



## Colorful Candy Boxes

**C**ANDIES of every known kind are packed in the most beautifully decorated tin boxes. Several manufacturers of the finest candies are using only tin containers for their widely popular confections. These tin boxes preserve the candy in all their original goodness for a long time. It is most reassuring to have some really good candies on hand for unexpected callers or an impromptu bridge game. They are handy, too, as a rainy day surprise for the children or as a dinner time sweet, should accident befall the dessert.

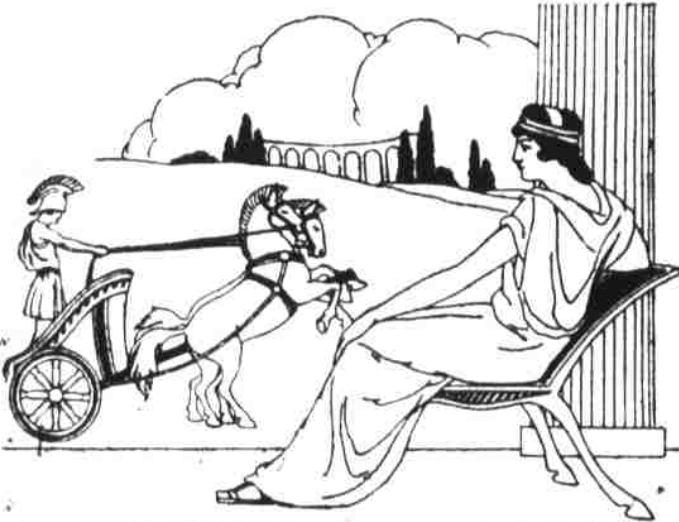
Glacé fruits come in tin boxes; and hard candies, an especially healthful and delicious sweetener, are offered in tall round cans.

The old-fashioned cardboard candy

box was a perishable if a pretty affair, but the beauty of the decorated tin box lasts forever. When the candy is gone, the box may still remain on the library table to hold cigarettes. When lined, it makes a good jewel case or sewing box. A long narrow box makes an excellent case for packs of playing cards. Even in the kitchen, these tin containers are useful as receptacles for the small boxes of spices, cereals, or the kitchen tool kit, twine, and nails.

Gay and colorful motifs are lithographed on the boxes. Many of them are the creations of expert color designers and occasionally the box bears a reproduction of some famous painting. Always they are artistic and make a decorative asset.

## Use of Canned Foods



**D**R. WALTER H. EDDY reported at the convention of the Medical Society of the State of New York that experiments had been made to ascertain the relative value in fresh and canned foods. These experiments were carried on at Teachers' College, Columbia University, and were financed by the National Canners Association, which agreed beforehand that complete results, whether favorable or unfavorable, should be given to the public.

The experiments proved, according to Dr. Eddy, that canned vegetables are fully equal from the standpoint of health to cooked fresh vegetables. This discovery reverses the hygienic advice the public has been constantly hearing the last few years.

"Canned peas," said Dr. Eddy, "contain more vitamins than cooked fresh peas. Canned cabbage contains five

times as much vitamin C as fresh boiled cabbage. In experiments with other vegetables and fruits the canning process was found to act as a preservative of vitamin C."

Vitamin C is necessary in the diet for growth and for maintaining good health. It is called the anti-scorbutic vitamin because it prevents scurvy. A sufficient quantity of vitamin is essential for building up resistance to disease. Anyone going on a diet must take care to include in it the foods that contain enough vitamins.

There are more vitamins in canned foods than in the freshly cooked vegetables because less oxidation takes place in the canning process than in cooking proceedings at home. The reason is that canned foods are cooked in sealed sterilized cans and the vitamins are all preserved. They do not escape during the reheating for serving.



## VITAMINS IN CANNED PINEAPPLE

**C**APTURING vitamins and keeping them is the greatest game of food scientists today. In the case of canned pineapple, sunshine captures the valuable vitamin and canning keeps it. After that the game is easy—any one can eat pineapple because pineapple is easy to eat.

