

GETTING UP NIGHTS

For Bladder Relief Is Nature's Danger Signal. Columbus Minister's Wife Relates Experiences.

Rev. W. M. Mitchell, 234 No. Park St., Columbus, Ohio says: "My wife was troubled seriously with bladder irritation until we used lithiated buchu (Keller Formula). She would have to get up 6 to 8 times each night. Will gladly answer any letter."

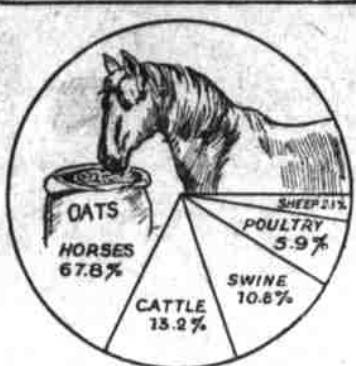
Lithiated buchu acts on the bladder as osmotic salts on the bowels. Drives out foreign matter and decreases excessive acidity, thereby relieving irritation. The tablets cost 2c each at all drug stores. Keller Laboratory, Mechanicsburg, Ohio.

AUXILIARY AND GUILD TO MEET

The Auxiliary and Guild of Grace church will meet with Mrs. J. F. Abel at her home on Love Lane on Tuesday afternoon, Dec. 7th, at 3:30 o'clock. All members are urged to be present.

All kinds of cookies and cakes, fresh bread and rolls daily.—City Bakery.

"Feeling His Oats"



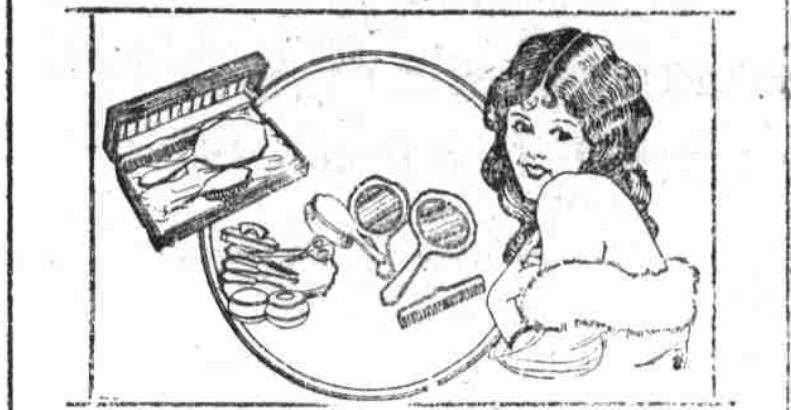
(Sears-Roebuck Agricultural Foundation)

Only a fourth of our oats crop goes into porridge and other table supplies, according to a survey by the Sears-Roebuck Agricultural Foundation. The remainder stays on the farm where it is fed to as many Dobbins and Baldies as are left to enjoy it. With the coming of the truck and tractor, a smaller percentage of oats fed to farm animals goes to the stable and more finds its way into the pesty. At present horses consume 67.8% of the oats fed to farm animals, cattle 13.2% and swine 10.8%. Oat chaffs have been found to be ideal for producing rapid growth in young pigs. The chaffs are 3.9% and stony the remainder 2.1% of the total amount of oats fed to farm animals.

