

Timely, Practical Household Suggestions by Ruth Currant of State College

Greens are rich in vitamin A and good sources of vitamin C and iron. Nutritionists say the average American could well eat as much as 50 percent more green and yellow vegetables. Among the greens now plentiful are cabbage, broccoli, spinach, escarole and lettuce. This fall we will have kale and collards.

Since vitamins disappear as vegetables wilt and wait, use green vegetables fresh, the fresher the more vitamin C and the greener, the more vitamin A. To enjoy leafy vegetables at their best, whisk them from grocery or garden to table with only a brief pause in salad bowl or cooking kettle. When they must be held for a day or so, keep them cool, damp, and lightly covered. Pile closely to prevent crushing.

To keep greens bright, home economists say to cook them quickly and just until tender, season simply with salt and meat drippings, or other fat, and serve at once. Cover to speed cooking. Don't dump any hot liquid down the drain because valuable vitamins and minerals are dissolved in it.

Here are some tips from the home economists for preparing liver, whatever the kind, so it will be tender, tasty and nourishing. Before cooking, remove skin from pork or mature beef liver. The skin is less tough and so much easier to get off. Tender young liver, lamb, calf or baby beef—usually does not need skimming.

For calf or baby beef liver, scalding dipping in boiling water before cooking is unnecessary. For lamb, pork or mature beef liver that is to be broiled or sautéed, scalding generally improves flavor. Also, since it helps "set" the juices, scalding makes liver easier to grind or chop. "Don't overcook" is the primary rule in liver cookery. High heat or long cooking easily toughens it. Broil or sauté young liver only long enough to take away the red color. Like all pork, pork liver should be thoroughly cooked.

Tobacco twine must be conserved to avoid a serious shortage, says Tom Seel, chairman of the State AAA Committee, at State College.

How women and girls may get wanted relief from functional periodic pain

Cardui is a liquid medicine which many women say has brought relief from the cramp-like agony and nervous strain of functional periodic distress. Here's how it may help: 1. Taken like a tonic, it should stimulate appetite, aid digestion, thus help build resistance for the "time" to come. 2. Started 3 days before "your time," it should help relieve pain due to purely functional periodic causes. Try Cardui. If it helps, you'll be glad you did.



Don't Worry About Us! We'll do it!



THEY tell us that the fat salvage problem has got to be licked in the small cities, the towns and on the farms. Our country has to have one hundred million more pounds of used fats this year. And we're the people who must save it. We've rolled up our sleeves! We'll save every drop and bit possible... and keep doing it till the last Jap is licked.

100,000,000 More Pounds of Used Fats Are Needed This Year! Approved by WFA and OPA. Paid for by Industry.

CHURCHES

WAYNESVILLE PRESBYTERIAN CHURCH

Rev. Malcolm R. Williamson, Pastor.
Whitener Prevost, superintendent of Sunday School.
Sunday School at 10:00 o'clock.
Morning Worship 11:00 o'clock.
Sermon subject: "Come Ye Apart."
Pioneer boys and girls and Young People meet at 7:00 p. m.
Laymen's Club meets Wednesday night at 7:00 o'clock for supper.

JUNALUSKA METHODIST CHURCH

Pastor, Miles A. McLean.
Sunday school at 10:00 with classes for all ages.
Church service at 11:00 at which time the Rev. J. E. Samples will be the guest preacher, and his topic will be "The Soul." There will be a special number by the choir.
The young people will meet at 7:30 p. m. with Miss Hilda Dotson as program leader.

FIRST BAPTIST CHURCH

L. G. Elliott, Pastor.
Sunday School each Sunday morning at 10 o'clock under the superintendency of Earl Messer. He and his staff of officers and teachers extend a hearty welcome to all members and visitors.
Morning Worship at 11:15. The pastor will be back and bring the message of the hour. He invites all visitors to make this church their church while staying in this community.

At 7:00 p. m. the Baptist Training Unit will meet with Miss Hattie Freeman leading. Her associates are giving much time and energy to this phase of the church work.
Evening Worship at 8:00 o'clock. Again the pastor invites all to be present.
Monday evening at 8:00 o'clock the monthly meeting of Sunday School officers and teachers. Mr. Messer invites everyone of these to be present.
Tuesday evening at 8:00 o'clock the W. M. U. will have their regular monthly meeting.
Wednesday evening at 8:00 o'clock the Mid-Week prayer service followed by choir rehearsal. All visitors are invited to join in the prayer worship.

CHRISTIAN SCIENCE

Church rooms located on the second floor of the Masonic Temple. Sunday service each morning at 11 o'clock. On the first Wednesday of each month testimonial meetings will be held in the evenings.
"Sacrament" will be the subject of the Lesson-Sermon on Sunday, July 8. The Golden Text will be taken from 1 Cor. "As often as ye eat this bread and drink this cup, ye do show the Lord's death till he come."

