

# The Health Value Of Apples Is Tremendous

Dr. Ira A. Manville, head of Nutrition Clinic, School of Medicine, University of Oregon, indicates here the proven nutritional and medical value of apples: Twelve scientific reasons for the centuries-old adage: "An apple a day keeps the doctor away."

**Vitamin A: Growth, Eyes**  
1. Apples contain 110 international units of Vitamin A per 100 grams of edible substance. An average apple would provide 220 units of Vitamin A per day or, if two were eaten, 440 units. Four thousand units are recommended for an adult's daily consumption.

**Vitamin C: Scurvy, Toxins**  
2. Apples contain 120 I. U. of Vitamin C or 240 per one good-sized apple. It is recommended that the adult have 1,000 units of Vitamin C daily. Thus two apples per day will supply half the requirements of this vitamin. Vitamin C is important in overcoming toxins and preventing scurvy.

**Vitamins B1 and G**  
3. Apples will contribute to the Vitamin B1 and G intake.

**Alkaline Reserve:**  
4. Apples contribute to the alkaline reserve, thus helping to keep the urine, perspiration and saliva from becoming too acid.

**Mouth Hygiene and Digestion:**  
5. Apples have an acid, tart flavor and reaction, thus stimulating the flow of an alkaline saliva which promotes better oral hygiene and the digestion of food containing proteins and fats.

**Conditioner For Gums:**  
6. The firmness of apple flesh provides necessary resistance in chewing which is of value in keeping the teeth and gums in good condition.

**Four Minerals: Anti-Anemic:**  
7. The apple provides a supplemental source of calcium, phosphorus, iron and copper. The iron and copper alone are sufficient to



Apples are hanging heavily on the tree and their beauty, their color, their perfume demand a closer examination. But they are not quite ready to be eaten. (Photo by Lewis P. Watson)

prevent anemia from developing in rats being fed an anemia-producing diet.

**Malic Acid: Aids Calcium, Bone-Building**

8. The acid reaction of the apple and its content of malic acid provides a means for correcting improper calcium-phosphorus ratios and thus promoting better calcium utilization.

**Calories:**

9. A large apple will provide 120 calories. On the retail market, one cent will buy 154 calories in apples. Eggs provide 124 calories for one cent; bread 118. Thus apples rank high in calories per cost.

**Pectin and Hemicellulose: "Strange Ability"**  
10. Apples are good sources of pectin and hemicellulose, colloidal substances, which because of their

ability to take up and hold water, convert liquid stools to formed stools and stimulate or maintain normal intestinal activity. Strangely enough this interesting ability means that both constipation and diarrhea can be corrected by apples.

**Diarrheas and Dysenteries:**  
11. Apples, because of chemical values of their contained uronic acid and the physical values of the colloidal substances, exert a very pronounced effect in overcoming diarrheas and dysenteries of many origins.

**Healing To Membranes, Tissues:**  
12. Apple sauce dressing for ulcerations of various types is proving to be an excellent mode of treatment for those disorders.

want ads bring quick results.

## DEATHS

### MRS. RACHEL GREEN

Mrs. Rachel Riddle Green, 68, died Sunday morning at her home in Joe after a lengthy illness. Funeral services will be held Tuesday at 11 a.m. in the Waterville Baptist Church and burial will be in the Green Cemetery at Waterville, Tenn.

Surviving are five sons, Elisha of Travelers Rest, S. C., Walter, Burley, Cephus, and Isaac Green of Madison County; two daughters, Mrs. Annie Frisbee and Miss Bertha Green of Madison County. Garrett Funeral Home is in charge.

### JAMES INFANT

Elizabeth James, six-months-old daughter of Mr. and Mrs. Levi James of Clyde, Route 1, died Sunday afternoon in the home after a brief illness.

Funeral services were held this afternoon in Fines Creek Baptist Church with the Rev. M. Evans officiating. Burial was in Hiram Rogers Cemetery.

Surviving in addition to the parents are the maternal grandparents, Mr. and Mrs. Riley Carver of Clyde, Route 1, and the paternal grandparents, Mr. and Mrs. Louis James of Clyde, Route 1. Crawford Funeral Home was in charge of arrangements.

### MRS. L. B. KUYKENDALL

Mrs. Lucinda Burnett Kuykendall, 85, of near Cruso, widow of Henry Kuykendall, died Friday at 10 p.m. at her home after a short illness.

Surviving are two daughters, Mrs. James Deaver of Haywood County and Miss Maggie Kuykendall of the home; six sons, Plez, McKinley, Oscar, Charlie, Lewis and Elmer Kuykendall, all of Haywood County; 14 grandchildren.

Also 15 great-grandchildren; one brother, Jimmy Burnett of Haywood County; one sister, Mrs. Stockley Moore of Buncombe County.

