

TESTED TASTIES

YOUR FAMILY WILL ENJOY!

We will publish in this column regularly the very latest recipes and food news, developed and tested by the Kroger Food Foundation. If you have particular problems in buying or preparing food, let us help you solve them. Just write our Food Editor, in care of this paper. We will be pleased to see that your questions are answered helpfully and promptly.

FISH FOR THE LENTEN SEASON
by Jean Allen

Many people think of including fish in their menus only during Lent. While it is especially appropriate to this season, it is a pity not to use it frequently in the family diet during the rest of the year. Throughout the Middle West, salt water fish is a particularly fine source of iodine and other minerals, but whether it comes from ocean, lake, or stream, our finny friend offers us variety and economy, and when properly cooked, a real treat. Fish is one of the few commodities whose quality and price have been untouched by last summer's drought.

Two kinds of ocean fish which are most widely distributed and popular through the inland states, are halibut and haddock. We therefore bring you this week recipes that are equally good with either of them.

Baked Fish Slices With Tomato Sauce
Allow 1-3 pound of haddock or halibut for each person. Cut

NOTICE OF SALE

NORTH CAROLINA, ALLEGHANY COUNTY, IN THE SUPERIOR COURT

W. B. Sturgill, Administrator of J. N. Atwood, vs. John Atwood et al

Under and by virtue of order in the Superior Court in the above entitled matter, I will offer for sale at public auction to the highest bidder on the premises the 3rd day of April, 1935, at 11 o'clock A. M., the following tracts of land:

FIRST TRACT: Known as the home tract, bounded and surrounded by the lands of Linville Blevins, Jack Caudill, A. C. Sturgill, Thurmond Fitzgerald and Linville Blevins.

SECOND TRACT: Being the part of the John Atwood land conveyed to J. N. Atwood by J. E. Miller, Administrator and Commissioner, by deed dated July 15th, 1933 and recorded in Book 40, page 527 in the office of the Register of Deeds of Alleghany County, to which reference is made for a complete description.

THIRD TRACT: Known as the Geo. Evans land, bounded and surrounded by the J. W. Atwood land, Thomas Larue, L. V. Whiteley, Mollie Atwood, Mack Woodie and A. C. Sturgill.

FIRST TRACT: BEGINNING on a black gum, then S. 51 3-4 W. 72 2-5 poles to chestnut on bank of road, Calvin Andrews and Log Woddie's corner; then N. 34 1/2 W. 10 poles to stake in road; then N. 28 1/2 East 3 1/2 poles to stake in road; then N. 3 1/2 E. 20 poles 14 links to white oak; then N. 7 W. 22 1/2 poles to stake in road, A. C. Sturgill line; then N. 74 E. 15 poles to wild cherry, A. C. Sturgill's corner; then S. 62 E. 18 poles to an old maple stump nearly rotten and gone, near spanish oak tree; then S. 85 E. 20 poles to gum; then S. 87 3-4 E. 12 poles 21 links to beginning. Containing 11 acres 142 1/2 poles.

SECOND TRACT: BEGINNING on Chestnut on top of a rock; then S. 5 W. with fence 47 poles 2 links to hickory, Mary Atwood corner; then N. 87 3-4 W. 76 poles 8 links to gum, A. C. Sturgill corner; then N. 73 3-4 W. 31 1/2 poles to stake to J. N. Atwood's corner; then East 31 poles to sarvice; then N. 82 E. 20 poles to sarvice; then N. 64 1/2 East 38 1-5 poles to beginning, excepting the dower interest of Mary A. Atwood but including remainder after expiration of dower interest. Containing 17 acres and 17 3-4 poles.

Terms of sale: One-third cash on day of sale, balance in two equal installments due in six and twelve months.

This 4th day of March, 1935.
W. B. STURGILL,
4tc-28AT Commissioner

the fish in pieces suitable for serving. Clean, dry thoroughly, and put in a greased baking pan. Cover with half of the Tomato Sauce (recipe below), and bake about 50 minutes in a moderately hot oven (375 degrees F.), or until the fish separates from the bone. Baste often. Serve on hot platter, pouring the rest of the sauce around the fish.

Tomato Sauce:
2 tablespoons butter or bacon drippings.
1 small onion, finely minced, if desired.
1 No. 1 can tomato puree.
1-2 can water.
1 teaspoon salt.
1-8 teaspoon pepper.
1 tablespoon lemon juice.
2 tablespoons' chopped parsley.
Melt the butter. Fry the onion in it, if used, to a golden brown, being careful not to let it burn. Add the tomato puree, water, and seasoning. Simmer together, stirring occasionally, until slightly thickened, or for about 10 minutes.

