

**New Uses For Familiar Vegetables**



By CAROLINE B. KING

THE housewife who has a garden to draw upon for her vegetable supply has a gold mine at her command if she did but know it, for in the fresh green things from her garden patch lie all the rich vital qualities her family require for their well being.

String beans, cabbage, carrots, chard, lettuce, contain Vitamin A. Asparagus, beans, cabbage, carrots, lettuce, peas, white potatoes, string beans and tomatoes are rich in Vitamin B. Vitamin C is contained in beets, cabbage, carrots, lettuce, peas, potatoes, string beans and tomatoes. Escarolle, spinach and tomatoes are rich in iron; beans, carrots, cauliflower and onions contain lime, and asparagus, cabbage, carrots, celery, lettuce, onions, potatoes cooked in the jackets, squash and turnips are all valuable because they supply the roughage or bulk the body needs to keep it in good condition. Home canning of tomatoes affords an opportunity to select fully ripe and choice fruits.

When one realizes what a wealth of healthful qualities these easily grown garden vegetables contain, it would seem impossible to serve too many vegetables. One may begin the meal with a vegetable appetizer, and finish it with a dessert salad made of vegetables, and all the way through the other courses deliciously cooked hot vegetables of all sorts may be served as main dishes, as entrees or in any other form one wishes.

Tomato Juice Cocktails are extremely good. Make them by strain-

ing canned tomatoes through a coarse sieve, pressing lightly. To three cupfuls of pulp add the juice of half a lemon, 1 tablespoonful of sugar, salt, pepper, and paprika to taste, and if desired a mere whiff of celery salt. Put in the shaker half filled with crushed ice and shake vigorously, strain into cocktail glasses and serve with tiny sandwiches of wholewheat or graham bread.

Scalloped Egg Plant is a tempting main dish or entree. Cut a large egg plant in slices about half an inch thick, pare them and place in salt water for a few minutes, then rinse and cut in cubes, cover with boiling salted water, cook till tender and drain well. Chop one small onion and saute it in 2 tablespoonsful of melted butter, add a tablespoonful of chopped parsley and one of flour, cook, stirring gently for a few moments. Then pour in a cupful of milk and simmer till thick, adding 1/2 teaspoonful of salt and pepper and paprik to taste. Add the egg plant and turn into a buttered baking dish. Cover with bread crumbs, dot with butter and bake a nice brown.

Cucumber Salad with Pineapple: Add 1 1/2 cupfuls of boiling water to a package of lemon flavored, sweetened gelatine, and stir well, set aside to cool. When beginning to thicken add a tablespoonful of vinegar, one cupful of cubed cucumber and a slice or two of canned pineapple finely shredded. Season with paprika and a little salt, turn into small molds, chill well, and unmold on lettuce leaves. Serve as a dessert salad with cream cheese balls and wafers.

**SALE OF REAL ESTATE**

Under and by virtue of the power of sale contained in a certain Deed In Trust made and executed by and between J. F. Hamrick and wife, Viola Hamrick, to W. L. Brown Trustee for Forest City Building & Loan Association, on the 18th day of September, 1928, recorded in the office of the Register of Deeds for Rutherford County, N. C., in Book 2 at page 280. The said Deed In Trust being given to secure a certain indebtedness and default having been made in the payments of the said indebtedness, and by request of the party of the third part, the undersigned Trustee will, on

FRIDAY, APRIL 25, 1930.

within the legal hours of sale in front of the Forest City Building and Loan Association office in the town of Forest City, offer for sale to the last and highest bidder for cash or good security the following described Real Estate, to wit:

Lying and being in the town of Forest City and located on Broadway street.

Beginning on a stake in the edge of sidewalk, L. C. Lowrance corner thence S 71 1-2 W, 210 feet to a stake in the Lowrance line; thence S 18 E 100 feet to a stake; thence N 71 1-2 E 210 feet to a stake in the edge of sidewalk; thence N 18 W with the edge of sidewalk and Broadway street 100 feet to the beginning, containing a dwelling and out buildings.

This, the 25th day of March, 1930. 25-4t. W. L. BROWN, Trustee.

