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ENTERED AS SECOND-CLASS MATTER AUGUST 20, 1928, AT THE POSTOFFICE  
AT TRYON, N. C. UNDER THE ACT OF CONGRESS, MARCH 3, 1879

# THE TRYON DAILY BULLETIN

The World's Smallest Daily Newspaper, Seth M. Vining, Editor.

Vol. 15. Est. 1-31-28

TRYON, N. C., FRIDAY, SEPT. 18, 1942



## CURB REPORTER

Weather Thursday: High 88, low 65. . . Mrs. Edgar C. Rowe has received news of her son, Andrew Loring Rowe, being commissioned a lieutenant (j. g.) in the Navy. He has been ordered to report to Boston for training.

. . . . The State Magazine at Raleigh which had such an interesting story on Polk County last week, honors Mill Spring high school this week with a picture of the attractive building and the following news story: "Mill Spring high school, one of the most modern school plants in Western North Carolina. Every piece of furniture in the building was made by the boys in the Manual Train-

ing Department. Music and Bible are also offered as new courses in the school. Both the high school and

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## LOYD PANTHER HERE

Lloyd Panther, CWT, is home from Navy hospital, Portsmouth, Va., for about a week, and is visiting his wife, relatives and friends in Lynn and Tryon. Mr. Panther was injured while in active service somewhere in the Atlantic. Before being called back into service about two years ago, Mr. Panther served in the Navy for about 16 years. He has been to practically all the important ports in the world and is proud of the work the Navy is doing.

## State College Hints For Homemakers

By Ruth Current

(State Home Demonstration  
Agent N. C. State College.)

Nowadays everyone is interested in thrifty meat dishes. Good stew is an old standby and here is how to make it. Allow about 2 pounds of lean raw meat with bone for a good all-meat stew for 6 persons. For a stew with vegetables, you can use less meat, of course, but the more meat you have the more nourishing and tasty will be the stew.

To make a good stew first flour and then brown the meat in fat before you add water. Brown the vegetables a few minutes in well-flavored fat. Vegetables are at their best when you cook them quickly, so don't add them until the meat is almost, if not quite, tender.

It doesn't matter whether the water is cold or hot. Add enough water to cover the meat and simmer slowly until the meat is tender. Don't boil. Many cooks like to add a sliced onion for savory flavor. If the stew is not thick enough by the time the meat is tender, mix 1 or 2 tablespoonfuls of flour to a smooth paste with a little cold water. To the paste add several spoonfuls of the hot stew and then stir the mixture into the rest of the stew, and cook until smooth and thick. Season to taste with salt and pepper and a little chopped parsley if you have it.

Predictions right now are that  
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