

# Many Vegetable Varieties Adapted To Haywood Climate

(Continued from page 12) — a few hills will be sufficient to provide all the pumpkin an average family will consume. They are planted in a very rich place in either alone or in the corn. After growing all summer pumpkins are ready to eat in September on through the winter as long as they will keep. Pumpkins can also be canned and their use is to cut up the raw pumpkin for feeding to livestock especially cows. There are many varieties all of which have their own points.

**LADISH:** The home garden is complete without a few radishes which can be planted in March and ready to eat in May. They cease to be good when the weather becomes hot and dry. Other varieties are Scarlet Globe, the Tip, and Long White, though there are many others which are about as good to select from.

**RAPE:** Rape is a crop that can be grown for greens in both spring and fall and should be planted and treated as mustard or kale. It can be cooked alone or mixed with turnip, kale and turnip greens. Many people prefer their salad.

**SALSIFY:** Salsify is not generally grown in Haywood County although it is another root crop that has a distinctive flavor not furnished by any other vegetable crop. It can be grown. It is frequent-cultured oyster plant because of its size. Sandwich Island is the fine variety and it is grown by such as beets, carrots and spinach.

**SPINACH:** Bloomsdale is con-

sidered the leading variety of spinach which is another source of greens high in vitamin content. It should be planted very early in the spring in rows on good soil and cultivated until ready to cut.

**SQUASH:** There are three distinct types of squash adapted to growing in Haywood County, all of which are desirable. These types are the Yellow Crookneck, the Patty Pan of which the White Bush is recommended, and the Acorn. A few hills of each of the three kinds is recommended for home use and should be planted in April and May in hills about four feet apart thinned to two or three plants per hill.

**TOMATOES:** Tomatoes can be grown on most any type of soil from good to bad and because of their vitamin content should be grown and canned wherever possible. The worst thing that ordinarily happens to tomatoes is a disease called wilt, and this can be overcome in large measure by planting wilt resistant varieties such as Marglobe and Rutgers. Seeds should be started in window boxes or hot beds in March, April and May for successive planting in the field in May and June. Dietitians report tomato juice as replacing orange juice and since we cannot grow oranges we would recommend growing enough tomatoes for use throughout the year.

**TURNIPS:** Turnips are valuable for both tops and roots and are too well known to require more than brief mention. The Purple Top Globe is one of the best varieties and the usual time of seeding is in August. Where possible a strip of new ground should be prepared on which to seed them, but if this is not possible they should be grown anywhere by manuring a piece of old land as both turnip salad and turnips are too valuable to be omitted from the diet where it is at all possible to grow them.

The above list is intended to suggest the great variety of good things to eat that can be produced locally but is by no means complete as there are many other things in addition to the ones listed that can be and are grown in Haywood County, such as Jerusalem Artichoke, rhubarb, watermelons, and many others. It is not expected that many individuals will grow all of the things that can be grown to eat in Haywood County, but each family is asked as a patriotic duty to make a little

## Vegetables Are Of Health Foods

Vegetables are classed as one of Nature's best health foods. They furnish valuable material for building and regulating the body, and for promoting growth and health.

Green vegetables, such as mustard, turnip and beet tops, collards, green cabbage, kale and spinach, green beans and green peas, are especially important as a source of minerals, vitamins, and roughage. They have liberal amounts of iron necessary for building red blood cells and of calcium for building bones and teeth. They also contain an abundance of Vitamin A needed to build up a resistance to disease, to prevent colds and night blindness. The greener the vegetables, the higher is its iron and Vitamin A content.

Dried peas and beans supply iron, phosphorous and protein.

Tomatoes and yellow vegetables such as carrots, sweet potatoes, yellow turnips, yellow squash and yellow corn rank with the green leaves a good source of Vitamin A. Practically all vegetables supply Vitamin B, needed for good appetite, good digestion, and good nerves.

The tomato ranks as one of the best protective foods. Fresh or canned, it is outstanding as a source of Vitamin C.

Vegetables cannot be stored in the body and must be supplied daily if teeth, gums and blood vessels are kept in good condition. Irish potatoes, raw leafy and raw vegetables are good sources.

Vegetables, especially the green leaves and tomatoes, supply the pellagra-preventative Vitamin G. The woody or fibrous part of

greater effort to select from the list of crops adapted to growth in Haywood County enough different food crops to provide a balanced diet in so far as vegetables will provide it for themselves and loved ones.

