



Week's change from ordinary flour to KANSAS EXPANSION tells its own convincing story.

BLACKWELL BUSHNELL CO. Distributors

Expert Attention

When your Watch needs repairing there is only one kind of attention that will put it into correct running condition--- expert attention such as we are prepared to give it. Leave your Watch here today for inspection.

JERE DAVIS
Jeweler and Optometrist

Your Ford Deserves Good Treatment

- The following will help your car give the service for which it was made:
- Grind Valves and Clean Carbon.
- Reline Transmission Bands.
- File and Adjust Coil Points.
- Install Com. Case and Brush.
- Tighten Car All Over.
- Grease Car All Over.
- Change Tires.
- Refill Battery with Water.
- Wash and Clean Car.

We have a SPECIAL PRICE for the above work and material used. If you will drive in our shop EXPERIENCED MECHANICS EQUIPMENT AND MACHINERY will turn back a job which you will be proud of.

DUCKWORTH MOTOR CO.

"Superior *Ford* Service"
THE UNIVERSAL CAR
PRODUCTS
PHONE 350 Waynesville, N. C.

You Can Double The Life Of Your SHOES

CHAMPION SHOE SHOP

E. T. DUCKETT, Prop., Main Street
Prices Are Low Waynesville, N. C.

Health and Home

THE WOMAN WHO WORKS

In this new order of things, with women, both married and single, broadening their business activities, a very serious problem arises. It is the problem of what, when, and where to eat.

Breakfast is always a hurry-up meal for the men but much more so for the woman who goes to business. Lunches, of course, are taken in the lunchrooms and restaurants in the business districts and are no problem. But how about dinners? Shall they, too, be restaurant meals or can they be so planned that business women may enjoy the home cooking of which they are so fond? Take away the element of haste and anxiety and in its place put carefully thought-out menus, well planned and easily prepared, and home dinners will again regain their high favor with the working housewife.

One of the big worries is frequently with the milk. Did it come? Is it fresh? Is it frozen? Has the milkman been paid? Are the bottles washed and set out? However, there is no cause for worry about milk. Why not keep a dozen cans of evaporated milk in your pantry? There are large cans, equal to a quart of milk and smaller cans that will meet the lesser needs.

For evaporated milk is just pure, fresh milk with more than half the water missing. This water can be replaced in a dipper, if you so desire or you can use it as cream if rich and creamy foods are desired.

Here are a few recipes that may be used by "The Woman Who Works" for forming her plans for self help and good home cooking.

- Scalloped Ham and Potatoes.**
- 1 pound smoked ham 1 1/2 cups water
 - 1 ham 1 large pepper
 - 8 medium potatoes 1/2 cup oil
 - 1 1/2 cups evaporated milk 1/2 cup salt
 - 1/2 cup flour 1/2 cup butter
 - 1/2 cup milk 1/2 cup flour
 - 1/2 cup salt
- Cover the bottom of an oiled baking dish with sliced raw potatoes. Sprinkle with flour and pepper. Add ham in thin squares. Repeat until dish is full. Fill dish 1/2 full of diluted milk. Bake until potatoes are tender.
- Eggs en Casserole.**
- 4 hard-boiled eggs 1/2 cup evaporated milk
 - 1 tomato 1/2 cup water
 - 1/2 cup butter 1/2 cup grated cheese
 - 1/2 cup flour 1/2 cup butter
 - 1/2 cup salt
- Put hard-boiled eggs in half and arrange around the edge of a greased casserole. Slice tomato in center of dish. Make a white sauce of the milk, water, salt and flour. Add cheese and mix over a low fire until cheese is melted and smooth. Pour over tomatoes and eggs. Cover with crumbs and bake twenty minutes in a moderate oven.

poles; N. 60 deg. E. 26 poles; N. 73 deg. E. 18 poles; N. 46 deg. E. 70 degrees E. 11 1/2 poles to a stake in J. D. Hyatt's line; thence with said line (N. 60 deg. E. 25 degrees W. 12 poles to a mountain oak on top of mountain; thence N. 11 1/2 degrees E. 14 poles, links to a white oak on top E. 42 1/2 poles to the BEGINNING, containing 200 acres more or less.

This the 4th day of August, 1925.

August 27 J. F. CABE, Sheriff

NOTICE

Has been appointed as administrator of the estate of the late J. L. Grant, deceased, all persons having claims against the estate of the said J. L. Grant, deceased, are hereby notified to file said claims with the Clerk of the Superior Court of Haywood County, on or before August 4, 1925, or this notice will be pleaded in bar of recovery of such claims.

