

THE SYLVA HERALD AND RURALITE

DON'T RELY ON THE OTHER GUY!

Thursday, Sept. 9, 1948

Many drivers have been killed standing up for their rights. Play fair and you'll get there. Be courteous to pedesty ns. Respect the rights of others. And don't take chances just because the "other driver" is wrong. You can be right, and still be dead!



Be Careful—the life you save may be your own!



HE BOOK STORE

Three card tables were set up on Those playing were: the honthe enclosed purch and three pro- oree, Mrs. E. L. McKee, Sr., Mrs. troisio's of bridge were played. E. L. McKee, Jr., Mrs. D. M. Hall, Mrs. E. L. McKee, Sr., was given Sr., Mrs. John Henson, Mrs. Jack the award for high score and the Allison, Mrs. C. N. Dowdle, of price for low score went to Mrs. Franklin, Mrs. E. E. Tweed, Mrs. 2. O. Wilson, Mrs. C. H. Nichol- C. H. Nicholson, Mrs. R. O. Wilson, praised for pleasantly relieving so: held the lucky card and was Mrs. Bill Moody of Bryson City, sour, gassy stomach, nervous indiprese ted the Eingo prize and Miss Alice Weaver.

The tables were cleared and Tea guests were Mrs. W. R. Encovers laid for two courses. Salad loe, Miss Anne Enloe, Miss Rend ce courses were served by becca Sue Cannon, and Miss Hicks 2 hasterses. Wilson.

## For Good Economy, Use Foods That are Plentiful in Market

By ALICE DENHOFF juntil ready to serve. Just before EVEN during normal times, we serving, spread with ½ c. whipping have a fetish when it comes to using Next, a one-crust deep dish pie

foods that are in profusion at the for 6-8 servings.

local markets. Nature selects the Pare 2 medium-sized sweet potaright time for her bounty and so the toes and slice one-eighth inch thick. time to eat the various vegetables. Par-boil potatoes in one c. water in greens and fruits is when they are covered saucepan. Spread par-boiled in abundance. Comes the time of potatoes over bottom of oblong casconservation and high-prices. this serole (10x6x2 inches). Dot potabecomes a better-than-ever practice. ..... with 3 thsp. table fat. Combine All of which leads up to the won-11'2 c. milk, 1/2 c. potato water, 1/4 c.

derful golden harvest of sweet pota- ugar, 'a c. molasses, 14 tsp. salt, toes now in the market. , ten. allapice and 1/4 tsp. cloves. Versatile and Healthful

Versattle, as well as healthful is the sweet potato, equally good as vegetable, and good eker-outer .... a scant meat course, and, ag'amorous dessert, no less. As ! food value, the rich, golden swe potato is rich in both Vitamins A and C, and a small amount of the con-

good eating

Mix together 2 egg yolks, 1/2 c. molasses. 34 tsp. each ginger, nut-

Add Gelatin

Remove from heat and add gela- for about 20 min. tin. Chill in pan of ice water until To prepare meringue put 2 egg

Thousands of men and women

who feel tired, weakened, and rundown without organic reason, turi turn to Retonga for real relief. This famous gastric tonic is also gestion, muscular aches and pains,

sluggish elimination, restlessness and loss of appetite.

Retonga is compounded of carefully blended extracts from many of nature's own medicinal roots. herbs, and barks, plus Vitamini B-1.

Retonga is intended to relieve! distress due to insufficient flow of digestive julces in the stomach. loss of appetite, borderline Vitamin B-1 deficiency, constipation, and their many miseries.

Why go on feeling tired, weakened, run-down and draggy? D. as thousands of other men and women do and try Retonga. Retonga is sold with this original money-back guarantee. If the first bottle fails to bring you gratifying and satisfying relief, its small purchase price will be cheer\_ fully refunded. You and you alone are the judge. Retonga is available at Sylva Pharmacy .-- Adv.

nounces the rock carvings to be a record of a peace treaty between the Cherokee and the Catawbas and that this treaty should

st as long as the rock should last.

LAWRENCE REED

Manager

Paze





SAVE MONEY BUY MEAL TICKETS 10 PER CENT DISCOUNT On Mill Street Open 24 Hours A Day Across From Depot

Meringue Pie . Potato Meringue Pie is ex-

. : : F for 30 min.

y grod. Combine 1/2 c. family, as well as essential minerals .....r 2 thep. four, % tsp. salt, 1% And when teamed up with iron and in ginger, tsp cinnamon, 1/2 tsp. esleum-rich good old-fashioned mo-callsnice and 1/4 tsp. ground cloves. lasses, there's additional health and Stir in 1/4 c. molasses, 11/2 c. cooked, mashed sweet potatoes and 1% & Now for some good recipes, in- light cream, milk or one tall, undi-

teresting desserts, leading off with a used can of evaporated milk. Cook Sweet Potato Chiffon Pie. Soak ver boiling water until thick and thep. getatin in 14 c. cold water. Freamy for about 20 min., stirring onstantly.

Add 2 slightly-beaten egg yolks mig and cinnamon. 1/2 tsp. salt and plus one whole egg, gradually stirone c. masked sweet potatoes. Stir ring during the addition. Cook over in 1/2 c. milk; cook in double boiler hot water until mixture is very until thick, stirring constantly. thick. Remove from heat. Cool. Pour into a baked 9-inch pie shell. Cover

with meringue. Brown in slow oven

t mixture; pour over potatoes.

instry in shape of casserole.

and hot milk mixture.

tos of pastry to casserole.

t top for vents. Place cover on

