

Mrs. Ralph Emerson Waldo and son, Ralph, III of Cleveland, Ohio are spending vacation with Mrs. Waldo's parents, Mr. and Mrs. Ned Reynolds at Spanish Court.

Alex Arledge of Baltimore, is home for a few days visit.

Tryon P. T. A. Will meet Thur. at 3:30. Public invited.

The Jeff L. Nelson Masonic Lodge will not meet tonight on account of the district meeting at Hendersonville tonight.

Miss Ruth McFarland of the Woman's college University of North Carolina, Greensboro, is home for a visit until Tuesday.

Miss Hope Rogers of Enka was the weekend guest of her parents Mr. and Mrs. C. P. Rogers.

A son was born at St. Lukes Hospital Saturday to Mr. and Mrs. James Gibson of Columbus.

Tryon Bird club will meet on Wednesday at 5 p. m. at Oak Hall

**FOR SALE OR EXCHANGE:**  
Five burner Nesco Oil Stove, Insulated oven, in excellent condition. Will trade for three loads of stove wood. See Mrs. Slocumb in the Valley.—Adv. 10, 11, 12, &pcn.



**FOR**

**STEINWAY  
and  
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PIANOS**

and Good Used Pianos—See  
**Cannon-Hellen Music Co.**

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## *Reddy Kilowatt's* **KITCHEN SCRAPBOOK**

### **SIMPLE ELECTRIC COOKING RULES FOR Retaining Vital Vitamins**

**Use little or no water**  
so as to hold to a minimum the dissolving and loss of water-soluble vitamins

**Start fast, cook quickly**  
reducing time vitamins and minerals are exposed to heat, liquid and air

**Avoid violent boiling**  
with its vitamin destroying effect by accurate heat control

**Cover utensils and don't stir**  
because air destroys certain vitamins. Even distribution of controlled heat prevents scorching.

### **Helpful Hints How to Make Your ELECTRIC Range Last Longer**

Use oven or thrift cooker to prepare entire meals that cost less and require LESS Electricity. . . Wash outside of range only when cool. Use warm soap water, rinse and dry — wipe oven after use with damp cloth . . . Wipe up spilled food before it dries or damages wiring. . . . Keep drip pans clean.

# **DUKE**

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