GRAHAM, N. C., AUG. 8, 1346

Cut Down Grain Foods

If You Plan Reducing ic complications, such as heart dis-ease, experts say. And do not think

Keep in mind three simple calo-rie facts (1) all foods provide some calories, that is, units of fuel for bodily energy, (2) foods that pack the most calories are the starches, sweets, and fats, and (3) more calories than you use in work or play—that's where fat begins.

For a reducing diet keyed to the don't eat trims about 100 calories from the day's meals. By substi-tuting fruits and custards for baked desserts, such as cake, pie, dough-nuts or cookies, you can trim off another 100 to 300 calories, because so much sugar and fat go with the flour in these.

Salute of 21 Guns

A salute of 21 guns to the President of the United States was prescribed by United States army and navy regulations in 1818, in accordance with an act of congress dated February 7, 1815. Officials of the bureau of public relations of the war department explain that evidently we inherited this custom from England for British navy regulations. lations of 1772 prescribed a salute of 21 guns to the king or queen. The navy department traces the origin of the 21-gun international salute to early times when land batteries "out - saluted" ships by offering three shots for each of a warship's seven, because gunpowder, then made largely of sodium nitrate, de-teriorated at sea. As gunpowder improved in quality ships began returning salutes gun-for-gun with land batteries. On August 18, 1875, the United States and England announced an agreement on the custom of returning salutes shot-for-shot. Since England had developed a 21-gun salute the 21-gun system became the custom which other na-tions soon adopted. It is an ancient superstition that gun salutes should be of an odd number.

Animal Intelligence The intelligence of animals has for a long time been a controversial topic. Some people infer, from the humanlike actions and reactions of animals, that they have a high de-gree of intelligence, pointing out that wild beasts set sentries when dan-ger is imminent and the migration routes of birds appear to be charted systematically to avoid travel hazards. Most authoritative writers on this subject maintain, however, that these and similar examples of so called intelligence are the result of a fine instinct which guides animals where human beings would employ reasoning processes. They contend that an animal is incapable of figuring out a conclusion after a con-sideration of facts and thus is incapable of reasoning. Many deeds which have won animals great effection and applause have been accomplished as the result of their highly developed senses of sight, hearing, touch, taste and smell.

Safe Transport
Railroads handled 50,000,000 tons of high explosives for military purposes as well as great quantities of poison gas during the recent World war without a person being killed. In one month alone in 1945, the quantity of military explosives han-dled by the railroads exceeded the tonnage handled during the entire period of the First World war. From records available, it is apparent there was a total of approximately 50,000,000 tons of military explosive delivered as originating shipment to rail carriers during World War II. This tonnage was handled with no loss of life which can be charged directly to the transportation of such explosives. In addition, since 1938 explosives. In addition, since 1856 approximately 3,800,000,000 pounds (1,800,000 tons) of commercial ex-plosives have been handled with no loss of life due to their transporta-



Specialists Prosper

In both medicine and dentistry, specialists receive a considerably larger average income than general practitioners. In consulting engineering, certified public accountancy, and law, firm members receive a larger average income than persons practicing as individuals.

THEGLEANER Up and Down the Streets of Greensboro, Geo. Delaney

Continued from Page Five.

The true value of a citizen is not in his reach has been unimpaired gauged by his personal success but Industry and integrity to a high degree rather by the manner in which he have marked his business conduct. He shares that success by his contributions has served in various positions, al-Do not attempt to reduce except to civic life in the city in which he ways with credit to himself and adunder a physician's guidance, if you are under 20 years of age, or if you are under 20 years of age, or if you are a young mother, or have organ-C. G. 'Truil Distributing Company, directness, expedition and sclat, he wine distributors, with offices and has marched firmly and unwaveringty warehouse located at 311 South Davie to the front rank of the business world. of reducing if you are not above St., Greensboro, is one of the many men Mr. Trull has made a host of average weight—say, at least 10 per who have given much toward the development and progress of Greenshore. of service to his felli-wmen. He has He has turned his personal success in broad vision, is forceful and energetic, the business field to the advantage of always willing to co-operate with his the people as a whole and has ac- patrons. complished much in making the city a We are proud to give recognition to better place in which to live.

such a man as C. G. Trull, Mr. Trull is the architect of his whose spotless integrity and habit of own reputation-his ledger of life is thorough application to duty have as carefully posted as his business led- endowed him with those qualities times, eat almost no grain food as carefully posted as his business led-endowed him with those qualities Every roll or thick slice of bread or ger. With more than ordinary mental which one looks for in a business leadce serving of cereal that you activity and taste, no opportunity with. er.