Over there in Hawaii, whence comes our canned Hawaiian pineapple, great plantations of pineapple are spread out like a magic carpet in the sunshine of the tropics. There the fruit absorbs sunshine for eighteen months. Being an "air plant," it lives on air and sunshine, and sunshine scientists tell us is largely responsible for the presence of vitamin D. This particular vitamin is beneficial for children since the presence of it prevents rickets.

Other mysterious forces, which only Nature understands, are busy

in the meantime capturing two other vitamins, found especially in fruits—Vitamin B and Vitamin C. The former is very essential for children because experiment shows that without Vitamin B young animals soon cease to grow and finally die.

Once captured, the next step is keeping these vitamins. Just as soon as the pineapple is fully ripened in the fields, it is rushed to the big canneries, canned quickly, so that even that most volatile of vitamins, Vitamin C, may have no chance of escape. Canned foods retain vitamins in greater amount than home-cooked foods, recent research at Columbia University has established, due to the intense heat used in the quick process of canning and certain conditions in the sterilizing process.

## SALE OF VALUABLE REAL ESTATE.

By authority of a deed of trust from P. D. Turner and wife Mattie Turner to Jas. M. Queen, trustee, for Paul Turner, recorded in Book No. 10, Deeds of Trust, page 231, Record of the Register of Deeds office for Haywood County, the undersigned trustee, default having been made on the payment of the indebtedness recited in said deed of trust, will sell to the highest bidder at public auction for cash on Monday the 20th day of Dec. 1926, at 11:30 o'clock A. M., at the Court House door of Haywood County, N. C., a 1/2 undivided interest in the following described lands particularly described as follows:

**FIRST TRACT:** Adjoining the lands of John M. Queen, and others and bounded as follows: BEGINNING at a hickory, a corner to Margaret Ratcliff's land and thence running west 171 poles to a small white oak in the W. E. Ferguson line; thence south with the said Ferguson line and M. S. Russell's line 164 poles to a post oak on the South side of a high ridge; thence east 32 poles to a Spanish oak on top of the ridge near a low gap; thence S. 50° E. along the top of the ridge 100 poles to a stake in the McCracken line; thence North 36 poles with the McCracken line to his chestnut corner; thence N. with the said McCracken line and the Margaret Ratcliff line to the BEGINNING, containing One Hundred and Forty-Three (143) acres, more or less.

**SECOND TRACT:** Lying and being in the Mauney Cove, adjoining the lands of Maggie C. Justice, James DeGolley and others, and BEGINNING at a cucumber on the Hyatt-Mauney Cove Branch in the line of lot No. 3; thence N. 30° W. 23 poles to a stake on the top of the ridge; thence N. 63° W. 14 poles to a Spanish oak; thence up said ridge N. 27° W. 88 poles to a hickory on top of pine ridge, the northwest corner of lot No. 2; thence up pine ridge S. 76° W. 19 poles to a chestnut; thence S. 60° W. 48 poles to a pine on top of said ridge; thence S. 35° E. 134 poles to a buckeye on the north bank of said creek; thence N. 51° E. 33 1/2 poles to a spruce pine stump on the meanders of said creek to a cucumber, the BEGINNING, containing sixty (60) acres, more or less.

This the 18th day of Nov. 1926.  
JNO. M. QUEEN,  
Trustee.

## NOTICE OF SALE

Under and by virtue of the power of sale contained and given by Section 2435 of the Consolidated Statutes of North Carolina, the undersigned will sell at public auction to the highest bidder for cash, in front of the business place of the Hudson Essex Sales Company, located on Church Street in the Town of Waynesville, N. C., on the 6th day of December, 1926, at 12 o'clock noon one Hudson Coach Automobile, Model 1925, Serial No. 568272.

Said sale will be made for the purpose of satisfying a mechanic's lien amounting to \$46.85, and the cost of sale.

This the 20th day of November, 1926.

