

Hospital News

Mrs. John Dixon, of Clyde, route 1, medical case, is better.

The condition of Mrs. Quincey Moore, of Waynesville, operative case, is good.

Miss Mimi Goraline, of Waynesville, operative case, is resting more comfortably.

Helen Scroggs, of Canton, operative case, is improving.

Mrs. Dona Ricker, of Dellwood, operative case, is resting fairly well.

Carl Gibson, of Canton, route 1, medical case, is some better.

Mrs. James Murray, of Waynesville, route 1, medical case, is resting more comfortably.

Mrs. Fred Carver, of Clyde, operative case, is improving.

The condition of Mrs. W. Haynes Henson, of Canton, route 2, operative case, is good.

Miss Ina Mae Anderson, of Canton, route 1, operative case, is better.

Baylor Hickman, of Gainesville, Ga., medical case, is improving.

The condition of J. H. Ramsey, of Canton, medical case, is good.

Mrs. M. V. Bramlett, of Canton, route 1, operative case, is resting fairly well.

The condition of Harley Smith, of Clyde, route 1, medical case, is good.

Thomas Troutman, of Hazelwood, operative case, is resting more comfortably.

Ernest Carver, of Lake Junaluska, operative case, is better.

Mrs. Steve Plemmons, of Lusk, operative case, is improving.

Billie Curtis, of Hazelwood, operative case, is some better.

Mrs. Bessie Daves, of Canton,

Allens Creek Resident Likes Self-Service



MRS. ED BUCHANAN, of Allens Creek, not only likes the self-service methods, but found she saved time and money. She stocked up with a good order in just a few minutes.

route 1, operative case, is resting more comfortably.

Miss Juanita Broyles, of Canton, operative case, is improving.

DISCHARGED

Among those discharged from the Haywood County Hospital during the past week were: George Brown, Mrs. Ruth Scott, Jess Crouser, Mrs. L. C. Sutton, Zane Pore, Paul Hyatt, Mrs. Jack Receptor and baby, Andrew McCracken,

W. O. Lovingood, Miss Althea Sumner, William Henderson, Mrs. Vetal Green.

Baby Pauline Mercer, Miss Edwina Brooks, Mrs. James Hyde, Jr., Cleo Heatherly, Baby Velma Messer, Mrs. George Eller, Mrs. H.

W. Collins, Mrs. R. C. Norris, John Moore, Frank Finger, Homer Galoway, Miss Florence Roberts, Master Woodrich Robers.

Master Bobbie Compton, Mrs. Fred Smathers, Master Roy Franklin, Master Orie Patton, Baby

Tasty Dishes

CHEESE SAUCE

4 tablespoons butter.
3 tablespoons flour.
2 cups hot milk.
1/2 teaspoon salt.
1/2 cups grated cheese.
Cayenne and white pepper.
Add cheese to hot milk and stir until melted. Place the butter in a saucepan and let melt over a gentle fire; add flour, mix and cook two or three minutes until it bubbles.

Be careful not to brown or scorch. Add the hot milk and cheese all at one time, quickly, and stir rapidly to distribute the butter and flour through the milk; continue to cook over a slow fire in double boiler until thick and done. Add salt and pepper.

YALE BEETS

1 dozen small beets.
2 tablespoons flour.
1/2 teaspoon sugar.
1/2 teaspoon salt.
1/2 cup orange juice.
2 tablespoons butter.
Wash, pare and thin slice beets. Place them, uncooked in baking dish. Mix flour, sugar, and salt. Add orange juice to dry mixture. Pour over beets. Dot with bits of butter. Bake in covered dish for one hour in slow oven (300 degrees.)

BLUSHING BUNNY

1 pound rich cheese.
1 tablespoon butter or butter substitute.
2/3 cup sifted stewed tomatoes.
1/2 teaspoon dry mustard.
1/2 teaspoon pepper.
Melt the butter in the upper vessel of the chafing dish, cut the cheese into dice and add to the

Tommie Mercer, Marvin Mann, Mrs. Gordon Brown, Mrs. Green Campbell and baby, Broadway Wells, and Baby Kenneth Gibson.

BIRTHS

Mr. and Mrs. Bill McCoy, of Canton, announce the birth of a son on September the 4th.

Mr. and Mrs. Dock Boyd, of Waynesville, route 2, announce the birth of a daughter on September the 6th.

Mr. and Mrs. Calvin Rathbone, of Waynesville, route 2, announce the birth of a son on September the 8th.

Stick To Salads!



SUMMER rolls into Autumn with its flashing succession of many changes—but some of those summer-time habits should be retained through the coming months, such as the delicious habit of tempting salads at luncheon or dinner. This flavorful blending of spiced beets with a "spicy" cottage cheese, has brought forth much enthusiasm wherever served.

