

RECIPIES FOR COOKING AND CANNING FOR THE WOMEN

Corn Meal Butter Bread.

1 cup white or yellow corn meal. 1 cup hot milk. 1 teaspoon salt. 2 teaspoons butter or bacon fat. 2 eggs. 2 teaspoons baking powder.

Nut and Fruit Salad.

3 tart apples. 1 cup pineapple dice. 1 cup celery. 1 cup Brazil nuts. 2 canned pimientos. 1 head lettuce. 1/2 cup mayonnaise or cooked dressing.

Baked Pears With Rice.

12 pears. 1 inch piece of cinnamon. 2 cups milk. 1-2 cup rice. 1 egg. 2 tablespoons sugar. 1-2 teaspoon salt. 2 cups sugar. 1 cup water.

Timbales.

Occasionally one wishes to make for supper or luncheon and with which to make a croquette or timbale.

The American's Creed.

In 1918 William Tyler Page, a descendant of Carter Braxton, one of the signers of the Declaration of Independence, was awarded a prize of one thousand dollars for a short article entitled The American's Creed.

Don't Risk Neglect

Don't neglect a constant headache, sharp, darting pains or urinary disorders. The danger of dropsy or Bright's disease is too serious to ignore. Use Doan's Kidney Pills.

NEW SCHEDULE ON NORFOLK SOUTHERN RAILROAD

The people in this section of the state especially in Moore, Montgomery and Randolph counties were rejoicing Monday morning when the new schedule went into effect on the Norfolk Southern railroad.

Trimming an Ingrown Nail.

Almost as deeply ingrown as the popular delusion that fractures "knit" on the ninth day—or is it the twenty-first?—anyway it is one big day that never was—is the popular idea that an ingrowing toe nail should be trimmed straight across without rounding the corners off at all, or is it the other way?—anyway it is some way that doesn't matter.

More Milk For Children.

Last February a milk campaign was waged for the school children with amazing results. It is not necessary for any organization in Asheboro to start such a movement when so many families have cows of their own, and pure dairy milk is accessible.

Get Ready to Eat Reindeer Meat, Folks

brought in regularly and will be factors in feeding not only Alaska but part of the United States. As a palatable, nourishing food, reindeer meat finds favor wherever marketed in America.

KNOW NORTH CAROLINA

Going Some. In Chairman Frank Page's little chat Monday night to 30,000 people over the radiophone, he told them that the state's road building results daily in two miles of hard surface and three of other construction, and that the building from first to last requires 16,000 men.

GLAD SISTER ESCAPED OPERATION

"Physicians had given my sister up to die; they wanted to operate for gall stones, but she was too weak and could only talk in whispers. I got her a bottle of Mayr's Wonderful Remedy and in 3 weeks she was able to get about and walked a mile to church."

Anniversary Sale Prices Preval in Our Ladies' Ready-to-Wear Section

The anniversary of our fifth year in High Point is being observed by us in our ladies' ready-to-wear department. Many real value giving specials are being given by us.

New Fall Dresses

Lovely new fall dresses of canton crepe and crepe de chine, all are made nicely and some trimmed and others plain in navy, black and brown for \$9.95

Satin Dresses

You have seen dresses priced at \$16.75 before, but never have you seen such dresses as the ones we have at this price. New dresses of satin, poiret twill and tricotine dresses in navy at \$16.75

Ladies' New Coats

Velours and Bolivia in navy, brown, and black for \$24.50

Poiret-Twill Suits

Poiret twill suits for fall. They are the new soft fabrics in tailored models, for \$29.95

Children's Coats

Children's silver tone and chinchilla coats for \$4.98 Made of beautiful colors of velour. Sizes 10 to 14, for \$4.98

New Sweaters

Ladies' new coat sweaters in the new fall colors for \$3.98 to \$6.48 Children's wool and cotton sweaters, in pink, old rose, red, blue, white. Efir's prices. \$1.98, \$2.48

Thanksgiving Values in Men's, Women's and Children's Shoes

Below we list just a few of the items that we are offering you. Note the prices at which we have them marked, then come in and see the wide range of new styles that we are now showing.

Men's Shoes

Men's black scotch grain oxfords \$5.85 Men's tan scotch grain oxfords \$5.85 Men's brown brogue oxfords \$5.85 Men's black scotch grain shoes \$5.95

Ladies' Pumps and Oxfords

Black satin, brocade pump, Cuban heel \$6.50 Ladies' black satin pump, baby Louis heel \$5.98 Ladies' black kid pump, baby Louis heel \$4.98

Bring the children in; we give them special attention

Efir's Department Store

North Main Street High Point