

FAVORITE CREOLE DISHES AND RECIPES



On a recent visit to New Orleans I secured some of the famous old Creole recipes which I was told had attained popularity throughout Louisiana. The early French settlers taught their negro servants many secrets of the expert cookery for which their nation is famous. The negro "mamies" added certain savory touches of their own. The dishes that resulted became known as "Creole".

I soon found that only by using prepared foods does the busy modern housewife have time for this elaborate cookery of a day when servants were plentiful.

Corn, Creole Style—Cook 2 tablespoons chopped green pepper in 4 tablespoons butter. Add 4 tablespoons flour and 1 cup canned tomato soup, stirring until smooth. Season with a little salt, onion juice and chopped parsley. Stir in 2 cups canned corn and heat thoroughly.

Peas a la Francaise—Turn con-

tents of a can of peas into a saucepan. Add 1 herb bouquet, 1 lettuce-heart, 1 onion and 1 tablespoon butter, and let simmer a few minutes. Drain off liquor, remove onion and herb bouquet, and lay lettuce-heart on a dish. Add another tablespoon butter to the peas. Cook five minutes, then pour peas over lettuce-heart. Serve hot with chops or cutlets.

Shrimp Gumbo Filé—Blend 1 tablespoon hot butter or lard with one of flour. Add 1 large white onion, chopped, and 3 sprigs parsley. Fry, and when brown add 1 chopped bay leaf and 1 sprig of thyme. Add 2 quarts oyster liquor and 1 quart water. Let come to a boil and about five minutes before serving add 2 cans of shrimp. Take off stove and add 2 tablespoons "Filé" (powdered sassafras leaves), and 1 tablespoon flour. Season to taste with salt, black pepper, and a dash of cayenne. Serve hot with boiled rice. Okra may be used in place of "Filé".

SPECIAL MUSIC AT THE EPISCOPAL CHURCH.

The offertory solo on Sunday in Grace Episcopal church will be sung by Mrs. J. F. Carlton of Statesville, N. C.

The Sacrament of the Lord's Supper will be administered at the eleven o'clock service.

At 10 A. M. in the Parish House, the Church School and Bible Class will convene.

Everybody cordially invited.
REV. ALBERT NEW,
Rector.

RATCLIFF COVE ITEMS.

There is much being said and a vast amount of money being spent for education of the youths of our country. It is the consensus of opinion and is readily accepted that education is a great thing, but is the acceptance really true. It may be true or it may not. It is a good thing if worthily used. For instance, a boy or girl may learn to read and use their knowledge in reading the Bible, good books, wholesome literature which tends to lead the mind to a higher conception of the aims and ideals, to qualifying them for good citizenship in that case education is a great thing. But on the other hand they may as readily use their knowledge in reading Tom Payne, Ingersol, Jesse James or the fictitious literature now in vogue, which is designed to portray the human life without a practical lesson in view. In that case education is not a great thing. It was the labor of a generation of scientists that enabled the medical skill to give us remedy for diabetes, antitoxine to immunize the human family against contagious diseases. It was the knowledge of science that taught us how to utilize steam and use it to carry on commerce, harness our streams for manufacturing electricity to produce power for running machinery and illuminating our cities, telegraphy, telephone, radio, etc., which proves a great blessing to mankind. It was the labor of the same scientist used to teach us how to make spirituous liquor, alcohol, poisonous gas, such as was used in the World War, without some knowledge of chemistry neither would have been accomplished.

The vast amount of money that is being spent in North Carolina for education of her children may be the salvation of the state, but it is not inevitable that it will be. There are some things that the best schools in the land cannot teach. They can teach a boy or girl to read and all that is necessary to qualify them for good citizenship, but they cannot teach them to become ladies and gentlemen unless the instincts have been implanted in them before the teacher gets holds of them.

There is a growing tendency on the part of parents to shove off on the schools not only the responsibility that belong to them, but which belong to the home as well in a great many instances parents find it easier or more comfortable to blame the school when their boys get into rascality or their girls happens with misfortune than they find it to their own duty before the schools take charge.

There is a period in every child's life by the time or before they reach age of fourteen or sixteen they will arrive at the parting of the ways. Once at this critical period the mind is easily swayed one way or the other, as to which would be the most plausible for the future life and if they have been brought up under proper parental authority, surrounded with good environments, good and wholesome literature, that would be uplifting and cause an inspiration for the higher ideals of life is placed in their hands for reading material which is a great factor in shaping the minds and character of the young and prepare them for the higher duties of life, then chances are that they will become good citizens and prove a blessing to church and state. On the other hand if parents authority has been taxed, surrounded by environments of the lower elements, placing in their children's hands the fictitious books, trashy literature which so prevalently read in the homes and encouraged by a large per cent of the older people, permitting them to spend the Sabbath evenings in pleasure and sport, staying out late at night, not knowing anything of their whereabouts, all of which has a tendency to lead to evil. The chances are their lives will be spent drifting aimlessly without any practical good in view and many times end in disgrace with no real benefit to the church, society or the country.