ST. JOHN'S CATHOLIC CHURCH

Schedule of Masses

Waynesville, every Sunday (E. W. T.)—11:00 a. m.
Andrews, every 5th Sunday (C. W. T.)—11:00 a. m.
Bryson City, every Sunday (E. W. T.)—8:00 a. m.
Canton, every 5th Sunday (E. W. T.)—8:00 a. m.
Cherokee, every 3rd Sunday (E. W. T.)—8:00 a. m.
Franklin, every 2nd and 4th Sunday (E. W. T.)—8:00 a. m.
Highlands, every Sunday (E. W. T.)—11:00 a. m.

To Speak Here



BISHOP CLARE PURCELL

of Charlotte, resident bishop of the Western North Carolina Annual Conference, who will preach at the morning service at the First Methodist Church Sunday.

Guest Speakers To Fill Methodist Pulpit Sunday

Bishop Clare Purcell, of Charlotte, resident bishop of the Western North Carolina Annual Conference, will speak at the First Methodist church Sunday morning at 11:00 o'clock, according to an announcement by the pastor, Rev. J. Clay Madison.

At the evening service, which will be in the form of vespers at 5:00 o'clock, Dr. Roy Smith, of Chicago, editor of the Christian Advocate, will be the speaker.
Bishop Purcell has been serving over the Charlotte area for approximately eight years. Those who have heard him speak at different church gatherings at Lake Junaluska and elsewhere will look forward to his coming with anticipation.

Dr. Smith was a successful pastor prior to taking his present position. As pastor of some of the largest churches in this country, he had an outstanding record, and is recognized as one of the most interesting speakers in the Methodist church.
It is an opportunity not only for the members of the First Methodist church, but also the community, to hear two speakers of such merit as Bishop Purcell and Dr. Smith.

The public is invited to attend both services, and to take note that the evening service will be at 5:00 o'clock rather than at the usual hour of 8:00.

T.—11:00 a. m.
Murphy, every 5th Sunday (C. W. T.)—8:00 a. m.
Sylva, every 1st Sunday (E. W. T.)—8:00 a. m.
Welch Cove, every 1st Sunday (C. W. T.)—11:00 a. m.

FIRST METHODIST CHURCH

J. C. Madison, Pastor.
Church School under the direction of M. H. Bowles opens at 10:00 o'clock. The nursery remains open at the 11:00 o'clock hour.
For the morning service Bishop Clare Purcell of Charlotte, will speak. The evening service will be changed from 8:00 o'clock to 5:00 o'clock. At that time Dr. Roy Smith, Editor of the Christian Advocate, from Chicago, will bring the message.

HAZELWOOD PRESBYTERIAN CHURCH

Rev. S. R. Crockett, Pastor.
Sunday School 10 a. m., Lawrence Davis, superintendent.
No morning service. The pastor will preach at the Bethel church. Pioneers at 7 o'clock.
Prayer services Wednesday evening at 8 o'clock.

SUMMONS & NOTICE

In the Superior Court, State of North Carolina, County of Haywood.
Hasselbine (Rhinehart) Jackson, Plaintiff.
Vs.
Edward Jackson, Defendant.
To the Defendant, Edward Jackson:

You will take notice that an action has been commenced in the Superior Court of Haywood County, North Carolina, not later than 30 days after the 22nd day of June, 1945, and answer or demur to the complaint now on file in the office of the Clerk of the Court for Haywood County, North Carolina, within the time prescribed by the statute.

You will take notice, further, that if you fail to answer or demur to the complaint within the time required by law, the plaintiff will apply to the Court for the relief demanded in the complaint, to wit the declaration that the said attempted or pretended marriage is void from the beginning.

Given under my hand and seal of the Court this 22nd day of June, 1945.
C. H. LEATHERWOOD,
Clerk of the Superior Court of Haywood County, North Carolina.
1448—July 5-12-19-26.

Well Known Editor



DR. ROY SMITH

of Chicago, editor of the Christian Advocate, publication of the Methodist Church, will be the guest speaker at the afternoon service to be held at the First Methodist Church here on Sunday afternoon, July 8th.

Much Interest Is Shown In Youth Club Activities

(Continued from page 1)
unstable times of nerves and curiosity.
It costs nothing to belong to this club. The membership cards are given to any boy or girl, from 14 to 19 years old, who conduct themselves as a gentleman or a lady. If they fail to do that, while at the club, they forfeit their membership, and their fun and companionship in the club.

Our needs — we need more chairs, more games, decks of cards, new magazines, etc., and most of all we most urgently need parents' interest and cooperation with us, to give some of their time to chaperon and help manage, so we can be a continued success. Come in and see for yourself what we are doing, and if it meets your approval, give your services for one night a week or every other week, and it won't be a burden to anyone, if we all share our time and work together — don't shift your responsibility to someone else.

