

Home Demonstration Club News

BY MRS. T. J. O'NEIL

Macon County Home Demonstration Agent

CANNED VEGETABLES AND HOW TO CHOOSE THEM

How many varieties of canned food are there? A fairly complete list includes 65 varieties of vegetables, 43 of fruits, 37 of shell fish, 29 of meats, 30 of soups, 38 of specialties, and 12 of ready-made entrees—a total of 244.

Is it safe to leave canned food in a can after it has been opened? Yes, as cans are treated so the food spoils no faster in an open can than in any other container, provided it is kept cold.

How may one tell if the contents of the can are spoiled? Before the can is opened, neither end of the can should be bulged. After the can has been opened, the contents may be judged as easily as any other food.

What is the liquid in the can? It is simply the pure water in which the food was cooked, seasoned with sugar or table salt. It contains much nutritive value dissolved from the food and should always be cooked back into the food or saved for soups or sauces.

How can a housewife tell what

grade of canned goods she is getting? A great many manufacturers of canned goods are grading and labeling their cans according to government standards. Do you look for the grade on the label? The grades are as follows: Best grade A, second grade B, third grade C fourth grade D. Because an article is graded C does not mean it is not good. For whole tomatoes, Grade A should be used; for soups grade C would do as well or better. Be sure you get what you pay for when buying canned goods and that you know what grade you need. Pay for what you get and get what you pay for.

A canning contest was held in the Home Demonstration clubs this fall. Not enough cans were turned in to get cash prizes. Ribbons were awarded the county winners. The club receiving the blue ribbon for the most jars turned in was the club at West's Mill. Blue ribbon cans—Mrs. D. L. McCoy, of Oak Grove; red ribbon cans, Mrs. Henry Slagle, Cartoogechaye. The cans were judged by Miss Thomas, extension food specialist. Jars will be returned at meetings this month.

Crippled Children's Clinic Set for February 20

A special clinic for crippled children is to be held Saturday, Feb. 20, starting at 9:30 a. m., in the high school building at Bryson City, according to an announcement received by the Press-Maconian.

Dr. John T. Saunders, of Asheville, will be the examining physician. James T. Barnes, state supervisor of the division of crippled children, will also attend this meeting. Simon P. Davis, of Bryson City, is chairman of the clinic committee. Others serving on the committee are W. C. Morgan and Dr. Z. P. Mitchell.

As usual it is requested that all persons in Jackson, Macon, Clay, Cherokee, Swain and Graham counties who desire be present at this time for examination or treatment.

Church Women To Observe 'Day of Prayer'

On Friday February 12, "World Day of Prayer" will be observed by the Missionary Societies of all denominations at the Franklin Methodist church. The objects for the day of prayer are: "Indian Youth in the U. S. A." "Woman's Union," "Christian Colleges," "Christian Literature," and "Migrant Children in U. S. A."

The meeting will begin at 2 o'clock.

Bruce Barton Says

(Continued from Page Four)

ember our first antique, which we loved for months before we could finally acquire it. And the joy of seeing a savings account grow slowly; and the thrill of building a library, one book at a time.

Now the kids squash up a dozen watches before they are six. And they start life with cars, and with furniture; and at twenty they have rushed through all the emotional experiences that lasted us leisurely through forty years.

Don't mistake me. I'm a booster for the new generation. They are healthy, direct, and fine. Only sometimes I wonder—

I wonder when, on my way home at night, I pass a big house in which lives one of New York's famous neurologists. It's an expensive house, paid for by nerves. Limousines are always stacked up in front of it.

It would seem almost as if the prize of life in America is to own a limousine and park it in front of a nerve specialist's door. Every one seems to be racing to get there.

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Folks are advised, by physicians, to lie on the right side. But there are some people who lie on both sides, and do not seem to be satisfied with that.

Record-breaking sales of new Chevrolets make these better trade-in values possible!

1935 V-8 Ford Coupe—Looks Like New	\$385
1931 Dodge Sedan—Good Shape	\$165
1935 Plymouth Coach—Looks and runs like new	\$445
1932 Ford B Model Coach	\$185
Good Paint Job and Runs Good	
1935 Chevrolet CCBX—A1 Condition—A Good Buy ..	\$365
1931 Ford Coupe—Runs Good	\$185
1932 Chevrolet Coach—New tires, runs good	\$215
1935 Chevrolet CCBX—A Good Buy	\$325
1931 Chevrolet Coach—Unheard of Bargain	\$165
1932 Ford Coach B Model—A1 Condition	\$178
1936 Chevrolet Standard Sport Sedan (with trunk) ..	\$595
Almost New in Every Way	
1934 Olds Town Sedan	\$450
First Class Mechanical Condition, New Tires, New Paint Job	
1933 Dodge CCBX—A1 condition	\$285
1934 Chevrolet School Bus—A real buy	\$365
1929 Chevrolet Sedan—A real buy	\$110
1929 Chevrolet Coupe—A good car	\$100

Burrell Motor Company

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Franklin, N. C.

Classified Advertisements

WANTED—Clean, light cotton rags. Will pay five cents per pound. THE FRANKLIN PRESS

FOR SALE—Buick sedan in excellent condition—\$60.00 for quick sale.—N. Pennington, East Franklin.

PLANT, CLOTH or tobacco canvas, only 4c a square yard at Sanders' Store, Franklin, N. C. F4-4tc-F25

STEADY WORK, GOOD PAY—Reliable man wanted to call on farmers in Macon County. Make up to \$12 a day. Write McNESS CO., Dept. B, Freeport, Illinois.

FOR SALE—35 acre farm, 22 acres cultivated. One mile from Prentiss, N. C., one-fourth mile from gravel road, one mile from church. Mrs. Bedford Brown, Route 2.

1tp

FREE! to sufferers of **STOMACH ULCERS** due to **HYPERACIDITY**
Willard's Message of Relief

PRICELESS INFORMATION for those suffering from **STOMACH OR DUODENAL ULCERS, DUE TO HYPERACIDITY—POOR DIGESTION, ACID DYSPEPSIA, SOUR STOMACH, GASSINESS, HEARTBURN, CONSTIPATION, BAD BREATH, SLEEPLESSNESS OR HEADACHES, DUE TO EXCESS ACID.** Explains the marvelous *Willard Treatment* which is bringing amazing relief. Sold on 15 days trial.

PERRY'S DRUG STORE

Spring Opening

OUR NEW SPRING GOODS ARE HERE

Our buyer returned this week after a tour of the eastern markets—Baltimore, Philadelphia and New York—in search of the very latest in ladies' ready-to-wear. Now the goods are coming in daily—we have the largest stock we have ever had of first quality, up-to-the-minute feminine apparel. The styles are charming, the fabrics and colors interesting. Come in and look over our spring merchandise at your convenience.

Ladies' Suits and Coats

Dresses - Underwear

Shoes and Hosiery

Here You Will Find Everything in Ladies' Ready-To-Wear in the Very Latest Styles and Materials

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