Conserve

Vegetable

Nutrients

By JULIE BENDER

N. C. State University

Important nutrients in

vegetables are often lost dur-

Three ways to conserve

them are to reduce the

amount of water used in

cooking, reduce the length of

the cooking period and reduce

the amount of surface area

exposed, say agricultural ex-

tension specialists at North

Vitamin C dissolved in

water becomes weakened by

exposure to air and can be

If cabbage is chopped up to

make slaw, but is left

standing on the counter for

an hour before serving, much

of the original vitamin C is

So, freshly cut cabbage is

better for you than the same amount of cabbage boiled for

2 hours with corned beef.

Heat hastens the destruction

Always use a minimum of

water to cook vegetables and

serve vegetables as promptly

as possible to retain the most

destroyed by heat.

destroyed by the air.

of vitamin C.

nutrients.

Carolina State University.

ing the cooking process.

Classified ads

HOMES FOR RENT

RENT: 2 bedroom ho Black Mountain. Couple no pets. References. Call 669-7245. AD2tpd10-20,27;77

MOBILE HOMES

ILE HOME FOR RENT: droom home on private will consider one child but DS1tchg10-27;77

BLE WIDE SAVINGS edroom double wide, siding, shingle roof, mal pain windows, furnished, payments \$140.00 a month. al other models to from. VA - FHA and Financing PINNIX HOMES

Hwy. 70 East. Asheville, N.C. 298-7856

REAL ESTATE SOLD

SALE: Old 2 story house 106 Fountain Way in IKitchg10-27;77

R SALE: 3 bedroom, 1½ 6,2 year-old home on large 2 fireplaces, formal ing, fully-equipped kitchen. ra large family and full ye-in basement. Double with breathtaking views side city limits. \$39,900. | 669-6581. By owner-

LP2tchg10-20,27;77 SALE: Large wooded

sites. Reasonably priced iews and good access in Tree section. BILL ILIM REALTY. 669-8787.

AL ESTATE FOR SALE year old hand hewned log with new addition. Two bedrooms, two full modern kitchen, loft rock foundation place, spring, 2 one-half with mountain view. shingles. Great iniment, well insulated. Will accept classic as partial trade. Call 628or 253-0771. 0-13:77tfn

ND FOR SALE: 15 acres oining national forest. **REAL ESTATE** SOLD

FOR SALE: 10 acres, Bee Tree section. \$2,000 per acre. Terms. 669-8787. BILL TOMLIN REALTY. BT10-13:77tfn

For sale or trade for property in Black Moun-tain area. 1.9 acres on

Brevard Road, Hwy. 280, 1/2

mile south of I-26 and 5

miles south of Asheville

Excellent investment

property. Commercial building with 4,000 sq. ft. with good tenants. Also 3

bedroom house, 2 bedroom log house with basement, 1

excellent terms. 50 percent

financing at 6 percent, balance neogitable. Write P.O. Box 175, Tuxedo, N.C.

28784 or call (704) 669-8727

USED CARS

FOR SALE: 1971 Gremlin.

Good running condition. Straight drive. \$525. Call 669-

DMc1tchg1220-27;77

FOR SALE: '71 Plymouth Fury III. White body, green vinyl top, automatic. Good mechanical condition.\$950.

DM2tchg10-27;11-3;77

FOR SALE: 72 Cadillac Coupe

with extras, leather upholstering. AM-FM radiotape, electric seats and windows, cruise control, nearly new radial tires, two-tone brown. Excellent condition. Priced to sell. Call 669-2598 daily and 669-8557 everings.

MB10-20;77tfn

DeVille. One owner, los

Call 669-9489.

tenants. \$125,000 with

Grant Dickinson.

droom cottage, all good

Old Hwy. 70, Swannanoa FOR SALE OR TRADE:

WANTED

WANTED: Arts and crafts on consignment. You furnish - we sell. 255-8603.

SITUATION WANTED: Lady wants to do housecleaning afternoons. Call after 4 p.m. 3tchg. 10-13,22,29;77

> GARAGE SALE

FOUR FAMILY YARDSALE: Friday and Saturday, October 28 and 29. 210 Alexander St., Swannanoa. Misc. items and good used clothing. IS1tchg10-27;77

CARPORT SALE: 221 Pine St., Black Mountain, October 28-29. Friday 1-6 p.m., Saturday 9:30-2:30. Youth and adult clothing, household

EF1tpd10-27;77



sell used furniture. 3 piece living room set, including end tables and lamps, dinnette set with hutch, 18' range and portable washer and dryer. Call 669-2220. JO2tpd10-27;11-3;77

FOR SALE: 1975 Buick Electra 225 Limited. Excellent condition. Complete power. White leather interior. White Landau roof. Metallic Blue SALE: exterior. All extras. Priced to sell immediately. \$4,900. If interested call collect 1-648-



WANTED: Babysitter for one year old. Swannanoa Valley, E. Asheville, or Biltmore area. Daytime hours. References required. 669-6868 after 6 p.m.

