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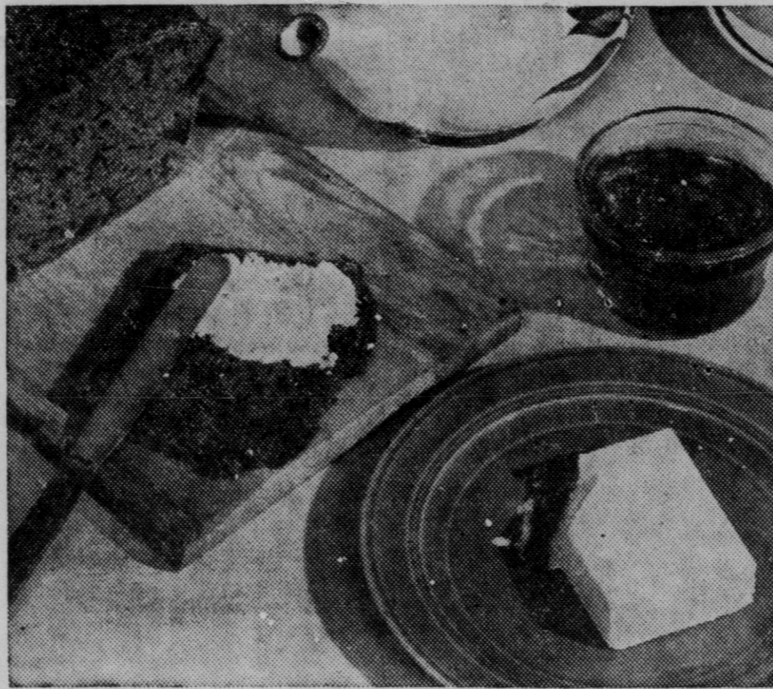
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Dark Breads Save White Flour (See Recipes Below)

Bread Substitutes

Our recently developed shortage of bread and wheat products is calling for greater ingenuity than any shortage we faced during the war. With planning and foresight, this shortage may be met satisfactorily.

If you have decided to make your own bread, for example, use only part white flour and make up the rest with plentiful oatmeal, potatoes, or some of the rye and wheat flours. Corn meal, too, is gaining great popularity in many parts of the country.

Should there be a shortage of leftover bread for stuffings and the like, use potatoes, for they, too, are plentiful. In fact, you might also like to use part potatoes for bread, rolls and muffins. These take little fat and sugar, and are perfectly delicious.

If you like hot rolls for dinner, here is a wonderfully easy recipe for you. You can make up the whole batch and then remove only what you need from the refrigerator as needed.

Oatmeal Refrigerator Rolls.

- 1/2 cup shortening
- 3 tablespoons sugar
- 1 1/2 teaspoons salt
- 1/2 cup boiling water
- 1 cup rolled oats
- 1 cake yeast
- 1/2 cup lukewarm water
- 1 egg, beaten
- 2 1/2 cups sifted flour

Add boiling water to sugar, salt, shortening and rolled oats. Stir well. Cool to lukewarm. Soften yeast in lukewarm water. Add with beaten egg to oatmeal mixture. Stir in half the flour, beat well and add remaining flour. Place in greased bowl. Cover with waxed paper and store in refrigerator. When needed, remove from refrigerator, form into cloverleaf rolls in greased muffin pans. Cover and let rise until almost doubled. Bake for 12 to 15 minutes in a fairly hot (425-degree) oven.

If desired, the above rolls may also be made with bran. Use 1/2 cup bran in place of the oatmeal and 3 1/2 cups of flour.

Partial Whole Wheat Bread. (Makes 4 loaves)

- 3 cups milk
- 1 cup lukewarm water
- 4 teaspoons salt
- 1/2 cup molasses
- 4 tablespoons shortening
- About 6 cups flour
- About 6 cups whole wheat flour
- 2 cakes quick-acting yeast

Dissolve yeast in lukewarm water and add to it 1 teaspoon sugar. Allow to stand for 10 minutes. Scald milk and add to it the molasses and salt. When milk has cooled, add yeast mixture.

