIOT

HE wears overalls... a business suit... sport clothes. He lives in a cottage on Main Street... a mansion on top of the hill... a farmhouse.

His eyes are blue... gray... brown. His age is 30... 40... 70... or somewhere in between.

He and his family are buying War Bonds... cultivating a Victory Garden... giving time to Civilian Defense... blood to the Red Cross. They're conserving the rubber in their automobile tires... stretching their gasoline ration to the limit.

And this wartime summer, neither he nor any member of his family will make a single unnecessary trip by train.

They all know that the railroads have their hands full taking care of vital military traffic, members of the armed forces on furlough, civilians traveling on essential war business, and those who have to travel for some necessary reason.

So, they figure—correctly and patriotically—that, by not traveling on a train this summer unless it is absolutely necessary, they can make another real contribution to the war effort; help speed Victory and the return of Peace; strike another blow for freedom.

Portrait of a Patriot!
His name? What's your name?

Ernest S. Norris
President

SOUTHERN RAILWAY SYSTEM