

**America's First Apartments**  
The famous cliff dwellings of Mesa Verde national park, Colo., represent America's first apartment houses, having been built between 1230 and 1274. Hundreds of years ago the Indians had to abandon the cliff dwellings when a great drought struck. The legend is that once the cliff dwellers were animals, living inside the earth. They climbed to the upper world on a giant corn stalk made to grow by the Life Force and the Rain. Upon reaching the surface they assumed the form of human beings; afterwards they celebrated their deliverance in underground kivas, clothing themselves in skins to resemble their ancestors. When the Indians started building their dwellings above ground, the legend goes, the gods were displeased, withheld the rain and brought on the drought.

**Damage by Pecan Larva**  
Pecan nut casebearer (*Aerobasis caryae* (Grote)) is sometimes a limiting factor in the production of pecans in certain areas in the Southeastern states. Most of the injury is caused by the first-generation larvae, which attack the newly set nuts. A single larva may destroy an entire nut cluster. The individual nuts that have been attacked can be recognized by the characteristic borings, or frass, that are cast out by the larvae. The damage is most evident when pecan trees set a light nut crop but may also be severe in heavy crop years. In exceptionally heavy crop years the damage may be more than offset by a beneficial stinging effect due to the destruction of a portion of the nuts.

**Tuberculosis Rate Recedes**  
Tuberculosis death rate in the United States in 1945 was 40.1 per 100,000, a decrease from the 41.3 rate of 1944. These are low rates compared with Japan's 101.5, India's 211.9 and China's 287.1. Broken down, the U. S. A. rate (40.1) shows 32.7 for the white population and 96 for negroes. Among the states, the rate was 19.1 for Wyoming and the highest 122.1 for Arizona, the retreat of many tuberculosis immigrants who die away from home. In general, the pulmonary form accounts for 92.4 per cent of these deaths.

**Treating Insomnia**  
In the treatment of insomnia, drugs should be withheld, if possible, as the condition tends strongly to establishment of a drug habit of more harm than sleeplessness. Fresh air, moderate exercise, and freedom from worry and from noise should be secured.

Color films show inside of body; aid cancer detection.

## Sarah Anne's Cooking Class

With a cookbook in her hand and no menu plan, a busy housewife is apt to go around in a dizzy circle. Have a plan. Once a week go on a grocery hunt. Then make a kitchen pin-up of your dinners for the week and you'll come out with time to spare.

**Meatballs and Vegetables**  
1 1-2 tablespoons chopped onion  
3 tablespoons melted fat  
6 tablespoons dry bread crumbs  
4 tablespoons milk  
1-4 lb. ground beef  
1 egg  
1 teaspoon salt  
1-8 teaspoon each pepper and nutmeg  
2 1-2 cups water  
2 cups lima beans  
2 cups cut string beans  
2 cups diced carrots  
1 1-2 teaspoon chili powder  
2 teaspoons salt  
3 tablespoons flour  
1-2 cup cold water  
Cooked rice

Brown the chopped onion in the fat in a heavy skillet. Soak bread crumbs in the milk about 10 minutes, add browned onion, ground beef, egg, 1 teaspoon salt, pepper and nutmeg. Mix well. Form into 18 small balls and brown quickly in same skillet. Remove. Combine 2 1-2 cups water, lima beans, string beans, diced carrots, chili powder and 2 teaspoons salt. Put in skillet, boil 20 minutes. Place meatballs on top of vegetable and cook covered for 15 minutes. Add flour which has been blended with 1-2 cup cold water. Simmer 5 minutes. Serve on hot rice.

**Peanut Butter Muffins**  
2 tablespoons peanut butter  
2 tablespoons shortening

1-4 cup sugar  
2 cups flour  
1-2 teaspoon salt  
3 teaspoons baking powder  
Cream peanut butter and shortening. Add sugar. Cream well. Add flour, salt and baking powder alternately with the milk. Mix just enough to go together, not too smooth. Fill oiled muffin pans 2-3 full and bake in an oven 400 degrees for about 25 minutes.

