

WHO IS WHO?



TELEPHONE STANDS FOR DEMOCRACY

Practically any town of any size in the United States periodically reads an item like this about itself: "Telephone company to enlarge its facilities here to care for future growth of the community."

No village is too small to interest the telephone company, whose aim it is to anticipate the telephone needs of every community and rural district.

It is this desire to extend its service to the farthest corners of the nation and into the smallest homes, which has given the United States a telephone service which is so far beyond that enjoyed by any other nation that comparisons are impossible. The telephone, in America, is not confined to government uses, to the aristocracy or to the official class.

No industry is more representative of democracy than the telephone; it serves all on the same basis and with the same courtesy. No other industry has a greater distribution of its stocks and bonds among its employees and the people of the nation.

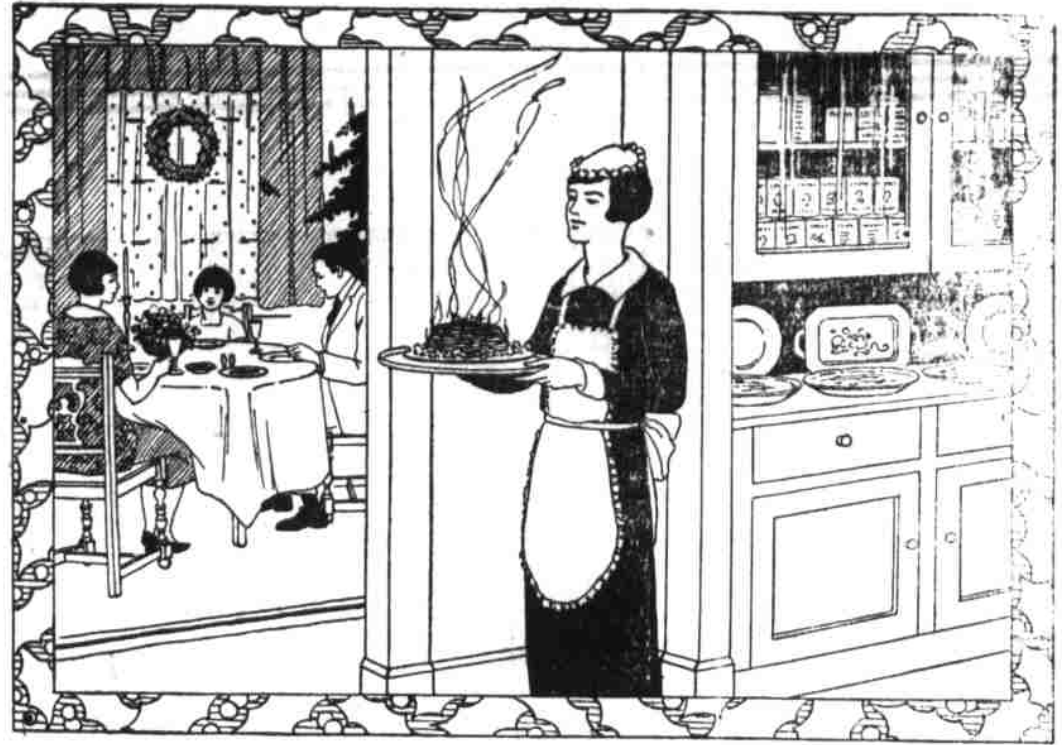
EQUALITY ASKED FOR AMERICAN SHIPS

Resolutions asking the Government to relinquish construction, operation and ownership of the merchant marine to permit private capital and ownership to operate vessels, and urging legislation in the next Congress to "remove the disability under which the American merchant marine is now operating," were adopted recently by the Chamber of Commerce of the State of New York.

"Legislation should be passed which shall either remove or offset the handicaps of vessels operating under the American flag," the report read. "This legislation should take into consideration not only American liners, but tramp ships. An adequate merchant marine must possess a sufficient fleet of tramp ships, which provide the flexibility needed to meet the seasonal demands for bulk ocean transportation."

