

CONTRACT FOR NEW CITY HALL IS AWARDED

Work Will Begin About January 1st and Will be Completed About May 1st

At a recent meeting of the board of aldermen of the Town of Forest City the contract for the erection of the new city hall was let. Work will begin about the first week in January, according to Mr. Charles Flack, mayor. A description of the new city hall was given exclusively in The Courier some weeks ago.

Mr. J. J. Baldwin, of Asheville, was chosen as architect. The completed building will cost approximately \$25,000. It will be located on North Powell street, which is considered an ideal location for the structure. It is expected that the building will be ready for occupancy by May 1st.

A bond issue of \$25,000 will be sold to provide funds for the completion of the building. An advertisement to that effect is now being carried in The Courier.

NURSES LICENSED

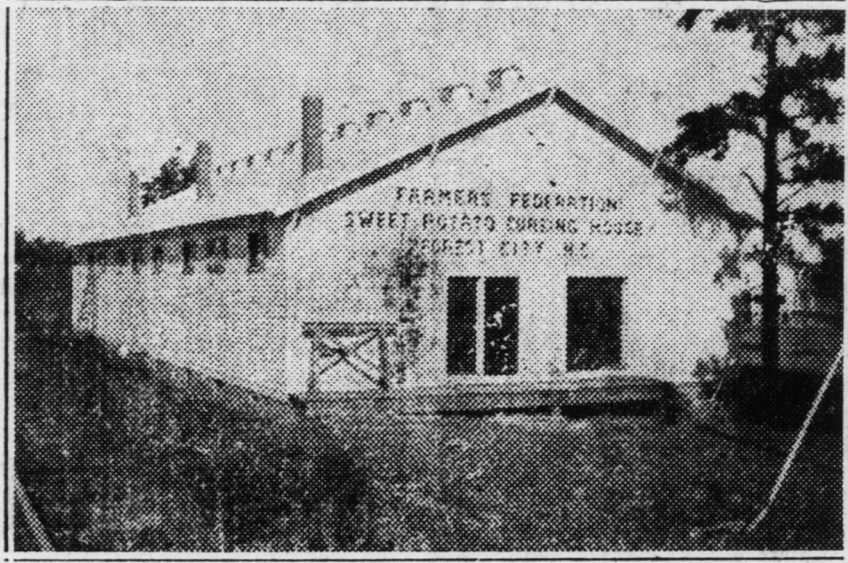
The following young ladies who have been in training at the Rutherford Hospital, passed the State nurses examination recently in Raleigh: Misses Goldie Whisnant, Helen Griffin, Eugenia Twitty, Exo-dee M. Blackwell, Essie McDaniel and Hattie Mae Hudson.

Out of the 214 nurses who took the examination, 185 passed. Certificates were issued to nurses from fifteen different states.

RHEUMATISM

While in France with the American Army I obtained a noted French prescription for the treatment of Rheumatism and Neuritis. I have given this to thousands with wonderful results. The prescription cost me nothing. I ask nothing for it. I will mail it if you will send me your address. A postal will bring it. Write today. PAUL CASE, Dept. F-226, Brockton, Mass.

Bring On Your Potatoes



The above picture is of the new highway going north. It is in an angle formed by the Seaboard and Southern Railroads, and will have access to both of these roads, since one road will be on one side of the building, and the other on the opposite side.

This curing house is the second one to be built in this county, the first being completed at Ellenboro, about a month ago.

This movement for properly curing potatoes has greatly stimulated interest in growing sweet potatoes in Rutherford county. Since the completion of the house at Forest City, three other houses, privately owned, have been erected.

The building, which is built after the government's plan for an ideal storage house, is located on Highway No. 20 on the left side of the

highway going north. It is in an angle formed by the Seaboard and Southern Railroads, and will have access to both of these roads, since one road will be on one side of the building, and the other on the opposite side.

The building is a wooden frame building, 40 by 80 feet, of 1500 bushel capacity. It was ready to receive this fall's crop of potatoes and is now closed for the season.

O. J. Holler, Rutherford's master farmer, is local president, while Paul Duncan, is to care for the house. It is his duty to receive all potatoes from the growers and to deliver same on request of owners, and to keep the temperature and moisture within the house at points suitable for ideal curing and storing.

MAURICE HILL HONORED

Mr. Maurice Hill, son of Mr. and Mrs. R. M. Hill of Spindale, who lives at Chapel Hill and is a former student of the University of North Carolina, was recently elected Superintendent of the Sunday school of the First Baptist church of Chapel Hill. Mr. Hill married Miss Elva Andrews of Chapel Hill, who is a member of one of the leading families of Orange county. Mr. Hill is another son of Rutherford who is making good in the world.

