

What to Take on an Auto Trip.



Of course if you own a car you are going to get all the fun you can out of it this summer by taking week-end or longer motor camping trips. Maybe you are planning to spend your vacation that way. If you are, there are a lot of do's and a lot of don't's to the program. But food seems to be the main consideration, especially if you are going into the woods and some distance from stores.

Supplies Needed

First of all you will need a folding camp stove and a few cooking utensils. Then you will need a sufficient stock of ready prepared foods to last the trip, with the addition of such fresh foods as you may pick up enroute, like green corn, melons and such meats as do not come in cans.

In stocking up for the trip your first consideration should be to see that you have enough variety to furnish a well balanced diet for the three meals a day. Cheese is all important, and practically every kind of cheese even Swiss now comes in cans, so that you will have no trouble keeping it from hardening or getting strong. Cheese, bread and fruit or salad will give you a well balanced meal. So don't forget the cheese.

Coffee is another staple that you should buy in cans because it will keep better and be unaffected by moisture if packed that way. And coffee suggests milk which you can conveniently carry in either the evaporated or the powdered form. Again coffee suggests breakfast, and breakfast suggests grapefruit which you can carry in cans ready to serve.

Balanced Diet

When motoring you will probably want to eat your heavy meal in the middle of the day, as one gets ravenously hungry riding. Here is where you will have to watch out for the balanced diet. Tomato soup, baked beans and pork, or creamed chicken, or Welsh rarebit, with salad, bread and butter, fruit and coffee, will give the balanced diet. Canned asparagus may be most successfully used for salad. For supper you can get a well balanced meal out of sandwiches of various kinds supplied from canned foods, especially if you mix them with cheese. You can secure excellent recipe booklets from the various canners of the products you buy.

Foods Needed

A suggested list of foods to take on the trip would be soup, baked beans and pork, spaghetti, tongue, corned beef, chicken, deviled ham, sardines, pickles, tuna fish, salmon, cheese, pineapple, grapefruit, mixed fruits for salad, peas, asparagus, crackers and cookies, marshmallows, milk, either evaporated or powdered, coffee and tea, mayonnaise and jams.

Statistics tell us that 2,000,000 people went motor camping in the United States last year, and this year promises to double that number. Remember this when you go camping, and don't forget to clean up after your party. Think what it would mean if 4,000,000 left their

various camping grounds, many of which are used 100 or more times in a season, littered with papers and rubbish and garbage! Fortunately, comparatively few motor parties are careless, or all our streams would be polluted and our camping grounds just one rubbish heap after another, but whatever else you do on your camping trip, see to it that you are not numbered among the careless.

Clean Up Camp

Where food is carried in cans, the containers, themselves, may be used to hold refuse bits of food till they can be buried if there is no place provided for them. Papers can, of course, be burned, only great care must be taken that you do not set the forest on fire. It is best to dig a hole for this purpose, and surround it with a low wall of stones. Then the cans and other refuse can be burned at the same time, and remnants buried in the same hole afterward.

Remember in starting off on a motor camping trip half your enthusiasm oozes out if you spend too much time and energy preparing. So get started with as little preparation as possible, and don't start off with so much junk you have to sit on one pile while another sits on you. By taking your food in cans you will economize on space, at least, and you will require less cooking utensils than if you decide to purchase and cook fresh foods as you go along.

FARMERS MEETING

The farmers of the Highlands, Sealy, Betty's Creek and Tryphosa communities in North Carolina and the Walfork, Mountain City, Rabun Gap, and Dillard communities in Georgia, are requested to meet at the Dillard High school building at 1:30 P. M. on Wednesday, August 12th for the purpose of discussing plans for a branch warehouse of the Macon County Farmers Federation to serve these communities. Mr. J. G. K. McClure, president of the Farmers Federation at Asheville is expected to be present.

Please try to be present and bring your friends and neighbors.