Mix the two flours together and add all but 1 cupful. Some flours

Lynn Says:

Flavor Tips: Next time you make your own white bread add some crushed cardamom seeds for an unusual flavor.

A special dressing for the salad? Coming right up. Make a simple oil dressing and add anchovy paste to the regular ingredients.

Special hamburgers? Mix blue cheese with a bit of dry mustard, Worcestershire sauce and creamed butter and spread over the 'burgers while they broil.

Pancakes for Sunday breakfast? Fry apple rings in sausage drippings, then pour maple flavored syrup over them, let simmer and spoon over pancakes while still hot.

Lynn Chambers' Menus

- Shrimp Salad in Tomato
- Potato Chips
- Fried Eggplant
- Rye Bread and Butter
- Blueberry Cobbler
- Top Milk or Cream Beverage

do not require as much liquid as others, so it is not advisable to add all of the flour until it is known that all of it is needed.

Then, add softened shortening, mix well and turn out on floured board. Knead until the dough becomes elastic and does not stick to the board. Place in a greased bowl, cover and allow to rise until double in bulk. Remove from bowl and make into loaves. Place in greased tins which should be large enough to be full when the bread is molded into them. Let loaves rise to the top of the pans or until about double in size. Bake in a pre-heated, moderate (350-degree) oven.

There's nothing better than homemade dark rye bread for those salami and ham sandwiches on picnics and outings. Here is a recipe that makes two 1 1/2-pound loaves that will be ideal for the week-end:

Dark Rye Bread. (Makes 2 1 1/2-pound loaves)

- 2 cups scalded milk
- 1/2 cup shortening
- 4 tablespoons sugar
- 1 tablespoon salt
- 2 packages yeast
- 2 cups lukewarm water
- 12 cups rye flour

Combine scalded milk, shortening, sugar and salt. Stir to mix well, then cool to lukewarm. Add yeast, crumbled in lukewarm water. Blend in rye flour, mixing until dough is well blended. Knead on a well-floured board for 10 minutes. Let rise in a warm place, in a covered, greased bowl until double in bulk (about 1 1/2 hours).

Divide dough and form into two loaves. Place in greased, round 9-inch pans and let rise again until doubled in bulk in a warm place, (about 20 minutes). Bake in a moderately hot oven (400-degree) for 1 hour. Do not store until cold.

Sausage Spoon Bread.

- 1 pound sausage meat
- 2 cups canned tomatoes
- 2 teaspoons minced onions
- 2 teaspoons salt
- 1/2 cup corn meal
- 3 eggs
- 1 cup milk

Cook tomatoes, onions and salt to boiling in saucepan. Slowly add corn meal, stirring constantly. Cook until thick.

Brown the sausage, drain off fat and add 1/4 cup of the fat to the corn meal. Beat eggs, add milk and combine with first mixture. Bake uncovered in a greased 8-inch square pan, in a moderate (375-degree) oven for about 45 minutes. Serve hot.

Irish Potato Pancakes. (Makes 1 dozen)

- 1 cup mashed potato
- 2 cups flour
- 1 teaspoon salt
- 3 tablespoons baking powder
- 2 beaten eggs
- 1 cup milk
- 4 tablespoons light corn syrup
- 1 teaspoon nutmeg

Mix to a batter in order given. Beat thoroughly. Bake on a greased griddle until well browned on both sides.

Released by Western Newspaper Union

Mid-Summer Session - - -

(Continued from page one)

South," in which he will relate the needs of the mission fields in Brazil and Africa which he discovered on his trip to these fields last winter.

Beginning Friday morning, at 10:30 o'clock, Dr. John Newton Thomas, of the faculty of Union Theological Seminary, will be the Bible hour speaker. He will speak each morning through this conference, except Sunday morning.