Hudson Essex Sales Company,  
By J. L. Griffin, Manager.

Dec. 2 c

A gentleman is a man who would live just as he now does if there wasn't a law against anything.

**IF YOU HAVE**  
Malaria, Piles, Sick Headache, Costive Bowels, Dumb Ague, Sour Stomach, and Bloating; your food does not assimilate, you have no appetite,  
**Tutt's Pills**  
will remedy these troubles



**TEXACO MOTOR OIL F**  
is especially refined for your FORD!  
Get it at



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



## THE HOSTESS SERVES PINEAPPLE

**A**LMOST any woman can be a charming hostess, given a day in advance to study her role. But the real hostess is the one who can prepare an attractive luncheon or dinner in a jiffy and make the unexpected guest, whom the husband has a habit of bringing along, feel as if he were expected.

And nine times out of ten, the hostess who has spent only a little time in preparing the dinner, finds that she is enjoying the dinner event far more than if she had spent the day in the kitchen fussing, cooking, and preparing the dishes with elaborate care.

A very real aid to the hostess who must be prepared at all times for friends at meal time is a shelf full of canned Hawaiian pineapple. First because it can be used in such a variety of attractive forms and is so tasty and wholesome, and second, because it can be prepared with the least possible expenditure of time. It takes only one minute to open a can of pineapple and pour the golden slices in a fruit bowl, which is the simplest way of serving it. And it takes only half an hour, if one is skillful, to make a crisp-cross pineapple pie which is a work of art.

The meat often constitutes the most serious problem, when one has ordered, say, chops for the family, and the arrival of guests suddenly doubles the size of the family. Probably there is plenty of bacon in the ice-box, and if so, the hostess may put away the chops and in a few moments have a platter of crisp bacon with pineapple served on curly lettuce leaves that has all of the earmarks of a very special occasion.

It is prepared by first frying 12 strips of bacon, pouring off the fat as it forms in order that the bacon may be dry and crisp. Remove to a hot platter and keep hot. Season a little flour with salt and pepper. Dip the luscious slices of Hawaiian Pineapple, (or the contents of a large can) into the flour and cover both sides. Brown in a very little hot bacon fat. This may be served with crisp cold lettuce.

A pretty fruit cup is quickly prepared and often adds a touch of festivity to a meal that is otherwise not unusual. The hostess who enjoys arranging something both artistic to see and delicious to taste will resort to Grapefruit Hawaiian. The grapefruit is cut in halves crosswise, then the center membrane removed and the sections loosened with a sharp knife. Notch the top edge of the fruit. Sprinkle the grapefruit with powdered sugar and fill the centers with the contents of a medium size can of crushed pineapple. Chill before serving and top with a maraschino cherry.

Marshmallow and Pineapple Dainty is a light and delectable dessert if the meal has been a hearty one. Whip 1 cupful of thick cream, add 1/4 pound of marshmallows cut in quarters, and the contents of 1 can of Hawaiian sliced pineapple cut in small pieces.

A similar individual dessert is pineapple syllabub. Beat up the whites of 3 eggs stiffly, add gradually 2 tablespoonfuls of sugar and a teaspoonful of vanilla extract. Whip up 2 cupfuls of thick cream to a stiff froth and fold in, a spoonful at a time, the eggs and sugar. Add gradually one med-

ium size can of crushed Hawaiian pineapple. Chill and serve.

But probably, if the meal were somewhat hastily prepared, it has not been an over-heavy one, in which case it will be well-balanced by a pie for dessert. Pineapple pie is fast becoming the universal favorite which old-fashioned lemon pie has always been, because it has that tart flavor so desirable in pastry, and many prefer the unusual taste of pineapple in pie to lemon.

