A Hand-Picked List of "Eligibles" For Your Dainty Springtime Salads



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

IT has been said that we here in America are the greatest deaters of salads the world has Green Salads: eaters of salads the world has ever known. Crisp, green salads at dinner—vecetable or meat salads for luncheon or supper—fruit salads, in infinite variety, for regular desserts or for party refreshments. Small wonder, indeed, that the aspiring hostess often finds it quite a problem to create something new in this crowded field of foods. And no wonder she sometimes is perplexed about just what to serve with the deliciously different course she has concected.

For the type of food that ac-

course she has concocted.

For the type of food that accompanies any salad will vary greatly, according to the components of the principal dish. A snappy sandwich, for instance, is exactly proper for serving with vegetable or meat salads, but would be entirely unsuitable with a salad made from fruit. And the a salad made from fruit. And the sweet sandwich, cookie, or piece of cake that is so delightful with a dainty fruit salad is not at all the type of thing to serve with the salad course at a substantial luncheon or dinner.

Following are a number of sug-gestions that may help when you are confronted with the problem of what to let accompany some

particular, new salad you have created. They have been tested and proved correct from the standpoint of deliciousness as well a distoire distoire. well as dietetics.

To Accompany Crisp

Crisp Crackers
Paprika Crackers
Spread saltines with soft butter
and springle lightly with paprika
Place in a hot oven until the but
ter and paprika are blended, an
the crackers thoroughly crisp
Sorre box

-To Accompany Fruit

1. Sandwiches of buttered nut-

bread spread with Apple
Butter or Fruit Preserves.

Small open sandwiches of
Currant or Grape Jelly decorated with cream cheese.

Cheese Straws.

Jun Tea Biscuit
Prepare baking powder biscuit

re baking powder passes tyrn out on lightly floured and pat 's nich thick. Cut breut cutter. In half of scutts make holes with a lat cutter or other small cutter. Place a cut biscul-hole one, and all the center cut. Pracerces of Apple Bu-

angel food or

3. Sandwiches of chopped nut-meats and sliced Stuffed Spanish Olives, moistened Mayonnaise Salad Dressing.

4. Sandwiches of prepared Sandwich Relish.

5. Sandwiches of chopped celery and Stuffed Spanish Olives, moistened with Mayonnaise

Mrs. McCormick is reported to have sold a bull for \$3,000. Many cities have a commission form of government, and cipally of goat's milk. Which most politicians make no the United States seems headed charge for theirs.



FULTON MOTOR CO.

WALNUT COVE, N. C.

Appointments For Methodist Church

REV. ELLSWORTH HARTSFIELD, Pastor.

1st Sunday-Bethesda 11 a. m.; Forest Chapel 3 p. m.; Pine Hall 8 p. m.

2nd Sunday-Davis Chapel 11 a. m.; Vade Mecum 3 p. m.; Danbury 8 p. m.

3rd Sunday-Pine Hall 11 a. m.; Forest Chapel 3 p. m.; Bethesda 8 p. m.

4th Sunday-Danbury 11 a. m.; Vade Mecum 3 p. m.; Davis Chapel 8 p. m.

5th Sunday-Danbury 11 a. m.; Bethesda 3 p. m.; Forest Chapel 8 p. m.

Sunday School at all churches except Vade Mecum 10 a. m. Vade Mecum Sunday School 2 p. m. Epworth League, Pine Hall, 7 p. m. Christian Endeavor. Danbury 7 p. m. Prayer Meeting, Pine Hall, Wednesdays 8 p. m. At Danbury, Prayer Meeting announced.

"IT'S ALL IN THE BLOOD."

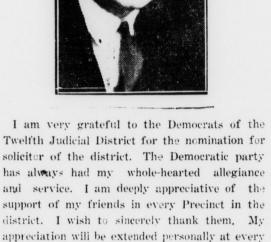
-"And without shedding of blood is no remission" (Heb. 9:22).

A man in the prime of life lay on his couch. Suddenly laid aside by sickness, from an active business life, and from a place of prominence in the church of which he was an of Exodus, in which an account was a solemn silence in the Never before, in the days of the firstborn are given. life was past.

