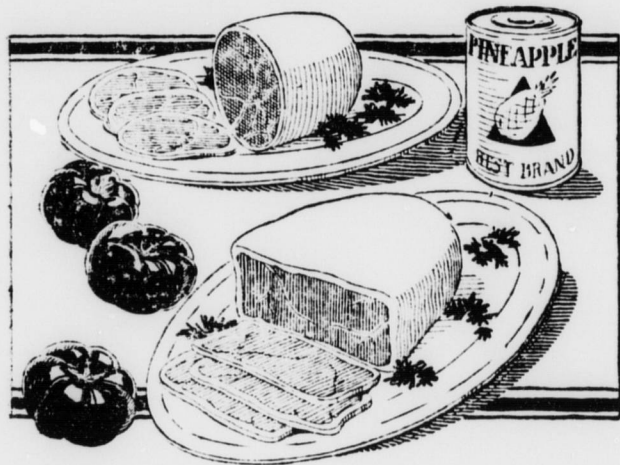


Flavor-Sealed Ham



DID you know you could buy ham with the flavor sealed in it? "How?" you ask. Why just go to your dealers and pick out a selected, mildly cured ham which is vacuum cooked and sterilized in its own can. All its juices are sealed in and the ham is delivered to you fresh, flavorful and tender. The skin and bone and other waste are all removed. To serve whole, simply pop into the oven and brown. For medium sized families the whole ham weighing six to ten pounds and which will take in sixty minutes may be purchased. Smaller families will prefer the three to five-pound can of ham which will bake in thirty minutes.

Toothsome Uses

Everyone knows the usual ways of using ham, in sandwiches, cold with salads, baked, fried, with eggs, and so on, but there are other meth-

ods which are just as delectable and more unusual.

For instance, cut one or two inch-thick slices of ham and brown in a little fat in the baking pan. Pour crushed pineapple over the ham and add one-half cup water. Bake slowly until tender. Remove to hot platter and pour hot pineapple syrup around it.

Tomatoes stuffed with ham are delicious. Remove a thin slice from the top of each tomato and remove seeds and pulp. Run canned ham through the meat grinder and mix with half as much bread crumbs and the tomato pulp and pepper and salt. Stuff tomatoes with this mixture, cover with buttered crumbs and bake thirty minutes in a moderate oven.

Celery and ham may be creamed together and served on toast, garnished with minced parsley.*



A Dollar Dinner for Four

THIS dollar dinner takes careful planning and buying, but doesn't it sound good enough to please any family?

- Tomato and Peanut Soup 22¢
- Baked Beans with Bacon 20¢
- Boston Brown Bread and Butter 15¢
- Lettuce with French Dressing 9¢
- Apple and Coconut Snow 22¢
- Black Coffee 4¢

The foregoing menu totals 98 cents, leaving 2 cents for incidentals. To make the soup, heat three tablespoons of peanut butter with contents of a can of tomato soup; when well blended add a pinch of soda. Scald one and one-half cups milk with one slice of onion, remove onion, and pour tomato mixture slowly into the hot milk. Do not boil. Serve in cups.

In preparing the beans, fry one-fourth pound of bacon, remove about half the fat and to the rest add one sliced onion and saute to a golden brown. Add contents of a number 2 can of beans, season and heat thoroughly. Serve with the bacon on top. Heat a five-ounce can of Boston brown bread in the can in boiling water, remove, and slice. Serve with butter. For the apple and coconut snow, beat two egg whites stiff. (Yolks can be used in custard or mayonnaise for the next day's dinner.) Fold in contents of an eight-ounce can of apple sauce, one-fourth of a four-ounce can of moist coconut, two teaspoons lemon juice, and two tablespoons confectioner's sugar. Put lightly in glass cups and put a dab of jelly or marmalade on top for a garnish. Chill and serve.*

Rockefeller at 90

John D. Rockefeller, the world's richest man, celebrated his ninetieth birthday on July 8. His career is amazing. Born in 1839 of parents in moderate circumstances; at ten he successfully tracked a wild turkey and recovered the chicks, selling them in the fall to put his first \$50 on interest; at 20 he had saved \$1000 and borrowed a thousand more from his father to enter the produce business; at thirty he had bought out his partner in the oil business for \$72,000 and at forty he was head of the Standard Oil Company; at fifty he was head of the Standard Oil trust and at sixty he was controlling the petroleum industry and had reached the pinnacle of wealth being known as the richest man in the world; at seventy the Standard Oil Company was dissolved by the government, but he held control of the subsidiaries.