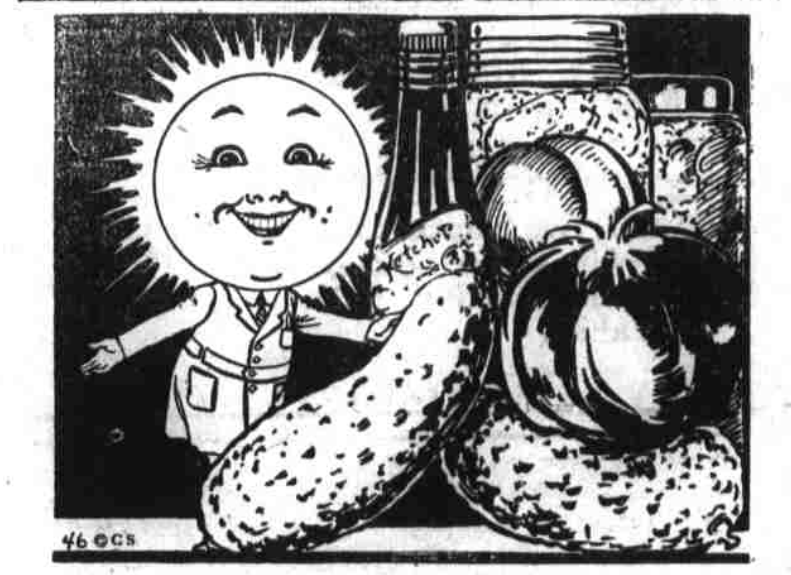
Expert Watch Repairing

"WHAT IS WORTH DOING AT ALL, IS WORTH DOING RIGHT"—OUR WORK IS GUARANTEED

Kodaks, Jewelry, Cut Glass, Silverware, Clocks, Watches, Specialty Work, Kodak Finishing, Repairing. We have a large and attractive stock of novelties, etc.; Book Ends, Purses, Handbags, Compacts, Vanities, Perfumed Lamps, Hand Painted, and a beautiful assortment of Gift Handkerchiefs; Also gifts of all descriptions.



THOMAS J. DAVIS
JEWELER
Main Street, Near P. O. Waynesville, N. C.



TASTY RELISHES

To flavor your meats and vegetables use our pure, delicious relishes. We sell the kind you can "count on" for quality. We buy in big quantities. We get and give the **LOWEST PRICES.**

MILLER BROTHERS
Phone 30 Main Street

Here Are The Improvements

- Review this impressive list of improvements—a notable twelve-months' record of progressive engineering:
- A new five-bearing crankshaft (replacing the three-bearing type).
 - A new two-unit starting and lighting system (replacing the single unit type).
 - Air cleaner of improved design.
 - Spark and throttle levers placed above the wheel for greater convenience.
 - Rumble seat for Sport Roadster.
 - Stylish new body lines.
 - Rich and attractive new colors.
 - Improved all-steel body construction.
 - Increased driving vision.
 - Indirect dial lighting for De Luxe and Sport types.
 - Far greater riding comfort.
 - Impressive new smoothness and silence of engine operation.
- Greater beauty, greater convenience and remarkable new silence and smoothness of engine operation have followed these vital betterments.
- Yet Dodge Brothers low prices remain unchanged—values certainly that no motorist can now afford to overlook!

Standard Touring Car	\$ 897.00
Special Coupe	1,048.00
Special Sedan	1,105.00
Special Roadster	995.00
Special Touring Car	997.00

Delivered
HAYWOOD GARAGE

We Also Sell Dependable Used Cars

DODGE BROTHERS
MOTOR CARS

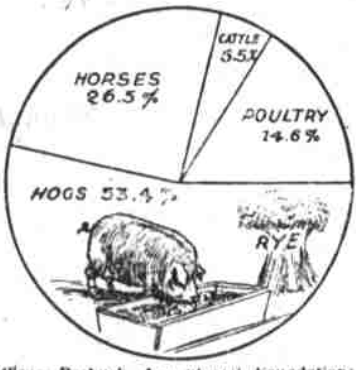
Run-Down

gave out easily

"My health wasn't any account at all," says Mrs. H. L. Cayton, of Washington, N. C. "I would start to do my housework and I would give out before I had done anything at all. I did not have any strength, and if I did the least thing it seemed to tax me so I could not finish. I was run-down sure enough. Several of my friends had taken Cardui and they said to me, 'Why don't you try it?' I knew I needed something to build up my general health and to increase my strength. Finally one day when I was recovering from a spell of sickness, I decided to try Cardui. I got a bottle and began to take it. I could notice that I was improving as my appetite got better and I did not give out nearly so quick. I took several bottles and I felt lots better. Two years ago I decided to take it again. It built me up and made me feel like a different person. It is the grandest medicine for women that I know anything about."