We are very grateful and indebted to the Chamber of Commerce for sharing their lovely big office rooms with us, and allowing us to use their furniture and other conveniences, and in cooperating with us to make our Youth Club a success.
We are deeply grateful to Mr. and Mrs. Joe Heinertson, who own the Chamber of Commerce building, for the use of it after business hours. To the Pet Dairy for furnishing us an ice cream cabinet and giving us an ice box for milk and soft drinks. To Mr. Ellis, president of the Coca-Cola Company, who said he was not opening any new accounts and could not supply even his regular customers, but because he was so heartily in favor of Youth Centers, sent us a Coca-Cola machine and supplies us with Coca-Colas. Under the circumstances this machine is not and cannot be for the public use. To Jonathan Woody for making the contacts with Mr. Ellis, and for his nice check to help in the Youth Club.

To Mr. Tenney, our recreational director for the past year or so, we are grateful for his faithful services and efforts in this center and with our young people and their sports. To Burgin Brothers for the use of a nickelodeon; to the W. A. Bradleys for the piano; to John Boyd and Joe Mormino for the billiard table and to the Community Council for sponsoring.

Are you troubled with the burning misery of too much free stomach acid? Use of the famous VAN TABLETS is bringing comforting relief to hundreds of such cases. Sincerely grateful people tell of what they call the "wonder" Van Tablets have done for them. This gentle formula aims to counteract surplus, irritating stomach acid and to bring relief from such conditions. If you suffer from indigestion, gas, heartburn, belching, bloating, sour stomach and other symptoms—due to excess stomach acid—you, too, should try Van's for prompt relief... right at home without rigid liquid diet. Get \$1.25 Trial Size. Also available \$2.00, \$3.50 sizes. At SMITH'S CUT RATE DRUG STORE and other good drug stores.

ADMINISTRATOR'S NOTICE

Having qualified as administrator of the estate of John H. Haney, deceased, late of Haywood County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Clyde, Route 1, North Carolina, on or before the 28th day of June, 1945, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.
This the 27th day of June, 1945.
HOMER HANEY,
Administrator of the Estate of John H. Haney, deceased.
No. 1441—June 28-July 5-12-19-26-Aug. 2



THEY USED TO CALL HER FATTY

Almost unbelievable loss of weight is possible for most overweight people through a pleasant, absolutely harmless reducing method. While eating plenty, it is possible to take off as much as three to five unguessed pounds a week. No exercise, no starvation diet, no reducing drugs or cathartics are necessary for those who seek to regain a graceful youthful figure. In fact, the Tremest Way is so confidently recommended that you may try Tremest without risking a penny. You and your friends must marvel at the exciting improvement in your appearance; you must get the results you seek in 30 days, or your money will be refunded in full. Easy-to-follow directions with every package. Ask for Tremest at Smith's Cut-Rate Drug Store And Druggists Everywhere.

Book Review

By FRANCES GILBERT FRAZIER Staff Writer

If it's a love story you want, or a salacious novel or a book containing real estate dirt, you'll pass by "Pride's Way," for it isn't in any one of these three categories.

"Pride's Way" was written by Robert Molloy, book review editor of the New York Sun. He is a Charlestonian and knows his Charleston thoroughly. His characters live and talk and quarrel in a perfectly natural manner and the reader gets a whiff of the breeze off the Battery and treads the pavements of Meeting Street.

The reader also gets a strong hurricane from the tiffs, misunderstandings, reconciliations of the two elderly sisters, Miss Julie and Miss Tessie, both widows. Miss Julie lives with her son-in-law and daughter, together with their five children. The love between Miss Julie and the children, especially the two smallest, is one of the most touching points of the book. Their devotion to each other never lapses despite the vicissitudes and tribulations that arise throughout the residence with Henry O'Donnell, who had a "gyarden," servants and three meals a day, the latter playing a large part in the life of Miss Julie, his mother-in-law.

Miss Tessie lives alone and doesn't especially "like it" and

ing the club, and to all who have given their time, thought and efforts in organizing and assisting. It has literally taken a great deal of steady work and thought to get this club started, and it will continue to take work to keep it going. I am speaking personally now, for I know the work behind it, for I have spent many, many hours to see that the machines are in working order, procuring the drinks and eats to have them on hand each night for the members of the club. It has been and is a pleasure to work with the boys and girls and I feel happy over the success it has been so far. It is up to all parents and friends of these young folks to take an interest and make it a big success.

We urge the members of the Community Council, the parents and any and all who are interested to come by any evening after 7 o'clock (except on Sundays) and see what we are doing, and if it meets with your approval, and we are glad for any constructive suggestions. Our boys and girls want and need such a center or club.

