

**THE FAMILY NEXT DOOR**



**Criticism Unjustified**



**Hints for the Household**



BY BETTY WEBSTER

**GENERAL HINTS**

**Dust Proof Cereal Boxes**  
To open cooked cereal boxes—cut off just a corner of the box, have hole just big enough for cereal to pour easily. You will find this much more satisfactory than opening the whole top, as is the general rule.

**To Keep Porcelain Fixtures Clean**

A little kerosene on a cloth keeps the sink, bathtub and bowls in perfect condition. It is most convenient to keep kerosene in a small oil can; a sewing machine type of can is always good.

**When Drawers Stick**

When drawers stick rub a piece of wet soap along the upper edge of drawer. This will make the drawer slide easily.

**RECIPES**

**Red Cabbage Slaw**

1 small cabbage.  
1 or 2 apples.  
Little salt.  
Little butter.  
Method: Cut cabbage up the same as for any slaw; boil a short time; Then add 1 or 2 apples cut up, cook until done.  
Serve warm as a vegetable, with a little salt and butter. Have vinegar on the table as most people add it to slaw before eating.

**Cranberry Sauce**

2 cups cranberries.  
1 cup of sugar.  
1 cup boiling water.  
Method: Stew together cranberries, sugar and water. Remove skum; cook until thick. Chill, serve in sherbet glasses. This is a pleasant change from cranberry jelly.

**Holiday Fruit Salad**

1 pint boiling water (2 cups).  
1 package of strawberry or cherry jello.  
1 small can of pineapple.  
Some white grapes (if fresh grapes are not procurable, canned grapes serve the purpose very nicely).

Method: Dissolve the gelatin in boiling water; drain and cut pineapple in small pieces; seed grapes and cut up. When gelatin has cooled and starts to thicken add the pineapple and grapes. Put in individual molds or if in a flat pan, cut into squares when firm. Chill and serve on lettuce leaves with mayonnaise.

This is good because—  
It is pretty.  
It tastes good.  
It is easy to make.  
It can be made ahead of time.

**COOKING AND BAKING HINTS**

**Cabbage**

This is one of the most useful fall and winter vegetables and when properly cooked it is not injurious to digestion, as is often supposed. When cabbage is properly cooked it should maintain its color and the white portions should remain white. A dark yellow cabbage shows it has been over cooked. According to a government bulletin, raw cabbage contains more vitamins than any other vegetable.

**Baking a Meat Loaf**

Steam a meat loaf for one hour before putting in oven. Then bake one hour. This steaming makes the moist loaf swell and when done it slices much easier.

**To Prevent Things from Burning**  
A small pan or cup of water placed in the oven during baking prevents the things from burning.

**THE APATHETIC MIKE**

I shot a joke into the air,  
It fell to earth, I know not where,  
But when I'd sown my meager chaff  
I listened close, nor heard a laugh,  
And felt that pang that all must know  
Who've jested through the radio.  
—Life.

Always Read The Watchman!



**MORTGAGE SALE OF REAL ESTATE IN SALISBURY TOWNSHIP**

Pursuant to the terms and conditions of a certain mortgage deed of trust executed by Monroe McCraven and wife, Etta McCraven, to E. H. Harrison, Trustee, dated June 1st, 1928, and registered in the Register's Office of Rowan County, in Book of Mortgage 93, page 318, default having been made in the payment of the note secured thereby, and request of foreclosure having been made by the holder thereof, the undersigned Trustee will sell at public auction, to the highest bidder, for cash, at the Court-house door in Salisbury, N. C., on **MONDAY, DECEMBER 14th, 1931** AT 12 O'CLOCK NOON,

the following described real estate to wit: One house and lot in the East Ward of the City of Salisbury; BEGINNING at a stake in the Northern side of East Henderson Street and the Western Intersection of an alley, Lyon's corner; thence with the alley Northeast and parallel with Main Street 135 feet, more or less, to a stake; thence Southeast and parallel with Henderson Street 50 feet, more or less, to a stake in Earnhardt's line; thence with Earnhardt's line Southwest 125 feet, more or less, to a stake in the edge of Henderson Street; thence with said Street Northwest 50 feet, more or less, to the beginning.

Together with the right of ingress and egress over the above mentioned alley.  
For back title, see deed from L. A. Plyler and wife to Monroe McCraven and wife, dated August 17th, 1916, and registered in the Register's Office of Rowan County, in Book of Deeds No. 142, page 272, and the deeds therein mentioned.  
Dated this 4th day of November, 1931.  
WALTER MURPHY and E. H. HARRISON, Trustee.  
W. C. COUGHENOUR, Attorneys. Nv.13-De.4



**AUTOMOBILE EXHAUST GAS POISONING**

By DR. WILLIAM J. SCHOLLES

**THE** danger of working on the car in a closed garage when the motor is running should be remembered at this time of the year when the weather is likely to be cold and one is tempted to close the doors. The small one or two car garage is particularly dangerous, the relatively small air space permitting the rapid accumulation of a dangerous concentration of carbon-monoxide.

Carbon-monoxide poisoning caused by the inhalation of automobile exhaust gases seems to be increasing in frequency. It is estimated that each year there are several hundred deaths from this cause. Whether or not the health is affected by frequent exposure to this gas is a question that has not been definitely settled.

**MAY BE UNAWARE OF IT**

The physical properties of carbon-monoxide are such that one may be unaware that he is inhaling it. It is colorless, odorless, and tasteless. The occurrence of certain symptoms may be the first indication that the gas is being inhaled and that poisoning is taking place. Headache, dizziness, nausea, muscular weakness and twitching of the muscles are some of the symptoms. In those cases in which people have been found dead in garages, unconsciousness or death may have occurred very rapidly or the victims may have ignored the earlier symptoms.

**FRESH AIR FIRST REMEDY**

While all of these symptoms may arise from other causes, when any of them occur under circumstances in which one may have been exposed to carbon-monoxide gas, no time should be lost in getting to the fresh air. Anyone who has been overcome should be placed in the fresh air and given artificial respiration such as is used in cases of drowning. This should be kept up until the patient breathes normally.

Prevention of carbon-monoxide poisoning consists of plenty of ventilation to carry away the gas. And, in the avoidance of exposure to air known to contain it.

Read The Watchman Ads.

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