

"STANDARD" GASOLINE



Off like a shot!

Genuine Riddle Hanging Fitments:
As Low As
\$12.50 and \$13.50

Undoubtedly the greatest values in residential lighting. The Riddle name is your assurance of satisfaction. Many other pieces similarly low priced for the small home. Come in and let us give you an estimate on a Riddle installation.

Martin Electric Company
Electrical Contractor-Dealers
Main Street Waynesville, N. C.

Coming! Friday, Aug. 21
One Night Only
The Musical Comedy Hit of the Year
"A Little Bit of Broadway"

To be produced on the same elaborate scale as in Asheville and other large cities, including Florida Winter resorts. In the Beautiful Auditorium of the New High School.

- Brilliant Ballets
- Gorgeous Costumes
- Glorious Girls
- Snappy Dialogue
- Big Beauty Chorus
- Spectacular Scenes
- Tuneful Melodies
- Lots of Comedy and Pep



Dances of Every Variety, including Latest Musical Comedy Steps, Interpretive, Toe, Ballet, and the ever Popular Jazz.

Over One Hundred People in Cast
Featuring the best talent in Waynesville and many talented and popular visitors.

The biggest theatrical event in Western North Carolina this season!

Under the personal direction of the Misses Burkholder, Auspices—Woman's Club.

Reserved Seats on Sale at Alexander's Drug Store, on and after August 19th.

Bits from Leading Newspapers:
Jacksonville, Fla. Journal: "A Delightful Production, giving Jacksonville a glimpse of 'little old New York', with its charm of music, clever dances, beautiful costumes and well defined plot."

Daytona, Fla., Daily News: "The outstanding features were the singing, dancing and costumes, these three major portions to theatrical success being of surprising quality."

Augusta, Ga., Herald: "Most beautiful amateur production given in Augusta during the past several generations. The dancing, music, costumes and stage settings worthy of any professional show."

The Zone Law Directs that all Delinquent Subscribers be Cut Off

Health and Home

CARE OF CONVALESCENT IN SUMMER

For those who are just recovering from a serious illness the problem of food is a serious one. The patient, though well on the road to recovery, is usually weakened by the rigors of disease and the excessive heat is wont to sap his energy. Hence, the foods that are consumed during this period should be considered carefully as to digestibility, food value, ease of assimilation, purity and sterility. These are important in any food but especially so when the consumer is not strong and healthy.

In most cases, the one who is convalescing consumes milk in large quantities. This food contains all of the elements that are essential to the body. If milk is pure and germless, it is easily digested and assimilated.

Where the milk supply is uncertain or the quality not of the best, evaporated milk should be employed. It is sterile; it is just pure milk with about sixty per cent of the water removed. Its double richness may be modified, if desired, by the addition of water or it may be used just as it is, where rich, creamy dishes are desired.

Many people make the mistake of confusing evaporated milk with condensed milk. They are not at all similar in appearance, composition or taste. They cannot be used for the same purposes; condensed milk is a combination of sugar and milk; evaporated milk has no added sugar, being pure milk of double-rich quality and food value.

Following are recipes of easily prepared dishes and foods that are well suited for the invalid and the convalescent.

Loganberry Cream.

1/2 cup evaporated milk
1/2 cup water
1/2 cup loganberry juice
1/2 tsp. lemon juice
Pinch salt

Put all ingredients in a Mason fruit jar and shake thoroughly. Chill and serve in glasses filled 3/4 full of ice chips. Raspberry, blackberry, and cherry juice may be used instead of the loganberry.

Iced Cocoa.

1 tsp. cocoa
1 tsp. sugar
1/2 cup water
Pinch salt
1/2 cup evaporated milk diluted with 1/2 cup water
1/2 tsp. vanilla

Mix cocoa and sugar thoroughly and add the 1/2 cup water and boil over a low flame for 15 minutes. Soak the diluted milk and add cocoa syrup and salt. Continue cooking for 15 minutes in double boiler. Add vanilla. Chill and serve with whipped cream.

Trainer of Boxers Gives Diet Hints

To Kid Howard of Chicago and his new system of training and conditioning, Sammy Mandell, the present lightweight boxing champion of the world, gives a great deal of the credit for his meteoric rise to stardom in the world of pugilism. When Mandell first started fighting, he was small, weak and undeveloped, but after turning himself over to Howard it was only a short time before he took the decision from Sid Terris of New York that resulted in him being recognized as the boss of the lightweights.

Sammy Mandell, Howard's system is unique in that it works no hardship on the athlete who is in training. Unlike the systems that have been used for years, this prominent and successful trainer of men makes conditioning more of a pleasure than a distasteful necessity. Instead of demanding that his men eat only certain things he advises them to eat what they want and when they want it as long as it is cooked in a proper manner. Mr. Howard, in a recent interview on the subject of diet and condition, said, in part: "Years ago it was a task, and an unpleasant one, for a boxer or a wrestler to train for a bout because he was 'ored to literally starve himself unless he wanted to eat steaks and chops at all times. I remember that when I was training for a match, I was so truly tired of steaks that I choked every time that I ate one but it was steak or nothing. I advise my men to diet at all times but it is perfectly possible for them to diet and, at the same time, to enjoy their food. My only 'don't' is the one regarding the eating of such combinations as fresh milk and cheese, and fruit with cream. In fact, I advocate the use of evaporated milk entirely. Vegetables are fine and the more that the athlete eats the better he will be for it. Pastry, of certain kinds, such as homemade pies, cakes and cookies, if made correctly, and with pure butter, evaporated milk and pure lard, are very beneficial. Stews and boils are ideal. Taken as a whole, any food, with a few exceptions, is all right if properly cooked and eaten without gorging."

