

Sarah Annie's COOKING CLASS

The foundation for perfect health is laid by eating plenty of fresh fruits. The rule is one fruit besides a citrus fruit (orange, grapefruit or lemon) or tomato. Serve twice as much tomato juice as orange just to give the same amount of vitamin C.

Honey cream dressing. Rinse and halve strawberries, dice pineapple. Remove all skin and membrane from citrus fruit. Chill. Blend with half of dressing. Serve on lettuce, top with remaining dressing.

Fruit Salad Dessert
2 cups halve strawberries.
1 cup diced pineapple (fresh or canned).
1 cup orange or grapefruit sections.
Lettuce.

Honey Cream Dressing
1 cup thick sour cream.
1 tablespoon lemon juice.
1-4 teaspoon salt.
1/2 cup slightly warmed strained honey.
Combine cream, lemon juice and salt. Pour in honey gently.

beating while pouring. When well blended, chill until ready to use.

Glazed Pears
Steam pears on top of stove and dress with a mixture of honey and butter or corn syrup and butter. Simmer, gently turning pears often until glazed. Serve hot or cold for dessert or serve with meats.

Apple and Cottage Cheese Salad
2 medium apples.
2-3 cup diced celery.
3 tablespoons sliced stuffed olives.

French dressing.
Shredded cabbage.
1-2 cup cottage cheese.
Wash and coarsely dice apples without paring. Combine with celery and olives and 3 tablespoons French dressing. Blend well. On individual salad plates arrange a bed of shredded cabbage that has been mixed with a little French dressing. Top each with 1-3 cup of cottage cheese. Shape the cheese into a ring. Heap the center of each ring with the apple mixture.

The Dressing
1 tablespoon wine vinegar.
3 tablespoons olive oil.
1 teaspoon olive oil.
1 teaspoon each pineapple juice, orange juice and lemon juice.
Salt — Paprika — Cayenne.
Mix all ingredients. Chill and serve on salad.

Apple Special
6 to 8 large apples.
Butter — honey.
Marshmallows.
Peel apples and cut in quarters. Put layer in buttered baking dish. Dot with butter and honey. Add second layer of apples, butter and honey. Bake until tender. Cover with marshmallows and brown slightly.

Iron Salad
20 pitted dates.
1 package cheddar cheese.
2 tablespoons chopped parsley.
2 tablespoons seedless raisins.
Salad dressing.
Mash the cheese with a fork and add the parsley and raisins. Moisten if necessary with cream or salad dressing. Stuff the dates with the cheese mixture and serve on lettuce with family's favorite salad dressing.

OPA demands a rise in production of suits for men and boys.

News Notes

TWO DIE IN FOOD FREEZER
Cleveland, O. — Two children, Karen Duddy, 5, and her brother, 6, were suffocated when a lid fell on the deep freezer they were "exploring" and they were trapped. Little Karen was the winner of a recent city-wide beautiful-child contest.

NO BARE MIDDRIFTS IN COURT
Las Cruces, N. M. — When a litigant in a civil case appeared in court in a two-piece ensemble sometimes referred to as "bare midriff," District Judge J. L. Lawson refused to permit the woman to testify and took her counsel to task for permitting her to enter the court in such attire.

THROWN TO AUTO TOP
Port Credit, Ont. — In a collision of his bicycle with an automobile on the highway, Albert Yarnell, 14, was thrown into the air and landed on the roof of the car. He was carried about 50 feet on top of the car while his bicycle hung from the hood. The driver of the car was arrested and charged with dangerous driving.

SHOOTS OFF FINGER TO AVOID DRAFT
Camden, N. J. — Franklin B. Brooks, 28, pleading guilty to a charge of violating the Selective Service Act, testified that although his wife tried to dissuade him, he went up to the attic of his home on May 14, 1945 and shot off two fingers of his left hand so he wouldn't be drafted during the war.

CHAMPION HICCoughER
Ambridge, Pa. — Victor Dionise, 39, lays claim to the title of world's champion hiccougher. Dionise started to hiccough, off and on, 15 years ago. Some spells last fifteen minutes, others an hour and others a week at a time. He has tried all the remedies and still hiccoughs.

A SURPRISE TO EVERYONE
Philadelphia. — Ronald Paczynski, 6 1-2 pounds, surprised everybody, particularly his mother, by arriving one month too soon and right in the middle of a downtown Philadelphia department store. Mrs. Hermina Paczynski had gone to pay a bill when the stork paid his surprise visit. She was taken to the infirmary of the Strawbridge & Clothier store, where the doctor in charge declared it was the first birth to occur in the store in his 28 years' connection with the store's infirmary. The store presented Ronald with a complete layette—a gift to its unexpected godchild.