Remarkable Treatment for Stomach Distress From Too Much Stomach Acid

Are you troubled with the burning misery of too much free stomach acid? Use of the famous VAN TABLETS is bringing comforting relief to hundreds of such cases. Sincerely grateful people tell of what they call the "wonder" Van Tablets have done for them. This gentle formula aims to counteract surplus, irritating stomach acid and to bring relief from such conditions. If you suffer from indigestion, gas, heartburn, belching, bloating, sour stomach and other symptoms—due to excess stomach acid—you, too, should try Van's for prompt relief... right at home without rigid liquid diet. Get \$1.25 Trial Size. Also available \$2.00, \$3.50 sizes. At SMITH'S CUT RATE DRUG STORE and other good drug stores.

Local Market

(Furnished by Farmers Exchange, July 3rd)

| | |
|---------------------------|--------|
| Eggs, grade A, large | 42c |
| Eggs, ungraded | 38c |
| Irish Potatoes, 100 lbs. | \$3.50 |
| Sweet Potatoes, bushel | \$2.50 |
| Heavy Fryers | 35c |
| Roosters | 40c |
| Leghorn hens, 3 lbs. up | 27c |
| Heavy Hens | 25c |
| Corn, bushel | \$1.50 |
| Green beans, pound | 8c |
| Green onions, doz bunches | 40c |
| Beets, doz bunches | 50c |
| Greens, pound | 4 1/2c |
| Radishes, doz bunches | 35c |

thereby hangs the tale of Miss Julie's down fall and deep regret. The feud between the sisters, and incidentally almost every one with whom they come into contact, extends until that great day when Miss Tessie has a "vision". Then she leans over so far backward in her efforts to undo the error of her ways that it would be sheer comedy if there were not too many tears hanging on the edge of the laughs.

"Pride's Way" was the selection of the Literary Guild and was published by MacMillan, who also have "Gone With the Wind" and "Forever Amber" amongst their many successful productions.

Buy War Bonds and Stamps.

Many Hard of Hearing Can Hear Tomorrow

with Ourine drops used with a simple syringe. If you are deafened, bothered by ringing buzzing head noise due to hardened or congealed wax (cerumen), try the Ourine Home Method test that so many say has enabled them to hear well again. You must try before you buy. This simple test or you get your money back at once. We recommend Ourine.

Smith's Cut-Rate Drug Store

Flight Officer Bradley Reports To Fort Bragg

Richard Bradley, flight officer, son of Mr. and Mrs. W. A. Bradley, who has recently returned from overseas duty in the European theatre, reported during the week to Fort Bragg. From Bragg he will be transferred to Sioux Falls, S. D., for special training, and will rejoin his crew. He entered the service in 1943, while a student at Davidson College.

Eastern Star To Meet Tonight At 8

The regular monthly meeting of the Eastern Star will be held tonight at the Masonic Temple at eight o'clock. All members and visitors are invited to attend.

Try Hot Water After Meals Acid Indigestion

If the thousands of ailing people who suffer from indigestion, gas, or other stomach trouble brought on by excess food just try drinking a glass of real hot water each after each upsetting meal. One spoonful of Neutraid can usually get amazingly relief in a very few minutes.



UNDERWOOD Service Station

PHONE 9170—SPALDON UNDERWOOD, OWNER—MAIN

MANY THANKS

For The Scores Of PICTURES of your Service Men

We feel the public deeply appreciates the display, since hardly a minute of the day passes without several people looking at these pictures.

If you have a picture of someone in service you would like to have in the display, just bring it to us. No charges whatever.

BELK-HUDSON CO.

"Home Of Better Values"

REDDY KILOWATT

BEGINNING A NEW WEEKLY REDDYTOON OF FUN & FACTS about REDDY KILOWATT

1. GORY A KITE
2. WE GIVE A NOD TO OL' BEN FRANKLIN FOR PROVING, WITH HIS FAMOUS KITE EXPERIMENT, THAT LIGHTNING IS REALLY REDDY KILOWATT
3. IT TOOK THE GOOD OL' USA. TO REALIZE THE PRACTICAL POSSIBILITIES OF REDDY KILOWATT—AND THOMAS EDISON PUT HIM ON THE PAYROLL WITH HIS AMAZING INVENTIONS
4. TODAY REDDY WORKS FOR ALMOST EVERYONE AND DOES MORE WORK FOR LESS WAGES THAN ANYONE!

GIFT OF THE GODS
YEARS AGO, OLD MAN JUPITER HURLED A LIGHTNING BOLT DOWN TO EARTH AND GAVE THE WORLD "REDDY KILOWATT"—Your Electric Servant—BUT MEN REGARDED IT WITH FEAR FOR CENTURIES

REDDY KILOWATT Your Electric Servant TRADE MARK REG. U. S. PAT. OFF.

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