The best Christmas present for the housewife this year would be a year's subscription to the home paper. If you live in Rutherford county, The Courier will only cost you \$1.00.

HOME BURNS THURSDAY

A residence occupied by Mr. T. T. Whisnant and owned by Mr. Johnny May, on the outskirts of town, near the overhead bridge, burned Thursday morning about ten o'clock. The fire originated in the smoke-house and the home caught from the burning outbuilding. The flames were first noticed by Mr. J. K. Blanton, who was passing. He ran to the house, broke open the door and carried out a lot of the household furniture. None of Mr. Whisnant's family were at home, all being away visiting in Gastonia.

The total loss is something like \$2,000. No insurance was carried by either Mr. Whisnant or Mr. May.

NUTS ARE PACKED WITH RICH FOOD

Raleigh, Nov. 28.—Nuts which are produced in rather large abundance in North Carolina are excellent as food material although the food is somewhat concentrated and not too many of the meats should be consumed at any one time.

"Nuts, like cheese, is the last word in concentrated nourishment," says Miss Maude E. Wallace, assistant state home demonstration agent at State College. "While children may crave candies and sweets, the fine rich flavor of the nut, eaten plain or improved with salt, should prove most alluring. But not too much of this food must be eaten at any one time and it must be well masticated or there may be digestive troubles."

There are several kinds of nuts found in North Carolina. Peanuts are abundant and there are good quantities of pecans, black walnuts, chestnuts and hickory nuts. The peanut is high in nutritive value, states Miss Wallace, containing 30 percent of fat or oil. The pecan contains over 33 percent of vegetable oil and the walnut about 15 percent.

Each of these nuts contain much of the body building protein. The peanut ranks highest with the black walnut second. But there is another claim for food value that these materials have aside from the fat and protein. All nuts have a high content of lime and iron which is essential in the formation of blood, teeth and bone. The pecan, chestnut and walnut are noted for their iron content while the almond leads in lime.

Now that time for the harvest of nuts has arrived, Miss Wallace states they should be gathered and used in various dishes. Nut bread, peanut loaf and salted nuts are three excellent dishes. The product may be used in many other ways to add interest and flavor as well as nutritive value to the meal. Nuts with a salad of fruits and vegetables are appetizing or they may be served with fruit and raisins as dessert. They may also be used as a side dish or put into bread, cakes and sandwiches where they will be consumed with relish.

State College boys won the grand champion cup in the crops judging contest at the International Livestock and Grain Exposition at Chicago and a Tarheel pig won the grand champion prize for being the best Berkshire in the swine show.

HIS BILL FOR SERVICES

The painter was required to render an itemized bill for his repairs on various pictures in a convent. The statement was as follows:

