

MARKET BASKET

By The Bureau of Home Economics,
U. S. Department of Agriculture, and the Woman's Division of the
President's Emergency Committee for Employment

Every meal—Milk for children, bread for all
Every Day—
Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable.
Milk for all.
Two to four times a week—
Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry or cheese.

THE ROOT CROPS

For winter vegetables we draw largely upon the root crops, not only because they happen to be for the most part such substantial food for any time of year, but because they can be stored fresh in the fall and used as needed later on. So the Bureau of Home Economics of the U. S. Department of Agriculture turns attention to the market prospects as to root vegetables for the coming winter months.

The term "root vegetables" should not be taken too literally. It includes potatoes, which, strictly speaking, are tubers rather than roots; sweet-potatoes, carrots, turnips, parsnips, beets and salsify or oyster plant which are true roots; and onions, though they are bulbs and belong to the lily family.

There is no question this year about the market supply of our two great staple vegetables—potatoes and sweet potatoes. The potato crop this year is a big one. The September estimates of the U. S. Department of Agriculture put the figure at 372 million bushels, which is more than the average of recent years, though last year's crop was bigger. Of sweet potatoes, always a staple in the South and becoming more and more popular in the North, there are more than in any recent year.

The carrot crop, also bigger this year than usual, has increased almost steadily for ten years past, until now the markets take five or six times the shipment of earlier years. Carrots rank much higher as a vegetable than they did when the principal way of using them was in vegetable soups and meat and vegetable stews. Now we use carrots in many other ways—raw in salads, creamed, baked, mashed, as well as steamed or boiled or fried in combination with apples or stuffed with celery or onions, or in soups and custards.

This is largely because nutritionists have spread their knowledge of the food value of carrots, and this has given the vegetable a new status in the diet. At the same time gardeners, meeting the increased demand, have supplied the market with tender young carrots, which are more succulent and more delicate than the mature roots and are more attractive for some purposes. These young carrots are so tender they can be cooked in the skins, and are at their best when served simply with melted butter and a little lemon juice. Northern markets receive them in winter from California, Texas, and Arizona by the hundreds of carloads.

"Winter carrots," or stored carrots, are harvested in the fall for storage, and with tops cut off are shipped to market in bags to be sold to the consumer by the pound. These are of course cheaper than young carrots shipped with their tops on and so handled that they are fresh when they reach the consumer—for when you buy carrots with tops, the tops should be fresh.

There is no point, however, in buying the tender young carrots for stews or for mashing or grating, or to cut in slices as a relish. For these purposes the older carrots, with tops and cheaper, serve just as well.

The carrot is important in the diet because it is a rich source of vitamin A. Its yellow color is due to a substance chemists call carotene, and in recent years they have discovered that carotene becomes vitamin A, either in the vegetable or in the animal body that consumes it. This vitamin stimulates growth in children and is necessary for general well-being at all ages. Particularly it helps the human body to resist infections of eyes, sinuses, and glands of the mouth and throat. The yellow-fleshed vegetables—carrots, sweet potatoes, yellow turnips, yellow squash—contain it, and so do the green leafy ones.

Carrots have other vitamin values, and good mineral values, and so some of these are easily lost in cooking and serving any vegetable, the fact that carrots used raw are attractive makes them additionally valuable to the family menu planner.

For this same reason, turnips also are more valuable than some vegetables that are always cooked. Raw turnips, either cut in sticks for a salad, are an excellent source of vitamin C, and yellow turnips furnish also vitamin A. Turnips, too, are plentiful this year.

Parsnips, which are related to carrots botanically, are by no means so much in demand as a market vegetable, and their food value is much less. But they are widely grown in home gardens and they can be stored easily. Favorite ways of cooking parsnips are to parboil, scrape off the skin, slice lengthwise and bake; or dip the pieces in flour and fry them; or mash and make into cakes for frying; or scallop in milk.

Beets are in greater demand than parsnips, and northern markets get their winter supplies of young beets chiefly from Texas. Baby beets, boiled and buttered, are a delicacy, and sweet-sour beets, so different in flavor and color from other vegetables, add variety to the vegetable plate at any time of year. The food value of beets is not great, however. One thing to remember in cooking beets is that they "bleed" when the skin is broken. Therefore the tops should not be cut too close, and the beets should be boiled in their skins. They may be peeled and diced and baked in a cover baking dish—but here the closed dish takes the place of the skin.