BUY U. S. SAVINGS BONDS

city and state we owe a debt of grati- occupied with pressing problems in con tude that we find difficult to pay, but nection with his business. Yet, there knowledging their service, and we do has been called upon to assist some ci-Watson Feed Company, located at 801 and given the community his valuable McGee street, offering the people in this time. Thus he has frequently sacrificed area Wafco Dividend feeds for poultry his personal interest to help his city and livestock. "The Feed That Pays and surrounding atea.

world of Accomplishments.

Mr. Watson is a busy man. engaged feel justly proud. BUY U. S. SAVINGS BONDS

To those men who take an active as he is in dairy and poultry feed busileadership in the civic affairs of their ness he finds every minute of the day we can do so in part by publicly ac- has never been an occasion when he so to John C. Watson, owner of the vic project that he has not responded

No business is more important to We take advantage of this oppor- Greensboro than the feed milling tunity to publicly congratulate Mr. business, and Mr. Watson is ready at all Watson on behalf of Graham and sur- times to undertake any work in the rounding area. In doing so we know best interest of Greenshoro and he can we express the sentiment and the number his associates and friends by feelings of not only the community the scores. He stands out not only as but those men and women who have one of the most prominent and leadbeen actively associated with him in ing citizens of Greensboro, but also as civic betterment and in the business a civic leader of whom Greenshoro and North Carolina have every reason to

Your New Home

Convenience, Beauty of Modern Kitchen Delights the Ladies

By W. WADSWORTH WOOD

THE kitchen-with its visions, sounds and tempting odors—is outstanding in our memories of yes-terday. No matter how pleasant our childhood im-



pressions may have been, it is doubtful if many of us would care to go back to the kitchen of the past, with its inconveniences and drudgery.

The kitchen is probably the most used room in the house. Thousands of meals are prepared there, hungry children troop in for snacks, and guests congregate there for late evening raids on the refrigerator. A universal aim seems to be to preserve the pleasant, livable charm of yester-year in the modern kitchen, and at the same time to incorporate many of the latest labor-saving conveni-

The best results will follow careful planning. This starts with your income, the size of your family, and the amount of entertaining you plan to do. Consider then the size and location of the room, the lighting, the color scheme and the type and placing of the equipment. With proper forethought you can plan a time-and-effort-saving kitchen that is simple to clean; cheerful, enjoy-able and one that truly fits your

Plastics and glass play a large part in today's kitchen; the new materials are not only colorful, durable and attractive, but also easy to keep spotless. Large windows and correct lighting help to make the kitchen a light and airy place. Besides central illumination, it is well to include specific working lights at the sink and food mixing

Don't forget to place the sink between the range and refrigerator as a barrier to free heat exchange between the two. Obviously the sink should be in a central location beshould be in a central location be-cause as a source of water it plays a part in almost every food prepa-ration task. A picture window over the sink is a splendid idea, to fur-nish a pleasant view as a distrac-tion from tedious sink jobs. Re-member to arrange for a food mix-ing center, convenient storage of foods and equipment, and ample working surfaces beside the sink and stove.

The ranges offered today, both gas and electric, embody many ex-cellent new features. Various modgas and electric, embody many excellent new features. Various models provide for five to seven cooking speeds, automatic time signals, signal lights to indicate which units are operating and at what speed, automatic clock control of temperatures, warming compartments, built-in griddles and waffle irons and

glass-front oven doors. If you are annoyed by over-turned pots while cooking, you will appreciate the newtype ranges with recessed burners that hold pots and pans securely.

Practically every electric refrig-erator on the market is now intro-ducing de luxe hew models that combine normal freezing compart-ments with special low temperature chests for frozen foods, as well as vastly greater capacity for meats and poultry. Greater ice-cube ca-pacity and closer control of varying degrees of temperature to properly keep fruits, milk, etc., in one sec-tion, while maintaining zero cold for fast-frozen foods, is the new idea toward which all manufacturers are striving. A separate deep-freeze chest will be demanded by many housewives who have become so food conscious during the trying months of shortages and rationing.