More Rye This Year



(Sears-Roebuck Agricultural Foundation)

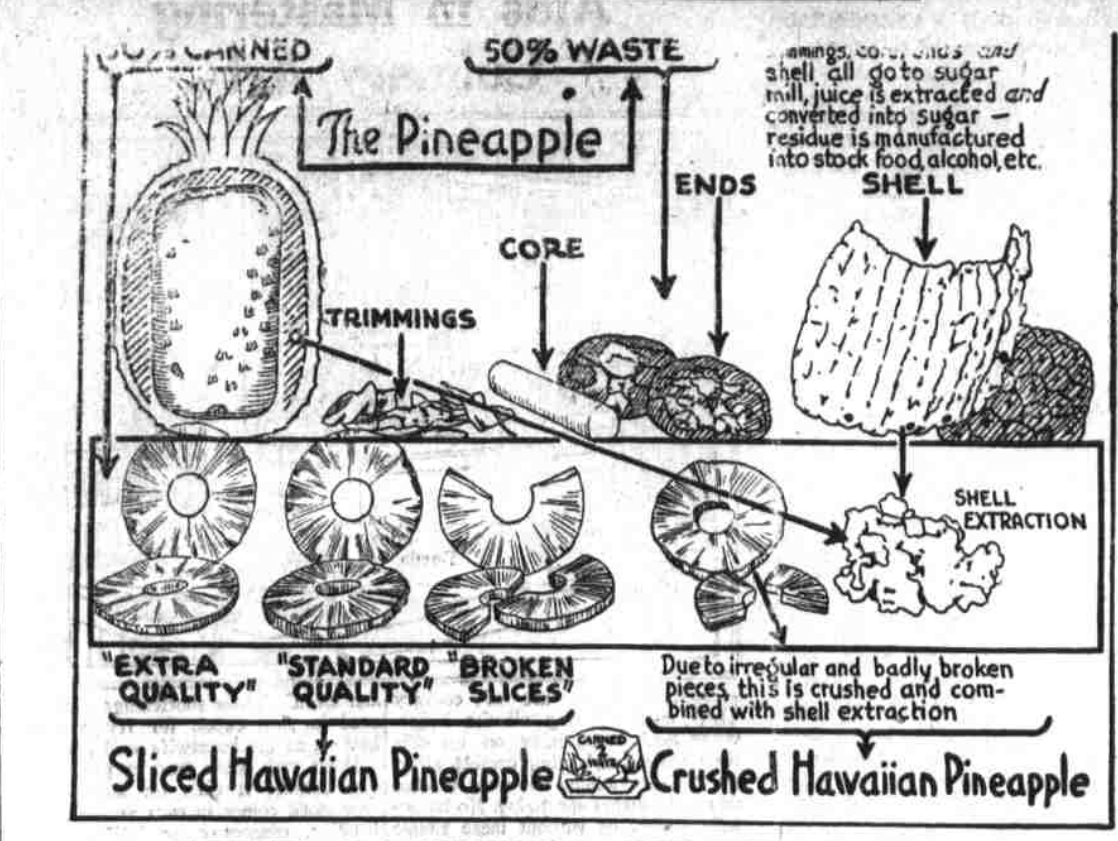
American thumbs have always been turned down where rye for table purposes is concerned. Most of our rye crop has been exported to Europe and the bulk of the remainder fed to farm animals, according to a survey by the Sears-Roebuck Agricultural Foundation. This year, however, a crop of 42,000,000 bushels is expected and less than usual will be sent to Europe as their crops will also be fairly large. This fact, coupled with feed-crop failures in many of our rye-growing sections, means that more of our rye crop will be fed to farm animals this year than usual. Hogs, on an average, consume 53.4% of the rye used on the farm, horses 26.5%, poultry 14.6% and cattle 5.5%.

Watch Elimination!

Good Health Depends Upon Good Elimination.

RETENTION of bodily waste in the blood is called a "toxic condition." This often gives rise to a dull, languid feeling and, sometimes, toxic headaches and headaches. That the kidneys are not functioning properly is often shown by burning or scanty passage of secretions. Thousands have learned to assist their kidneys by drinking plenty of pure water and the occasional use of a stimulant diuretic. 50,000 users give Doan's signed endorsement. Ask your neighbor!

DOAN'S PILLS
60c
Stimulant Diuretic to the Kidneys
Foster-McBee Co., Mfg. Chem., Buffalo, N. Y.