I possess if I could."

never gave anybody peace with houses where ye are; and when are trusting to their own rightcan do that."

cording to their own peculiar (Exod. 12: 3-23). ed "religion." His friend saw verses, he said-"It was the "Believe on the Lord Jesus take full advantage of it, to blood trusted, and it alone, that (Acts 16: 31). bring before him the Gospel of gave safety to all within the God's salvation, he said-"May houses that night. All under chosen was the twelfth chapter doomed to judgment." There



The Primary over, we can now go forward into the Fall Election with a solid Democratic front for the whole ticket, State and local. Respecfully.

GEORGE A. YOUNCE.

opportunity.

or where he would go when shall take them every man soul of him who lay there. "Religion is not a title to I will execute judgment: I am plea and title to heavenheaven, dear sir," replied the the Lord. And the blood shall How many think that relig-Christian visitor. "Religion be to you for a token upon the ion is a saviour! How many

God, or a title to His Presence. I see the blood, I will pass over eousness and good works to The blood of Jesus Christ alone you, and the plague shall not take them, or help them into be upon you to destroy you, heaven, whereas God declares The sick man seemed be when I smite the land of Egypt, that the precious blood of wildered. He had been accus- -For the Lord will pass Christ, trusted in by the sinner, tomed to think that religion through to smite the Egypt- is his only shelter from coming was the very best thing in the lans; and when He seeth the wrath. world, and that when people blood upon the lintel, and the "It is the blood that maketh spoke of "conversion," "salva- two side posts, the Lord will an atonement for the soul" tion," and "clensing in the blood pass over the door, and will not (Lev. 17:11). of Christ," they simply ex- suffer the destroyer to come in "The blood of Jesus Christ" creed, the same thing as he call- Commenting briefly on the (1 John 1:7-.

esteemed member and office- of the Passover, the sprinkling room as he finished reading, a bearer, he had leisure to think, of the blood, and the safety of silence which the visitor felt unwilling to break, as it seem-

health and religious effort, had "Speak ye unto all the congree ed to him that God was workhe considered his own personal gation of Israel, saying. In the ing deep conviction by Hiss condition in the sight of God, tenth day of this month they Spirit through the Word, in the

a lamb, according to the house Sitting up, the sick man On the Lord's Day afternoon, of their fathers, a lamb for an stretched out his hand, and a friend called to see him, and house. Your lamb shall be grasping the hand of the visiin course of conversation said without blemish, a male of the tor, said slowly, with great to the sick merchant, "I have first year; ye shall take it out emotion-"It's all in the blood. more than once been at the from the sheep, or from the I see it now, as I never did bevery gate of death, and I can- goats: and ye shall keep it up fore. I have been trusting to not describe what peace I en- until the fourteenth day of the my religion, and my own joyed at the prospect of meet. same month; and the whole as- righteousness, but now I see ing God, simply trusting in the sembly of the congregation of clearly that my only title to precious blood of Jesus Christ Israel shall kill it in the even-salvation is in the blood of as my only plea, my only title." ing. And they shall take of Christ." The Christian bowed The sick man raised himself blood, and strike it on the two his head in silent thanksgiving on his elbow and said-"I have side posts and on the upper to God, and at the request of been thinking about the same door posts of the houses, where- sick merchant, now filled with matter a good deal of late. I in they shall eat it-For I will peace and joy, he bowed his feel I have not been sufficiently pass through the land of Egypt knees and gave thanks to God zealous in religion to enable me this night, and will smite all the for his deliverance and converto say I can look into the future firstborn in the land of Egypt, sion. God raised him to testify as you do. I would give all that both man and beast; and to others of the precious blood against all the gods of Egypt of Christ, the sinner's only

pressed in that way, and ac- unto your houses to smite you' -God's only begotten Son-"cleanseth us from ALL sin"

his perplexity, and in order to blood shed and sprinkled, the Christ and thou shalt be saved"

Miss Laura Ingalls made 980 I read you a short portion of the shelter of the blood were consecutive loops in an airplane I read you a short portion of the shelter of the blood were the Bible?" to which he receives afe, all outside it, no matter hours and five minutes, breaked a glad consent. The portion what their character, were ing her own world's record, for women. She is also an accomplished musician.