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SWANNANOVA

## NATURE STUDY

By Mrs Thomas Sharp

True Solomon's Seal-Maiden Hair Fern-Ground Ivy.

"The happy earth looks at the sky and sings". We often speak poetically of "the music of the spheres." At creation, "the morning stars sang together for joy." Science teaches that everything gives out music which we could hear were our ears properly attuned.

Legend tells us that one day when King Solomon was walking through the woods he heard a new flower-song, so charming so alluring, that he stopped to be able to listen more attentively. The music was strange as chimes of golden bells were intermingled. Searching, he found long graceful stalks with toothless, oval pointed or lance shaped leaves alternating on them, smooth above and pale and hairy beneath. Arranged usually in pairs (twin-flowered) were white or yellowish green, bell shaped flowers, drooping and nodding beneath the leaves, on fine stems springing from the axils of the leaves.

Later when the flowers die, a round pulpy blue-black berry is formed. This berry is poisonous. The long, horizontal root-stock is thick and jointed. It was "in olden days" considered important in healing bruises, particularly about the eyes and for wounds and skin eruptions, consequently, it was very highly esteemed as a cosmetic. It was also used as a tonic, for inflammation of the stomach, erysipelatous mucilaginous taste followed by a slight sense of bitterness, and so this root has a nesses. It is inodorous.

We are not told whether King Solomon discovered these virtues or not and the Queen of Sheba (modern radio method) to try its powers as a cosmetic, (would he, with his wisdom, have dared to do so?), but we are informed that Solomon, to prevent harm to this lovely musical plant, took out his seal ring and stamped seal-marks all along the roots -- the knobs you can see. There they are! The story must be true. The golden bell chimes hang like a row of ringing bells. The false Solomon's Seal has a greenish-white floweret at the end of the stalk. It's aromatic edible berries ripen in the fall. It likewise has the stamp of Solomon on it's root.)

#### Maiden Hair Fern

Our Mountain Maiden Hair fern is a magnificent plant. It is forked at the top of the slender black and polished stalk. The meadow rue is often mistaken for it. Drug Store window.) The Capillus- (See both in the Black Mountain Veneris, Venus-hair fern (the maiden-hair fern of the south, see window display), is more like the early meadow rue. Many students of botany, (beginners) have "felt sure" that they were the same. It is stated that this southern fern can hardly be found north of Virginia. Both ferns are very "aloof". They choose as their favorite haunts, dim, moist hollows in the woods, shady hillsides near creeks and rivers. They are the embodiment of the spirit of the woods, with their feathery fronds tremulous on their black, glistening stalks.

The Ground Ivy--- "Gill over the Ground."

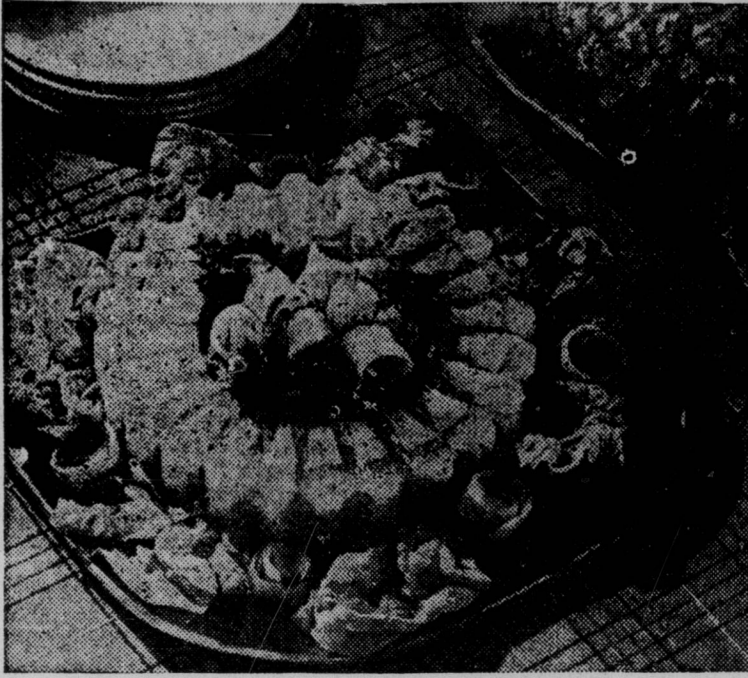
This dainty perennial seems to delight in "trapping Over the ground. It is lovely and dainty in flower baskets and rock gardens. It was introduced from Europe where the poor in England often used the leaves for making tea. This vine has small, rounded, marginally-scalloped leaves that are heart shaped at the base. In sparse clusters from the axils of the leaves are two-lipped, light bluish purple flowers.