One maker is offering a combined sink, electric dishwasher and gar-bage disposal unit. All table refuse bage disposal unit. All table refuse can be dumped into the sink, the waste matter sucked into a grinder and eliminated, thus doing away en-tirely with the problem of garbage disposal. Another manufacturer features a dishwashing unit that can be adapted as a clothes washer in a minute's time. Built-in elec-ted privates to the suckers and away do tric mixers, toasters, and even de hydrators are available to contrib ute to your greater convenience.

Dual-purpose kitchens seem to be coming into favor. A breakfast bar in the kitchen is extremely popular, according to a nation-wide survey, and soon we may be seeing dining-kitchens and laundry-kitchens every-where. The "island-type" kitchen

Evidence of tuberculosis of th bone has been found on the mumified bodies of early Egyp-tians.

Coating frozen meat, not wrapped in paper, with a light film of lard protects stored meat effectively against drying or "freezer burn." Evidence of tuberculosis of th

Uncle Sam Says



The wise money is on Sureshot, friend. You won't find him in this race or in any race. And yet Sureshot runs every moment of your life. race or in any race. And yet Sureshot runs every moment of your life. He pays off \$4 for every \$3 at all of my windows in banks and at the Treasury Department. All you have to do is to keep your money on Sureshot and you don't care if he doesn't come in for 10 years. This is one bet which your Uncle Sam can guarantee as a winner. You're one American I don't have to tell that Sureshot has another more familiar name: United States Savings Bonds.

U.S. Treasury Department

Although some dairymen have noted an attendant loss in milk pro-duction, many farmers have failed to realize that the heel fly causes severe pain to the milk cow as well as considerable damage to the hide and meat. Every heel fly is capa-ble of laying approximately 500 eggs on the hairs of the leg just above the hoof. Within two to six days, they hatch into small worms which penetrate the skin, causing some pain. As they increase in size during the following 10 months, they work their way to the back of an animal and, if not killed, develop into what farmers call "wolves," also known as ox marbles or grubs. Emerging through the skin, they drop to the ground and hatch into heel flies. Tests indicate that cattle given the grub treatment, which is simple and inexpensive, gained from a fourth to a half pound more than untreated cattle during the first 60 days following treatment.

Port Privately Developed
Baltimore is largely a private enterprise port. Most of its large
ocean facilities are railroad-owned
and operated, although there are ome other privately owned terminals and some city-owned piers in the upper harbor. The legislature, many years ago, passed an enabling act which permitted the city, upon approval by the voters, to issue bonds, the proceeds of which would be used for harbor improvement installations, providing such improvements would be wholly self-liquidating. This has resulted in the construction of only needed facilities of absolute economic merit, one of which is now railroad-operated under long-term lease.

Star Brighter than Sun Canopus, the second brightest fixed star in the heavens, emits more than 2,500 times as much light as

2-Large Farms-2 WITH ALL EQUIPMENT

Including Livestock, Hertford Cattle, about 30 Hogs, 1,400 Bales of Hay and 1,200 Bushels of Corn, Wheat, Oats and Barley, along with 1 D-4 Caterpillar Bulldozer, Road Machine, Etc.

AUGUST 12th, 1946, Starting at 10:30 A. M.

About 12 Miles West of Burlington, 5 miles from Alamance, near Alamance Battleground, Here we will Sell the Late BEN MAY FARM, Now Owned by Mr. RALPH HOLT. This farm has 154 acres, and is said to be the Best Grain & Stock Farm in this part of N. C. It has Extra Good Buildings, with a Large Stock Barn built recently at a cost of about \$12,-000. We will also Sell here about 800 bales of Hay and several Bales of Straw. You Will Have to SEE This Beautiful Farm to APPRECIAT Elt.

SECOND SALE At 2:30 P. M. THE RALPH HOLT FARM. Where Mr. Gilmore now resides, 6.2 miles from Haw River near Yanceyville Rdr Go the Yanceyville Road 5 miles, turn East at the Big Sign 1.2 miles and here you see one of the Best Farms and Buildings in this County. The Farm consists of 406 acres, with 25½ acres Tobacco Allotment, about 200 acres cleared, with six Dwellings, six Tobacco Barns, Large Stock Barn, Extra Good Granary just built, Pack House and Lots of other Outbuildings you will have to SEE to Appreciate.