And one has but to look at Howard, who is the most religious user of his own system, to realize that it is a success.

BALSAM NEWS.

Born to Mr. and Mrs. John Kenney, Aug. 6, a girl.
Rev. Forest E. Dudley, Secretary of Boys' Work, General S. S. Board, Nashville, Tenn., preached a very interesting sermon in the Methodist church here Sunday morning. Balsam Springs Hotel orchestra furnished music for the service. Rev. Mr. Dudley was accompanied by his wife and Miss Gates, all of whom are

guests at Lake Junaluska.

The revival at the Baptist church Sunday is growing in interest, large crowds attending every service.
Mrs. H. R. Bryson was operated on for appendicitis in the Mission Hospital in Asheville last week and is recovering rapidly.
Miss Louise Arrington spent Sunday in Hazelwood.
Mr. Phil Crawford and family have returned from a visit to Mr. and Mrs. James Queen in Gastonia.
Mr. Wesley Queen and family left Sunday to spend some time in Gas-tonia.
Mr. and Mrs. L. H. Hargrove of Canton visited Mrs. Maybelle Perry Sunday.
Mrs. H. P. Ensley, Mrs. W. E. Ensley, Miss Grace Mehaffey and Mr. Hubert Ensley motored to Asheville to see the movie—Rainbow Trail.
Mrs. Bob Cope and children of Asheville are visiting her parents, Mr. and Mrs. W. J. Cogdill.

Foot Comfort Expert from Chicago

Will give Free Demonstrations to foot sufferers at this store
WEDNESDAY AUGUST 19th.

You are invited. No charge for his services—

Know the joys of foot comfort again

THOUSANDS of people in this vicinity have foot trouble that is affecting their health! If they will come to this store they can have their feet examined on the PEDO-GRAPH. This is a marvelous device that locates foot troubles without removing the stocking.

Every foot sufferer should have his feet PEDO-GRAPHED. Complete tests and analysis are FREE.

Don't let your troubles continue. Discover now what is wrong. Do you have shooting pains in feet and legs? Do your heels sting? Do your ankles turn under you? Are your toes cramped? Do your feet tire easily? Do you suffer with corns, callouses and bunions?

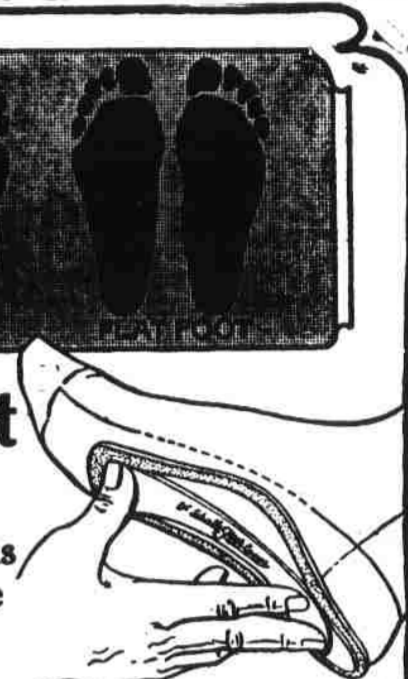
Here's your chance to end this suffering! On the above date we have in our store an expert from the staff of Dr. Wm. M. Scholl, the eminent authority on foot ailments. This man will give his personal attention to your case. Without charge he will test your stockinged feet. He will suggest the necessary appliance for your foot troubles. And we can assure you comfort and foot happiness that you haven't known in years. Take advantage of this opportunity!

Bring your foot troubles to this store!

FREE SAMPLES

Do you want to know how quickly a corn can stop hurting? Come in and get a sample of Dr. Scholl's Zino-pads. Put one on—the pain is gone.

McCACRACEN CLOTHING CO.
Clothing, Shoes and Furnishings



Dr. Scholl's Foot-Easer—Eases the feet, body and nerves. Relieves strained muscles, cramped toes, weak and broken-down arches and other foot troubles. Worn in regular shoes. \$3.50 per pair.



Dr. Scholl's Zino-pads—Instantly stop the pain of corns, callouses and bunions. Removes the cause—friction and pressure. Thin, healing, antiseptic. 35c per box.



Dr. Scholl's Bunion Reducer—Gives immediate relief. Reduces growth by absorption. Preserves shape of shoe. Made of pure gum rubber. 75c each.



Dr. Scholl's Walk-Strate Heel Pads—Prevent heels running over. Save shoes and repair bills. Make walking a pleasure. 35c per pair.



America Greet New Nash Models with Record-Breaking Crowds

By the hundreds of thousands American men and women have thronged Nash showrooms from one end of the country to the other since Announcement Day, Thursday, July 23.

And the nation-wide enthusiasm these new Special Six and Advanced Six models have already created has launched Nash on a new year bound to eclipse by far the phenomenal success of the past twelve months.

Attendance has been so heavy that hundreds have been prevented from adequate inspection of the new models so we are extending the Special Introductory Exhibition for a period of two weeks more.

BELL MOTOR COMPANY, Waynesville, N. C.