"The Government operation of ships has been carried on at considerable financial loss, and the deficits are made up from funds supplied by the taxpayer. In this way, financial aid is being given to a portion of our merchant marine. Far better results would be obtained if Government operation were discontinued, and the money thus expended were used to put private operators under the American flag on a parity with the operators under foreign flags."

Our Christmas edition will be published next week. All copy and ads must be in by Wednesday noon.



Christmas Pies and Puddings

THE Christmas feast is bound up with hosts of food traditions, gathered up through the centuries, all with association and stories which make them dear to us. None is more universal than that of the Christmas plum pudding, and the Christmas pie, which, though there be fowl or roast, baked foods, boiled or stewed, must always have a place on the Christmas menu.

Other pies and tarts, cranberry, pumpkin, and fruit puddings of many kinds are famous in song and story. They may have their place still, and without the cost in time and effort which were needed in other times when every step in the making of the pudding, mince meat and pie had to be done in the kitchen. The modern housewife buys her plum pudding and fig pudding in cans, entirely prepared, needing only re-heating and a holly garnish to make it festive for the table. Her pie and tart fillings, fruit puddings of all kinds, she buys canned, mince meat and mince without meat, pumpkin, cranberry, and all the other good fruits, cherries, peaches, pineapple, ready for her use in any dish she chooses. Even pie crust comes ready prepared, so even if you're busy or tired you can have your Christmas pie.

A can of mince meat and a package of prepared pie crust will make a mince pie with both lower and top

crust. For one pie with both crusts, open a can of mince meat, add one and a quarter cups of water and boil for half an hour. The juice of canned fruit or cider may be used in place of water, or a part of the water. Be careful that the filling does not burn.

Meantime, make two pie shells by adding three or four tablespoons of water to the contents of a package of prepared pie crust and roll out to a quarter inch thickness on a floured board. Bake the shells on the greased OUTSIDE of two pie tins, then take them off, put one crust on the right side of the pie plate, fill it with the mince meat. Fit on the upper crust and pinch together with white of egg. Heat together for five or ten minutes. Serve hot or cold, with or without American cheese.

Other good Christmas pies that you may wish to try are suggested here.

CRANBERRY AND RAISIN PIE — For one pie, use half the package of prepared pie crust, bake one pie shell as for mince pie. Meantime, open a small can of cranberries. Add to it a cupful of raisins, one and a quarter cupfuls of sugar, two tablespoons of flour. When the crust is ready, turn it right side up, fill it with the mixture and bake five to ten minutes. A meringue may be used.

SWEET POTATO CUSTARD PIE — Into the baked lower crust of the pie put a sweet potato mixture made as follows: Cream two tablespoons of butter and a cup of sugar, add yolks of three eggs, then add gradually a half can of sweet potatoes, mashed to a pulp, the grated rind and the juice of an orange, a half teaspoon of cinnamon. Fill the crust with the potato mixture and bake for half an hour in a quick oven. Beat the whites of the eggs with two tablespoons of powdered sugar and heap on top of the finished pie. Brown in the oven for two or three minutes.

CREOLE FRUIT PUDDING — This pudding is not so rich as plum pudding and can be given to children frequently without fear of overtaxing their digestions. It can be made with any of the canned fruits. Beat yolks and whites of three eggs separately until very light, and mix. Then add two cups of milk and beat till smooth. Melt two tablespoons of butter, add to mixture and then put in two cups of flour, two tablespoons of baking powder and a half teaspoon of salt. Add crushed pineapple, sliced peaches, red sour cherries, or any other canned fruit, cut in small pieces, using a No. 2 size can. Turn the pudding into a mould or pan and bake for an hour. Serve hot with cream or hard sauce, as with plum pudding.

\$25.00 REWARD

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Ask The Merchants
Don't Ask This Paper



GIFTS FOR THANKSGIVING
In silverware, cut glass and similar articles you will find here the most appropriate things for Thanksgiving presents. We are fortunate at this season to be able to offer the public a splendid array of beautiful, artistic and useful objects that cannot fail to appeal to the most discriminating. Our prices are moderate.

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For COLDS



Sold and Recommended by Waynesville Pharmacy.