DA1tchg10-27:77

HOUSE HUNTING? LOOKING FOR PROPERTY? Come by or call

100 Broadway Black Mountain, N.C. 669-8787



ear Swannanoa Grammer School Mountain Crest.

ew home with 3 bedrooms,

baths , ire place in Living room

uilt in kitchen with dish washer,

ompletly carpeted , ttached garage



call 669-8698



MISCELLANEOUS

FOR SALE: Ladies' square

dance costume, two couches,

one chair, misc. items. Call

MP1tchg10-27;77

FOR SALE: Furniture--modern oak bed with mattress

and spring, living room chairs, small refrigerator, old

couch. Call Dan at 669-8727.

CHRISTIAN BOOKS: by two

Christians for use in personal library and the Lords work.

Seeking such authors as

Lloyd-Jones, Spurgeon, Pink, Stott, Robertson, Owen,

Bernhouse, Bunyan, Calvin,

etc. and commentaries. Write

giving particulars to R.A. Fuselier, Rt. 4, Greenlake Dr.,

FOR SALE: 24' round mar-blelene top table; 16 cubic foot upright Whirlpool freezer; new copper tubing. Call 669-

ST1tchg10-27;77

WANTED: Cash for best

JU2tchg10-27;11-3;77

FOR SALE: Wood box heater.

LJ3tpd10-27;11-3,10;77

FUR SALE: Gas heater. 4

room capacity. Excellent condition. 686-5421. DMc2tpd10-27;11-3;77

FOR SALE: Coal and wood

burning kitchen range, in good condition. Call 669-8688 after 5

BMc1tpd10-27;77

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Reg. \$18.00

NOW \$1250

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669-6776 Mon. - Sat.

Call 686-5178.

Greenville, S.C. 29605. RF1tchg10-27:77

669-8873 any time

WANTED; USED

HELP WANTED: Call 669-8921. Dogwood Manor Nursing Home. Help needed for three DM3tchg10-20,27;11-3;77

HELP WANTED

Welders and Diesel Machanics. Paid vacation, paid holidays, major medical and hospital insurance, retirement, profit sharing plan. Annual onuses. A secure future, Apply in person to GROVE STONE

AND SAND



CE10-13;77tfn



FOR SALE: Moving-must

refrigerators—apt. size \$35, large size \$50. Two mahagony round tables—pull apart \$30 ea.; one Danish sofa \$15; one calf-length sable mink coat, to settle estate, \$250. Call 669-

DM2tchg10-27;11-3;77

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THE STORE WITH ALMOST EVERYTHING

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Commercial properies in or near Black Mountain, call the office for details.

80 acres Broad River Section, lots of water, trout streams and water falls. Call the office

Smaller home with two bedrooms, one bath, close in, ideal for retired or young couple. Only \$25,500.00

Close in - two story brick home, three or four bedrooms, two baths, fireplace, detached

Large two story older home, four bedrooms, new furnace, redecorated, close-in.

Remodeled two story home, older home with new interior, nice lot in town, three bedrooms, two baths, reduced to \$34,500.

Summer home completely furnished has two bedrooms, screened-in porch, on one acre lot.

Several building lots available, let us arrange to build you a home.

New home now under construction in Spring Hill. Large contemporary with rock fireplace. Call for details.

4 acres near Buckeye Cove \$15,000

BUSINESS (O **OPPORTUNITIES**

PORTUNITIES: Stuff envelopes \$250 per thousand! Immediate earnings! For further details send stamped self-addressed envelope. Croft, Dept. 98, Box 2230, Oceanside, California 92054. 4tpdCP10-27;11-3,10;77



NOTICE: Harmonica les Teacher has played professionally 10 years. Offering instructions in blues, bluegrass and country. Beginners, advanced welcome. Guitar also. 686-

JB2tpd10-20,27;77

NOTICE: Need to re-locate to be closer to work. Looking for a 1-2 bedroom house in Black A 1-2 bedroom nouse Mountain in the \$100-150 per range. Good month range. Good references. Call 669-6473 between 8:30 a.m. and 4:30 HF2tchg10-27;11-3;77

condition old rustic porch furniture - bark covered wood frames with woven splint seats. Call 669-9548 after 6

brighten carpets. Blue Lustre them. . .no rapid resoiling. Rent electric shampooer for \$1.00 at BLACK MOUNTAIN GARDEN SHOP. 1-20-77tfn.chg.