Salsify, or oyster plant, or vegetable oyster, as you choose, is better known as a home garden vegetable than as a market crop but it is a root that can be stored like other root crops, or even left in the ground over the winter. It is best used so that the winter vegetable list because it is so different in flavor. Also, it is an excellent source of iron—richer than any other root vegetable in this important mineral. Salsify is usually cooked in small pieces, and either creamed, buttered, or mashed and baked. Or it may be mashed and mixed with mashed potatoes and make into small cakes and fried.

Of the onion crop in this country, a very large part is used "rather as a seasoning than as a edible," as one old-time writer puts it. But onions appear on many a table in their own right as an "edible"—baked, scalloped, stuffed, creamed, or fried including French-fried. Their chief value is their appetizing flavor though they have a little vitamin value also.

Onions can be stored so well that they are on the market at all seasons, not only from the market gardens of our warmer climates, but from every part of this country and as imports from several other countries besides. Over 30 thousand carloads, and nobody knows how many truck loads were shipped to city markets last year, besides the enormous quantities grown in home gardens for home use.

RAW MATERIAL FOR WAR BOUGHT HERE

Japan, Great Britain And Italy Chief Purchasers in Order Named

By LESLIE EICHEL
New York, Oct. 11.—Large buyers of raw materials for war still are able to buy freely in the United States. President Roosevelt's neutrality proclamation covered merely munitions of war.

Cotton and copper, iron and steel scrap still are being bought freely. And who have been the largest buyers for such materials (all of which, of course, were not for war purposes by any means)?

Japan leads, Great Britain is second and Italy is third. The only war materials bought by virtually penniless Ethiopia were 83 trucks.

OPPOSED TO FASCISM
Americans who fear fascism by forces opposed to liberalism are interested in the Canadian general election on Oct. 14, because the Liberals have considered that the issue there. An interesting review of the situation is presented by James H. Gray, a Canadian newspaperman, writing in The Nation under the title of "Canada Flirts With Fascism."

Says Mr. Gray:
"That Canada, under its multimillionaire premier, Richard B. Bennett, was in June of this year speeding toward a fascist dictatorship is conceded by no one in Canada save a few Communists. True the leader of the Liberal party, W. L. Mackenzie King, who is determined to make civil liberties the issue in the national election, has accused Bennett of crimes against the civil and personal rights of the Canadian people, but his followers laugh privately at the idea that Bennett has been trying to establish a dictatorship with himself as the man on horseback."
"Yet when all the apparently unrelated minor incidents and outstanding acts of his rule are brought together, the only explanation that makes sense is that Bennett, about to be booted into oblivion by an outraged people, was trying to escape from this fate by the dictatorship route. If the ruthlessness of his actions while premier is any criterion, it would have been anything but a pleasant experience for those who opposed his will. That he failed, temporarily at least, may be attributed to the patience of the leaders of the great relief strike army, who refused to allow him to provoke their followers into acts of violence which would have given him an excuse to declare a state of national emergency, prorogue parliament, and remain in office for another year or two...."

Italians Leaving Can't Come Back

(Continued from Page One.)
summon his man-power from so far away, but if the conflict spreads he may desperately require every obtainable ounce of it.
DIFFICULTIES IN WAY
America's Italians can go, all right.

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if the fascist government calls them and they choose to answer, but when they seek re-entry into the U. S. it is likely to be a very different matter.

Those who are here illegally, of course, will not be readmitted. An unnaturalized but long-resident alien, legally in the country, can upon proper showing, go abroad armed with a re-entry permit, but it is authoritatively stated that even a suspicion of his desire for it to enable him to take a hand in an overseas war will prevent its issuance to him; if he goes, he will get back only on a quota basis.

Indeed, naturalized Americans of foreign birth will jeopardize their status as Yankee citizens if they leave the United States in response to an alien summons to military duty; the argument will be that they cannot have taken their oaths to Uncle Sam very seriously.

Further than that, a native American can imperil his citizenship by volunteering in a foreign army. The question is:

Doesn't he forswear Americanism when he takes another oath of allegiance?

The issue was raised in connection with the cases of American who fought with the Canadians, English and French prior to American entrance into the last war. It never was settled because they automatically were reabsorbed into Uncle Sam's side of the conflict when he was drawn into it. Adventurous American spirits may not be so lucky if there is a world war of the 1930's and they plunge into it prematurely.

