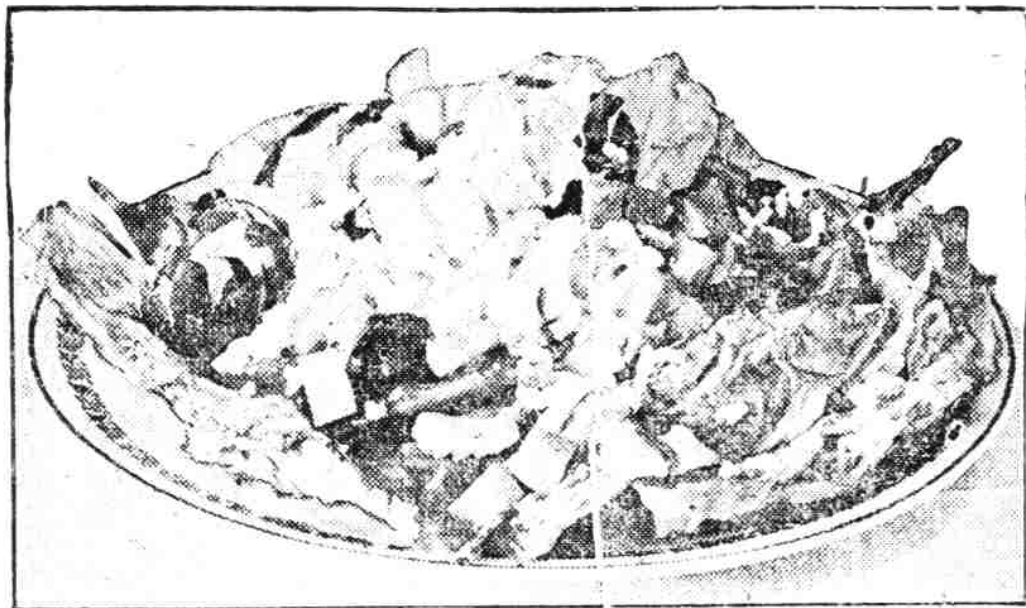


NUMBER OF SALAD COMBINATIONS IS ENDLESS—DIFFERENT RECIPES



A Salad of Mixed Vegetables With Cottage Cheese Makes Good Lunch Dish.

(Prepared by the United States Department of Agriculture.)

Sometimes a housekeeper finds she has everything necessary for a salad except the lettuce. In such a case the United States Department of Agriculture suggests that finely shredded cabbage, either red or white, will answer for the "bed" for the salad, or that any cooked or canned vegetables, as well as many fresh ones, may be served with salad dressing without the customary lettuce leaf. Fresh celery is an appetizing addition to most salads when it can be obtained, but it is not necessary. Cabbage for use as a salad foundation should be finely shredded, not chopped, and put in cold water for about an hour to become crisp. Canned vegetables should always be heated to the boiling point and then cooled before using in salad.

Different Salad Dressings.

There are three basic salad dressings of which most other dressings are made. The following recipes are taken and recommended by the United States Department of Agriculture.

French Dressing.

1/2 cup oil
1/2 cup vinegar
1/2 cup mustard
1/2 cup salt
1/2 cup pepper
1/2 cup cayenne

Blend the oil with the seasonings and add the vinegar slowly. French dressing may be made in quantities, kept in a cool place and stirred or shaken in a bottle vigorously when needed. French dressings are preferable for dinner salads.

Vinaigrette sauce is made by adding to French dressing a teaspoonful each of chopped capers, olives, parsley and small cucumber pieces.

Mayonnaise Dressing.

1 egg
1/2 cup oil
1/2 cup vinegar
1/2 cup mustard
1/2 cup salt
1/2 cup pepper
1/2 cup cayenne

Place the egg, mustard, salt, cayenne and vinegar in a bowl. Beat well with a Dover egg beater till thoroughly blended, then add one teaspoonful of the oil and beat again. Continue adding the oil gradually until one cup

ful has been used, then add in larger amounts.

Mayonnaise is liked for luncheon or supper salads, where the salad is the principal dish or is preceded by a very light course. It is considered too rich to be appropriate for a hearty dinner.

Dilled Dressing.

1/2 cup oil
1/2 cup vinegar
1/2 cup mustard
1/2 cup salt
1/2 cup pepper
1/2 cup cayenne
1/2 cup dill

Mix dry ingredients, add yolks of eggs slightly beaten, butter, milk, vinegar very slowly. Cook in a double boiler until it thickens. Strain and cool. This dressing is useful in a family where oil is not liked. Sweet or sour cream may be used instead of milk.

Many of the cooked vegetables, such as carrots, peas, endives, beans, cauliflower, kohlrabi, or Jerusalem artichokes make a good salad when served cold, either alone or in combination with celery, or with several other vegetables; canned string beans, asparagus, beans, peas, peppers and okra all lend themselves well to use in salads. Asparagus is particularly good when served hot with hot vinaigrette sauce described above.

Soap suds, which is often discarded because it has little flavor, still contains much nourishment. If cut in pieces and mixed with a hot vinaigrette sauce it makes an excellent luncheon or supper salad. When cold it is good in sandwiches.

Fish and meat salads are almost complete meals. Cottage cheese salad with mayonnaise dressing is an improvement to many vegetable and also to fruit salads. A spoonful may be served on one side of the salad, or it may be mixed with chopped nuts and mayonnaise and made into balls for garnishing.

When one considers that the salad list also includes oranges, berries, bananas, either fresh or canned peaches and pears, and other available fruits, it is easy to see that the number of possible combinations is endless.

The Court Which Has Stood as the Guardian of Our Form of Government

By CALVIN COOLIDGE, Vice President United States.