### NOTICE OF SALE

On Monday, March 16th, 1942, at 11:00 o'clock A. M. at the Court-house door in Waynesville, Haywood County, North Carolina, I will offer for sale at public auction, to the highest bidder for cash, the following lots, units or parcels of land, situated in Ivy Hill Township, Haywood County, North Carolina, and more particularly described as follows: to-wit:

**TRACT ONE:** Lying and being on the waters of Jonathan Creek, in the County of Haywood and bounded as follows: BEGINNING on a stake Carver's corner in Caldwell's line and runs South to 36 poles to forked hickory; thence N. 85° W. 84 poles to a sourwood (Henry old line on ridge); thence up ridge N. 48° E. 16 poles to two chestnuts; N. 24° W. 24 poles to white oak; N. 5° W. 20 poles to Spanish Oak N. 15° E. 12 poles to Spanish oak; N. 77° E. 14 poles to white oak; N. 60° E. 14 poles to hickory on top of mountain; thence down mountain S. 66° E. 9 poles; thence E. 10 poles to stake S. 76° E. 42 poles to chestnut; S. 10° E. 90 poles to oak and rock; S. 68° W. 38 poles to BEGINNING, containing forty-two (42) acres.

**TRACT TWO:** Beginning a small dogwood on the bank of Jonathan Creek and runs N. 21° W. 26 poles and 20 links to a Spanish oak; then up the ridge N. 30° W. 17½ poles to a small chestnut on top of ridge; then N. 12½ W. 12 poles to a black oak then N. 56½ W. 9 poles S. 5 links to a chestnut on A. J. Carver's line; then with his line S. 16° E. 56½ poles to spruce on the Old Creek run, then down the Old Creek run N. 86½ E. 17½ to the BEGINNING, containing three acres, three rods and 11 poles.

**TRACT THREE:** Lying and being on the waters of Jonathan Creek, BEGINNING on a spanish oak, R. H. Plott's corner and runs N. 85° W. 10 poles and 15 links to a spruce pine on West bank of True Love Branch; thence S. 76½° W. 42½ poles to a hickory on water shed of ridge; thence up said ridge with its meanders 50½ poles to a chestnut, A. J. Carver's corner; thence S. 10° E. 54½ poles to a chestnut; thence S. 24° E. 44 poles to an oak; thence S. 11° E. 18 poles to a dogwood on bank of Jonathan Creek; thence down said creek with its meanders 60 poles to a bunch of ivy in Plott's line; thence N. 34° W. 42 poles to spanish oak the BEGINNING corner. Containing thirty-seven acres more or less.

Reserving and excepting however from the operation of this conveyance a wagon road as the same is now laid out and constructed, which is to be kept open for the benefit of the property lying back of the tract herein conveyed.

Reserving and excepting also a right of way for a flume line as the same is now constructed across and over the property herein conveyed for a period ending December 19, 1922, which said flume is to be kept up for that period by Arthur Lewis, one of the grantors for the benefit of the land owners back of this tract.

This land is known as the land which C. R. Moody and his wife E. A. Moody conveyed to Arthur Lewis

## No Worry About Rising Food Prices With Pantry Like This



This well-equipped pantry, filled with a variety of home-grown food, answers the question "Why a Victory Garden?" The government is asking every family to "grow what they can and can what they can" not only because the food they would otherwise buy will be made available to our fighting men but also because they will be assured a healthful diet in the face of rising prices and threatened food shortages.—Cut courtesy of News-Herald, Morganton.

vegetables furnish roughage which is needed in the diet to aid digestion and to help in the elimination of waste from the body.

Potatoes are rich in energy food: Irish Potatoes in starch and the sweet potatoes in starch and sugar.

### PHLEGHATIC SPEEDING SWEDE

"Hey, didn't you hear me holler about three miles back? Why didn't you stop?"  
"Oh! Was dat you yelled? I thought it was some von I run over!"

and wife Mattie Lewis by deed dated December 29, 1919, and registered in Book 55, Page 250, Record of Deeds of Haywood County.

**TRACT FOUR:** BEGINNING on a spruce pine on the north side of Jonathan's Creek and at the mouth of a branch thence up the branch North about six poles to a chestnut oak, corner of land, thence with his line a Southwest direction to the creek, then with the creek to the BEGINNING, containing two acres more or less.