Gerarde states that "boiled in mutton-broth it helpeth weake and acking backs". It is a gentle stimulant and tonic, supposedly good for lung troubles, for the kidneys, asthma, jaundice, hypochondria, monomania, and even lead-colic! The leaves impart their virtues to boiling water by infusion. Cattle avoid this old and familiar herb as it has a peculiarly disagreeable odor, and a bitter, though somewhat aromatic taste. It was blessed "simple" in those "homely days" before we had "Angels with lint and lance, and God's messengers, the ambulance."

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SEND IN YOUR NEWS  
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## HOUSEHOLD MEMOS... by Lynn Chambers



Sunshine Salad—Carrots, Orange and Pineapple (See Recipe Below)

#### Springtime Salads

With warm weather already here, and warmer breezes just around the corner, what family's interest doesn't turn to cool, lovely salads? The thought of jewel-green vegetables resting like gems on lighter green leaves of lettuce and endive, or brilliantly sparkling fruits on the dark green of watercress or frilly leaves of garden lettuce are certain remedies for getting rid of sweltering heat waves.

I know of some families who make salads the main ingredient of the menus during the really warm weather. Not enough protein, did I hear you say? Oh, but yes, for you can put enough meat, fish and cheese into the salads to give them that "stick-to-the-ribs" quality. Keep your salads crisp and fresh-looking. Wash the lettuce as thoroughly as you can, letting the cold water trickle on every leaf. Keep your salads as pretty as picture plates. Even a tossed salad which is sort of thrown together can be lovely, as long as you don't fuss with it until it looks weary.

Mold them, too, for a change, using fruits or vegetables or both, for pretty molds are again reaching the markets. Unflavored gelatine can be used with tomato juice and fruit juices if you want to have a bit of color on the salad plate.

A salad that looks like a sunburst itself is this one with tiny wedges of pineapple and carrot curls:

#### Sunshine Salad (Serves 6)

- 1 envelope plain unflavored gelatine
- 1/4 cup cold water
- 1 cup hot pineapple syrup, drained from can
- 1/2 cup orange juice
- 1/4 cup mild vinegar
- 1/4 teaspoon salt
- 1 cup grated raw carrots
- 1 cup orange segments, cut small
- 1 1/2 cups canned pineapple, cut into small pieces

Soften gelatine in cold water and dissolve in hot pineapple syrup. Add orange juice, vinegar and salt. Cool, and when mixture begins to thicken, fold in carrots, orange and pineapple. Turn into a mold that has been rinsed out in cold water and chill. When firm, unmold onto greens and serve with mayonnaise.

If fresh pineapple is used, cook the fruit a few minutes. The acid of fresh pineapple prevents gelatine from stiffening. To make this salad as pleasing as it appears in the photograph, serve the salad on greens and fill the center with carrot curls. These latter are made by cutting the carrots in paper thin slices (try a potato peeler), wrap tightly around the finger and chill in ice water. If

#### Lynn Says:

Watch Those Bread Crumbs: Although rationing is over, we are still being called upon to conserve vital foods. This time it is the breadbox which is under strict observation.

Don't throw away those dry crusts of bread. Let them accumulate in a paper bag until you have enough to put through a meat grinder. These will be very fine and tasty to use for bread-ing.

Leftover bread crumbs, seasoned well, may be used as topping for casseroles.

Eat rye, whole wheat or bran bread when white bread is not available. Don't throw away a slice.

#### Lynn Chambers' Menus

- Rice and Eggs Baked in Cheese Sauce
- Raw Spinach and Carrot Salad
- Bran Muffins Asparagus
- Banana Cream Pie Beverage

you place the carrots close together in a glass of ice water, they will not come apart or need toothpicks to hold them together.