All persons indebted to the said estate are hereby notified to pay said indebtedness to the undersigned.

This the 3rd day of August, 1925.

W. A. GRAHL, Administrator of the Estate of J. L. Grant, deceased.

B. Y. P. U. PICNIC

About thirty of the young people of the Baptist church recently enjoyed a picnic supper and strawride to the Walnut Grove school house, fifteen miles out on the Pigeon road.

CHURCH ANNOUNCEMENTS.

Methodist Church.
Rev. J. T. Mangum, Pastor.
Sunday school every Sunday at 9:45.
Preaching every Sunday at 11 a. m. and evening 7:30.
Ever-soberly cordially invited.

Presbyterian Church.
S. R. Crockett, Pastor.
Sunday Services:
Sunday at 10:45 a. m.
Preaching 11 a. m.
Wednesday Evening 7:30 p. m.

Services at Baptist Church.
Rev. C. T. Tew, Pastor.
11:00 Sunday School.
11:30 Worship and Sermon.
Rev. M. B. Y. P. U.
7:30 P. M. Praying.

Wednesday.
7:30 P. M. Praying Meeting.
The Royal Ambassadors will meet the first and third Wednesday of each month at 6:30 P. M.

Allens Creek Baptist Church.
Allen Creek Baptist Church, Every Sunday.

Methodist Church, Clyde Lake Junaluska Charge.

Rev. Frank Siler, Pastor.
Lake Junaluska, preaching every 2nd and 4th Sundays at 11 a. m.; 1st and 3rd Sundays at 7:30 p. m.
Epworth League meeting every Saturday evening.

At 10:30, 1st and 3rd Sundays at 11 a. m.; 2nd and 4th Sundays at 7:30 p. m.
Sunday school at 10 a. m. at both places.
Prayer meeting Wednesday 7:30 p. m. at Long's Chapel.

Hazelwood Presbyterian Church.
Rev. Frank Yandell, Pastor.
Preaching every Sunday morning 10:30 and Sunday at 11 a. m.
Sunday School, L. M. Robinson, Superintendent, 10:45 a. m.
Epworth League, 6:30 p. m.
Evening services 7 p. m.
The public is cordially invited.

Hazelwood Baptist Church.
Rev. R. P. McCracken, Pastor.
Preaching every first and third Sunday at 11 A. M. and 8 P. M.

PALE, NERVOUS

West Virginia Lady Says That She Was in a Serious Condition, But Is Stronger After Taking Cardui.

Huntington, W. Va.—"I was in a very weak and run-down condition—in fact, was in a serious condition," says Mrs. Fannie C. Bloss, of 1964 Madison Avenue, this city.

"In my left side the pain was very severe. It would start in my back and sides. Part of the time I was in bed and when up I didn't feel like doing anything or going anywhere.

"Life wasn't any pleasure. I was very pale. I was nervous and thin, and so tired all the time.

"My druggist told me that Cardui was a good tonic for women and I bought a couple of bottles. I took two bottles, then I noticed an improvement. I kept on and found it was helping me. I have taken nine bottles. I'm stronger now than I have been in a long time."

Cardui is made from mild-acting medicinal herbs with a gentle, tonic, strengthening effect upon certain female organs and upon the system in general.

Sold everywhere. NC-163
Take **CARDUI** THE WOMAN'S TONIC

LAMB FRYERS



Lunch Meats

The easy way to do when you want some Meats for Lunch is to phone 149 and we will send you an assortment of ready-to-serve meats that will surely please you.

The City Market
J. B. DAVIS, Proprietor
Phone 149 Church St.

L. A. MILLER

Plumbing
Tinning
Heating

MONTGOMERY STREET
Phone 316

Accurate Measure

When you buy Gas from us you are certain that you will get accurate measure. Our pumps are of the most accurate make and we doubly safeguard you by having them tested regularly. Furthermore we guarantee the test of our Gas. When you pay for High Test from us you get High Test. Drive in and test our service.

"Give Us a Visit."

EAST END SERVICE STATION

J. C. NORRIS, Prop. Waynesville, N. C.

NOTICE:

On and after August 17th, 1925, I will make a change in my business. After that date I will sell Groceries and Feed STRICTLY FOR CASH. This includes ALL. I will not extend credit to anyone. Phone in your order, to be sent out collect on delivery and see me for prices, as I can save you money.

JOHN R. CARSWELL
Proprietor Phone 72