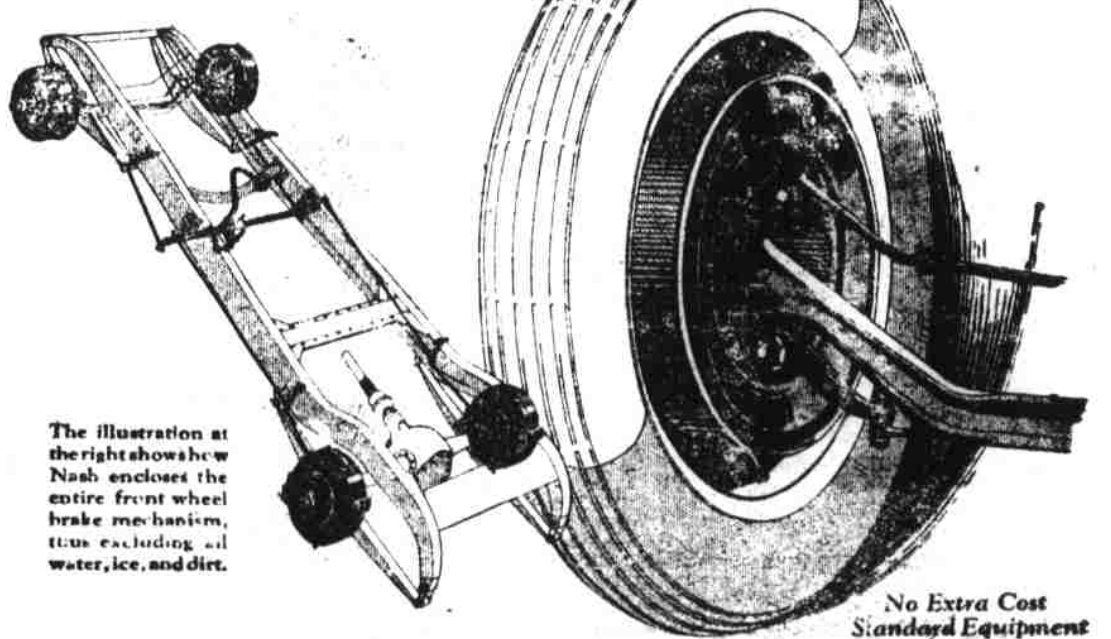
Prize-pineapple Pie, so-called because it was awarded first prize at a Cleveland food show, is made in the following way: Mix 1/2 cup sugar, 1/4 teaspoon salt and 2 table-spoons cornstarch and slowly add hot milk. Cook in double boiler until thick and cornstarch is thoroughly cooked, or about 40 minutes. Pour on two egg yolks, return to double boiler and cook until the eggs thicken, or about 3 minutes. Cool and add contents of buffet size can of Hawaiian Crushed Pineapple and 1/2 teaspoon vanilla. Pour into a baked crust and cover with a meringue made of 2 stiffly-beaten egg whites and 2 table-spoons powdered sugar. Brown quickly in a hot oven.

If one likes, strips of the pastry may be used crisp-cross fashion over the top of the pie, instead of making meringue.

With at least one of these dishes on her menu, the hostess may sit down with the assurance that her guests are going to have something that will be good to see, good to eat, and good for health, and it is easy then to devote herself to the business of being charming.

# NASH

Leads the World in Motor Car Value



The illustration at the right shows how Nash encloses the entire front wheel brake mechanism, thus excluding all water, ice, and dirt.

No Extra Cost Standard Equipment

## Safest - Smoothest - Simplest 4 Wheel Brakes

This brake system is exclusive to Nash and was engineered to embody the finest features developed by foreign and American 4-wheel brake authorities as well as the superiorities worked out by Nash over an extended period of 4-wheel brake experience.

Among its chief advantages is the fact that the smoothly powerful performance of these brakes is never impaired by climatic changes. And being of the mechanical type they operate with invariable regularity at all temperatures.

They possess perfect automatic equalization, right to left, front and rear.

Thus Nash eliminates the possibility of the side-sway or skidding on wet or icy roads under rapid brake application which occurs with rear wheel brakes or partially-equalized 4-wheel brakes.