A native of Haywood County, Mrs. Kuykendall was a member of Cruso Baptist Church.

Funeral services were held this afternoon in Meadow Grove Missionary Church with the Rev. Oder Burnett, the Rev. Ball Rogers and the Rev. Thomas Erwin officiating. Burial was in Gwyn Cemetery. Nephews were pallbearers and nieces were flower bearers. Wells Funeral Home was in charge.

### SUTTON INFANT

Graveside rites were held Saturday afternoon in the Wesley Cemetery for the infant son of Mr. and Mrs. Otha Sutton of Cove Creek, who died in the Haywood County Hospital. The Rev. Jarvis Teague officiated.

Surviving in addition to the parents are five sisters, Mattie, Addie, Ruby, Odie, and Clara Sutton, all of the home; one brother, Pete; and the maternal grandparents, Mr. and Mrs. Charles Riddle of Cove Creek. Crawford Funeral Home was in charge.

### GEORGE H. SMATHERS

Funeral services were held yesterday afternoon in Wesleyan Methodist in Canton for George H. Smathers, 77, who died Friday morning at his home in Canton after a lingering illness.

The Rev. C. A. Phaup, the Rev. W. Groce, the Rev. Coman Brown, and the Rev. C. A. Ramsey officiated and burial was in Locust Field Cemetery.

Nephews served as pallbearers and nieces were flower bearers. Mr. Smathers, who was a native and lifelong resident of Haywood County, was the son of the late Johnnie and Jane Johnson Smathers of Beaverdam. He was a farmer and livestock raiser.

Surviving are the widow, Mrs. Nora Parker Smathers; one son, Marvin L. Smathers of Beaverdam; one daughter, Miss Anne Dee Smathers of the home; two brothers, Jesse of Beaverdam and Perry Smathers of Canton, Route 2; one sister, Mrs. Lela Robinson of Beaverdam; and three grandchildren. Crawford Funeral Home was in charge of arrangements.



24-Hour Service  
Crawford Funeral Home  
Crawford Mutual Burial Ass'n  
Waynesville, Phone 147  
Canton, Dial 3535

## Why Waste Them On The Teacher?



These youngsters like their apples in the raw and they are devouring them with gusto. Harvest time brings rewards to the appetite as well as the pocketbook. (Staff Photo).

## Bookmobile Schedule

Wednesday, October 31st  
CECIL

Parris Store ..... 9:30-9:45  
Mrs. James Reeves ..... 9:50-10:00  
Mrs. J. Edgar Burnett ..... 10:15-10:45  
Cecil School ..... 10:50-12:00  
Mrs. John Johnson ..... 12:15-12:30

Friday, November 2nd  
CRUSO

Mrs. Robert Freeman ..... 9:45-10:00  
Cruso School ..... 10:15-11:30  
Henson's Grocery ..... 11:35-11:55  
Springdale School ..... 12:10-1:30  
Burnett's Cash Grocery ..... 1:45-2:00  
Mrs. Ralph Kelly ..... 2:15-2:30

## MORE ABOUT

### Poultry

(Continued from Page 1)

know how to take care of the flock, and the eggs," he continued.

Under the present system, the Co-Operative gets day-old chicks, and raises them under scientific methods until nine weeks old. Then the pullets are sold to flock owners for \$1 each. At the age of six months the pullets begin to lay, and are considered in high production for 9 to 10 months. Then the birds are sold on the open market. The average profit per dozen eggs for Haywood producers is figured at 46 cents per dozen, according to Mr. Dulin.

The oldest of the U. S. mints was established in Philadelphia in 1792.

## How Should One Purchase Apples For Domestic Use

In the Fall (September and October) it is advantageous to buy apples by the bushel. Fresh from the trees, they keep well with ordinary care as to temperature and moisture.

After November 1, apples mostly come from cold storage. The warmer temperatures outside storage hasten ripening. From November on, the average-size family should purchase in smaller quantities—25 pounds (half-bushel) or less. Retailers usually have special prices for half-bushel lots.

**Buy Unblemished Apples.** A small break in the skin is open sesame for all manner of quick rot and fungus. Worm holes, even if the worm has "flown," causes early decay. Bruises mean smashed internal tissue—and quicker decay. Hence, buy GOOD apples—U. S. One grade or better. They may cost you a cent more per pound, but "cheap" apples may cost twice as much!

Dr. John Ruef, of Pennsylvania State College, worked it out exactly. He bought apples in twelve stores; bought all grades; paid from eight pounds for twenty-five cents to exactly double that—four pounds for twenty-five cents. On an apple-paring machine, for uniformity, the apples were peeled, and quartered, cored and waste cut out. Then he weighed waste and usable fruit. Here are the exact results:

Waste, U. S. One and Fancy Grades—23% to 26%.

