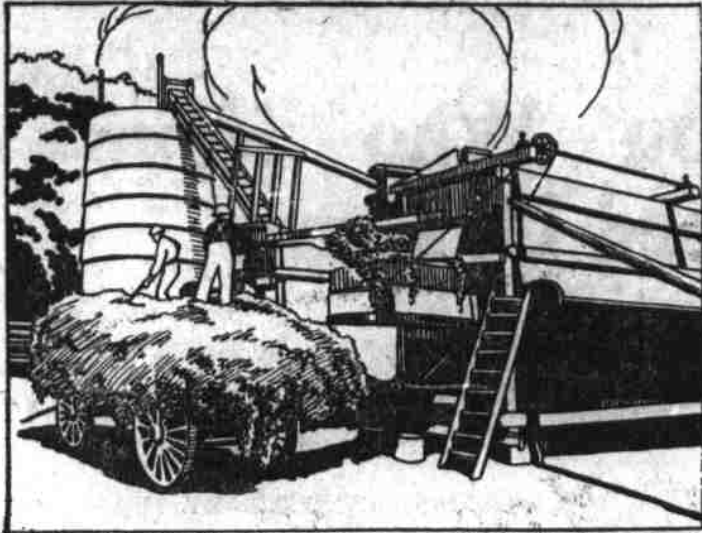


Some Facts About Peas



IT'S no "Irish bull" to say that canned peas are fresher than many of the fresh peas we buy. The reason is that the vinery is practically next door to the cannery. The vines are mowed down in the early morning, and the entire canning process is completed before night. But the so-called "fresh" peas, after being shipped from farm to market and thence to the consumer, are seldom really fresh when they reach the table. Moreover, peas come out of the can as fresh as when they went in, because the complete exclusion of the air, and the process of sterilization eliminate all possibility of deterioration. Grade, in canned peas, is merely a matter of size. Before the peas enter the cans, they are graded; first

CULLOWHEE NORMAL INSTALLS MODERN FILTERING SYSTEM.

If old Jupiter Pluvius ever again becomes a slave to Morpheus as he did during the summer of 1925, no one will be found napping at the Cullowhee State Normal school, for a modern new filtering and chlorinating plant which absolutely purifies water has been installed recently at that institution at a cost of approximately \$4,000. The pure water comes from several springs three miles west of the school and high up on the side of Panther Mountain, four thousand feet above sea level. Forty gallons per minute of the crystal-like fluid descend to the school in four-inch pipes. As only about five gallons are used each moment, there is a surplus of 45 gallons in case of necessity. In addition to this amount a large concrete reservoir contains in storage 200,000 gallons of water in case of fire.

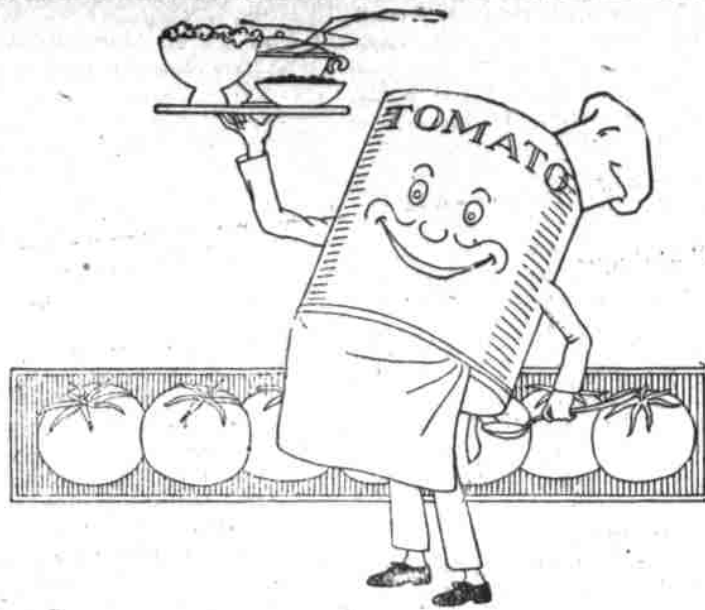
The Normal school owns the water shed of 282 acres, a primeval forest of virgin timber—poplar, chestnut, oak, rhododendron, azalea, laurel, and a vast wilderness of shrubs and trees. The water shed is being fenced off now to keep out animals, over two miles of wire being used for this purpose. The Cullowhee water system is tested from time to time and complies with rules of the State Board of Health in every respect.

being sifted through the different-sized meshes of five "squirrel-cage" machines, and afterward picked over by hand. The smallest are the tenderest, but the largest contain more food value.

Appetizing dishes that may be made from peas are:—

Baked Peas—Heat in their own liquor the contents of two cans of peas. Drain, pour into baking-dish and season. Break six eggs over peas, dot with butter and bake ten minutes in hot oven. This will serve six and will take the place of meat.