Twenty-five years ago physicians predicted that Mr. Rockefeller would live but a short time due to rapidly failing health. Mr. Rockefeller refused to give up; he went on a diet which would have staggered an ordinary man for its frugality and today at ninety he enjoys his daily round of golf and has given away more than \$500,000,000 to worthy causes.

Fearing and hated fifty years ago because of his driving financial methods, Mr. Rockefeller today begins his 91st year with the satisfaction that he had done more for the worthy causes with his wealth than any other man in the history of the world.

The world admires Rockefeller because he has converted his wealth into a great reservoir for the development of science and medical research; for the building of schools and colleges for the education of all; he has established researches to end cancer and spent hundreds of thousands of dollars in worthy causes to uplift humanity. Such has been this exceedingly busy and useful life.—Elkin Tribune.

May Improve Varieties Of Horticultural Crops

Raleigh, July 15.—With the idea of promoting the growth of more fruit and vegetable crops in North Carolina, the Department of Horticulture at State College, under its new leader, Dr. J. H. Beaumont, has launched a research program to improve the existing varieties of these crops.

"For instance," says Dr. Beaumont, "we believe that we can breed blight resistance and improved quality into the kinds of Irish potatoes that we are growing. For that reason we are growing 8,000 seedlings from some of the best seed stock in the country. We are making numbers of crosses and will have thousands of these new seedlings to test next year. We know also that the Lucretia dewberry is firm and ships well though it is not so high in quality. The Young dewberry is of extra high quality but does not stand shipping so well. We are now growing seedlings at the college to see if we cannot combine all of these good qualities into one new variety."

Then, too, the horticulturist says that a peach variety less susceptible to the deadly bacteriosis may be developed, that will retain the excellent qualities of the best peaches now grown. A new strain of sweet potato is being developed by hill selections. This strain, known as North Carolina No. 1, is being tested this year by a number of 4-H club boys and adult growers. The strain was developed from the Porto Rico but is smoother, more uniform and grades higher.

Dr. Beaumont also looks to improvement in lettuce varieties. His department is now working on a variety of the Big Boston lettuce that is resistant to tip-burn. At the same time, the horticulturists are studying all questions of soil treatment, nutrition and other factors leading to the most economical production of fruits and vegetables. Dr. Beaumont believes that this department can be of great assistance to the growers of the State and the enlarged plan of work contemplates rendering such service.

Stokes Farmers To Buy Car of Lime

At the request of C. M. Hauser, of Germanton, County Agent, J. E. Trevathan, is arranging for the co-operative purchase of a car of lime to be delivered to Germanton during August. Farmers interested in buying lime for fall use should communicate with J. E. Trevathan, Walnut Cove, N. C. This lime will be bought direct from the plant. Arrangements will be made for shipments to be made to other points where requested in sufficient quantity. Lime is needed on practically all soils of Stokes county for the proper growth of winter crops, and winter crops are needed for the conservation of our soils. Try an application of lime on your wheat land this fall.

J. E. TREVATHAN, County Agent.



Supper in the Woods

NOW that the weather is warm and balmy, isn't it fun to slip some food into appropriate containers and drive out to the woods for your supper? Such a meal may be the simplest imaginable and need not involve even building a fire. Cold meat, sandwiches, perhaps fresh fruit and cup cakes, and hot coffee carried in the thermos bottle are ample for the meal. A typical menu is:

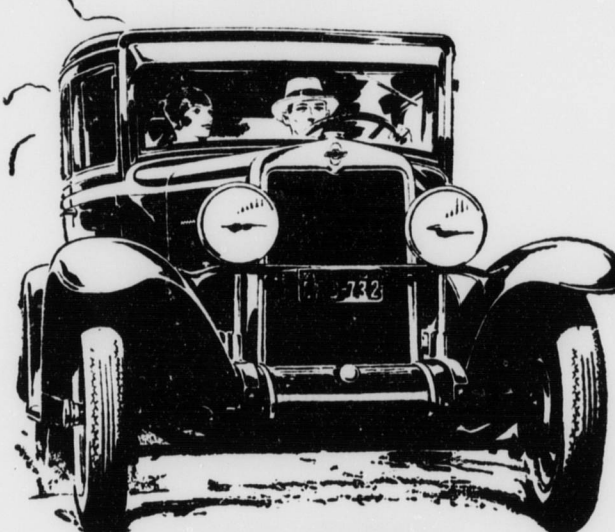
- Cold Fried Chicken
- Potato Chips
- Sardine Sandwich
- Sweet Fruit Sandwich
- Fresh Fruit
- Chocolate Cup Cakes
- Hot Coffee