What a boy or girl may learn in the county school or high school may be a little experience to them if they never have learned anything at all by some experience of restraint in the back yard or under the wood shed.

BALSAM NEWS.

Mrs. Lizzie Norman passed away Wednesday of last week. She was 79 years of age, but until recently was quite active. Her grandson, Mr. Fred Norman, lived with her. She leaves one son and several grandchildren and great grandchildren. The funeral service was conducted by Rev. M. A. Norman and the body was laid to rest in the Crawford cemetery Thursday. The bereaved have our sympathy.

Master George R. Bryson, Jr., five year old son of Mr. and Mrs. Geo. R. Bryson fell from the front porch of his home here Thursday and cut his lip so bad that he was taken to

Dr. Abel in Waynesville for medical attention. Several stitches had to be taken and he seems to be recovering nicely.

While walking a small log across a stream with rubber boots on, Mr. James R. Porter's foot slipped and he fell, injuring his arm and he was taken to Waynesville for medical attention.

Born to Mr. and Mrs. John Coward, the 23rd, a girl, Alice.

Miss Sallie Christy left Wednesday to spend some time in Lakeland, Fla.

Mr. A. H. Mehaffey was here from Hendersonville last week. Messrs. George T. Knight, Henry Christy, Floyd Mehaffey and Grady Queen spent last week camping on

Old Bald and Double Top and say they had a wonderful time.

Mrs. W. T. Lee, Jr. had as her dinner guests Friday, Mrs. Leslie Mowdy of Oklahoma City and Mrs. John Swift, Jr. of Waynesville.

Mrs. Julia Surratt and little daughter and Mr. John Penland of Salisbury, Mrs. Maud Brookshire of Appalachian Hall and young Mr. Glantz of Haywood are guests of Mrs. R. J. Bryson this week.

There are about eighty guests at Balsam Springs Hotel and more coming every day.

For Sale—Hardwood ashes suitable for fertilizing land, \$1.50 per load. Apply Suncrest Lumber Company. Aug. 5c



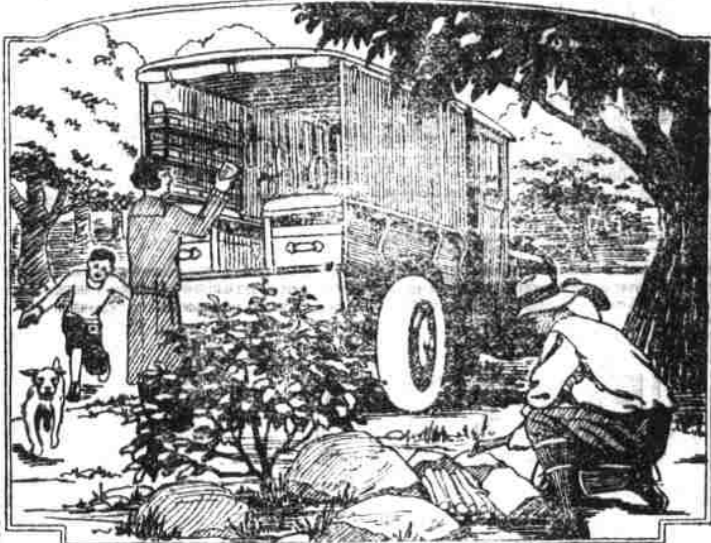
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"Enclosed Car" motor, 7-bearing crankshaft, full force-feed lubrication, air cleaner, gasoline filter, oil purifier—plus 4-wheel brakes and 5 disc wheels—included at no extra cost.

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The Camping Tourist's Diet



He who would seek adventure on the American highways must set forth in his motor well but lightly equipped. Food supplies, mainly canned, must not be bulky and must be planned so that the diet is balanced.

No one could ever go camping without beans. Other ready prepared foods such as tinned meats and fish, corned beef, sauerkraut, spaghetti, chili con carne, succotash, crackers, and bread belong on the list. A fine camper's meal combines chili con carne, spaghetti and tomato sauce, one can each. Take some cans of sweet potatoes and several packages of brown sugar; for sweet potatoes candied over a camp stove and served under spreading trees are about the most delicious thing one could imagine. Boston brown bread, canned, may be served with the baked beans or made into delicious sandwiches.

Other vegetables should be included, for some of them, lentils, beans, limas, peas, onions, may be used in place of meat. Coffee is all important—buy it vacuum packed in tins, ready ground, always fresh and crisp. Butter is a problem, for the camper cannot carry ice. Substitute spreads are peanut butter, canned cheese, mayonnaise or other salad dressings; for cooking, canned shortenings. The list of dry groceries should include flour, sugar, salt, seasonings. Canned milk is an important item.

For desserts and beverages, take canned fruit. Their juices, added to clear spring water, make delicious drinks. A supply of lemons will be found useful as a basis for these drinks.

With this well planned commissary, the tourist need never have the scenery spoiled for him by gnawing pangs of hunger.

Trucks too feel the difference

New lubricating oil shows gas saving of 17.9%

HUNDREDS of road tests on many types of cars and trucks prove that the new "Standard" Motor Oil gives astounding results.

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