

The Thrifty Housewife



It was Benjamin Franklin, the great apostle of thrift, who first emphasized the point that true thrift lies in getting the best value—not merely for one's money, but for one's time as well. This might, indeed, be called "the higher thrift," and the modern woman is rapidly learning to readjust her standard of values to get in line with it. The establishment of an annual Thrift Week, beginning on January 17th, which is Franklin's birthday indicates a general acceptance of his philosophy of thrift.

Real thrift is not going without, but making the most of things—our talents, our money, our time. The thrifty housewife learns to spend her money judiciously. She saves on her food budget by getting the best values for her money, and she soon discovers that ready-to-serve foods offer her one of the best forms of thrift.

She has learned that ready-to-serve foods are a real economy not only of money, but of time and labor. So she lays in a varied supply of them, and selects what she wants from her canned food shelf. She seasons them, spices them, adds butter, eggs or bacon, combines them with other foods, such as bread and cracker

crumbs, etc., ad infinitum. There is almost no limit to the tasty combinations that may be made of these prepared foods.

She will particularly learn to use the good, old staples, such as corn, peas, tomatoes and string beans, making out of them many a savory, wholesome and economical dish. These might be termed The Old Guard among vegetables, but there are others almost as essential to the daily menu—baked beans, spaghetti, spinach, sauerkraut, beets, pumpkin and sweet potatoes. All of these are high in food value.

These foods are particularly economical in canned form, because the great demand for them enables the canners to pack and sell them in large quantities, at a very small profit per can. At first thought, it may seem to the housewife that it is cheaper for her to buy fresh sweet potatoes and "candy" them, than to buy the ready-prepared product in canned form. This is true, if she is ready to cook the sweet potatoes on the day she buys them. But if she keeps them on hand for several days, they spoil and must be thrown away. She must also take into consideration the saving of time represented by the sweet

potatoes in tins.

The many savory dishes which may be made from the ready-to-serve staples permit the housewife much variety in her daily menus. Corn, for instance, may be sautéed with chopped green peppers, which also may be had in canned form. Or, if there is any mashed potato left over, delicious croquettes may be made by mixing it with ready-to-serve corn. The possibilities are infinite.

Perhaps one of the strongest incentives to buying food in tins is the fact that there is no waste in them. There are no peelings, no rinds, no cores, no spoilage. All the parts which cannot be eaten have been eliminated before the food went into the cans. There is nothing to be thrown away, as in the case of fresh food. To the modern woman time-saving has a very definite, economical value. The hours which she would otherwise have to spend in the various details of the preparation and cooking of foods, the ready-to-serve products permit her to devote to the social, mental and spiritual needs of her family, and to participate in the world's work along various important lines.

