

Purchasing Refrigerators Involves Many Important Facts For Consideration

So you're going to buy a new refrigerator? That purchase is one of the most important factors in your family's well being. For your refrigerator is the last link in the marvelous cycle of food preservation that keeps your food fresh and wholesome—up to the time it is delivered in your kitchen. That's why the choice of a refrigerator is no light matter. It's a problem that's all the more important now because of the revolutionary changes in the construction and design of modern refrigerators are bringing about. The new standards of food preservation—cold alone is not enough. But what are some of the factors to be taken into consideration before you buy a new refrigerator? The number one question is cost. But even more important, from the standpoint of your family's health, is efficiency of refrigeration, which depends on construction and design and the application of natural laws of science. The length and kind of service that you can expect for your investment are questions that should be answered before you make your selection. Lastly, there's that question of size. What size refrigerator is the most economical and efficient for your family? Of course, the money you have to spend for what you want is always the starting point. In figuring the cost of your refrigerator, don't stop

with what you pay for it. Estimate what it will cost to keep it working at its best—in other words, upkeep and its cost of operation. You'll want to make an estimate of how long you will use it—that is how long you can expect efficient and satisfactory food preservation—five years, 10 years, or a natural lifetime. The measuring stick of value received for your money is the kind of refrigeration you are buying. Of course, you want the best food preservation you can buy for the smallest outlay. To get the best there is in modern refrigeration, you will want affirmative answers to these questions:

1. Will my refrigerator provide a constant, safe low temperature without even so much as one hour's break in the steady cold?
2. Is the air in my refrigerator not only kept cold, but is it sufficiently moist to keep my foods fresh without extracting moisture—their valuable natural juices—from them?
3. Is the cold, humidified air kept in constant circulation, and is provision made for the discharge of gases and odors which the air has taken up from the foods?

When you've found your affirmative questions, there's the problem of dollars and cents. Yet modern refrigeration need not be an extravagance. In fact, air conditioned refrigeration with the modern ice refrigerators is amazingly economical.

Interesting Ways Of Preparing Old Dishes For Variety

Stuffed Beets
Six or seven 12 small cooked beets; one-half cup minced green pepper; two cups soft bread crumbs; one-half cup melted butter; one teaspoon onion juice; salt and pepper to taste; three tablespoons melted shortening. Put beets and scoop out centers. Mix remaining ingredients and stuff beets. Place in baking dish with a little water. Bake in a moderate oven, 25 degrees for 15 or 20 minutes, turning occasionally.

Cole Slaw
Wash and remove the tougher leaves from the outside of a young cabbage. Shred or cut with a very sharp knife. Let stand in cold water for half an hour to crisp. Drain and mix with a cooked salad dressing to moisten well. Pimientos, pickle, cucumber, nuts or green pepper may be added. This slaw may be kept in a covered jar in the refrigerator until ready for use.

Fish Cocktail Sauce
One and one-half cups milk; two tablespoons lemon juice or vinegar; one-fourth teaspoon salt; one-half cup very finely shredded celery; two teaspoons Worcestershire sauce; horse-

radish to taste and a few drops of Tabasco sauce if a hot sauce is desired.

Mix all ingredients together and keep in a closely fitted jar until ready for use.

Scotch Woodcock
One and one-half cups milk; two cups soft bread crumbs; two tablespoons butter; one and one-half tablespoons anchovy paste; four hard cooked eggs; seasoning to taste; and toast points.

Heat milk, add crumbs and cook over low flame, stirring constantly until smooth. Add butter, seasoning, anchovy paste, then fold in sliced eggs. Serve with toast points. Serves six persons.

All-Bran Butterscotch Ice Box Cookies

1/2 pound butter
2 cups brown sugar
2 eggs
1 cup Kellogg All-Bran
3 cups flour
2 teaspoons baking powder.
Cream butter, add sugar, then eggs well beaten and bran. Mix well. Sift flour and baking powder. Add to first mixture. Shape into roll and wrap in wax. Put in refrigerator for 12 hours. Slice thin and bake.

Read the Want Ads For Bargains

Amelia Studies Flying Problems



E. C. Elliott, president of Purdue university, Lafayette, Ind., left, listens to Amelia Earhart Putnam, right, as she explains the purpose of the weather tape in the aerological station at Purdue airport. A station operator is shown seated. Miss Earhart, in co-operation with the Purdue research foundation, will soon begin extensive research work in flying problems at the university.