Peas En Casserole—Put 24 small white onions into casserole. Add 2 cans of peas, including liquor; 6 tablespoons butter; 2 bunches parsley, 1 teaspoon powdered mint, and seasoning. This makes enough for six.



The Popular Tomato

IT was four hundred years ago that Spanish explorers first found the tomato growing in South America. They took it back to Europe with them because they thought it so beautiful in color. When the tomato found its way to Holland, the thrifty Dutch people soon learned that it was eatable. It rapidly became a favorite food. For the last century, the tomato has been accepted for what it is, a valuable staple food, containing needed vitamins and minerals.

Its value has become especially known since it has been so successfully canned. Scarcely a day goes by that tomato, in some form or other does not find its way to the family dining table. Here is a new way to serve it.

VEGETABLE COCKTAIL—A No. 2 can of tomatoes, one green

pepper, a stalk of celery, a slice of Spanish onion, a tablespoon of grated horseradish, two tablespoons sugar, one-fourth cup of vinegar, one teaspoon salt, few grains each of red and black pepper. Drain tomatoes, chop fine with other vegetables. Pour in tomato juice, add seasonings, allow mixture to stand several hours in ice box. Serve in sherbet glasses. This recipe serves ten to twelve people.

CREAM OF TOMATO WITH CHEESE—This is an unusually delicious tomato soup. Use three tablespoons butter, four teaspoons soda, one pint milk, eighth teaspoon No. 2 can tomatoes, eighth teaspoon pepper, cup grated American cheese, teaspoon salt. Make white sauce of butter, milk and flour, add tomatoes, which have been rubbed through colander, seasonings, cheese. Heat long enough to melt cheese.

Tom Tarheel says his children are not sick so much since the new orchard began bearing.

ST. JOHN'S CATHOLIC CHAPEL.

St. John's Catholic Chapel, 145 Church street, Waynesville. Mass on Sundays at 10 o'clock. Mass during the week at 7 o'clock.

REV. FATHER McDEVITT, Pastor.

WAYNEWOOD THEATRE.

October 11th to 16th.

Monday
Art Acard in
THE CIRCUS CLYCONE
A dandy little western with lots of pep and thrills.
A Bluebird Comedy, "EGGED ON."

Tuesday
Jetta Goudal in
HER MAN O' WAR
A War Picture, but a different one. It is behind the German lines where an American doughboy was held by a German Fraulein, there's pep and thrills a plenty.

FOX NEWS.
Wednesday
All Star Cast
THE STILL ALARM
See the fire-fighters! the most spectacular picture of the week, the thrills will make you take notice.

Thursday
Irene Rich in
THE WOMAN HATER
Who could hate a woman? No one successfully, so come and see how Irene puts it over on this so-called WOMAN HATER.

Friday
Colleen Moore in
IT MUST BE LOVE
Nuff Sed!
Saturday
FOX NEWS.

Tom Tyler in
THE MASQUERADE BANDIT
One of Tyler's best, with the boy and dog, it has comedy, pathos and thrills.
Comedy. Newly Wed's Baby.

CULLOWHEE CAMPUS GREATLY IMPROVED.

Cullowhee, N. C., Oct. 2.
For some time landscape engineers have been surveying the campus of Cullowhee State Normal school, preparing blue prints and drawing up plans and sketches for additional buildings, roads, sidewalks, steps, drain pipes, shrubbery, grass, and other improvements. Work on the walks and steps began last Wednesday when ground was broken near the Joyner Building. Brick walks were built a few weeks ago connecting the training school with the Joyner and Moore Buildings, and now 750 feet of brick walks are being laid, equipped with concrete drains by the side to take care of surplus water. Although the walks will be modern, they will nevertheless preserve a rustic appearance in keeping with the surrounding country. They will have stone curbing—native stone from nearby mountains, which makes a very artistic border for the walks. Beautiful stone steps are being constructed now at various points on the campus, and when completed will be a great aid to students and professors in passing to and from classes.

A concrete road, 735 feet in length, was laid recently at Cullowhee, connecting the Administration Building with State Highway 106. Contract has been let by the state for the paving of Highway 106 from Cullowhee to Tuckaseegee, and when this road is completed to Sylva, a person will be able to drive all the way from Cullowhee to Asheville, Hendersonville, Bryson City, Murphy, Franklin, and other Carolina cities without so much as getting off the pavement.

But this is not all that is happening at Cullowhee. Other improvements at the school include a large bowl-shaped outdoor amphitheatre, to be used for various performances and entertainments and at commencement; two new tennis courts enclosed with strong wire and pipe and modern in every respect will furnish ample facilities for all who love this sport; much additional shrubbery and grass are being planted, while the great oak, chestnut, and poplar trees are being trimmed and the grass mowed. Within the next few days three or four additional electric lights are to be installed at various points on the campus. The school engineer and carpenters, together with half a dozen assistants, are kept busy day and night, improving the appearance of the campus, beautifying the grounds, and building many things which are necessary at a state normal school.