NOTICE: Bud Hall's Used Auto Parts-24 hour wrecker service. Unwanted cars hauled away FREE. Call 669-

1-20-77 tfn.chg.

NOTICE: SUPER CLEAN your carpets with Trewax Rug Shampoo. Pre-spot with Trewax Up & Out. Rent electric shampooer for \$1.00 at TOWN HARDWARE. 1-20-77 tfn.chg.

FOR SALE New and used appliances Service & Repair on G.E., Hotpo int, Frigidaire, Gibson, Maytag, Westinghouse & others. Gillis & Burnette Co. 108 Sutton Ave. 669-7811.

LISTING

SERVICE

\$42,000--Under

Handiman's Special-Structurally

ound 2 bedroom, 1 bath, on city lot.

bedrooms, 2 bath home with living

room, dining room and country kitchen.

\$43,600-Nearing completion. Beautiful rustic home in Grovemont. 3

bedrooms, 2 full baths. Great room

with Fisher stove. Plenty of closet

space. Country charm with city con-

TOP OF THE MOUNTAIN-Paved

Road, 3 bedrooms, 2 baths, 2 baths. 2 fireplaces and a deck on two sides.

Exclusive Section. The view is for sale with the house. \$42,000.

ALPINE MEADOWS-\$42,000. Under

construction 3 bedrooms, 2 bath home with living room, dining room and country kitchen. Den with Fisher

\$28,000 - "have your cake and eat it too" Comfortable 3 bedrooms, 1½ bath home

on .8 acres. PLUS - 36x34 double garage

in rear. Garage makes ideal location for an auto, machine or hobby shop or can be a commercial rental for extra

Well kept spacious home, 3 bedrooms

den, walking distance to town, quiet street, fenced yard, completely win-

terized. A genuine bargain for \$23,500.

NEW RANCHER under construction with 3 bedrooms, 2 baths, fireplace, full basement on 1.14 acre wooded lot in

restricted area off Bee Tree Rd. \$43,500.

ENERGY EFFICIENT HOME - in

easily accessable location. 2 bedrooms

and one bath. Nice dining area and recently remodelled kitchen. Some furnishings might be purchased also.

TOP OF THE MOUNTAIN - Paved

Road, 3 bedrooms, 2 baths. 2 fireplaces and a deck on two sides. Exclusive

Section. The view is for sale with the

house. \$43,000.00

Marcy Pierce

stove. Garage on 1.3 acres.

construction

Just needs some work.. \$12,000.

NOTICES

Caldwell Drilling-Well drilling and pump service, arranged. Call collect 254-3581

1-20-77 tfn. chg.

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Have your carpet or upholstered furniture beautifully cleaned in your home or business, completely safe and drys rapidly. Dry Foam extraction method used. All guaranteed, for free estimate call

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For rent, Blue Luster shampooers. All kinds of tools. If you need it, we have it. R.C. Moss Co. Tool Rental and Key Shop. 669-7428

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REALTY AND CONSTRUCTION

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US 70-W at BLUE RIDGE ROAD

BLACK MOUNTAIN, N.C.

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Contractors License No. 6275



NOTICE: All makes of portable electric appliances repaired. Snyder Repair Service. 106 Dilling Ave., Black Mountain, N.C. Phone 669-8352.

1-20-77 tfn.chg.

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840 Craigmont Rd. Black Mountain, N.C. Free Estimates

Free Pick Up & Delivery Upholstery fabric samples hown in your home by

All Work Gauranteed

669-8460 669-7855

Chester Bullman - Owner

Clean Rooms Thoroughly By Beginning at the Top

By JULIE BENDER

When planning to clean a room "from top to bottom", do just that beginning with

Start by dusting it with a a long-handled mop covered with a clean cloth to remove oose dirt and dust particles, say agricultural extension State University. ialists at North Carolina

Fill one pail with warm water and detergent and another pail with clean, warm rinse water. Protect furniture by covering with a

REALTOR

\$58,500. Country living

Animal lovers and gardeners - HERE

IT IS: a small farm with easy access.