If you're getting into the habit of serving something pretty but simple for Sunday night suppers—which, by the way is a good idea for saving yourself work—try this salmon salad which is a meal in itself:

#### Buffet Salmon Salad (Serves 8 to 10)

- 1 tablespoon unflavored gelatine
- 1/2 cup cold water
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon prepared mustard
- 1/2 cup vinegar
- 2 egg yolks, beaten
- 1 tablespoon prepared horseradish
- 1 pound salmon, cooked and flaked
- 1 cup chopped celery
- 1/2 cup heavy cream, whipped
- Olives, sliced
- Pimiento strips
- Lettuce or watercress

Soften gelatine in cold water. Mix sugar, salt and mustard thoroughly. Combine vinegar and egg yolks in double boiler. Cook until thick, stirring constantly. Remove from heat, add gelatine and stir until dissolved. Add horseradish. Chill until mixture begins to thicken. Add salmon and celery; fold in cream. Place olive slices and strips of pimiento on bottom of an oiled fish or loaf mold. Turn mixture into mold. Chill until firm. Unmold onto platter and garnish with watercress.

Note: Smoked salmon, trout, sturgeon or shrimp may be used in the above recipe in place of salmon. Two very pretty salads which might be served as tidings of spring are these:

#### Strawberry Cheese Salad (Serves 6 to 8)

- 1 pint strawberries
- 2 tablespoons sugar
- 2 teaspoons lemon juice
- 4 three-ounce cakes cream cheese
- 1/2 cup whipping cream

Wash and stem berries. Crush with sugar and lemon juice. Mix small portion at a time with cream cheese until well blended. Fold in whipped cream. Place in freezing tray and freeze.

#### Ham and Tongue Slaw (Serves 6 to 8)

- 1 cup cooked ham, in strips
- 6-ounce can tongue, cut in strips
- 1 small onion, minced
- 4 cups cabbage, shredded fine
- 1 egg white
- 1/2 cup mayonnaise

Mix ham, tongue, onion and cabbage and chill. Beat egg white, fold in mayonnaise and mix with cabbage, etc. Serve from salad bowl.

- Here is a good salad dressing which is tart and light. You will like it for all types of fruit salads:
- Fruit Salad Dressing.
- 1/4 cup sugar
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1 cup pineapple juice
- Juice of 1 lemon
- Juice of 1 orange
- 2 beaten eggs
- 1 cup whipping cream

Mix sugar, cornstarch and salt. Mix fruit juices and add to dry mixture. Cook in top of double boiler for 20 minutes. Remove from range and add well-beaten egg yolks. Let cook for 5 minutes longer, then let cool. Fold in beaten egg whites. This may be placed in a jar and refrigerated until used. Before using, add whipped cream.

Released by Western Newspaper Union.

## LOCALS

Anyone who wants to learn to talk Parrot language should visit Ed Bartlett on Cherry St. He is keeping a parrot for a friend.

Mrs. Eugene Byrd and children returned home Thursday after a visit with her parents in Sanford. Her sister, Margaret Anne Hallman came with her to spend a few weeks.

Miss Jean Porter from Atlanta is spending her summer vacation with her mother, Mrs. Clifford Porter on Church St.

Dr. and Mrs. Rawling from Daytona Beach have opened their cottage on the Blue Ridge Road and will be here for the summer.

Dr. and Mrs. Mashburn went to Raleigh where she joined her sister to visit another sister.

Mrs. Robt. Quillen from Fountain Inn is spending the summer at Montreat

Dr. and Mrs. Pritchard have returned to their home from LaGrange, N. C.

Mr. and Mrs. Herman Briggs and sons spent the week-end with Mr. and Mrs. Uzell.

Steve Uzell has been discharged from the Navy. He is now in Black Mountain and will return to Chapel Hill in the fall.

Mr. and Mrs. Lee Tiller have moved to Black Mountain from Miami, Fla.

Mr. and Mrs. Ronald Finch returned from Myrtle Beach last Saturday.

Miss Joe Finch student of University of North Carolina, is spending a week at home.

Mrs. W. A. Glenn, Asheville, was the week-end guest of Mr. and Mrs. F. S. Cunningham.