Drama Conference For State Will Be Held on Oct. 18-19

Chapel Hill, Oct. 11.—A State drama conference and semi-annual meeting of the Carolina Dramatic Association will be held in the Playmakers Theatre at the University October 18-19, it was announced today by Mrs. Irene Fussler, secretary.

An informal reception for delegates will be held Friday night at 9 o'clock in the Green Room of the theatre, after which those who wish may attend a rehearsal of "Three Cornered Moon" by the Playmakers.

Saturday's morning session will be presided over by Walter Spearman, president of the Charlotte Little Theatre and instructor in the University Journalism Department.

Miss Sara Faulkner, of Southern Pines, chairman, will discuss "The Course of Study in Dramatic Arts for the State High Schools; and Miss Josephine Niggie, of Monterey, Mex-

ico, now in the University, will speak on "The Mexican Folk Theatre."

Prof. Frederick H. Koch, director of the Playmakers, will address the group on "Our Expanding Theatre" and federal theatre projects will be considered.

A business session will include announcements concerning the State Festival, Southern Regional Conference, district festivals, regulations of contests, and art projects.

Mrs. Phoebe Barr will direct a demonstration in dancing for actors at the afternoon session, and John Parker, state representative of the University Bureau of Community Drama will speak on "The North Carolina Centennial Pageant of Education."

An informal tea will be given in the Green Room following the afternoon session.

The Charlotte Little Theatre Workshop will sponsor an original play Saturday night at 7:30 o'clock. Thomas Humble is director of the Charlotte group and Whitney Corbett is chairman.

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Log Cabin Syrup, 16-oz.		23c
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Jello, 3 pkgs.		20c
Sliced or Crushed		
Pineapple	3 No. 2 cans	50c
No. 2 cans		
Tomatoes, 4 for	25c	
Large can Sauer Kraut		10c
Washburn's Pancake Flour, Package	10c	
Duke's 1-2 pint Mayonnaise		15c
Sugar Finest Granulated	10 lbs.	55c
Wisconsin Cheese, lb.	19c	
Phillip's Tomato Soup, can		5c
Phillip's Tomato Juice, can	5c	
Cocoa, 2 lb. can		19c

PENDER'S MARKET

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- Round Steak 25c lb.
- Sirloin Steak 29c lb.
- Porter House Steak 39c lb.

- ### Lamb
- Shoulder of Lamb . . 19c lb.
 - Leg O Lamb 25c lb.
 - Lamb Chops 29c lb.
 - Lamb Stew 15c lb.

- ### Milk Fed Veal
- Shoulder Chops . . . 19c lb.
 - Rib or Loin Chops . . 25c lb.
 - Veal Cutlets 31c lb.
 - Roast of Veal 29c lb.

- Genuine Long Island Ducks 33c lb.
- Home Killed Hens . . 25c lb.

- Pork Shoulder—half or whole . . . 25c lb.
- Pork Loin Roast . . . 30c lb.
- Pork Chops 30c lb.
- Pork Sausage 25c lb.

- Small Lean Picnic Hams 25c lb. (half or whole)
- Swift's Premium Hams 35c lb. (half or whole)
- Armour's Star Hams 35c lb.

- Select Virginia Oysters 55c qt.
- Virginia Standard Oysters 45c qt.
- Fresh Trout Fish, 4 lbs. 25c
- Fresh Croakers, 4 lbs. 25c

- Fresh Spare Ribs . . . 20c lb.
- Fresh Pig Ears, 2 lbs. 25c
- Fresh Pig Tails 21c lb.
- Fresh Neck Bone, 2 lbs. 25c

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- Yellow Front, lb. 17c
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 - Colonial Pure Phosphate Baking Powder 1-lb. can 15c
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JEWEL 8-lb. Ctn. \$1.05

48-lb. STAND \$6.35

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 - WHITEHOUSE EVAP. MILK, 3 Tall Cans 19c
 - GRANDMOTHER'S SLICED OR UNSLICED Pullman LOAF 20-oz. 9c
 - El Rio COFFEE 2 lbs. 25c
 - Fine Flavor CHEESE lb. 21c
 - PURE BULK LARD lb. 21c
 - BANANAS, golden ripe, lb. 5c
 - GRAPES, red or white, lb. 5c
 - TOMATOES, red ripe, 2 lbs. 15c
 - APPLES, York, 10 lbs. 19c
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- THE GREAT ATLANTIC & PACIFIC