SPICED BEET AND COTTAGE CHEESE SALAD

12 small beets
1 stick cinnamon
4 cloves
2 bay leaves
1/2 teaspoon salt

Few grains pepper

1/2 teaspoon sugar
1 1/2 cups water
1/2 cup vinegar
Lettuce or other greens
1 cup cottage cheese
2 to 3 teaspoons prepared horseradish

Wash the beets and cut off stems leaving about an inch. Cook in mixture of cinnamon, cloves, bay leaves, salt, pepper, sugar, water and vinegar until tender. Let cool in the liquid. Drain, peel, slice and place on lettuce or other greens in the shape of a circle. Combine the cottage cheese and horseradish and pile in the center of the beets. If desired, serve with mayonnaise or salad dressing. Serves six.

cheese with the mustard and pepper. Put boiling water in the lower vessel of the dish and allow the cheese to melt slowly. Add the tomato and salt, if needed (this depends on the saltiness of the cheese.) When smooth and creamy, serve on toast or crackers.

SALMAGUNDI

2 tablespoons butter.
2 tablespoons flour.
1/2 teaspoon salt.
2 cups milk.
3 cups milk.
3 cold boiled potatoes.
2 hard-cooked eggs.
1/2 cup mushrooms.
1 small bottle stuffed olives.
1/2 green pepper, chopped.
2 tablespoons chopped onion.

Melt butter in saucepan. Add flour, onion and pepper. Brown slightly, add milk, cook till thickened. Then add potatoes, cubed,

eggs sliced, mushrooms and liquids and olives. Let simmer fifteen minutes. Serve on crisp buttered toast.

APPLE CHUTNEY

3 quarts sliced apples.
3 lemons, sliced and seeded.
2 chill peppers, with seeds removed.
1 quart brown sugar.
1 quart cider vinegar.
1 quart dates, stoned and chopped.

1 pint ttrago vinegar.
2 pounds sultana raisins.
1 tablespoon ground ginger.
1 teaspoon paprika.
1 teaspoon salt.
1 onion chopped.
2 clove garlic.
Chop the apples with the lemons as the acid will help to keep the apples from turning dark. Mix all the ingredients. Boil gently until the apples are soft and stir

the mixture occasionally with a fork. Pack while hot in sterilized jars, partially seal, and for 30 minutes in hot water covering jars. Complete seal in a cool place.

TOMATOES WITH CHEESE

1 cup rice.
3 cups tomato pulp.
1 teaspoon salt.
Pepper to taste.
1 minced onion.
2 tablespoons butter.
1/4 pound grated cheese.
Put the uncooked rice in a shallow pan. Dot with tomatoes and seasonings. Bake in a slow oven until rice is done. Cheese and brown.

CHICKEN CROQUETTES

1 1/2 cups cold cooked chicken.
1/2 teaspoon salt.
Few grains cayenne.
1/2 teaspoon lemon juice.
Few drops of onion juice.
1/2 teaspoon finely minced parsley.
1 cup thick white sauce.
In making the white sauce, mix ingredients in a bowl. Cool, shape and coat with fine bread or cracker crumbs in well-beaten egg. Dip in tablespoon water has for each egg. Dip in egg wash. Let stand until dry. Fry in deep fat until brown.

CHEESE FONDUE

1 1/3 cups bread crumbs.
1 1/2 cups grated cheese.
4 eggs.
1 cup scalded milk.
1/2 teaspoon salt.
1/6 teaspoon paprika.
Pour the scalded milk over bread crumbs and cheese. Seasonings, the yolks of well beaten, and fold in whites which have been stiff. Turn into a greased dish, and bake in a moderate oven—degrees F.

COLD MEAT ROLL

Try cold meat rolls for luncheon or supper table. Bologna, boiled tongue or very thin slices. Spread lightly with mustard, the horseradish and the salad dressing. Roll up quickly and wrap in wax paper. Chill and arrange on platter.



Our Complete Line Of Quality Canned Foods

can be found at

RAY'S SUPER MARKET
PLEASING IN QUALITY-PRICE-CONVENIENCE

Our Betsy BRAND LAND SKY BRAND SKYLAND BRAND

Grove Park Inn Summer Haven Assembly Hall

Green Beans - Spinach - Turnip Greens
Beets - Sauerkraut - Okra
Blackberries

Land o'the Sky Mutual Assn., Inc.
WAYNESVILLE, N. C.

Every Modern Housewife Knows



STRETCH Your Food Budget By Selecting

J. F. G. PRODUCTS

JFG COFFEE The Best Part Of The Meal JFG MAYONNAISE JFG RELISH

J F G PEANUT BUTTER

**MORE FOOD
BETTER QUALITY
LESS MONEY**

RAY'S SUPER MARKET
PLEASING IN QUALITY-PRICE-CONVENIENCE