Name	Year	Amount
W. L. McElrath, 1921	1921	\$ 5.00
A. L. McElrath, 1921	1921	2.00
R. L. Nichols, 1921	1921	2.00
E. H. Scates, 1921	1921	2.00
Lee Winchester, 1921	1921	2.18
Mrs. Millie Blanton, 1922	1922	4.54
J. W. Clements, 1923	1923	5.00
Mrs. W. H. Cole, 1923	1923	1.48
Rev. H. H. Hyde, 1923	1923	3.30
J. M. Messer, 1923	1923	2.00
Mrs. Dora Moore, 1923	1923	1.18
Mrs. W. H. Morrow, 1923	1923	2.18
R. L. Nichols, 1923	1923	2.30
J. P. Scates, 1923	1923	3.53
Lee Winchester, 1923	1923	17.08
Mrs. J. M. Blanton, 1923	1923	4.50
J. R. Brown, 1923	1923	2.00
Mrs. W. H. Cole, 1923	1923	1.48
Mrs. R. L. Davis, 1923	1923	1.50
Ralph Davis, 1923	1923	8.38
Lee Fisher, 1923	1923	37.50
J. R. Gaddy, 1923	1923	8.00
Sam Knight, 1923	1923	6.95
F. E. Kuykendall, 1923	1923	9.97
O. L. Leagan, 1923	1923	15.58
Mrs. Dora Moore, 1923	1923	1.18
J. P. Scates, (H. L. Morris,)	1923	3.30
E. W. McElrath, 1923	1923	1.00
Mrs. A. H. Norwood, 1923	1923	15.88
Roy Ray, 1923	1923	1.86
W. E. Robinson, 1923	1923	2.00
Verlin Robinson, 1923	1923	1.20
Thos. Rudisall, 1923	1923	1.26
Dick Smith, 1923	1923	2.00
E. H. Scates, 1923	1923	5.64
Lee Winchester, 1923	1923	16.22
W. M. Wilson (Burgess prop- erty), 1923	1923	7.31
C. W. Arrington, 1924	1924	16.10
Pilgram Blanton, 1924	1924	6.00
J. P. Brown, 1924	1924	2.80
Seymour Clark, 1924	1924	8.50
J. E. Clark, 1924	1924	8.65
Mrs. W. H. Cole, 1924	1924	1.90
Arthur Conard, 1924	1924	3.90
R. G. Crawford, 1924	1924	2.00
R. W. Crawford, 1924	1924	18.35
Mrs. L. P. Davis, 1924	1924	2.90
Ralph Davis, 1924	1924	27.00
Mrs. O. E. Fisher, 1924	1924	66.79
Lee Fisher, 1924	1924	59.35
Andy Ferguson, 1924	1924	8.08
J. R. Gaddy, 1924	1924	10.50
P. E. Hyatt, 1924	1924	10.00
Arthur Knight, 1924	1924	5.50
Sam Knight, 1924	1924	14.50
O. L. Leagan, 1924	1924	20.60
Homer Messer, 1924	1924	8.00
Mrs. Dora Moore, 1924	1924	1.50
J. R. McElroy, 1924	1924	10.77
R. L. Nichols, 1924	1924	2.55
Mrs. A. H. Norwood, 1924	1924	20.70
R. L. Ray, (Mrs. Mills owner), 1924	1924	6.25
W. P. Robinson, 1924	1924	2.10
Reubin Robinson, 1924	1924	9.37
Ernest Robinson, 1924	1924	2.60
R. F. Robinson, 1924	1924	6.95
Robert Ruff, 1924	1924	3.65
E. H. Scates, 1924	1924	8.07
R. J. Smith, 1924	1924	1.65
W. T. Smith, 1924	1924	3.85
E. O. Williams, 1924	1924	20.50
Lee Winchester, 1924	1924	21.49



Preserving Food for the World

What the Industry Means to the Farmer and to the Purchaser

FOR the American farmer the growth of the canning industry in this country has spelled progress with a large P. Not only has it brought him financial success, but it has raised his standards, to the benefit of himself and the country in general.

In an earlier day, when the farmer purchased seed, he was inclined to think more about the cost than the quality. It was natural, because he was much less prosperous then, than now, and his profits were small, compared to the profits of the middle-man, the grocer, etc.

Then, as the canning industry developed, and the canners needed all that the farmers of the vicinity could raise, they began to contract beforehand for the crops that were to be raised, as their own success depended upon their good faith with the public, in the matter of supplying high-class foods. So, in order to insure this, they included in the contract the stipulation that a high grade of seed should be planted. And, to make sure of this, they sold to the farmer the grade they wanted, and at a lower price than he would have to pay for it elsewhere.

It was inevitable that a few seasons of producing would convince the farmers that the best is always cheapest. It has come to seem to them a waste of time to spend their labors upon anything less. Thus has their standard been raised, and the consumer has reaped the

benefit thereof.

To the farmers the canning industry means a sure market for their crops. No longer do they need to worry over the possibilities of disposing of them. All that they raise is already contracted for. Their job is merely to see that the order is filled with the very best crops they can produce.

Nor is this left to chance. Field men are sent out by the canners to watch the progress of every crop which has been contracted for. The farmer may not load on his job nor in any way neglect his crops. And when the crops have ripened the field men notify the farmers that the crops must be harvested immediately. Within twenty-four hours afterwards, the food is in cans, ready to be shipped. It has had no time to spoil. The same is true of milk, meat and milk products. From the time the food has actually been gathered until it is in the can, sealed and cooked, is a matter of a few hours only. This should be a guarantee of good cheer to Mrs. Thompson who likes to know that the food she is serving her family is as fresh and as pure as it is possible to get.

And thus the farmer, himself, benefits in both ways, being a big consumer of canned foods as well as a grower of the food that goes into the cans.