Baked Sliced Fish With Stuffing
Have halibut or haddock cut in slices 1-2 inch thick. Trim off the skin and remove the bone. Place half of the slices in a well greased baking pan. Sprinkle with salt and pepper and spread with a savory dressing. Top with another slice of fish, and fasten securely with toothpicks. Brush top slices with melted butter and sprinkle generously with salt and paprika. Bake in a hot oven (400-450 degrees F.) for 15 minutes. Serve immediately with quarters of lemon or with Tomato Sauce for fish to which 2 tablespoons chopped pickle has been added.

Savory Dressing for Fish:
2 cups small dry breadcrumbs.
1 teaspoon poultry seasoning if desired.
1 tablespoon finely minced onion.
1-4 cup melted butter.
2-4 tablespoons hot water.
Salt and pepper.
Mix ingredients in order given. To aid you in building your menus around fish, here are some of the foods that go well with them:

Foods That Go Well With Fish
Appetizers: Grapefruit, celery hearts, ripe or stuffed olives, tomato-juice cocktail.
Soups: Tomato consomme, cream of celery, pea, or mushroom, black bean.
Starchy Vegetable: Potatoes, baked, mashed, creamed, or French fried, Spanish rice, steamed rice, hominy.
Green Vegetable: Asparagus, spinach, carrots, peas, broccoli, brussels sprouts, tomatoes, cauliflower, green beans. (It is true

NOTICE
STATE OF NORTH CAROLINA COUNTY OF ALLEGHANY IN THE SUPERIOR COURT

Oscar B. Andrews, plaintiff, vs. Caroline Andrews, defendant.

The defendant above named will take notice that an action entitled as above has been commenced in the Superior Court of Alleghany county, North Carolina, being an action for an absolute divorce on the grounds of two year's separation.

And the said defendant will take notice that she is required to appear within the time required by law and answer or demur to the complaint of the plaintiff or the relief demanded will be granted.

This the 18th day of February, 1935.
A. F. REEVES,
Clerk of the Superior Court
4tc-14AT

that these are not all green in color—it is simply a general term that has come to be applied to all vegetables not starchy).
Salad: Watercress, fresh tomato, tomato aspic, mixed vegetables, lettuce, cabbage, cucumber, pineapple, green pepper.
Relish or Pickle: Piccalilli, pickled onions, pickled beets.
Breads: Hard rolls, rye, whole wheat, corn muffins.
Dessert: Lemon ice, apricot tartlets, lemon pie, mixed fresh and canned fruit, gold cake with orange filling.

I shall be glad to send you free of charge, an assortment of tested recipes for fish, if you will address me at my office, 125 Government Square, Cincinnati, Ohio.

Little Pine

Ennice P. O., March 11.—Mrs. James Wagoner underwent an operation for appendicitis recently.

Those who visited Mr. and Mrs. Garnett Smith Monday night were Mr. and Mrs. I. M. Cheek, Mr. and Mrs. Fred Handy and son, Billie, Mr. and Mrs. Guy Collins, Isom Cheek, Earl Cheek, Zola Cheek, Zelma Greene and Dale and Thelma Greene.

Mrs. Homer Wilson, Six, W. Va., is visiting home folks here. Mr. and Mrs. Guy Collins and Mrs. J. B. Collins visited at the homes of Reaves Collins and Tom Smith Friday.

Mrs. J. L. Greene and son, Dale, visited Mrs. Greene's daughter, Mrs. Homer Wilson, Wednesday.

Miss Zola Cheek spent Monday night with her sister, Mrs. Garnett Smith.

Kellie Murphy visited at J. L. Greene's home Wednesday.

Mr. and Mrs. Guy Collins and Mr. and Mrs. J. B. Collins were shopping in Sparta Monday.

Mrs. Dora Smith visited at the home of Mack Wagoner Wednesday.

Leonard Cane visited at the home of J. B. Collins Friday afternoon.

Miss Zelma Greene spent Saturday night with Miss Zola Cheek.

Homer Wilson returned to his work at Six, W. Va., Tuesday, after spending a few days with home folks.

Mr. and Mrs. Guy Collins spent Monday night at J. L. Greene's home.

Mr. and Mrs. Buster Murphy spent Saturday night with Mr. and Mrs. Guy Collins.

Miss Emma Lea Wagoner is spending a few days with her sister, Mrs. J. C. Caudill, at Whitehead.

Mrs. Ollie Franklin, Mrs. Bradie Bedsaul and Mrs. Page Wilson and daughter, Jean, visited the home of Guy Wilson Wednesday.

Miss Zelma Greene visited Mrs. Garnett Smith Saturday.

Mrs. I. M. Higgins, of Maryland, is visiting her sister, Mrs. Mack Wagoner, here.