For the purpose of protecting the people in all their rights so dearly bought and so solemnly declared, the third article of the Constitution established one Supreme court and vested it with judicial power over all cases arising under the Constitution. It is that court which has stood as the guardian and protector of our form of government, the guaranty of the perpetuity of the Constitution, and above all the great champion of the freedom and the liberty of the people. No other known tribunal has ever been devised in which the people could put their faith and confidence, to which they could intrust their choicest treasure, with a like assurance that there it would be secure and safe. There is no power, no influence, great enough to sway its judgments.

One of the proposals for enlarging the present field of legislation has been to give the congress authority to make valid a proposed law which the Supreme court has declared was outside the authority granted by the people by the simple device of re-enacting it. Such a provision would make the congress finally supreme. In the last resort its powers practically would be unlimited.

This would be to do away with the great main principle of our written Constitution, which regards the people as sovereign and the government as their agent, and would tend to make the legislative body sovereign and the people its subjects. It would to an extent substitute for the will of the people, definitely and permanently expressed in their written Constitution, the changing and uncertain will of the congress. That would radically alter our form of government and take from it its chief guaranty of freedom.

The Materialistic Doctrine Was Destroyed by the Scientists Themselves

By EDGAR L. HEERMANCE, in "Chaos or Cosmos?"

Is the world in which we live a chaos, a welter of blind forces and brutish passions? Or is it a co-operative enterprise, through which Man and God are slowly working out an order of justice and brotherhood? That is the question men are asking, with an importance no previous age has known.

The most important event in recent thought is the passing of Materialism as a philosophy based on scientific induction. The age-long problem of Matter has been attacked, and in a measure solved. Modern Physics has taken a position which is entirely consistent with Jesus' theory of a spiritual Universe.

Materialism was done to death, not by the cloistered student, spinning a net of idealism in his own brain; not by the militant theologian, turning his blind eye to the facts of Science; but he might fight on, ignorant and unslighted. The materialistic doctrine, so often put forth in the name of Science, was destroyed through the further study of the scientists themselves.

Being Tired of a Man No Excuse for Separation and for Two Homes

By W. L. MORGAN, Court of Domestic Relations.

Women who will not live with their husbands or do their share toward making a home, or stay at home nights, need not come here and expect me to order a weekly allowance for them. I will not do it. Being tired of a man is not excuse enough for a separation and demanding that a man support two homes. Too many women think that will the first quarrel they have an excuse to get rid of a bad bargain, and they want to hang upon the husband the burden of their everlasting support.

A man has the right to be boss of his own home. A wife must go where the husband can make a living.

I want the women to get a square deal, but I am not going to send any man to jail to help a woman get revenge for some ill feeling. She must show me sufficient reason why he should be in jail. I am sending a few men to jail here. I give them a chance and tell them they will go to the office or go to jail and serve the sentence.

To Discourage the Presentation of Objectionable Pictures on the Screen

By JOHN A. QUINN, President Better Pictures Ass'n.

These are the purposes of the Better Pictures Association of the World:

To discourage the production and presentation of objectionable motion pictures.

To offer constructive suggestions and criticisms making for greater popular approval and support.

To work for the elimination of misleading and untruthful advertising.

To strive for betterment generally in the art of making motion pictures, and for this purpose to maintain various departments of service, research, statistics and information.

To safeguard the screen from unreasonable regulations and restrictions.

To back up worthy productions through pulpit, press, schools and special bulletins sent out by the BPA and its various affiliated organizations.

To award the BPA Merit Seal—a mark of excellence that can always be depended upon—to productions of unusual merit.

To encourage and help in a service department of experts the production and presentation of pictures to the whole family will enjoy.

To prevent as far as possible the circulation of propaganda from being circulated again.

Ford LOWEST PRICES In the History of the Ford Motor Company

Chassis . . .	\$235
Runabout . . .	269
Touring . . .	298
Truck Chassis . . .	380
Coupe . . .	530
Sedan . . .	595

All Prices F. O. B. Detroit

At these lowest of low prices and with the many new refinements, Ford cars are a bigger value today than ever before. Now is the time to place your order for reasonably prompt delivery. Terms if desired.

Lowe Motor Co.

304 N. St. Brevard, N. C.

See Us For Staple and Fancy Groceries FLOUR OUR SPECIALTY

We will save you money if you trade with us, We will save you one dollar or more on every barrel flour. Canned goods and cereals.

J. P. DEEVER & CO.
Phone 118 Cor. Caldwell & Main Sts.

Good Groceries

When we tell you that we handle GOOD Groceries, we mean the BEST. Our line is the cream of the trade, and no better is to be found. Here you can get everything—and sometimes more—that is usually carried in a grocery store, and if you have not been trading with us we solicit a trial order.

T. M. MITCHELL
SELLS 'EM

Established 1904. Cor. Main and Caldwell Sts.



Sanitary Washstands

We're just as willing to figure with you on the installation of a washstand as we would be if you wanted a complete new set of plumbing fixtures throughout your house.

We know that if we ever do a small job for you that you surely will call on us when you have big work to be done.

All fixtures carried by us are of the newest patterns and our work is all done in the latest approved manner.

NICHOLSON & DUCLOS
Plumbing, Tinning and Sheet Metal Work

The City Market

The oldest meat and grocery house combined in this community, but always progressive and up-to-date.

For Fresh and Country Cured Meats always kept in our sanitary two-ton capacity ice box, with a refrigerator display counter together with expert meat cutters and butchers of many years experience, you can be assured of prompt, efficient and courteous treatment.

The City Market

S. F. ALLISON, Prop.

Meats and Groceries

Main Street

Phone No. 47

Warranty Deeds and Deeds in Trust at News Office.