THE CANNING OF PINEAPPLE

By Capitola Williams Ashworth

THE story of the canning of pineapple is a romantic one, from the picking of the fruit on the plantations to the actual packing in the cans, cooking and labelling in the canneries.

To begin with, the labor employed represents many different nationalities. There are Chinese, Japanese, Portuguese, Filipinos, Fiji Islanders, Americans, and native Hawaiians, called kanakas (men) and wahinis (women). These people may be seen in the fields during the picking season and in the canneries during the canning season, mingling in friendly fashion and humming the popular airs of their native lands, or more often singing an Hawaiian tune. In fact, many a can of pineapple is packed and sent spinning along its way to the tune of Aloha Oe or some hula song.

The interior of a canning plant in Honolulu during the busy season is unique and picturesque. Many different races and a hundred different types may be seen. Dark skins, yellow skins, and fair skins burned red by the tropical sun are seen side by side. All are clean as there are rooms in the plant provided with shower baths for their convenience, and they are required to wear long white aprons and caps and rubber gloves, thus assuring the most sanitary conditions for the fruit. But the Hawaiian maidens, while very efficient in their work will not permit anything to kill their love of color and life, and insist on wearing bright flowers tucked under their caps and leis, which are long rows of bright and fragrant blossoms, short their necks. The cannery is not only a place where the fascinating race of canning pineapples may be seen, but a place where many interesting human traits and racial characteristics may be observed.

The actual steps through which the ripened and properly matured pineapple goes before it reaches the American table are somewhat as follows:

The pineapples are graded at the plantation according to size. Here it is the diameter that counts, not the length of the pineapple. They are packed into big boxes in the fields and loaded on motor trucks and hauled to the nearest railway loading point where they are put into the pineapple cars and taken to the plant.

At the plant they are unloaded and placed on travelling chains which carry them into a machine where they are shelled, cored and the two butt ends are cut off. The pineapple meat comes out in the form of a cylinder.

Inside the rind which is thus removed is much good fruit which is cut out by a knife to be used for crushed pineapple, which is also canned here.

From this machine the cylinder-shaped fruit comes down onto a travelling belt where women are lined up on either side, to trim from the fruit remaining bits of the shell or any imperfection in the fruit.

Now the cylinder of fruit goes through a slicing machine, after which it is again separated into three grades. For the first and best grade the fruit that is ripest and most golden in color, also the most neatly sliced is chosen, is put into cans with the addition of a larger amount of sugar than the other fruit and once reaching the market is sold as "fancy canned" at a price somewhat higher than the other grades.

The second grade which is sold as "standard" is almost equally as good as the fancy, but has not quite so much sugar added and may not represent quite the perfection of slicing as the fancy grade.

The third grade is the pineapple that has been broken in the slicing machine or elsewhere. Much of it is equal to the best in color, ripeness and flavor, but, being broken, it is put on the market at a considerable reduction in price.

Some pieces are too badly broken to be canned as sliced pineapple and are sent over to the department where crushed pineapple is being prepared.

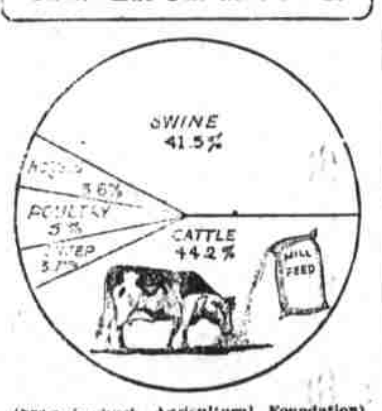
After this grading is done the fruit is packed into cans and sent through a vacuum machine where the fruit cells containing air are exploded. Then hot syrup made of refined pineapple juice and pure cane sugar is added.

Now the cans travel into an exhaust box where the air is driven out and the temperature is raised. Here the fruit stays for about six minutes at a temperature of 135 degrees.

The cans are now ready to be sealed, and are then cooked at a temperature of 195 or 200 degrees Fahrenheit for about ten minutes, according to the size of the can and the nature of the contents.