Waste, Others (lower and ungraded)—43% to 74%.

Usable Fruit, U. S. One and Fancy Grades—77% to 74%.

Usable Fruit, Lower Grades (average)—37%.

Cost of Usable Fruit in U. S. One and Fancy—6.6 cents per pound.

Cost of Usable fruit in Lower and Culls—13.3 cents per pound.

Culls actually cost twice as much! U. S. Grades Are Standard, Helpful: Insist on them. U. S. One grade—sound, clean apples with fair color; allows only ten per cent defects when packed. U. S. Fancy—higher color than U. S. One; little

other difference. U. S. One color requirements additional defects. Apples or (for that variety) lack taste.

**Maturity: Watch Color.** Color is an index with apples, especially yellow "ground color" variety, this ground color is the dull, hard green or into a rich yellow or a low-green. U. S. grades as to maturity, since the day by day.

**For Immediate Use,** with good clear, yellow or that are firm to the squeeze; touch. For apples on which the is only beginning to too bright.

**For "Cooking" Apples** rule holds: Firm "tart" apples are good. Most varieties are tarting non-tart exceptions (Red and Golden), varieties can be used in every, but it requires some care for less sugar and the stronger "tart" varieties. Hence, for cooking one should tart varieties.

## Calling Dick Tr...

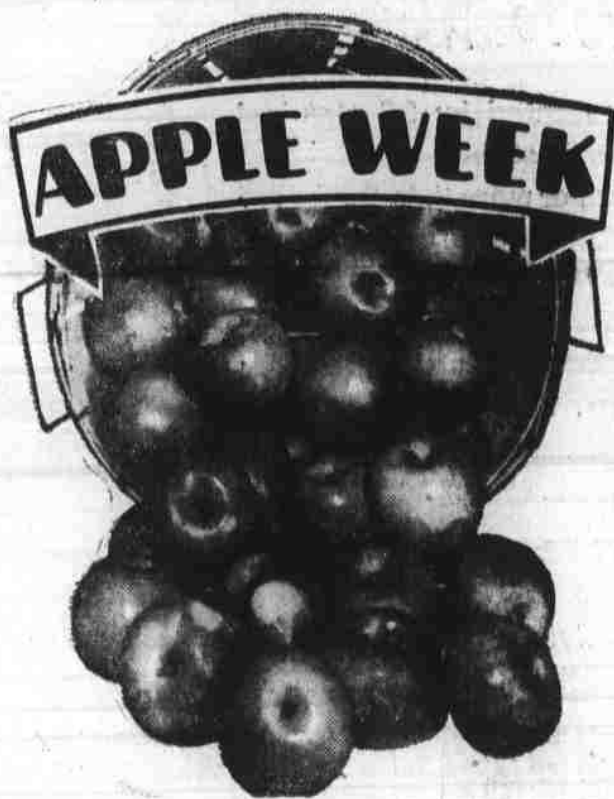
NEW YORK (AP)—

are getting smaller and One of the latest of the palm of the hand, eight ounces, its only 2 1/2 by 5 1/4 by 1/2 "loudspeaker" is a small while the artesian 18 collapses into the same time turns 11 of are of the small bearing Two tubes and a crystal are used.

The set is declared broadcast range of miles.

U. S. mints are located Philadelphia, San Francisco

Always Insist On HAYWOOD COUNTY APPLES



... They're better, more flavorful!

In Our Orchards You Will Find An Apple Suited To Every Taste --- To Every Purpose --- Grown Under Ideal Conditions These Apples Are Well Suited For Both Eating and Cooking ---

SEND A BASKET TO YOUR FRIENDS AT CHRISTMAS TIME --- THEY WILL BE PLEASED WITH OUR FLAVORFUL FRUIT.

# BOONE ORCHARDS

Will K. and Rob Boone, Owners  
Pigeon Road, Waynesville

## HAYWOOD APPLES

# "Pick of the Crop"

Haywood apples are known far and wide as among the best grown in Eastern America. Our Haywood growers are growing a quality product, and are receiving deserved recognition for their efforts.

This bank is proud of the record which is being established here in Haywood in regards to our apple crop.

Surprisingly enough, about 97 cents of every dollar brought into the county for apples remains here. It takes only about three cents for "outside" supplies for the production of apples. Hence, the apple crop in Haywood is just about 100% "all Haywood."

Haywood apples are going places—and we are proud of the record.

SEE THE BEAUTIFUL DISPLAY OF APPLES IN OUR LOBBY

# THE First National Bank

ORGANIZED 1909

Member Federal Deposit Insurance Corporation Member Federal Reserve System

FOR BEST BUYS IN

NOW IN FULL SWING OUR BIG ANNIVERSARY SALE

# SHOES MASSIE'S DEPT. STORE