To him the canner is the man who changes Nature's jewels that grow in his orchards and fields into the heap of gold that grows ever bigger and brighter in his village bank.

thence S. 24° 40' E. 320 feet to a stake, then N. 71° 30' E. 688 feet to the beginning, containing 2 and 42/100 acres, more or less. The above description cover lot No. 2 of the Terrell survey above mentioned, excepting from the above all the land lying and being on the west side of creek that runs through the said lot and being that part of the lot lying and being on the east side of the said creek that is intended to be conveyed by this deed, said creek being the line between this lot and the land this day sold to W. B. Plemmons by the parties of the first part and the said J. M. Plemmons and W. L. Plemmons. This property to be sold Thursday, Feb. 18, 1926, at 11 a. m. at the court house door in the town of Waynesville, Haywood county, North Carolina, at public outcry to the highest bidder, for cash.

This the 11th day of December, 1925
J. P. RUMLEY, Trustee.
By: Morgan & Ward, Attorneys.
Feb. 18, c.

NOTICE OF SERVICE BY PUBLICATION.

North Carolina, Haywood County—In the Superior Court.

Cora Lee Young
vs.
Ed M. Young.
The defendant above named will take notice that an action entitled

as above has been commenced in the Superior Court of Haywood County, N. C., for a divorce on the grounds set forth in the statutes of North Carolina; and that the said defendant will further take notice that he is required to appear on the 10th day of February, 1926, at the Court House in said county in Waynesville, N. C., and answer or demur to the complaint in said action, or the plaintiff will apply to the Court for the relief demanded in the said complaint. This the 8th day of January, 1926.
C. A. HAYNES,
Clerk of Superior Court.
G. C. D.-Feb. 3, c

Tutt's Pills

Induce regular habit, good digestion. Relieve the constipated and debilitated and tone up the system
AGAINST MALARIA

For Rent—Rooms furnished or unfurnished. East street. Apply to Mrs. G. C. Briggs. tf c

We have some customers for well located acreage in Western North Carolina and would like to hear direct from owners giving location, description and price of property if you will sell. The Realty & Investment Corporation, P. O. Box 50, 781 Hendersonville, N. C. Jan 21-p

ATE TOO FAST

South Carolinian Took Black-Draught For Indigestion, and Says He Could Soon Eat Anything.

Ballentine, S. C.—Mr. W. B. Bouknight, of this place, gave the following account of his use of Theodor's Black-Draught.

"Just after I married I had indigestion. Working out, I got in the habit of eating fast, for which I soon paid by having a tight, bloated feeling after meals. This made me very uncomfortable. I would feel stupid and drowsy, didn't feel like working. I was told it was indigestion. Some one recommended Black-Draught and I took it after meals. I soon could eat anything any time.

"I use it for colds and biliousness and it will knock out a cold and carry away the bile better and quicker than any liver medicine I have ever found."

Eating too fast, too much, or faulty chewing of your food, often causes discomfort after meals. A pinch of Black-Draught, washed down with a swallow of water, will help to bring prompt relief. Bloating sensations, eructations, bad breath and other common symptoms of indigestion have disappeared after Black-Draught has been taken for several days.

NO-164
Theodor's
BLACK-DRAUGHT
LIVER MEDICINE

Atwater Kent RADIO

"ASK THE MAN WHO OWNS ONE."

FINE performance is the result of fine manufacture. Fine manufacture is the result of long experience. Every Atwater Kent Receiving Set and Radio Speaker Is the result of 25 years of making fine electrical equipment. Come in and let us show you. Every set that we receive in our shop has been tested 159 times, and we are confident that if we install one of these sets in your home there will be no fear of a "come back"

Martin Electric Company

Main Street, :: Waynesville, N. C.

SALE OF LANDFOR TOWN TAXES

I will offer for sale as the law directs at Treasurer's office in the town of Hazelwood, N. C., at 12:00 M., on the First Monday in February, it being the 1st day of February, 1926, all

the following described lands on which taxes are due and unpaid and cost of this sale.

every Act, authorized the tax collector The last legislature in the Machine to advertise any month in the year to sell land after four weeks or thirty

days advertising in the authorized county paper.

Therefore the following list of property for unpaid taxes for 1921, 1923, and 1924, will be sold.

JAMES R. McCLURE,
Town Tax Collector.



market. But you can have it in either links or bulk, and of a variety that will meet every taste. In it there is used only the best and most carefully selected meats. It will tempt your appetite.

Walker & Ferguson

In "Frog Level"