This is the Best All-round Farm we have ever had the privilege of Selling. It is A Combination Farm, TOBACCO, GRAIN, DAIRY or LIVESTOCK, as it has plenty of Extra Good Water. All the Buildings, including the Big Barn, have Lights. Below Is A Partial List of PERSONAL PROPERTY To Be Sold:

Manure Spreader Hay Baler Platform Scales Hay Loader Power Mower 3-Disc Plow 4-Disc Plow 6-Foot Combine Tobacco Sprayer Large Tractor Trailer 2 two-horse wagons Alfalfa Harrow Anvil and Vice Bog Harrow Fertilizer Distributor Corn Planter Saw-rig Drag-pan Riding Cultivator

Dump Cart

60-Tooth Harrow Hammer Mill 10-Disc Harrow Lime Spreader Stalk Cutter Grain Drill Cultipacker Lots of small tools: 2 two-HP Plows 3 one-HP Plows 3 four-ft.. Cultivators 2 single-stock Plows Rakes, Forks, Shovels, etc. 2 Hog Feeders, (Self Feeding) Tobacco Setters Side Delivery Rake M Farmall Tractor 16-Disc Tandem Harrow 12 Hereford Cattle

8 Brood Sows 23 Pigs 300 Bushels Corn 200 Bushels Barley 350 Bushels Oats 300 Bushels Wheat 1,200 to 1,400 Bushels Hay -Bean, Alfalfa, Clover, & Lespedeza 1 car Slag (bags) D-4 Caterpillar Bulldozer Caterpillar Terrace & Road Maching Cross Cut Saws Tobacco Sprayer Hog Scalding Vat Log Tongs Chicken Brooder (wood burner

TERMS: 25 per cent Cash, Balance 1, 2 & 3 Years. Timber estimated to cut 400,000 to 500,000 ft., mostly Pine, to be Sold Separately.

FREE Barbecue Dinner

Will be served to all over 21 at Second Sale

We Will Also Give Away CASH PRIZES! GOOD MUSIC FOR YOUR ENTERTAINMENT!

4 Horses

UNIVERSITY AUCTION COMPANY, Selling Agents GEDDIE FIELDS, Chapel Hill, N. C., Auctioneer If You Have Property You Want Sold Get In Touch With Us

Christmas Giving Simplified— You "Plan When You CAN!"

It may be a long time till Christmas but didn't you vow last year that never again would you spend so much for so little nor wait until the eleventh hour to do that spending? And didn't you worry a wrinkle in your pretty brow because you couldn't think of the right gift for the friends who "have everything"? Nobody has everything and the very thing one person may consider too

everydayish to rate gift wrappinge of another. So, why not for a change do most of your Christmas shopping right in your own fruit pantry? Now is the time to start!

Use Home Canning Jars If you live in or near the country, a package of native greens—pine, cedar, mistletoe, red berries, bitter sweet, holly, or what have you along with two or three pint or half-pint jars of your best home canned relish or preserves or chicken will mean far more to the friends who went to the big city to make good than anything you could buy for them. But here is a word of warn-ing. Be sure not to trespass on some other person's property when you go greens hunting (you might land in jail). And be sure that the canned offerings are in regular home canning jars, otherwise you may not get credit for stirring good wishes into that wild blackberry jam, spiced figs, citron preserves, quince jelly, chutney, rummage pickle or whatever is your specialty.

Wrap Jars Safely
We have the word of Gladys Kimbrough, Home Service Director for Ball Brothers Company, manufacturer of fruit jars, that home canned products are good travelers when they can go in comfort, but are finicky when it comes to roughing it. In fact, they demand well padded berths. For Christmas packing, Miss Kimbrough suggests that each jar be washed, polished, labeled, and wrapped in thick, shock-absorbing layers of cotton batting, then Wrap Jars Safely

larger one for shipping. The outside box should be marked "fragile," Rummage Pickle

quart chopped ripe tomatoes quarts chopped green tomatoes 3 large onions 1 large cucumber

