

In Memoriam

Mrs. J. C. Daniels
Mrs. J. C. Daniels, 58, of Swananoa, R.F.D. No 1, died Wednesday morning in an Asheville hospital.
Surviving are the husband; one daughter, Mrs. O. L. Smith; one son, M. M. Daniels; two sisters, Mrs. Fred Whaley of Dalton, Ga., and Mrs. Daisy Meadow of Chattanooga, Tenn.; two brothers, Jeff Stacy of Cohutta, Ga., and James Stacy of Waynesville, and five grandchildren.
Funeral services were held Friday at 11 a. m. in Cherry Springs Baptist church near Old Fort with the Rev. Troy Lunsford officiating. Burial was in Old Fort.

The Harrison Funeral home was in charge of services.

IN ATLANTA
H. B. Sabiston and O. W. Tinney were business visitors in Atlanta, Ga., last week.

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Junior Legion Team Improves

Black Mountain's first American Jr. Legion team, after a dismal start, has shown steady improvement. After being trounced by Boone, Asheville, and Hendersonville, top teams of the circuit, the boys gave highly touted Marion a close game, licked Newland by a score of 20-3 behind Lefty Suttle and then with Charlie Reese striking out 14 men gave Hendersonville a fit before yielding on walks and errors.
Coaches Medford and Myers have taken a very green and inexperienced bunch of boys and with care have rounded them into good baseball players. Fans would do well to watch the schedule and come out and root for these youngsters.

Batting averages for past three games:

E. Polson	.750
Bailey	.600
C. Reese	.500
A. White	.500
E. Reese	.333
Rowland	.200
Brown	.284
Capps	.200
Melton	.166

INITIATION CEREMONY
Mrs. Chester Sobol and Mrs. Pat Randolph of Black Mountain, and Miss Mattlin of Moore hospital, were among the 14 new members who were initiated into the Catholic Daughters last Sunday at Lauretine Hall in Asheville. Following the ceremony a buffet supper was served. Mrs. M. E. Henderson also attended the meeting.

BEDDINGFIELDS AT BEACH
Mrs. W. B. Beddingfield and daughters, Ann and Linda, accompanied by her brother, R. J. Wilson of Johnson City, Tenn., are vacationing in Rose Hill, White Lake, and Wrightsville Beach. While there they are guests of her family and will also visit Mr. Beddingfield's family in Bunn, N. C., before returning home.

ASHLEYS HAVE GUESTS
Mr. and Mrs. Lee Tiller and daughter, Lee Ashley of Miami, Fla., are guests of her parents, Mr. and Mrs. J. P. Ashley.

Speaking OF Homemaking

By Elizabeth Greenwood
Home Service Representative
Carolina Power and Light Company

Preparation of Vegetables For Freezing

Follow these suggestions in your food preparation if you want quality frozen products for your table.
1. Select vegetables at stage which is best for eating.
2. Prepare for freezing as soon after harvesting as possible.
3. Wash and prepare for blanching.
4. Blanch (scald) according to the directions for each vegetable. Without blanching, vegetables slowly lose their color and flavor, and may also develop an unpleasant odor. Blanching is done by placing the vegetables in a wire basket or colander, and plunging into boiling water. The wire basket from your deep well cooker of your electric range is excellent for this. Blanching time should be counted from the time boiling is resumed after vegetables are plunged into it.
5. Vegetables may be cooled by plunging immediately into very cold water.
6. Drain vegetables immediately.
7. Promptly pack vegetables in moisture-proof wrapping and seal. A 10% head space should be allowed for expansion of all liquid packs.
8. Label each package with name of product and date processed and frozen.
9. Foods should be stored at 0 degrees F. for best results in preserving food value and flavor.
Lima Beans:
Green beans are best. Shell, blanch small beans for 1 minute in boiling water; large beans, 2 minutes. Cool in cold water, drain and package.
Snap Beans:
Beans should be selected when they are small or at the stage most desirable. Wash, snip the pods and cut them into 3/4" lengths.

Blanch in boiling water for 2 minutes. Cool quickly, drain and package.
Carrots:
Slice 1/4 inch thick and blanch 3 minutes. Small, tender carrots may be frozen whole but it would be wise to blanch them for about 5 minutes. Cool quickly, drain and package.

Okra:
Select young and tender pods. Blanch 3 to 4 minutes according to the size. Cool, drain and pack.
Peas:
Select when they are sweet and not starchy. Wash, shell and discard any starchy peas. Blanch small peas 45 seconds and large peas for 1 minute. Cool, drain and package.

Summer Squash:
Young, tender yellow crook-neck may be sliced. Blanch 3 1/2 minutes in boiling water. Cool, drain and package.
Sweet Peppers:
Peppers may be packaged without blanching but will pack more lightly if halved or sliced and blanched for 2 minutes.

Turnips:
Young, tender turnips may be peeled, diced and steamed for 1 minute. Cool and package. Turnips may also be prepared like summer squash.
Cut Corn:
Cut corn should be blanched on the cob, cooled and then cut off. Less milk will be lost and the corn will be sweeter. For average sized kernels the blanching time should be about 5 minutes.

Corn on the Cob:
Blanch small ears for 6 1/2 minutes, medium for 8 1/2 minutes and large for 10 1/2 minutes. Wrap and label and place immediately in freezer.

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