Purity Now Keynote In Food Preserving During Summertime

Magic Touch Is Lent By Modern Improvements On New Refrigerators

Purifies By Melting Food Chamber Now Within Few Degrees Of Same Temperature In New Boxes

The magic touch of science has brought about a revolution in modern home refrigeration.

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Scientists have long known that ice is one of the purest products known to man. As it is now manufactured under standard conditions or harvested from approved lakes, it is free of gases and impurities. Consequently it is crystal-clear and taste-free.

Melting ice is the great purifier of the air that passes over it, for the film of water on the melting ice actually takes up gases and odors from the air—"washes" it free of such impurities. In modern ice refrigerators these impurities cannot remain within the food chamber. The circulating air carries them out of it to the film of water on the melting

Venezuela President



Eleazar Lopez Contreras, Inauguration on April 29 of Eleazar Lopez Contreras, former army officer, as new president of Venezuela marks the beginning of a new era for the South American nation which had been ruled for the past 25 years by the late dictator, Juan Vincent Gomez.

ice, and this water carries them out of the cabinet through the outlet pipe. It is these impurities that produce the "slime" that collects in a drain unless it is flushed occasionally.

As the melting ice purifies the moving air it also gives off moisture that goes on automatically, keeping the humidity balanced according to temperature. In a modern ice refrigerator a humidity is created that is virtually ideal for food preservation.

Such humidity means, in practical application of food preservation, that your meats won't collect the whitish coating that forms when there's too much moisture in the air. Nor will they become dry and discolored from the removal of their own moisture.

Getting a Job and Getting Ahead

By Floyd B. Foster, Vocational Counselor, International Correspondence Schools

Thinking Your Way To The Top

MANY of the country's most successful business men have the habit of leaving their offices early in the day. Sometimes this is mistakenly looked upon as loafing on the job, when the truth of the matter is that they really begin to do their most effective work only after they have left their offices. The work that makes them outstanding in their field is done when they go into conference with themselves, review their day's work, and plan for the next day. Trace back any successful action to its early stages and you will find that practically always it followed the formulation of a well considered plan. A man notable for his success as a salesman used to say that his sales were really made before he even called on the prospect. He had made such a complete study of the prospect's needs and had worked out such a sound plan of approach that the sale was almost a foregone conclusion.

Regardless of the business you choose you should realize that your success will depend very largely upon your ability to "out-think" the men who are competing with you for recognition and advancement. A good man does not work only when he is at his desk. He is thinking how he can cope with a ticklish situation or solve a pressing problem, while he is playing golf, digging in his garden or pursuing any other form of recreation that he enjoys.

Whatever the height of your ambitions or the strength of your enthusiasm, your ability to get to the top is going to be determined by your ability to think your way to that eminence.

which is their valuable, natural juices—by air that's too dry. Vegetables will remain crisp and fresh in this kind of refrigeration.

By improvements in interior design, the new type refrigerators are taking advantage of another function of ice. This is the creation of a constant circulation of air. Cold air flows downward, pushing up warmer air. Besides removing impurities and odors, this movement of cold, moistened air equalizes the temperatures to such an extent that there is only a slight variation of a few degrees in the different areas of the food chamber.

Three Leading Men Of Negro Race Are Back From A Trip

College Station, Raleigh, May 4.—Three of North Carolina's leading Negro farmers have just returned from a trip to Washington awarded them as a prize for making the best records in corn-growing demonstrations.

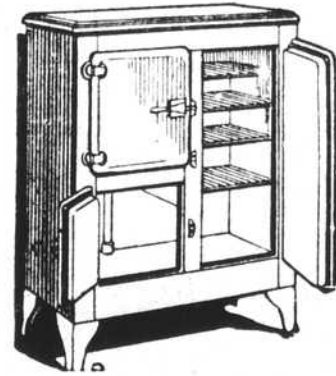
They are: Howard L. Mitchell, of Gates county, best all-round record; John L. Tomlinson, of Johnston county, winner of the adult prize; and Robert Lee Jones, of Durham county,

winner of the 4-H club prize. Accompanying them was John W. Mitchell, district Negro farm agent of the State college agricultural extension service, who had charge of the corn-growing contest.