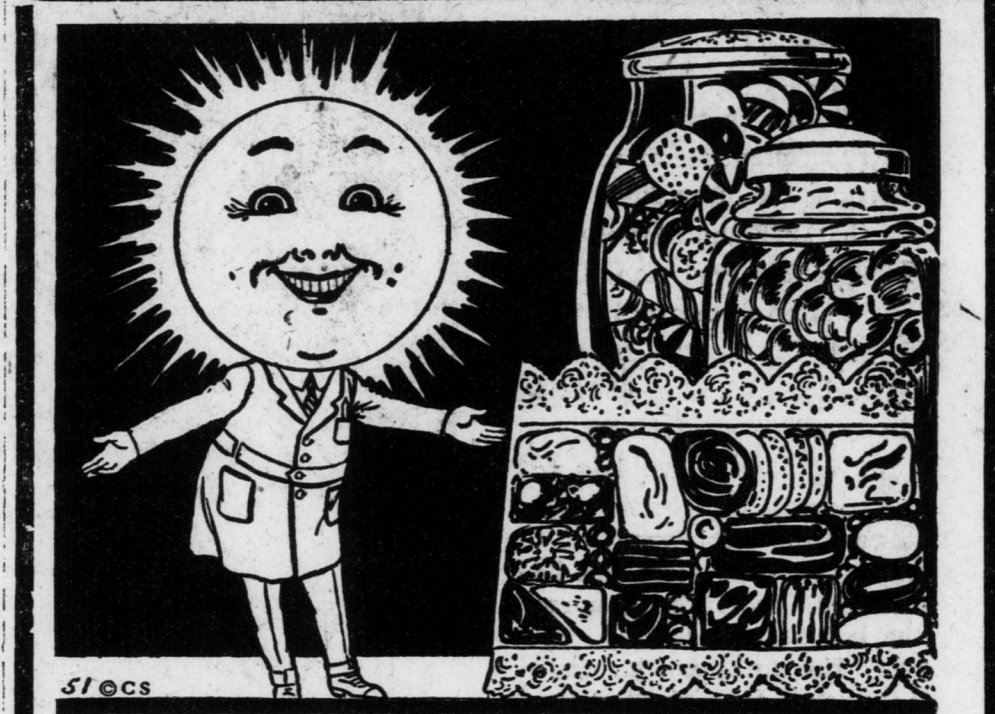
Corrected and renewed the Ten Commandments	\$ 6.00
Embellished Pontius Pilate and put a new ribbon on his bonnet	3.06
Put a new tail on the rooster of St. Peter and mended his bill	4.08
Put a new nose on St. John the Baptist and straightened his eye	2.06
Replumed and gilded the left wing of the Guardian Angel	5.06
Washed the servant of the High Priest and put carmine on his cheeks	2.04
Renewed Heaven, adjusted ten stars, gilded the sun and cleaned the moon	8.02
Reanimated the flames of Purgatory and restored some souls	3.06
Revived the flames of Hell, put a new tail on the devil, mended his left hoof and did several odd jobs for the damned	4.10
Put new spatter-dashes on the son of Tobias and dressing on his sack	2.00
Rebordered the robe of Herod and readjusted his wig	3.07
Cleaned the ears of Balaam's ass, and shod him	2.08
Put earrings in the ears of Sarah	5.00
Put a new stone in David's sling, enlarged Goliath's hand and extended his legs	2.00
Decorated Noah's Ark	1.20
Mended the shirt of the Prodigal Son, and cleaned the pigs	1.00
	\$58.83

The annual short course and conference of all agricultural extension workers in North Carolina will be held at State College during the week of December 12.

Cold weather is coming so it would be a good plan to look after the radiator and the battery of the old family car.

Dr. D. M. Morrison, Optometrist OF SHELBY

Will be in Forest City every Thursday from 8 to 9 a. m. and 2 to 3 p. m. Office back of Dr. Duncan. Telephone 29.



Candies and Nuts

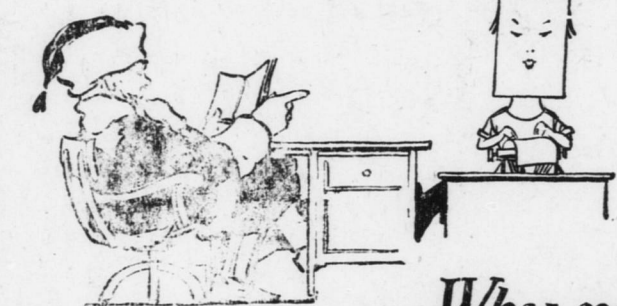
Sure you want candies and nuts for Christmas. Give the children plenty of them and make their dear little hearts happy. Just recall when you were a child. Our candies are pure; they are wholesome food. For all of your Christmas groceries come to us. Prices the lowest.

KING GROCERY CO.

"SUNNY GROCER"

Phone 105

Forest City, N. C.



Why not Dictate to Your Pay Envelope?

Unless you dictate to your pay envelope, your money will spend itself.

But if you adopt a definite thrift program, Habit will make saving almost as easy as spending.

In the United States, millions of people have found the Christmas Club plan helpful in accumulating money.

If you join the Club now, you can have, next December, one of the lump sums below—just so much extra cash.

	One Year	
25c-a-week Class	\$ 12.50	Plus Interest if all Payments are made promptly
50c-a-week Class	25.00	
\$1-a-week Class	50.00	
\$2-a-week Class	100.00	
\$3-a-week Class	150.00	
\$4-a-week Class	200.00	
\$5-a-week Class	250.00	
\$10-a-week Class	500.00	
\$20-a-week Class	1,000.00	
\$50-a-week Class	2,500.00	

You may pay as far in advance as you wish.
The Club ends early in next December.

INDUSTRIAL LOAN & INVESTMENT BANK

CAPITAL AND SURPLUS \$100,000
FOREST CITY, N. C.



HAVE MONEY!

For Your Old Age

For "old age."
For middle age,
At all times HAVE MONEY
Money is a SURE FRIEND

Start Saving Regularly NOW

We invite YOUR Banking Business



THINK!
FARMERS
Bank & Trust Co.

"Home of the Thrifty"
Forest City and Caroleen



Seeking New Business on Our Record