An "Upper Room" prayer service will be conducted at 9:55 o'clock each morning in the chapel of Anderson Auditorium, by Dr. P. F. Frank Price, retired missionary to China, who is spending the summer at Montreat.

A vesper service will be held at 7 o'clock each evening, with a variety of missionaries as speakers. Among these will be Mrs. John E. Talmage, missionary to Korea; Mrs. T. Chalmers Vinson, missionary to China; Mrs. J. M. Svdenstricker, Brazil; Mrs. John Reed, China; Mrs. L. C. Vass, Africa, and Rev. Samuel Falcao, D. D., professor in Evangelical Seminary, Recife, Brazil.

Among the speakers for the inspirational services to be held each night are: Dr. A. Hoyt Miller, Mutoto, Africa; Dr. Frank W. Price, who recently returned on furlough from China; and Dr. Walter Judd, member of Congress and former missionary to China.

A Korea mission pageant will be presented Saturday night, Aug. 10th.

Sunday morning, August 9th, the Rev. Benjamin Alvarez, pastor of the Presbyterian Church of Zitacuaro, Mexico, will preach at 11:00 o'clock, and that night Dr. John Newton Thomas, Richmond, V., will preach.

An added feature of this conference will be a "Missionary Hour" at 11:30 o'clock each morning, except Saturday. The speakers will be: Dr. Frank Baker, Brazil; Dr. James A. McAlpine, Japan; the Rev. J. M. Svdenstricker, Brazil; the Rev. Richard T. Gillespie, Nashville; and Dr. Kenneth Latourette, Yale University, New Haven, Conn.

Dr. H. Kerr Taylor, Nashville, educational secretary of the foreign missions executive committee, will supervise the conference, which will close Wednesday night, August 14.

Fly Says Bill - - -

(Continued from page two)

shallow turn into the wind and land in the normal manner.

There are three methods of making cross-wind landings:

1. The "slip method": In approaching the landing area, the

up-wind wing is lowered just enough to counteract the drift resulting from the crosswind. This results in a straight path over the ground. You will have to use just enough bank and opposite rudder in the side to keep the plane headed in a straight path over the ground, allowing for drift and velocity of the wind. Just before contacting the ground, the plane is leveled off and sufficient rudder control applied to keep the plane rolling straight ahead. In strong winds, it may be necessary to keep the wing down and touch the up-wind wheel first.

2 The "rudder or crab method": In the approach, the plane is headed slightly into the wind and just a second before contact with the ground the opposite rudder (opposite to the wind) is applied to head the plane in the actual direction of its travel over the ground.

3. The "combination method" is a combination of the "slip method" and the "rudder or crab method." In this method the plane is first "slipped" from a higher altitude and when nearing the ground the "rudder" or crab method" is used. There are variations of these methods of executing cross-wind landings, however, in either method the aim is to prevent the plane from contacting the ground while drifting sideways and thus prevent severe loads on the landing gear and possible "ground looping" of the plane.

Remember: Other planes may be landing into the wind, therefore, check traffic in all directions while practicing cross-wind landings.

Ad Department

WANTED: three unfurnished rooms or small house at once. See or call James S. Street at Black Mountain News.

LOST: Brindle female hound dog wearing collar bearing name "Raymond Ramsey". Call 3743.

FOR SALE:—L. C. Smith typewriter \$25.00. Harrison Funeral Home. Phone 2761.

GURNSEY COW:—For sale at Price \$125.00. See Mrs. Eugene Brown on Camp Branch Rd.

FOR SALE:—One small battery radio in A-1 condition. \$20.00. One 5 string banjo \$7.50. Call Saturday. C. W. Hudson, Padgett Town Rd.

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WANTED:—To rent house or apartment in or near Black Mountain. Notify Bill Kitchen, Black Mountain, Gen. Delivery.

FOR SALE: R C Auto table model in good condition. Write Box 95, Montreat, N. C.

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