Country living at its best. Partial owner

bedroom with den. Drive in garage. North secion off 4 lane Appalachian

A REAL SHOWPLACE - 3 bedroom, 2

bath home in a restricted subdivision.

Country kitchen opening onto a beautiful covered porch. 2 fireplaces.

workshop in basement, and plenty of

Unique custom designed home on 5 acres with breathtaking view. Brick and cedar exterior. Quality plus throughout. Four large bedrooms and 3 baths. Family room with fireplace,

soundproof music room, den, wrap-a-round deck, basement, double carport,

fruit trees and more. Private and secluded 5 minutes from I-40. \$85,000.

Truly elegant home that is unique in the Black Mountain area. Totally secluded yet only minutes from downtown. \$165,000. Only serious inquiries, please.

LOTS-ACREAGE — We have lots from 1/2 to 10 acres in the city and out. Priced

COMMERCIAL

Commercial lot in Swannanoa-40 by 90

building containing 2 apartments

Commercial property on Old U.S. 70 - 1 acre with foundation for building

.. For Sale or Lease: Fully equipped

small restaurant. Just the right size for

a prosperous delicatessen. Be the first

in this area. Sale priced at only \$35,000.

Beautiful 3 bedroom 3 bath home on

U.S. 70 that would make an ideal

restaurant location. 240 feet on high-

way. 1 bedroom cottage on property.

from \$1500 - \$41,500.

already in. \$13,200.

financing. \$27,000.

storage. \$68,900.

highway, near Mars Hill.

plastic sheet. Then spread out newspapers to protect the

With a sudsy cloth or sponge, wash as much of the ceiling as can be reached comfortably while standing on a sturdy ladder. Never overreach! Instead, move the ladder frequently. When one segment of the

ceiling is clean, rinse with a sponge wrung out of clean rinse water. Avoid leaving marks between sections of the ceiling.

BETTER HOME REALTY

Specializing in GOOD old fashioned service

COMMERCIAL PROPERTY A large 2 story home which was built to be a tea room. Perfect for a restaurant huge dining rooms! It's been redone - up stairs to rent as an apartment. Located on nearly an acre, theirs also a brick building which could be rebuilt and rented as another business! Other uses are offices - or any retail outlet - good traffic count, located just behind Shopping Center in Black Mountain-It's on Old US 70! just reduced \$45,500

RESIDENTIAL An attractive 3 bedroom

home in a plesant area near parks and recreation this lovley home has many extra's you will enjoy, you' ll love the cozy fireplace in the master bedroom. Only \$31,500. Call now!

A great family home or perfect mountain retreat a very spacious home! Sunken living room, dining room, 3 - 4 bedrooms, 11/2 baths, and huge ruffed in basement could easly be made into rental \$41,500. BETTER HOMES

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REALTOR Jackie Kettleson 740 Merrimon Ave.

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Jim Hutto 669-2465 Comfortable % B.R. home less than 2 years

Refrigerator and range included: \$27,000. SKY COTTAGE--Vistas unparalleled east of the Rockies. Rock fireplace, 2 B.R., 2 bath. 2

old situated on a large level lot. Priced to sell.

GOLFCOURSE-All appliances included. Eat in kitchen, garage, 3 B.R., 2 baths, large level

extra lots included. \$32,000.

room. \$31,500.

double garage--hot water heat. Level lot with open areas and trees. \$48,000. NORTH-Rambling 2 B.R., 11/2 baths.

Fireplace in family room. Carport and utility

IN TOWN--Large 2-story brick home with

BROOKFIELD-Situated on large level lot. Two large bedrooms, 11/2 baths, rock fireplace, double garage and much more.

SUNSET MEADOWS EAST-Attractive home with dining room and den combination. 3 B.R., 11/2 baths, living room, deluxe kitchen. 1300 plus sq. ft. of living space. \$35,500.

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YearRound Cottage-Fully furnished including color TV. Oil forced air heat. Completely fenced. Large landscaped lot. \$39,9000.

DEVELOPERS OR INVESTORS-

Approximately 8 acres with paved road frontage and plenty of privacy. Gracious colonial home in good condition. Can be used for your own personal estate or land can be subdivided into many building sites. \$115,000.

PRIVATE MOUNTAIN ESTATE-Two story colonial home with swimming pool, and tennis courts. Situated on 12 acres of spectacular mountain beauty. \$165,000.

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OLD FORT - Sugar Hill Road

4 acres - \$4500 5 acres - \$5500 30 acres - \$800 per acre

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