SILER FAMILY REUNION

The prominent Siler family of Macon county held its annual reunion on the 6th at the home of Mr. and Mrs. W. W. Sloan in East Franklin. About two hundred members of this family were present, many coming from the far west to attend. There were also many guests who enjoyed the bountiful hospitality of the Siler family. More extended comment of this reunion will appear in next week's Press.

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BRAKES DEMAND BEST ATTENTION

Most Economical Plan to Leave Car in High Gear on Down Grade, Instead of Letting the Car Coast.

The upkeep and endurance of an automobile is entirely up to the car owner. In the proportion as intelligent manipulation and care is used so is the life of the car lengthened.

For instance, when going down hill, keeping the brakes applied when it is not necessary causes the brakes to burn and lose their resistance. Again, shifting the gears before the clutch stops revolving does damage. Stopping the car suddenly or starting with a jerk are things that will soon reduce a car in value and hurry it to the junk pile.

Hardly a trip is made that the driver does not smell burnt brake lining, either on his or some one else's car. This is noticed especially on steep grades.

Burning brakes can be avoided, no matter what condition the road. Moreover it is neither safe nor economical to retard the car with its brakes when descending a hill. Leave the car in high gear and if the compression does not retard it enough, shift to second or first as the case may be. This will hold the car back with little or no wear on the engine.

Some car drivers shut off the ignition when leaving the engine in gear going down a hill, believing it saves gas and also holds the car back better. This is a mistake. The butterfly valve in the carburetor is always open

enough when the throttle is closed to permit the engine to idle. Therefore when the engine turns over it sucks up gas into the explosion chambers. If the ignition is off and the gas is not ignited the gas accumulates in the exhaust pipe and loads the muffler with fumes. When the ignition is turned on again, this gas ignites all at once, possibly causing an explosion which blows the muffler to pieces.

Leave the ignition on under all road conditions and save gas in so doing.

Mrs. McKinney Dies After Long Illness

Mrs. D. L. McKinney, 66, of Sioux Falls, S. D., sister of James H. and Thomas C. McCoy, of Asheville, died at her home in Sioux Falls Wednesday evening at 7:30 o'clock, following a lingering illness. Funeral service was held Friday and burial was in a Sioux Falls cemetery. Mrs. McKinney was a member of the Baptist church.

Mrs. McKinney was the widow of the late D. L. McKinney, prominent banker and business man of Sioux Falls, who died a few months ago. She had lived in Sioux Falls for many years.

Present at the bedside when the end came were: Charles McCoy, a brother, Mrs. Nannie Tennant, a sister, and William T. Tennant, brother-in-law, all of Middleboro, Ky.

Prior to her marriage, Mrs. McKinney was Miss Emma McCoy, of Franklin, Macon county. Besides the sister and three brothers mentioned, she is survived by one other brother, A. L. McCoy, of Abbeville, S. C., and a number of nephews and nieces, of Asheville.

LOOK AT WEATHER RECORDS BEFORE YOU CHANGE HOMES

Lack of information about weather conditions may result disastrously for those who enter new regions in the hope of success with farming operations. The needed facts may be obtained in advance by consulting the Weather Bureau of the United States Department of Agriculture. Two instances of losses of this kind have recently come to the attention of weather officials.

In one case, about 50 families of emigrants, having a common language and social experience, moved into what was supposed to be a dry farming section without properly considering the weather records. That district became prominent during the next few years, when the emigrants failed to get crops for want of rain and were forced to move at a great loss.

In the other, the colonization agent for a large religious organization was offered an irrigation project, supposedly worth \$100,000 at basic land prices, for the sum of \$18,000, which the company had already invested in improvements. The company expected to make the project worth a million dollars, but failed to finance it for a very good reason. The weather records, which they had overlooked, contained the answer, and the colonization agent turned the offer down. The summers are so short and the nights so cool as to threaten even barley and flax as regular crops.

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