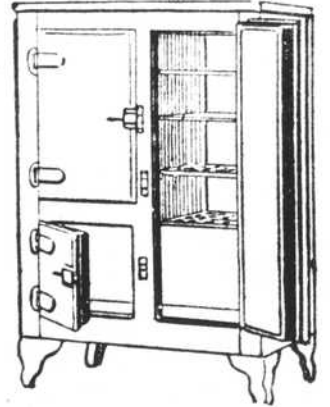
They left Wednesday and remained in Washington through Saturday. Donors of the prizes were: The North Carolina Mutual Life Insurance Company, the Durham alumni chapter of A. and T. Negro college at Greensboro, and the Chilean Nitrate Corporation.

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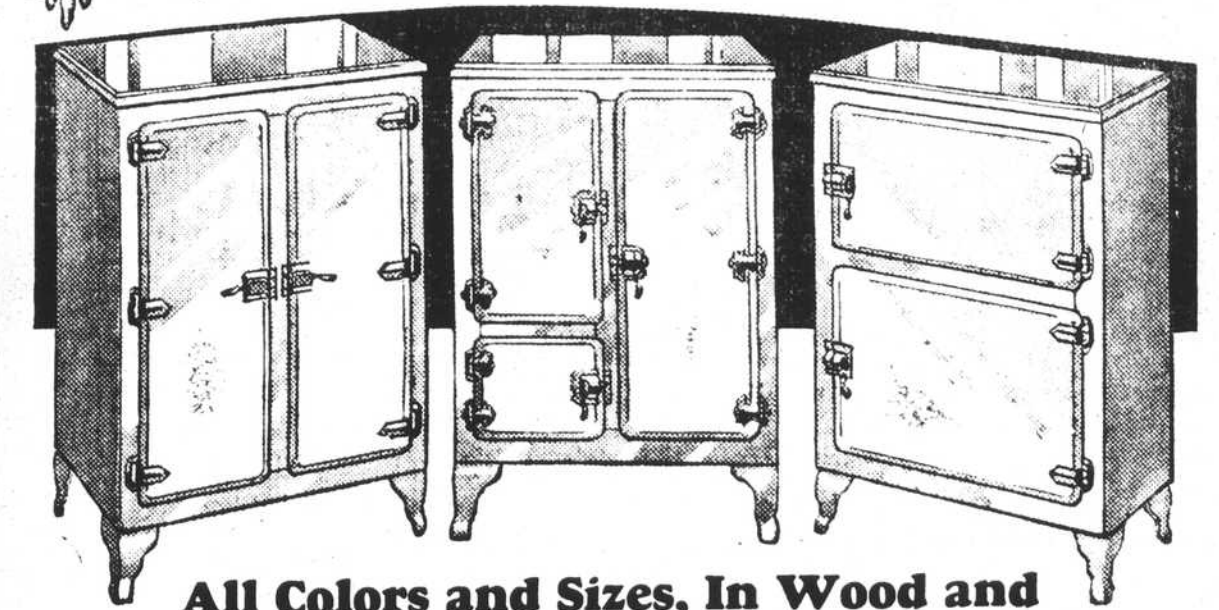
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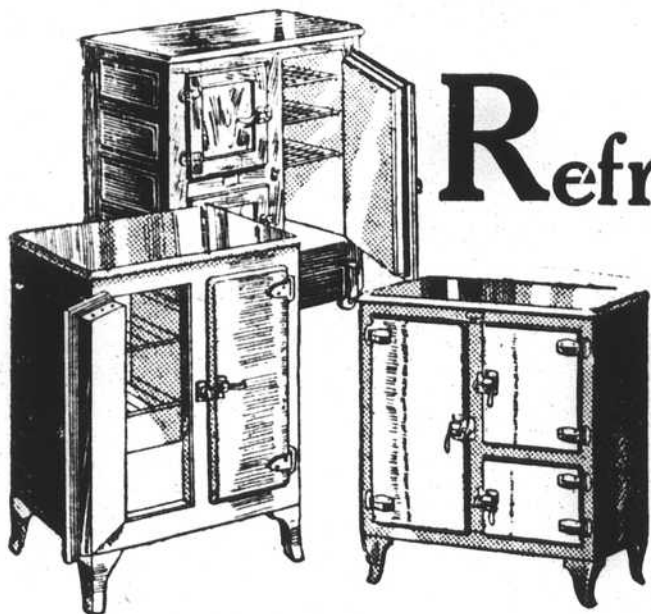
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