

## Invention Smooths The Path of Modern Woman

THIS is an age of changing standards and of new values. Woman's value in the home has come to count for more than the cost of such devices and inventions as will simplify her labor in the home.

The kitchen of today is a far cry from the kitchens of our grandmothers. In those huge, old-fashioned rooms, all the work of the household was done, from the preparation of the food to the making of candles and the carding and spinning of cloth for the clothing of the family. In those "good old days" the mother of the family was a slave and a drudge. She had little time for reading, for social activities or for companionship with her children. As a factor and participant in the world's progress she was entirely overlooked, and her right to some of the actual "joy of living" was given little or no consideration.

But today, things are vastly different. Thanks to the advances which modern industry has made in solving the problems of the home, the modern woman is free to engage in most of the interesting activities which beckon to her in the world outside her kitchen.

For instance, the 1925 housewife quite properly scorns the idea of

working long hours kneading and baking bread. She has effectively done away with all the old-fashioned methods of preparing bread. She realizes that the central baking plant, with its highly specialized experts and its electrical ovens, is fully competent to bake her bread. She has learned that the brown bread which comes in a can is as delicious as the old-fashioned home-baked kind. If she wishes it hot, she has only to plunge the can into a pot of boiling water for a few moments, and the bread comes out steaming and delicious. When it is cold, it makes tasty sandwiches, if sliced thin and spread with cheese or with a conserve.

Baked beans is another old stand-by which she now prefers to buy in cans; for in so doing she saves herself about three hours of work. No more sorting, soaking, parboiling and baking, requiring her constant attendance in the kitchen; to say nothing of keeping the kitchen heated up for three or more hours, while the beans are baking. In place of the tedious process, she substitutes a single, simple operation. She plunges a can of beans into a kettle of boiling water, and in a short time they are ready to serve. More-

over, she may have beans prepared either with or without different ingredients, such as bacon and tomato sauce. And there is a wide variety of beans at her disposal—navy beans, lima beans, string beans, Mexican beans, frijoles, etc.

But she does not stop with the use of canned beans; for she has found that all vegetables packed in the modern cannery are superior to the home-canned product, since they have a much higher food value. Peas, corn, tomatoes, asparagus, beets, cauliflower, beans of all kinds—in fact, practically every vegetable on the market—are now expertly put up in ready-to-serve form, so that they are available for the table, when taken from the can.

The higher food value of these canned products lies in the fact that they are absolutely fresh when they go into the can, state, and the cans then sealed immediately and processed at a very high temperature. Because the sealing process takes place before any heat is applied, there is no oxidation of the important elements contained in the product. This in turn means that the vitamins, those all-important substances, are retained. It is for this reason that the intelligent

housewife is not afraid to use canned food.

Contrary to popular opinion, it is not cooking which destroys vitamins, but oxidation. But, since the products of the commercial cannery are packed under conditions which reduce oxidation to the minimum, their vitamin content is almost as high as is that of raw food. Besides, the modern cannery's rigid adherence to the rules of sanitation, in all its processes, has completely reassured the consumer on this score.

The discriminating housewife, who demands superior quality in her food-stuffs will find that coffee which is hermetically sealed in tin cans, in much the same fashion as vegetables, has a flavor which is not found in ordinary coffee. The fact that no air can get to it keeps it from deteriorating and preserves that delicate taste and aroma found in the freshly roasted product.

Canned fish will save the housewife many unpleasant moments, eliminating as it does the non-enjoyable cleaning and scaling process. As a means of varying the menu it is unrivalled, and the family which has eaten meat six days out of the week will welcome a change in the form of a fish loaf or a savory dish of creamed fish flakes, on the seventh.

Another excellent meat substitute is cheese. Many cooks will be glad to hear that it now comes in cans, for this means that its freshness is preserved indefinitely. Since the tin keeps it from the air, it does not dry out or grow strong, in the manner of cheese in bulk.

Canned milk is still another product which the housewife will find handy to keep on her shelves. It comes in three different forms—evaporated, condensed and powdered. Condensed and powdered milk are used almost entirely as an infant food in the home, but evaporated milk is a stand-by in every well-stocked kitchen. With it the cook can prepare dishes which taste exactly as if they had been made with fresh milk, and in which all the nourishing values of fresh milk have been retained.

Thus has industry taken the tedium out of housework, permitting the easy and expeditious serving of meals that are nutritious, dainty and appetizing.

And the modern housewife is modern in every respect—even to her can-opener. None of the old-fashioned, dangerous kind for her! The improved opener which she attaches to the shelf above her sink cuts the edges of the cans neatly and quickly, leaving no jagged rims to endanger the hands.

### "PURE DEMOGOGERY!"

We pick up a large daily paper and the front page has great black scare-heads in regard to several fiendish crimes committed by negroes. Stuff that is certainly not suitable to enter a respectable home. The article in itself is enough to inflame public opinion and yet in the same paper editorials appear condemning lynch law and criticising our jurors or the jury system. Consistency thou art a virtue.

### NOTICE OF SALE.

State of North Carolina, County of Haywood.

UNDER AND BY VIRTUE of the power and authority vested in the undersigned Trustee, by virtue of the execution by J. C. Whitaker, a widower, of the hereinafter described deed of trust to the undersigned, W. G. Fortune, Trustee, for PEARSON GREGORY, the deed of trust bearing date of July 6th, 1925, and being duly registered in the office of the Register of Deeds of Haywood County, N. C., in Book of Deeds of Trust Number 16, on Page 11, and whereas default has been made in the payment of the indebtedness therein secured, and demand having been made for the payment of same, which has been refused, whereby the power of sale contained therein has become operative, reference to said deed of trust being herewith made;

AND WHEREAS, demand has been made on the said Trustee to sell said lands, and demand having been made by the said PEARSON GREGORY.

