



IRRE RD

Weather Wednesday: High 66; low 44; rain .54 . . . Thanks to Mrs. Sadie Patton, historian, for loan of a copy of "Health Resorts of the South", printed at Boston in the South", printed at Boston in 1893. Resorts advertised include St. Augustine, Fla., Asheville, Win-ston-Salem, Hot Springs, Shelby, and Tryon, N. C., Charleston and Summerville, S. C. Tryon scenes included The McAboy House, now Mimosa Inn; the residence of Dr. J. C. Kenworthy, now Melrose Lodge; The Tryon Hotel, now Oak Hall: the residence of Conaral Hall; the residence of General Ulyses Doubleday, which was burned; and several mountain and waterfall views. Contributors to the Tryon chapter in the book in-

he great poet; General Double-; Hon. Wm. D. Kelley of Pennsylvania; R. H. Edmonds, editor of the Manufacturer's Record of Baltimore. The Tryon Chamber of Commerce could not match the words of praise heaped on the community by these noted people. Mrs. Latter said in part: "After trying to fnd relief in Georgia, Alabama, Western Texas, New York and Pennsylvania, my hus-York and Pennsylvania, my hus-band came here and the com-fort to, his lunes was heavenly. We came here January 19th and it was golden sunshine 19 days out of 21, and never was there a more delightful February and nearly all of March . . . While we ...Continued on Back Page \_\_\_\_\_

**Home Demonstration Club Meetings For Month of March** 

Subjects for month of March: Adults, "Well Planned Meals from the Pantry Shelf." 4-H, "Better Breads."

Meals for winter and early spring months are made up largely from the pantry shelves and store rooms. Therefore, careful planning to keep them interesting and appetizing should be done. The fewer foods we have on hand, the greater the need to vary the ways of preparation. Who wants string beans boiled with meat every day? Stewed tomatoes, or canned berries for every meal? With a variety of canned, dried, brined and stored foods, good atbrined and stored foods, good at-tractive nourishing meals can be served. Check your daily meals by the Basic Seven Chart. A well planned meal will satisfy health needs and provide variety in tex-ture. flavor and color. Schedul of club meets: Hickory Grove, Thursday, March 1, at 2:30, with Mrs. W. R. Bar-nette

nette.

Saluda, Friday, March 2, at 3 with Mrs. Burgie Pace.

Columbus, Tuesday, March 6, at 8 p. m., with Mrs. Alice Clarke.

8 p. m., with Mrs. Ance Charke. Midway, Wednesday, March 7, at 2:30, with Mrs. E. E. Garrett. Sunshine, Thursday, March 8, at 2:30, with Mrs. D. M. Abrams. Mill Spring, Friday, March 9, at 2:30 with Mrs. W. G. Egerton. Feniel, Monday, March 12, at 2:30, with Mrs. Horace Durham. Bod Mountain Threaday March

2:30, with Mrs. Horace Durham. Red Mountain, Tuesday, March 13, at 2:30, with Mrs. Mertie Ruff. Home Agents' Training Meeting, Asheville, Wednesday, March 14. New Hope, Thursday, March 15, Continued on Back Page.