RUN OVER BY HELICOPTER.
Montreal. — While Jean Roger Beachemin, 11, of Amos, Quebec, was strolling along one of the town's empty streets, "minding my own business," he was run over by a helicopter, which was landing on the highway.

SPILLED GASOLINE CAUSES DEATH
Baltimore, Md. — When en route in his automobile to visit relatives in Sunnyburn, Pa., a can of gasoline tipped over and some spilled on the clothing of Earle Waters, 37. Later, Waters lighted a cigarette while he was driving and his gasoline saturated clothing caught fire. He died in a hospital of second and third degree burns.

W. M. Thomas of Watauga county says he will get about 210 bushels of corn from 3 acres this year as compared with 250 bushels from 10 acres in 1943.

Lemon Juice Recipe Checks Rheumatic Pain Quickly

If you suffer from rheumatic, arthritis or neuritis pain, try this simple inexpensive home recipe that thousands are using. Get a package of Ru-Ex Compound, a 2 weeks' supply today. Mix it with a quart of water, add the juice of 4 lemons. It's easy, pleasant and no trouble at all. You need only 1 tablespoonfuls two times a day. Often within 48 hours — sometimes overnight — splendid results are obtained. If the pain does not quickly leave and if you do not feel better, Ru-Ex will cost you nothing to try as it is sold by your druggist under an absolute money-back guarantee. Ru-Ex Compound is for sale and recommended by

CAROLINA PHARMACY
Phone 47 Boone, N. C.

SKIRT-TUGGER?

Is your child irritable, fretful—tugging at your skirts? This crossness is often the sign a laxative is needed.

Try Triena FOR CHILDREN

Most children have times when faulty elimination makes them tired, sluggish, with a coated tongue. When this happens, remember the quick relief Triena brings. Made with famous senna, it's effective, gentle. TRIENA won't upset your child. It tastes good because it's flavored with pure prune juice. 30c. large size 50c. Use as directed on label.

ALLIED DRUG PRODUCTS CO
Chattanooga, Tenn.

New Publication On Wiring Farm Home

A large pipe carries more water than a small pipe. It takes a large electric wire to carry enough current to operate ranges, water heaters, home lockers, attic fans, bathroom heaters, and other such equipment.

When the average home is wired for electricity, the service entrance is not made large enough, sufficient branch circuits and convenience outlets are not provided, and sufficient outside wiring is not considered in advance.

As a result, rewiring of the home becomes a costly necessity all because original plans and equipment did not provide the future needs of the owner. Farmers who are planning to wire their homes and those who contemplate re-wiring should write the Agricultural Editor, State College, Raleigh, for a free copy of "More Facts About Wiring." Folder 66

W. J. Ridout, Jr., Extension agricultural engineer, discusses in this publication the basic needs for the service entrance, branch circuits, convenience outlets, ceiling lights, and outside wiring.

He emphasizes the fact that home owner should find out what type of equipment he needs and then consult his power supplier or electrical contractor as how best to obtain the electrical services that he requires, taking into account all possible future needs.

What is the minimum size for the entrance cable? What size wire should be used in branch circuits? How high should convenience outlets in the kitchen be? These and many other such questions are answered in the new publication.

Two of every three cars involved in accidents found defective.

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WILSON'S FEED STORE

New Tobacco Warehouse Near Bus Terminal

Congratulations to the Farmers of Watauga County on the Organization of the WATAUGA FARM BUREAU

To those who are awaiting delivery of their New Oldsmobiles

Series '46' Club Sedan. GM Hydra-Matic Drive optional at extra cost.

A Word of Appreciation... and a Suggestion, too!

We know how anxious you are to get your new Oldsmobile. And there's nothing we'd like better to do, right now, than to say to every Oldsmobile buyer: "Your car is here. Come get it!"

But frankly, it just isn't possible to do that. There still aren't enough new Oldsmobiles to go around. Due to shortages in materials and unavoidable limitations on production, the output of new cars still is behind schedule. And our allotments are far below the figures that we originally anticipated.

We want to assure you, however, that everything possible is being done, both here and at the factory, to get your car in your hands promptly. And we'd like to take this occasion to thank you sincerely for the patient and considerate way in which you have borne with us during this period of waiting.

Meanwhile, we have an important suggestion: Don't neglect the car you drive today.

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