T. C. BRYAN, Correspondent.



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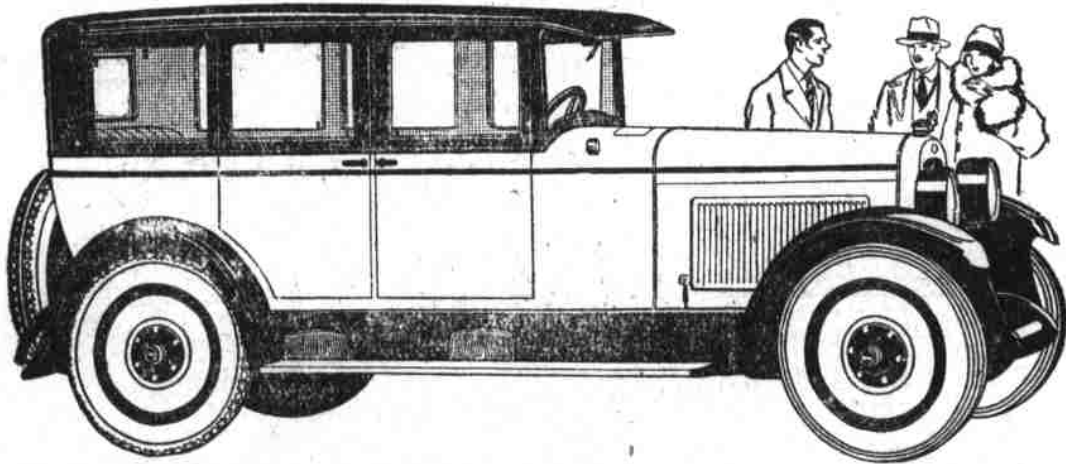
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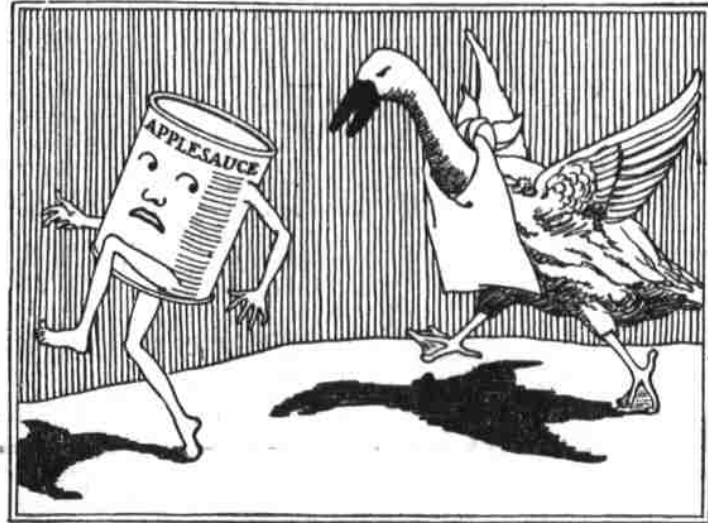
AND—it's powered with the newly refined 7-bearing crankshaft motor Nash has developed—the world's smoothest type.

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A ride will PROVE that—CONVINCINGLY.

And it has a long list of added new attractions that rank this 4-Door Sedan right along with cars selling far above it in price. Come in today and see this NEW model.

Sauce For The Goose



THERE is almost no meat or poultry that is not improved by the accompaniment of a tart fruit sauce. Chief of these is applesauce. Without it the goose would lose much of its popularity. As for pork—deprived of applesauce, it would be like a story without a point.

Provided it is made of rather sour apples, applesauce is excellent with duck, chicken or even turkey. It is the handiest possible sauce for the housewife, since it is now put up in ready-to-serve form, thus saving her much time and labor. She may also get her duck, chicken or turkey out of a can, as well as most of the staple meats.

The velvet-smoothness of the commercially prepared applesauce is a great asset. Sugar or lemon juice

may be added according to taste. Otherwise, it is ready for the table or to use in making various dainty desserts.

Baked Apple-Pudding is made by mixing a can of applesauce with two beaten eggs and bread-crumbs which have been moistened with melted butter. If applesauce is very tart, add sufficient brown sugar to sweeten. Bake until brown.

Apple Roll—Mix and sift 2 cups flour, 4 teaspoons baking-powder and 1/2 teaspoon salt. Work in 2 tablespoons butter and add 1/4 cup milk, mixing with knife. Roll out dough on floured board, cover with canned applesauce and roll dough like jelly roll. Steam one hour and twenty minutes in covered pan, with vanilla sauce.

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