**Chicken Gumbo**  
1 4-lb. hen cut up  
3 quarts water  
4 teaspoons salt  
2 bay leaves  
8 peppercorns  
1-4 lb. smoked ham diced  
1 1-2 cups diced onion  
1 cup diced green pepper  
1 cup diced celery  
4 tablespoons fat or salad oil  
1-2 cup raw rice  
3 tablespoons flour  
2 cups sliced fresh or canned okra with juice  
1 1-2 cups canned tomatoes  
4 tablespoons chopped canned pimiento  
1-4 teaspoon pepper  
1 leek

Simmer—hen, water, 3 teaspoons salt, bay leaves and peppercorns in covered kettle about 3 to 4 hours. Cool quickly, then chill. Remove chicken from bones, discard skin and dice meat coarsely. Strain broth, measure and add enough water to make 3 quarts. Sauté ham, onion, green peppers and celery in fat until soft, about 5 minutes. Add rice, cook 5 minutes longer, stirring all the while. Add flour, chicken, okra, tomatoes, pimiento, pepper, and 1 teaspoon salt. Cook uncovered for 1 hour, adding leek, split lengthwise, 19 minutes before gumbo is done.

The State's soybean crop will be about 5 per cent less than last year, because of lower yields.

**HIS NUMBER'S ELEVEN**  
Long Pond, Me.—Eleven is definitely George Paradis' number. He is the eleventh son of Mrs. Albertine Paradis, was born on the eleventh hour of the eleventh day of the eleventh month and celebrated his eleventh birthday on November 11th.



As important as the motor

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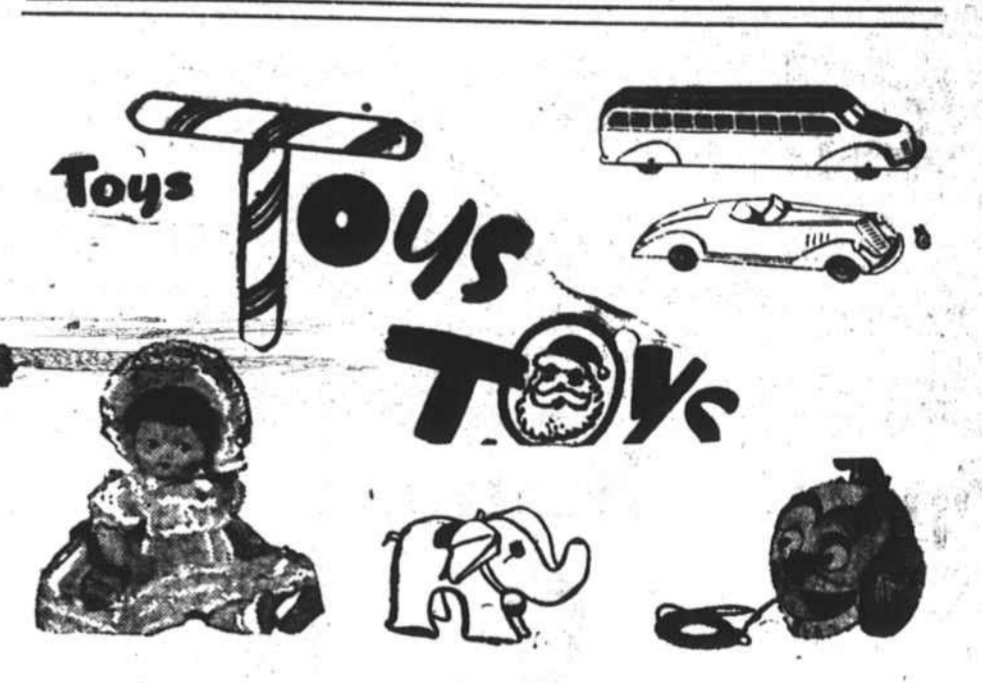
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- 1 rack Children's Dresses.....50c
- Men's heavy Union Suits, Hanes and others.....\$1.94
- Boys' Union Suits, Hanes and Mayos.....\$1.49
- Children's Wool Sweaters.....\$1.49
- Rugs, assorted patterns.....\$1.00
- Aluminum and Enamel Dippers, special.....9c each
- 50% Wool Blankets, were \$4.50, special.....\$2.00
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  - ONE LOT MEN'S  
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