

The rule that water should be boiling before vegetables go in to cook has added support from recent research. Turnip greens, put on to cook in about their own weight of cold water and cooked 30 minutes from the time boiling begins, hold only about a third of their original vitamin C. But those put into boiling water and boiled the same length of time hold three-fourths of their C. Likewise, asparagus and green beans, cooked by these two methods, retain more vitamin C when started in boiling water.

FROM CLARK'S MOUNTAIN there is a breath-taking panoramic view of Tryon's mountain range and the Piedmont. Unexcelled building sites and famous old summer home for sale as a whole or in part. For all information (and picnic privileges) see Richardson & Karsten, Realtors, Oak Hall Hotel, Phone 6.—Adv. 20, 21, 22.

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TRYON THEATRE

THURSDAY, APRIL 21

On Stage in Person

"THE DIXIE PLAYBOYS"

AND ON THE SCREEN:

"TROUBLE PREFERRED"

Friday, April 22—Roland Winters and Keye Luke in
"THE FEATHERED SERPENT"

Saturday—Johnny Mack Brown and Raymond Hatton in
"The Sheriff of Medicine Bow"

LATE SHOW SATURDAY NIGHT—10:30
Adele Jergens and Marilyn Monroe in
"LADIES OF THE CHORUS"

Sunday, April 24.—Marx Bros. and Kitty Carlisle in
"A NIGHT AT THE OPRA"

Monday, Tuesday, April 25, 26—Rita Hayworth, Glenn Ford in
"FOR THE LOVE OF CARMEN"

WEDNESDAY and THURSDAY, APRIL 27, 28
Olivia de Havilland and Mark Stevens in
"THE SNAKE PIT"