NOW THEREFORE, Under and by virtue of the aforesaid authority the undersigned Trustee will, on Friday, November 13th, at 12 o'clock, noon, at the Court House Door in Haywood County, sell for cash to the highest bidder the following described lands and premises, situated in the County of Haywood State of North Carolina, adjoining the lands of L. M. Clark, et al:

BEGINNING on a dove at top of ridge, and runs North 14 1/2 deg. West, 12 poles and 4 links to a stake near the branch; then South 37 deg. West, 4 1/2 poles to a dogwood and poplar, the East side of a branch; then South 86 deg. West, 3 1/2 poles to a stake at the East of the road, then South 22 deg. West, with the road 2 1/2 poles; then South 49 deg. West, with the road, 4 poles; then South 57 deg. West, 6 poles to a stake in the bend of the road; the South 15 deg. West, 15 poles to a stake; then South 21 1/2 deg. West, 7 poles to Whitaker's corner, near his house; then North 85 1/2 deg. East, 12 1/2 poles to a rock corner in the branch; then South 71 deg. East, 13 poles to a stake on Clark's line; then North 17 deg. East, 27 poles and 22 links to a stake; then South 65 deg. West, 75 feet to the BEGINNING.

This the 11th day of October, 1925.  
W. G. FORTUNE, Trustee.

4te-5Nov.

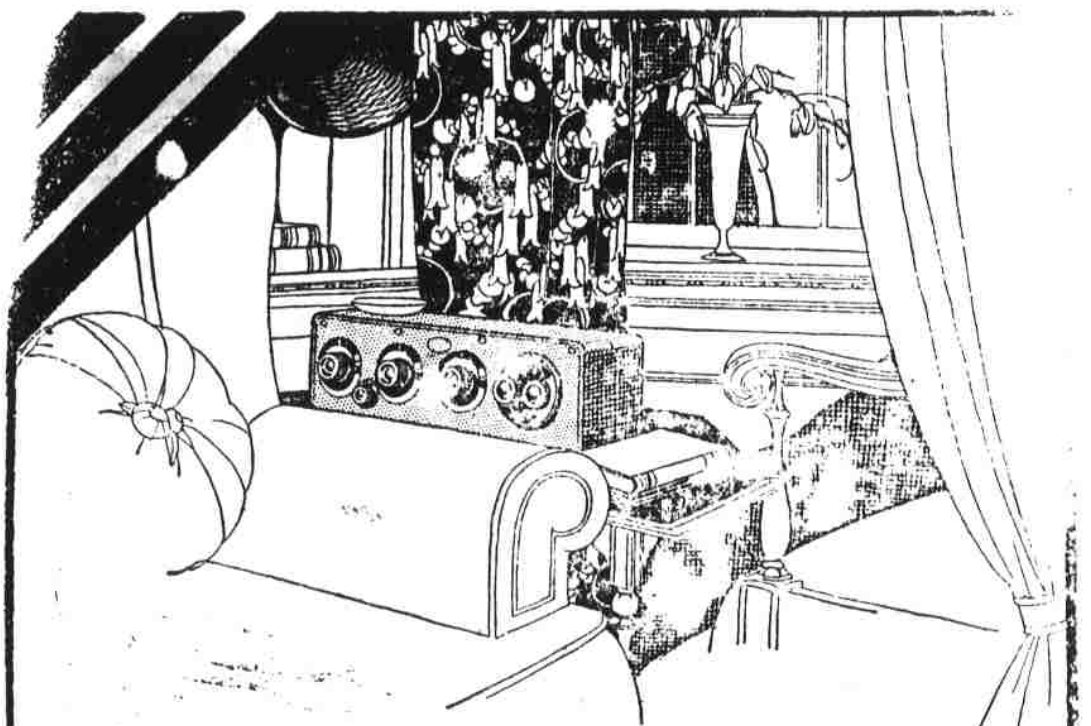
# NOTICE TO TAX PAYERS!

I will meet the Tax Payers of Haywood County in person or through my deputies at the following times and places:

- Waynesville T. S., at all times, Sheriff's office.
- Beaverdam T. S., Geo. Hampton's Store, Oct. 21.
- Cataloochee T. S., Palmer's Store, Oct. 24.
- Crabtree T. S., Williams' Store, Oct. 22.
- Cecil T. S., Company's Store, Oct. 29.
- Clyde T. S., Fincher's Store, Oct. 30.
- East Fork T. S., Sharp's Store, Oct. 28.
- Fines Creek T. S., Z. V. Ferguson's Store, Oct. 24.
- Ivy Hill Township, Ferguson's Store, Oct. 27.
- Jonathan Creek T. S., Fred Moody's Store, Oct. 26.
- Pigeon T. S., Sheffield's Store, Oct. 24.
- White Oak T. S., Messer's Store, Oct. 23.
- Iron Duff T. S., Medford's Store, Oct. 23.

October 14, 1925.

**J. F. CABE,**  
Sheriff and Tax Collector.



## ATWATER KENT RADIO

A RADIO for an end-table! . . . Let us show you a radio as neat as any other fine electrical instrument, as unobtrusive as a well-trained servant, as small as a row of a dozen books, as dependable for all-round performance as every other Atwater Kent product. The Atwater Kent Model 20 Compact is only 19 1/4 inches long and 6 1/2 inches high! Come in. We are always glad to demonstrate any Atwater Kent Radio.

Martin Electric Company  
Main St. Waynesville, N. C.  
Agents for  
Atwater Kent Radio, Radiola, Crosley