Pains disappeared

"SEVERAL years ago I was badly run-down," says Mrs. John Bunch, R. F. D. 3, Columbia, S. C. "I could not do any of my work. I was so weak I could not wash a dish. My back and sides hurt me at times dreadfully. I dragged around until I finally got down in bed."

Then, explains Mrs. Bunch, she happened to read about Cardui, the woman's tonic, and decided to give it a thorough trial, the results of which she describes below:

"It seemed to reach the cause of my trouble at once. I did not take it long before my appetite began to improve. I gained in weight from 114 pounds until now I weigh 125 pounds. I soon was able to be up around the house. I took up my household duties and was delighted with my returning strength."

"I now do all my own work. The pains in my sides and back have disappeared and I feel like a different person."

Cardui has been helping suffering women for nearly 20 years. Sold by all druggists.

CARDUI
For Female Troubles

Energy Foods for Cold Weather



WINTER days! The tang in the air stirs young and old to be up and doing! School absorbs the minds and hearts of the children to whom it is their whole business in life. It absorbs their energy, too, quite as much as does the play and recreation of leisure hours, for the brain needs many calories on which to work. It is the mother's job to see that the busy growing bodies and brains get proper foods, proteins, starches and minerals which are so necessary. A little forethought in stocking the shelves of canned foods will give the housewife ready command of vegetables which contain the right food elements in the most easily digested form, corn, navy, lima and stringless beans, spaghetti, sweet potatoes, peas. They contain starches to supply fuel, protein to build muscle, minerals and vitamins to keep little bodies in good condition.

Not only are these prepared vegetables in the most easily digested form, important for the health of children and grown folk as well, but they are in the most convenient form. This is important for the housewife. How simple it is for her when she scans the luncheon or dinner menu to make it thoroughly balanced by the addition of one of her quickly prepared canned foods.

White potatoes, everyone knows are high in starch, but not so many people know that lima beans are even higher and that sweet potatoes are

highest in starch of all vegetables. Lima and navy beans, known generally as baked beans, have the added merit of containing a high percentage of protein and for that reason they form a well balanced dish. Red kidney beans are much the same. Only a point or two lower than potatoes in starch are peas. This is fortunate for they are always well-liked and a can of peas may be prepared in a number of tasty ways. Neck and neck with peas in starch and in goodly proportion of protein, we find parsnips and right close behind comes corn. Other vegetables that must not be neglected in the diet that gives energy are squash and stringless beans, also turnips.

Hot vegetables make the best luncheon for school children. With minds set on getting back to the school room and the playground, they are inclined to hurry and should therefore lunch on easily digested food. Milk, of course, they must have, a pint a day each at the very least, and fruits. Hawaiian pineapple, for instance, has not only minerals, energizing sugar galore in its syrup, but a large protein content as well. This is true of many other canned fruits.

Cream soups supply milk in the diet very well, and soup as a first course has its best use in preparing the stomach for its task of digesting other foods. Among the most important soups in calory and vitamin content are first, cream of tomato soup, then

plain tomato soup, pea soup. Bean and corn soup, too, have many calories and vitamins. How easy they are to prepare when the housewife has only to open a can and add seasoning, or at the most an equal quantity of milk or water. Try your child on a lunch of cream of tomato soup, spinach and a poached egg. You will like such a lunch, too, and will be glad to share it, particularly since it takes such a short time to prepare. For another day, make the lunch of a can of Italian spaghetti with a simple dessert such as rice pudding or hot pudding and a glass of milk. Spaghetti comes entirely ready to serve and has a tasty bit of cheese added to the tomato sauce. The cheese adds a few precious calories as well.

Dinner, too, must supply many calories to all the family through fall and winter days. A corn pudding will be popular. Make it with a can of corn to which a pint of milk, two well-beaten eggs and tablespoon of butter are added. Season with salt and pepper and bake in a buttered baking dish until set and brown. For another dinner serve candied sweet potatoes, easy to prepare when canned sweet potatoes are used. A medium size can will serve six persons. Put layers of sweet potatoes into a baking dish, sprinkling each layer with brown sugar. Pour a half cup of melted butter over the completed dish. Marshmallows put on top a few minutes before removing from the oven will make it a special treat.