

The live Grocerymen, Marketmen and Bakers of the City Advertise on This Page

# THE HOUSEWIFE'S PAGE

Trade with the Firms Listed on this Page and H. C. L. will have no terrors for you.

The Wide-a-wake Housewives who Look for the Best Quality for the Least Money Read this Page

Appropriate MRS. SMYRE'S RECIPES.  
It happened on the train, going back. "Show me your identification tag," demanded the medical officer of a colored private. "Ah, done checked it over, eh, eh," confessed the other. "An' jes' natural, by ain't got no addition for more of dem death checks."

**THE BEST GROCERY**  
in each town handles Chase & Sanborn's Tea and Coffee. We are the agents for Gastonia.  
**POOLE'S GROCERY**  
107 PHONES 108  
We Deliver

## Frohman Doesn't Meet Prices No Siræ He Simply Heads Them Off

and then they tumble, even though under protest. SUGAR NOW DOWN TO 7 1-2c and expecting a lower price by Monday.

IT'S FROHMAN'S DELIGHT TO UNDERSELL.  
Have you ever stopped to think that being a cut price grocer is almost as good as being a successful doctor? SURE IT IS. Every minute of the day some of our appreciative customers are telling Frohman how much good he has done them, and how glad they are that they are trading at a real cut price store, that is a real CASH AND CARRY STORE without any extra frills, trimmings or titles to pay for. JUST MERCHANDISE OF THE BEST GRADE. PLUS COURTEOUS SERVICE AT ACTUAL COST PLUS LEGITIMATE PROFIT and YOUR ESTEEMED GOOD WILL. THAT'S ALL.

THE PUBLIC KNOWS WHO IS BRINGING DOWN THE COST OF LIVING IN GASTONIA, and from the amount of goods we are selling, they sure must be telling it.

OUR BEST REFERENCE. YOUR NEIGHBORS. Ask them

BEST COMPOUND LARD 10c PER LB.	ARBUCKLE COFFEE 23 1-2c PER POUND PACKAGE	LARGE CAN TOMATOES, FIRST CLASS GOODS 12 1-2c PER CAN
FRESH HOMINY GRITS 7 lbs. FOR 25c	FRESH ROASTED RIO COFFEE 12c PER lb.	KARO SYRUP BLUE LABEL 10 LB. BUCKET 68c

98 lbs. Good Patent Flour for... \$4.50	Silver Dale Syrup Peaches, can... 27c
98 lbs. Good Selfrising Flour for \$4.75	California Lima Beans, per pound... 11c
Bran and Shorts, 75 lb. sack for... \$1.50	Pinto Beans, per pound... 6 1-4c
Best Compound Lard, 4 lb. bucket 50c	White Navy Beans, per pound... 8c
Best Compound Lard, 8 lb. bucket \$1.00	Baby Face Beans, per pound... 12c
Best Granulated Sugar, 10 pound sack for... 75c	Pet Milk, large size, per can... 14c
Good Rib Meat, per pound... 16c	Pet Milk, small size, per can... 7c
Silver Floss Kraut, No. 3, per can 12 1-2c	Golden Age Macaroni, per package 5c
Blue Label Karo Syrup, 5 lb. bucket for... 35c	Star Naphtha Washing Powder, large size... 4 for 25c
Red Label Karo Syrup, 5 lb. bucket for... 39c	Argo Starch, per package... 7c
Red Label Karo Syrup, 10 lb. bucket for... 75c	Cellulose Starch... 7 paks for 25c
Chicken Feed, per pound... 3c	Old Dutch Cleanser, per can... 11c
Canned Corn, good grade, per can 10c	Campbell's or Van Camp's Soups 12 1-2c
	Canned Hominy, No. 3, per can 12 1-2c
	Globe Matchos, per package... 17c
	Pure Apple Jelly, 7 oz. glass for... 14c

GOOD LAUNDRY SOAP AND WASHING POWDERS 7 FOR 25c	GOOD WHOLE GRAIN RICE 5c PER LB.	FRESH GROUND CORN MEAL 30c PER PECK
OCTAGON SOAP, LARGE 10c SIZE 4 BARS FOR 25c	GOOD HEAVY FAT BACK MEAT 12 1-2c PER LB.	PINK SALMON TALL CAN 12c

SPECIAL FOR TOMORROW: A SHOPPING BAG FREE TO EVERY CUSTOMER.

Same Old Stand M. 10



Same Old System

**FROHMAN'S CUT PRICE GROCERY**

THE STORE WHERE YOU CAN SPEND BOTH SIDES OF YOUR DOLLAR.

### Mother's Cook Book

Blossoms are spread like a tapestry price-less. Orient splendor over the land. And sites have grown blue. And hills have grown teal. For the magic of springtime but few can withstand.  
—Christine Kerr Davis.

#### WHAT TO EAT.

FOR those who are fond of hominy, fry cooking it in brown fat after it has been cooked in boiling water until tender, or the canned variety may be used, draining it before frying.

#### Delicious Salad.

Take halves of canned peaches, arrange on head lettuce. Fill the centers with chopped nuts and pour over it a dressing made of whipped cream and one cake of stumpy cream cheese, mixed and beaten with a Dover egg beater.