Mrs. J. L. Greene visited at the home of Mack Wagoner Friday.

Mrs. Homer Wilson visited Mrs. Page Wilson Friday.

J. L. Greene spent Thursday night with his sister, Mrs. Mae Bailey.

Handy Murphy visited the home of J. L. Greene Tuesday.

Billie Handy visited J. B. Collins' home Saturday.

Arlie Maines visited J. L. Greene's home Saturday.

Miss Bessie Chappell has returned home from Hanes.

Mr. and Mrs. C. C. Tompkins spent Saturday night with their daughter, Mrs. J. L. Greene.

Mr. and Mrs. Guy Collins spent Saturday night with Mr. and Mrs. Buster Murphy.

Mrs. Garnett Smith visited the home of Mack Wagoner Sunday.

Ennice P. O., Mar. 5.—Miss Zola Cheek spent Sunday night with Zelma Greene.

Mr. and Mrs. J. C. Caudill, of Whitehead, spent Saturday night at J. H. Wagoner's home.

Miss Emma Lea Wagoner has gone to Whitehead to spend a few days with her sister.

Those who visited at the home of Fred Harris Sunday were:

Fought Arctic Alone



SARCOXIE, Mo. . . . Above is the last picture of Dave Irwin, 24, of this place, who has just been rescued from the arctic after completing a 2,000 mile trek alone across Polar sea wastes in, what experienced explorers declare to be, the most remarkable performance on record.

J. C. Winkler Is Transferred To Surry County

J. C. Winkler, who, for more than four years, has been head of the State Highway Commission's maintenance force in Alleghany county, was transferred last week to Surry county.

Mrs. Winkler left Tuesday for Elkin, where Mr. Winkler has headquarters. Mr. and Mrs. Winkler made many friends while in the county, who, no doubt, regret very much to see them leave.

Mr. Winkler is to be succeeded in his work in Alleghany county by A. C. McMillan.

Miss Ester Pennex, Ralph Pennex, H. P. Pennex, Walter and Lefford Rector, Connie Cheek and Dillon and Oscar Siddon.

Isom Cheek is spending this week with his brother, I. M. Cheek.

Mr. and Mrs. I. M. Cheek visited at the home of Carl Glaco Saturday.

Several folks from around here enjoyed the music given at J. L. Greene's home Monday night.

J. L. Greene and Neal Hendrix made a business trip to Elkin Thursday.

Mr. and Mrs. Homer Wilson, from West Virginia, is visiting home folks here.

Mr. and Mrs. Buster Murphy and Mr. and Mrs. James Wagoner spent Saturday night with Mr. and Mrs. Guy Collins.

Miss Zelma Greene spent Saturday night with Zola Cheek.

Mr. and Mrs. Guy Collins visited at the homes of I. M. Cheek and J. L. Greene Sunday.

Misses Zola Cheek and Zelma Greene and Watson Lowe visited Mrs. Garnett Smith Saturday afternoon.

Mrs. Lester Greene and daughter, Zelma, and Mr. and Mrs. Fred Handy and son, Billie, visited at the home of Garnett Smith Wednesday night.

Misses Zola Cheek and Zelma Greene visited Mrs. Garnett Smith Sunday night.

J. L. Greene made a business trip to Galax Monday.

FERA Heads Are Worried By High Birth Rates

Classes 'Least Capable' Of The Responsibility Have Most Babies, A Recent Survey Shows

Washington, Mar. 11.—Birth rates among families on relief are becoming the concern of governmental agencies as relief rolls reach the 20,000,000 mark.

There were 19,900,569 persons on relief rolls in December. The expense of maintaining them totaled \$179,502,799 for the month, including Federal, State and local expenses. The Federal Government paid \$138,616,690 of the bill.

Babies are arriving at the fastest rates in the classes "least capable of the responsibility," says one report—among families on relief; among families not yet on relief but without employed workers; among families with less than 1,200 a year income, and even among those whose economic status dropped from moderate to poor in the last few years.

The facts came to light in a special study made by G. St. J. Perrott and Edgar Sydenstricker through the cooperation of the United States Public Health Service and the Milbank Memorial Fund.

Study Also Made by FERA
A less extensive study has been made by FERA, which is responsible for providing food and shelter for the impoverished millions.

It was found in October, 1933, that there were 1,849,771 children who were 5 years of age or less in families living on public funds. The great majority of those can be figured as "depression babies," since many of the families were on relief before the 1929 crash.

In another study made by Professor James H. S. Bossard, sociologist of the University of Pennsylvania, it was found that families on relief have a birth-rate 60 per cent higher than other families living on the same economic scale but not accepting public aid.