**RECEIVERS' NOTICE.**

NORTH CAROLINA, Rutherford County. In The Superior Court. Standard Oil Company of N. J., Plaintiff

against Harris Oil Company, Defendant.

It is ordered and adjudged in the above entitled action that all creditors of the defendant Company verify and present their claims against said defendant Company, to J. T. Harris and R. C. Alexander, Receivers heretofore appointed by this Court, on or before ninety days from the date hereof, or be forever barred from participating in the distribution of the assets of said defendant Company.

It is further ordered that the said Receivers notify all persons known to them who have claims against the said Harris Oil Company, a corporation, at their last known address, and that they publish notice of this order once a week for four weeks in some newspaper published in Rutherford county.

This the 19th day of March, 1930. MICHAEL SCHENCK, Judge of the Eighteenth Judicial District. 25-4t.

**NOTICE TO CREDITORS TO FILE CLAIM**

NORTH CAROLINA, County of Rutherford. In the Matter of Farmers Bank & Trust Co. Forest City, N. C.

Under authority of Subsection 10 of Section 218 (c), Consolidated Statutes, all persons who have claims against the above named bank are hereby notified to present proof of claim at Forest City on or before the 1st day of July, 1930.

Failure to present claim on or before the above date bars the claim not presented except as to the assets of the bank in the hands of the Corporation Commission for the account of said bank at the time claim is presented.

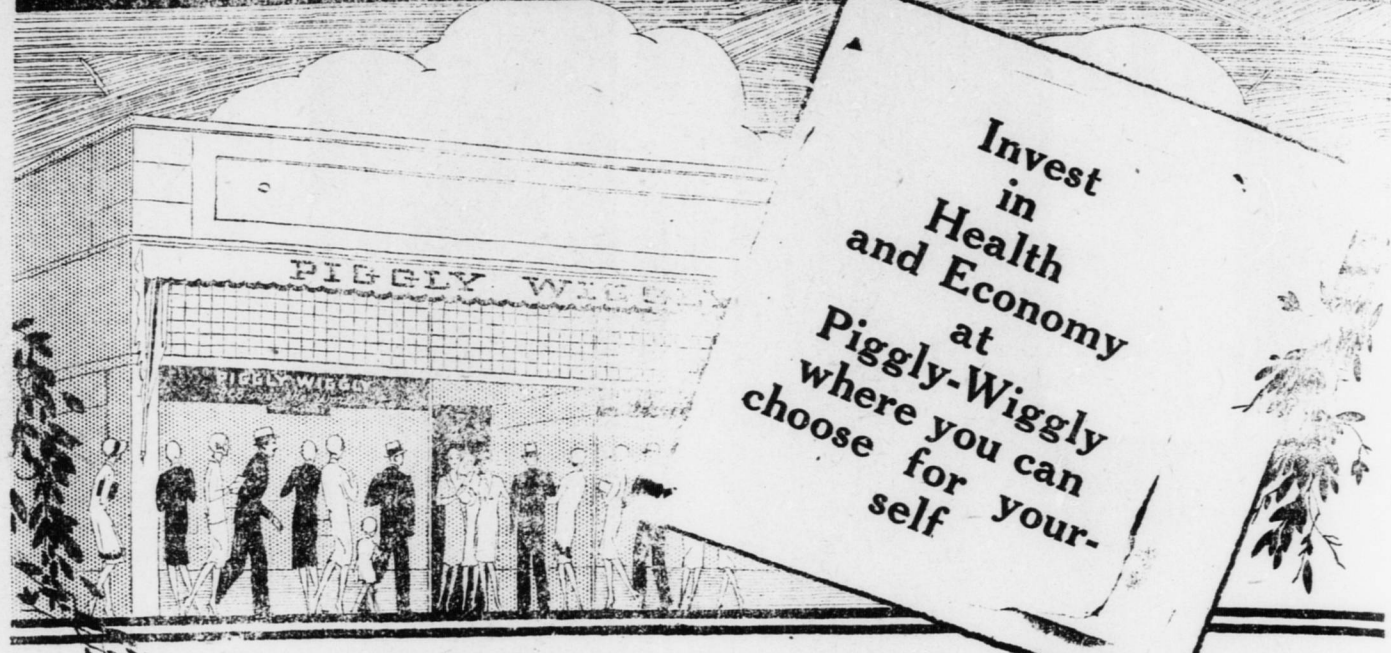
Objection to the allowing of any claim may be made by any interested person by filing such objection in the pending action in the office of the Clerk of Court of this county and by serving a copy thereof on the Chief State Bank Examiner or the Liquidating Agent of this bank. This the 1st day of April 1930. JOHN D. BIGGS, Liquidating Agent of Farmers Bank & Trust Co., Forest City, N. C. 25-4t.

