

KIWANIS TUESDAY

The Tryon Kiwanis Club will meet Tuesday at 1 p. m., at Oak Hall hotel. Program will be in charge of Seth M. Vining.

Tryon Fire Department was called out Saturday afternoon to extinguish a small roof fire on the home of Mrs. C. M. Gottfried on Laurel Avenue.

Miss Hazel Johnson has returned to the home of her parents, Mr. and Mrs. Gaither Johnson, at Saluda Star Route, after treatment at Patton Memorial Hospital for injuries received in an auto accident.

VERNA STANTON STAYS:

If the family is to get the most in health value from food, the housewife must avoid obvious waste that shows up in a full garbage pail and the waste of nutrients from keeping food improperly or too long. This suggestion from nutritionists of the Minnesota Experiment Station is based on studies of nutritive losses especially of vegetables.

The wrong storage of vegetables in the home results in considerable loss of nutrients. Studies show that such vegetables as peas, broccoli, cauliflower, lettuce, spinach, endive and kale lose vitamin "C" rapidly at room temperature—as they stand and wait on the kitchen table, for example, or are kept in an open bin in the kitchen. In the refrigerator the loss takes place much more slowly.

Keeping vegetables too long also causes losses. Although vitamin "A" is not so easily lost as vitamin "C", even this vitamin gradually disappears from green vegetables if they are kept too long. A study of lettuce shows that its vitamin "A" value drops markedly when kept too long in the refrigerator, the rate of loss corresponding with the amount of wilting.

Many housewives do not realize that leftover cooked vegetables also lose value as they stand. Although it is thrifty practice to save and use all leftover food, it is thrifter to plan so that vegetables will all be eaten at the meal with none

left over. Uncovered foods in the refrigerator lose more than covered foods.

Tryon Firemen defeated Adams-Millis 20-7 in softball Friday.

Game tonight scheduled between Blue Ridge Weavers and Tryon Processing Co.

J. J. Munns has returned to Evanston after a visit to his country estate "Four Columns" near Landrum.

There were approximately 340,-716,000 layers on hand on United States farms during May.

The Tryon Methodist Sunday school will have a picnic Wednesday at Harmon Field. Anyone without transportation may call Dr. C. W. McCall, Supt.—Advertisement 21, 22, 23c.

DAILY BULLETINS—5c each.

TRYON WINE

Made From
Tryon Grapes

SWEET
and
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Produced By:

E. G. Vollmer

Tryon, North Carolina