Paul T. Kissling, youngest son of Mrs. Albert Kissling of Black Mountain is home on a visit with his family. He will be home for two weeks from his duties as a Naval Flier in Kodiak, Alaska.

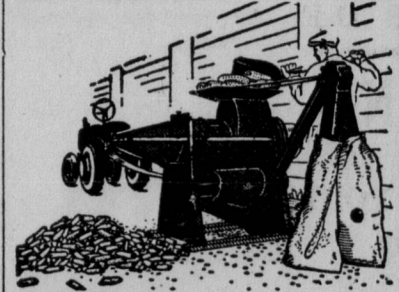
J. V. Bohn and family from Ft. Worth Texas are in Black Mountain on a visit with their relatives, the family of Mrs. Albert Kissling.

Albert Kissling the oldest son of Mrs. Albert Kissling is now at Montreat. Mr. Kissling has been pastor of the Riverside Presbyterian Church in Jacksonville, Fla. for the past thirteen years.

### TELEGRAPH RATES ARE INCREASED TEN PER CENT

The flat over-all increase of 10 per-cent in telegraph rates and revisions and eliminations of certain classes of service, authorized by the Federal Communications Commission, became effective at 12:01 a. m. today, the Western Union Telegraph company announced. Increased rates were made necessary by awards of the National War Labor board resulting in annual wage increases of \$25, 000,000 it was pointed out.

### Improved Machinery Corn Sheller



This corn sheller, product of International Harvester, has a capacity of 100 to 150 bushels of husked corn per hour. It can be operated by any one-plov tractor engine or motor with capacity of 5 to 10 h.p. It is constructed to shell corn for sale to elevators or to meet the immediate feeding requirements. Elevator and cob stackers may be attached. The corn travels downward in line of feed. A feature is a one-piece cylinder.

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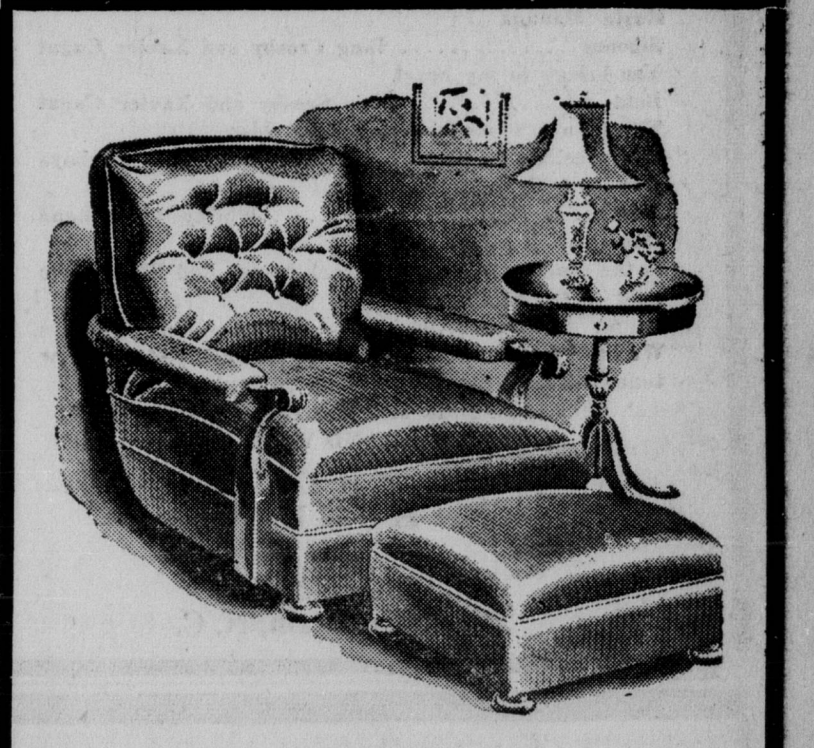
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The volume of Long Distance calls today is far ahead of war's heaviest load, as the nation moves forward in peacetime activities. Between towns and cities only a few miles apart, folks are making one-fifth more calls than during the war. There are still delays sometimes on some routes, but here's good news... 2,000,000 miles of Bell System circuits are being built this year, and your continued patience will be rewarded with the best service ever.

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