To make an unusual sardine sandwich, bone and mash a can of sardines. Mix with one tablespoon

chopped ripe olives, one tablespoon lemon juice, two tablespoons chopped, pickled beets and three tablespoons mayonnaise. Spread between thinly sliced white bread.

Sweet Sandwiches

For the sweet sandwich, mash two cream cheeses, add one-fourth cup of well-drained crushed pineapple and one-fourth cup of strawberry preserves and cream well. Use between thin slices of buttered whole-wheat bread. Another excellent picnic sandwich consists of three-fourths cup cold baked beans, one-fourth cup chopped celery, one-fourth cup chili sauce mixed together and spread between buttered slices of canned Boston brown bread.*



-a **SIX** in the price range of the four!

The Chevrolet Six is scoring a sensational nationwide success because it provides everything you want in a fine, sturdy automobile—yet it actually sells in the price range of the four.

for **\$595**

you can now buy in the **CHEVROLET SIX**

Six-Cylinder Smoothness
The inherent balance of six-cylinder, valve-in-head design assures the smooth, velvety flow of power that distinguishes the fine automobile.

Six-Cylinder Acceleration
A non-detonating, high-compression cylinder head and automatic acceleration pump give the new Chevrolet Six remarkable qualities of acceleration.

Better than 20 Miles to the Gallon
Chevrolet engineers spent years of research and development to perfect a six-cylinder motor that delivers better than twenty miles to the gallon.

Beautiful Fisher Bodies
Rare beauty, smartness and comfort are provided in the Bodies by Fisher. Hardwood and steel construction gives them unusual strength and safety.

Amazing Low Prices—Easy Terms

The Roadster	\$525	The Convertible Landau	\$725
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The Coach	\$595	The Light Delivery Chassis	\$400
The Coupe	\$595	The 1 1/2 Ton Chassis	\$545
The Sedan	\$675	The 1 1/2 Ton Chassis With Cab	\$650
The Sport Cabriolet	\$695		

All prices f. o. b. factory, Flint, Michigan

PAUL W. DAVIS CHEVROLET CO., Walnut Cove, N. C.

Use The Emergency Shelf As "An Every Day" Shelf



By JOSEPHINE B. GIBSON
Director, Home Economics Dept., H. J. Heinz Company

It is no longer true, as it has been in the past, that the best housekeeper is the one who manufactures and creates everything in her own home. Rather she is the one who assembles most wisely what others have made for her. In this way she saves her time for the accomplishment of things outside the home and for the enjoyment of life. It is absolutely necessary to make some short cuts to the required three meals a day, if one is to have any time to oneself. Dedicate one shelf in your cupboard as an "Emergency Shelf"; fill it with ready-to-serve foods which keep indefinitely, replenish it when foods are used, and insure yourself of excellent meals at any time. The feeling of security which an adequate supply cupboard gives one when the inevitable "last minute" emergencies arise is invaluable. Your "Emergency Shelf" should include:

- A—Ready to Serve Luncheon and Supper Dishes** such as: Nourishing Cream Soups; Baked Beans; Cooked Spaghetti in Tomato Sauce; Prepared Meats and Fish—Bacon, Dried Beef, Tongue, Boned Chicken, all in glass jars; Canned Vegetables.
 - B—Salad and Luncheon Materials** such as: Salad Dressings, Mayonnaise, Vinegar, Salad Oil, Sandwich Relish; Olives, Sweet and Sour Pickles; Peanut Butter; Packaged Cheeses.
 - C—Desserts** such as: Plum Pudding; Fig Pudding; Canned Fruits (Also may be used in Salads); Packaged Small Cakes.
 - D—Seasonings and Relishes** such as: Ketchup and Chili Sauce; Worcestershire Sauce; Prepared Mustard; Prepared Horseradish.
- Purchase fresh fruits and vegetables once or twice each week, and these together with the ready-to-serve prepared foods, will fortify you against any emergency.