After cooking, the cans are sent through a lacquer bath to receive a protective coating against rust and to give an attractive appearance. Now the cans pass through a cooler where the temperature is reduced so that the fruit will not continue to cook. The complete process of canning the pineapples is almost automatic, the only hand work being the trimming of the fruit before the shell has been removed and the packing into cans. The whole process takes only about 20 minutes, though this varies according to the size of the cans.

Cattle Eat Our Mill Feeds



(Sears-Roebuck Agricultural Foundation)

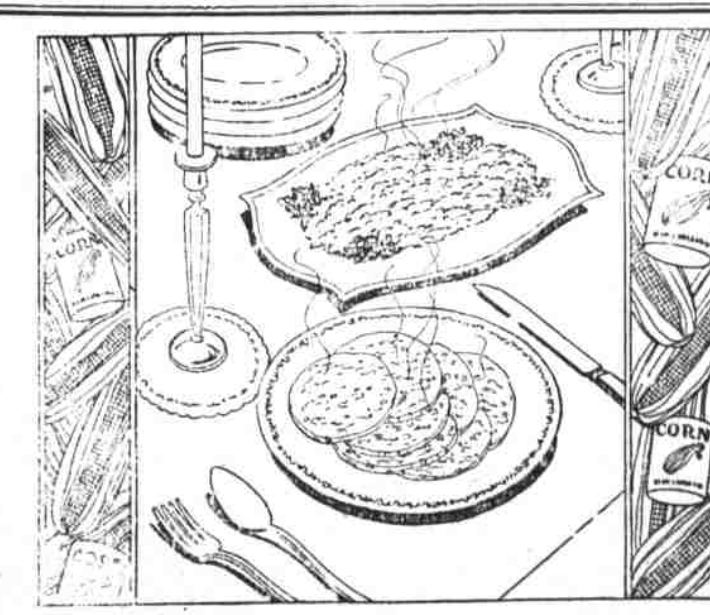
Two-fifths of our enormous wheat crop is annually left on the farm to be fed to farm animals, according to the findings of the Sears-Roebuck Agricultural Foundation. In addition, 28% of the wheat that is shipped off or 17% of the total wheat crop comes back to the farm as mill feeds, where it is made into human food in the form of meat.

Mill feeds are a valuable and important feed item, especially in the dairy section. Cattle consume on an average 44.2% of all mill feeds. These are rich in protein and used in connection with corn and tankage make a balanced hog ration. Swine are the next greatest consumer of mill feeds, with 41.5%. Besides, 5.6% goes to horses, 5% to poultry and 3.7% to sheep.

Tutt's Pills

Induce regular habit, good digestion. Relieve the dyspeptic and debilitated and tone up the system.

AGAINST MALARIA



Health In a Can Of Corn

WHAT a satisfaction it is to the housewife to find that one of her best liked and most inexpensive dishes is also one of the most nutritive and healthful! Such is the case with canned corn, one of the most food favorites of the American people. Served alone, corn is one of the most delicious of foods. Served with many other foods, beans, tomatoes, green peppers, cheese or milk, corn is in excellent accord and is enjoyed by all.

"Careful experiments made to test the digestibility of corn," says a bulletin of the U. S. Department of Agriculture, "indicate that the carbohydrates, (sugar, starch, fibre) are almost completely utilized by the body. Considering all its uses, corn is one of the most important cereal foods from the standpoint of palatability, nutritive value and digestibility."

A can of corn helps round out any dinner, for it supplies carbohydrates, vitamins, mineral salts and protein. Corn fritters are satisfying and novel. Sift together a cup of flour, one and a half teaspoons baking powder, a half teaspoon salt, a teaspoon of sugar. Add a can of corn, chopped fine, a teaspoon of sugar, a beaten egg, sufficient milk to make a good batter. Fry in deep fat to a golden brown. These are a delicious adjunct to any meal.

Corn Chowder is delicious on cool days. Cut an inch and a half cube of salt pork in small pieces and fry out, add sliced onion. After five minutes, strain fat into stew pan. Par-boil four cups cubed potatoes five minutes, drain, add to fat. Add two cups boiling water, cook till potatoes are soft, add a can of corn. Stir in three tablespoons butter and serve.

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