The Perrott-Sydenstricker study considers the birth-rate figures from three angles: First, as compared with varying degrees of low incomes; second, in comparison with employment figures, and third, in comparison with relief figures.

In almost every case the greatest number of children were born

Cherry Pie Champion



CHICAGO The National cherry pie baking championship goes to Inez Todnem (above), of Marshall, Minn. Miss Todnem was state champion before competing here against other state winners for national honors. The winning pie is to go to President Roosevelt.

to those families least capable of assuming the responsibility.

Chart of the Birth Survey
Their chart shows:

	Births	Rate per 1,000
Social and Married Women		
Employment Status Aged 15-44		
Unskilled labor (avg.)	182	
Non-employed workers	234	
Part time workers	166	
Full time workers	169	
Skilled labor	150	
Non-employed workers	188	
Part time workers	152	
Full time workers	134	
Salaried workers	134	
No employed workers	167	
Part time workers	153	
Full time workers	120	

Then, considering the birth rate in conjunction with the family incomes, the following facts were found:

	Birth	Rate per 1,000
Under \$1,200	176	
\$1,200—\$1,999	145	
\$2,000—\$2,499	124	
\$2,500 and over	116	

1932 Figures Are Cited
For the classes on relief in 1932 the report found that 210 babies were being born to every 1,000 mothers on the relief rolls, while only 137 were being born to those not living on relief.

FERA figures show that between October, 1932, and October, 1933, there were 236,880 babies

ies born to families living on public charity. Between October, 1929, and October, 1933, there were 1,612,891 new babies arrived in families on relief rolls. Those babies formed 12.7 per cent of the total relief roll population, while children of the same age in the general population were only 9.6 per cent of the number.

See Castevens Motor Co. for radio batteries, tubes and service.—adv.

NOTICE
TRUSTEE'S SALE OF LAND

NORTH CAROLINA, ALLEGHANY COUNTY.

By virtue of authority conferred in me in a certain deed of trust executed to me as trustee, by Loyd Pugh and wife, Nellie Pugh, and J. A. Pugh, dated Feb. 7, 1934, and recorded in Book 18, page 166, Alleghany County Registry, default having been made in the payment of the note secured thereby and demand being made for foreclosure, I will, on Saturday, March 23, 1935, at 1 o'clock P. M., at the Court House Door in Sparta, County and State aforesaid, offer for sale to the highest bidder for cash, the following described parcel of land:

Lying in Glade Creek Township, BEGINNING at corner of the bridge at Chestnut Creek, South 64 1/2 East 11 poles with road; North 73 East 12 poles to center of Low Gap and Sparta road; North 36 3-4 East 19 1/2 poles to center of said road; North 58 3-4 West 24 poles leaving road with Johnnie Richardson's line to a maple on West side of creek; then South 8 West to creek and with meanders of same 14 poles; then South 41 West 17 poles to the beginning. Containing 3 acres, more or less. This Feb. 18, 1935.
W. R. SMITH,
4tc-21AT Trustee

Reins - Sturdivant
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Licensed Embalmers
SPARTA, N. C.
Telephone 22

NOTICE OF SALE OF LAND FOR TAXES

As Treasurer and Tax Collector for the Town of Sparta, I will on MONDAY, APRIL 1st, 1935, at 11 o'clock A. M., at the Court House door in Sparta sell to the highest bidder for cash for the non-payment of taxes due the Town of Sparta the following lands of taxpayers of said Town of Sparta to satisfy said amount of tax set opposite the names hereinafter set out and the tracts of land as described opposite each name.

This 6th day of March, 1935.

Mrs. L. M. Andrews,	1 town lot	\$ 1.73
Mrs. Mattie Andrews,	1 town lot	11.16
J. S. Chambers, 1 town lot		1.79
Ernest W. Hoppers,	1 town lot	2.25
J. L. Rouse, 1 town lot		2.19

R. D. GENTRY, Treasurer and Tax Collector, Town of Sparta
4tc-28AT

ANNOUNCEMENT!
OPENING MARCH 15th
Vogue Beauty Shop

Modernistic	Licensed
Royalchrome	Operator
Equipment	Service
Perma-	Facials
ments	\$1 & \$1.50
\$2.50 up	Our Courtesy
Croquignole,	Facial Is
Spiral or	Restful And
Combination	Invigorating

Finger Wave and Shampoo dry 50c
Finger Wave dry 35c
Manicure 35c
Eyebrow-Eyelash dye. 50
Eyebrow arch 25
Hair dye 2.75
Hair dye, touch up, 1.75

Scalp and Hot Oil Treatment \$1.00
(special on a series of five) 4.00
Haircut35
Neck Clip10

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