Chatham county is seeding 30,000 pounds of lespedeza seed this spring with other scattering orders being placed.

The Farmers Club of Bladen county is sponsoring a series of night meetings this spring to study farm management subjects.

This is the time of year when paragraphers dust off the old seed catalogue wheeze.

**PIGGY WIGGLY**



**Potatoes** Western North Carolina **10 lbs. 25c**

SEED A No. 1 IRISH COBBLERS, Bag 150 lbs. \$6.00

SEED A No. 1 RED BLISS, Bag 150 lbs. \$5.50

YOUR CHOICE BY THE PECK 60c

SWEET POTATOES, House Cured, lb. 3c

Fresh Okra, Egg Plant, Bell Peppers, Squash, Spinach, Rhubarb, Radishes, Carrots, Beets, Bch. Turnips, Collard Greens, Escarol, Endive, Rutabagas, Lima Beans, Green Peas, Cauliflower, Soup Bunches, Parsnips, Artichokes, Green Beans, Lettuce, Celery, New Cabbage, New Potatoes, Bch. Onions.

NUCOA, one of the BEST FOODS, lb. 22c

**Pinto Beans** **3 lbs 20c**

**4 lb. Bckt JEWEL** **55c**

CAMPBELL'S TOMATO SOUP, 3 for 25c

MAIDEN BLUSH APPLE BUTTER, qt glass barrel 25c

OLD DUTCH CLEANSER 3 for 19c

Grandma Washing Powder and Special Octagon Soap, 7 for 25c

LARGE SUPER SUDS 2 for 35c

**No. 2 TOMATOES 3 for 25c**

SKINNERS RAISIN BRAN, package 10c

CORN FLAKES or POST TOASTIES, 3 for 20c

LIBBY'S VIENNA SAUSAGE 2 for 25c

ROSE DALE FLAT PINK SALMON, 2 for 35c

**Maxwell House Coffee 36c**

Libby's 1 lb. Red Alaska Salmon 28c

Libby's and Delmonte No. 2 1-2 Bart. Pears, can 35c

Libby's and Delmonte No. 2 1-2 sliced and halves Y. C. Peaches, can 25c

Carnation or Pet Milk, small 6 for 25c  
Carnation or Pet Milk, large 3 for 25c

**In Our Sanitary Meat Market**

Sugar Cured	<b>HAMS</b>	Swifts Armour's	Whole Half lb.	<b>24c</b>
Fresh Ground Beef, lb.	<b>19c</b>	Fresh Pork Ribs, lb.		<b>19c</b>
Fresh Side Pork, lb.	<b>18c</b>	CHEESE, full cream, lb.		<b>22c</b>

Fancy Western

Round Sirloin **Baby Beef Steaks lb. 35c**

We Handle 'A No. 1 Western Steers, Veal and N. C. Pork Locally Owned and Operated.

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**E A S T E R SHOES**

Fresh and New and Exquisitely Fashioned.

Blue Kid, with blue Amalco Kid and Navy Blue, Lizard trim. Price

**\$10.00**

Tru-Poise Ritz

The constant replenishing of our Spring time footwear assortments makes choosing always interesting. The styles just arrived have those ideal features for shoes—charm, practicability and moderate pricing.

Styles were never lovelier or more varied than this Spring—and every wanted style is represented at "the Shoe Store" Wright-Scruggs Shoe Co. So selecting your shoes for Easter is certain to prove a pleasure.

Tune in on WSPA every Friday evening 8:30 for Wright-Scruggs program. You'll enjoy it.

"The Shoe Store"  
**Wright-Scruggs Shoe Co.**  
Spartanburg, S. C.

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