**TRACT FIVE:** An one-half undivided interest in the following tract: BEGINNING on a dead chestnut in R. H. Plott's and Noble Garrett's line just above Killian Gap on top of ridge, and runs up said ridge with its water shed, and R. H. Plott's line as follows N. 8° W. 38 poles to a white oak; N. 31° W. 16 poles to a small white oak; N. 22° E. 16 poles to a black oak; N. 14° E. 28 poles; N. 17° E. 40 poles; N. 42° E. 24 poles; N. 38° E. 9 5-10 poles to a white oak, Jerry Leatherwood corner; N. 2° W. 20 poles; N. 17° 30' W. 24 poles; N. 7° W. 38 poles, N. 32° W. 28 poles; N. 42° W. 25 poles to the top of Walker Bald; S. 81° W. 20 poles to a double chestnut, Champion Fibre Company corner; thence down a ridge with its water shed as follows: S. 19° W. 28 poles, S. 38° W. 26 poles; S. 45° W. 2 poles; thence S. 23° W. 28 poles; S. 50° W. 8 poles; S. 38° W. 42 poles; S. 21° W. 11 poles; S. 37° W. 12 poles; S. 32° 30' W. 20 poles; S. 21° W. 20 poles; S. 41° 30' W. 12 poles; S. 44° 30' W. 22 poles; S. 31° W. 14 poles; S. 46° W. 14 poles; S. 34° W. 15 poles; S. 10° E. 14 poles to a chestnut, Cordell Evans corner; thence with the Evans line S. 12° E. 9 poles; S. 35° E. 16 poles; S. 50° E. 20 poles; S. 61° E. 8 poles; S. 45° E. 8 poles; S. 14° E. 16 poles; S. 39° E. 16 poles to Noble Garrett's corner; thence with Noble Garrett's line 9 calls as follows: S. 78° E. 40 poles to a locust on top of a ridge; N. 85° E. 43½ poles to a chestnut oak; N. 53° E. 12½ poles to a chestnut oak; N. 38° E. 10 poles to a chestnut; N. 25½° E. 6 poles to a sourwood; N. 59½° E. 8½ poles; N. 60° E. 10½ poles; to a chestnut; N. 64° E. 10½ poles; N. 70° E. 6½ poles to the BEGINNING, containing — acres, more or less.

Sale made pursuant to the power and authority contained in that certain deed of trust dated September 6, 1935 from Mrs. A. J. Carver, Will Carver, Stall Carver, Charlie Gaddis, Cora Gaddis, Ernest Carver, Rebecca Reeves Carver, Minnie Davis, Lowery Davis, John Carver, Margaret Carver, Tom Carver, Sadie Carver, Gilbert Davis, Florence Davis, Dewey Carver, Grace Carver, Pearl Wilkey, and Henry Wilkey to William T. Hannah, Trustee for A. R. Hannah, which deed of trust is recorded in Book 34, page 359, Haywood County Registry. The undersigned acting as Executrix of Estate of William T. Hannah, deceased.

This is the 10th day of February, 1942.

CARRIE EDMUND HANNAH, Executrix of Estate William T. Hannah, deceased, Trustee.  
No. 1157—Feb. 12-19-26 Mar. 5

## Lad Thinks Cows Have Six Sides

A cow has "six sides" and is "arranged for milking", according to an essay written by a ten-year-old boy from the east end slums of London and released by Ernest Brown, minister of health. The boy had been evacuated from the city to the country, where his amazed eyes beheld a cow for the first time.

"The cow is a mammal," he wrote. "It has six sides, right and left and upper and below."

"At the back it has a tail on which hangs a brush. With this she sends flies away so they don't fall into the milk."

"The head is for the purpose of growing horns and so his mouth can be somewhere. The horns are to butt with and the mouth is to moo with."

"Under the cow hangs milk. It is arranged for milking."

"When people milk, milk comes and there never is an end to the supply. How the cow does it I have not yet realized, but it makes more and more."

"The cow has a fine sense of smell and can smell it far away. This is the reason for the fresh air in the country."

"A man cow is called an ox."

"The cow does not eat much, but what it eats it eats twice so that it gets enough."

"When it is hungry it moos and when it says nothing at all it is because its insides are full up with grass."

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**Mustard lb. 10¢** **Oranges doz. 17¢**

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