#### May Party Cakes.

Break into a large bowl six eggs, one cupful of sugar and three fourths of a cupful of softened butter (not melted). Set the bowl in hot water and beat until the butter is well mixed with the ingredients. Add one cupful of flour, stirring it in a little at a time while beating and continue to beat until the mixture thickens slightly. Pour into a shallow pan lined with greased paper and bake until firm. When cold cut in fancy shapes and decorate—or use for jelly sand-wiches.

#### Bran Bread.

Take two cupfuls of bran, one-half cupful of molasses, one-half cupful of sugar, one teaspoonful of salt, two cupfuls of sour milk, one teaspoonful of soda, three and one-half cupfuls of flour, one-half cupful of chopped raisins, add one beaten egg, mix all together and bake in a slow oven an hour and twenty minutes.

Neenie Maxwell  
(C. 12) Western News Service (L. 10)

#### PRODUCE MARKET.

(Compiled Weekly by Harry Baber Co.)  
Eggs... 23 1-2c  
Hens... 20 to 25c  
Butter... 20 to 25c  
Sweet Potatoes... \$1.15 to \$1.30  
Red Potatoes... \$2.50 Bag  
Country Ham... 30 to 35c  
Spring Onions... 10c Doz.  
Clay Pot... \$4.00 Bu.  
Cabbage... 2 1/2 to 3 1/2 Bu.

Chamberlain's Tablets Are Mild and Gentle In Effect.

The laxative effect of Chamberlain's Tablets is mild and gentle, they are not harmful in that they have been produced by a machine.

### JUST ARRIVED

Fresh lot of Wilson and Swift Hams

## J. Y. MILLER

120 West Airline Ave.

Phone 154

## The Star Grocery

### A STANDARD GROCERY STORE

We believe in Gastonia and we believe in the people of Gastonia.

We have helped in the building of Gastonia and we are going to continue in that help by buying all of our goods from our Gastonia Jobbers and Wholesale Houses.

We are ready to serve you with all of your wants in all standard lines of groceries and fresh vegetables. We have two trucks at your service; we deliver free. Two telephones awaiting your call and we are only too glad to open accounts with responsible people.

Please command us.

## STAR GROCERY

A Standard Grocery Store

South St. Opposite City Hall

Phones: 410 - 411

### IT'S SPRING!



IT'S Spring—the energetic time of the year when the grown-ups and the kiddies need energizing, pure foods instead of nostrums. Let our bread disappear from your table three times a day. It's a health habit. Speaking of our delicious pastry—it's delightfully digestible.



Gastonia, N. C.  
Phone 798



#### Highest

BREAD, the delicious, is highest of all foods in building value.

- It sustains
- It tempts
- It saves money

every time. Little folks need lots and lots of

#### Butter-Nut Bread

—the loaf that's all pure

#### Carolina Baking

#### Company

## MOTHERS DAY SUNDAY, MAY EIGHTH

The only day of the year set aside exclusively for Mothers. Observe this day by sending your Mother a message of affection. Our assortment of Mothers Day Cards is very large. Make your selection now.

SPENCER-ATKINS BOOK CO.

## PIGGLY WIGGLY Bulletin

Why don't you start shopping at PIGGLY WIGGLY

So different from old-fashioned groceries. You will thank us after a time or two in the store.

Does one pound full cream cheese cost you more than 26 cents?

NOT OUR FAULT.

WE DON'T MEET PRICES, WE MAKE THEM.

## Cash and Carry

I am glad that I don't have to sell sugar for less than cost in order to get some business and I don't believe any other man would do it if the people were falling over each other in trying to get into his place of business. Last week was one of the best weeks I have had since I have been doing a Cash and Carry business.

98 lbs. Good Selfrising Flour	\$4.50
48 lbs. Good Selfrising Flour	\$2.25
24 lbs. Good Selfrising Flour	\$1.15
98 lbs. Good Plain Flour	\$4.25
48 lbs. Good Plain Flour	\$2.15
24 lbs. Good Plain Flour	\$1.10
Good Rib Meat, per pound	15c
Good Fat Back Meat, per pound	11c
Swift's Jewell Shortening, per pound	11c
Best Bran and Shorts, 75 pounds	\$1.40
Cottonseed Meal	\$1.85
Cerealia Sweet Dairy Feed	\$3.00
California Peaches, per pound	20c
Prunes, per pound	20c
Yellow Cling Syrup Peaches, per can	25c
Wine of Cardui	80c
\$1.00 Bottle Mystic Wine of Life	65c
\$1.00 Bottle genuine Indian Blood Purifier for	65c
60c Bottle Kuidine or Water of Life	40c
75c Bottle Chill Ease	50c
60c Bottle Creomulsion	40c
25c Package Whitfield's Liver Pow.	10c
Thedford's Black Draught	17c

I have a number of other good Medicines that I will sell you cheaper than you can buy them anywhere else and I put the war stamps on them too.

## A. B. Elliott

Phone No. 468-L

W. Franklin Ave.