1 quart chopped cabbage 2 cloves garlic 1/2 cup salt cups brown sugar tablespoon celery seed tablespoon mustard seed 3 cups chopped celery green peppers

3 red peppers 1 pod hot red pepper 1 teaspoon ground ginger 1 tablespoon ground cinnamon teaspoon ground cloves 2 quarts vinegar Chop and measure vegetables. Mix

with salt, Let stand overnight. Drain. Add other ingredients. Simmer until there is no excess liquid. Pack into hot jars; seal at once. Peach Chutney

1 gallon peaches 1 clove garlic 1 cup seeded raisins 1/4 cup white mustard seed 2 tablespoons ground ginger 1 pod hot red pepper 1 cup brown sugar 5 cups vinegar

Chop peeled peaches, onions, lic and raisins. Add 1/2 the vin Miss Kimbrough suggests that each jar be washed, polished, labeled, and wrapped in thick, shock-absorbing layers of cotton batting, then fitted snugly into a box. The box is gift wrapped and placed in a stituted for peaches in this recipe,

Poultry Management Egg prices in 1945, which were the highest since 1920, encouraged farmers to take better care of their laying flocks; and the highest chick-en prices in 37 years of record, with the exception of 1920, encouraged farmers to cull closely and sell off the weak and undesirable layers.

Rationing News SUGAR

tion books, which became valid ing. 49, in family ra-May 1 for five pounds of sugar, expires August 31.

OPA said that on the basis of latest surveys it expects the present sugar ration of five pounds every four months can be maintained. In that case, another sugar stamp will be validated September 1.

Spare stamp 49 is in ration book four, as well as in the special sugar ration books issued to veterans and as replacements. Spare Stamp No. 9 good for 5

pounds of sugar for CANNING. Expires October 31, 1946. Spare Stamp No. 10 good for 5 pounds of sugar for CANNING.

Make ration applications by mail-save time and effort.

CHURCH BULLETIN

GRAHAM FRIENDS MEETING Rev. Rober: O. Crow, Pastor 9:45 a. m.: Sunday School. Daniel

llen, superintendent. 11:00 a. m.: Morning worship, 6.15 p m.: Young Friends meeting 7.00 p. m.: Evening Worship, 7:00 p. m. Wednesday: Prayer meet

GRAHAM METHODIST CHURCH Rev. J. J. Boone, Pastor. 9:45 a. m.: Church School. W. E. 11:00 a. m.: Morning worship, Se

mon by the pastor.
6:00 p. m.: Young People's Meeting. Dorothy Foust, Leader.
7:00 p. m.: Evening Worship Sernon by the pastor. FIRST BAPTIST CHURCH

Rev. Guy S Cain, Pastor. 9:45 a. m.: Sunday School. Morris Burke, superintendent, 11:00 a. m.: Morning worship, Seron by the pastor.

7:00 p. m.: Baptist Training Union. Miss Gena Church, director. 8:00 p. m. Evening Worship 8:00 p. m. Wednesday: Prayer Meet-

BAPTIST

ANDREW MEMORIAL CHURCH Corner Market and Mill Sts. Rev. Eugene Hancock, Pastor 9:45 a. m.: Sunday School, J. W. Gray, superintendent, F. B. Pegg, 11:00 a. m.: Morning worship, Ser-

mon by the pastor.
7:30 p. m.: Evangelistic service
Sermon by the pastor. PROVIDENCE MEMORIAL

CHRISTIAN CHURCH Bernard Vernon Munger, Minister 10:00 a.m. Sunday School, Rebt. Russell, Superintendent. 11:00 a.m.: Service of Christiain

GRAHAM

PRESBYTERIAN CHURCH Rev. Frederick W. Lewis, D. D., Temporary Supply Pastor.

9:45 a.m. Sunday School, H. D.

Jones' Superintendent.

11:00 a. m. Morning Worship, Ser-

mon by pastor. 7:30 p. m.: Evening Worship. 7:30 p. m.; Wednesday. P Meeting.

BETHANY PRESBYTERIAN CHURCH

Rev. W. R. Buhlar, Pastor 9:45 a. m.: Sunday School, L. N. Glenn, superintendent. 11:06 a. m.. Morning Worship 7:00 p. m.: Young People's Vesper

7:30 p. m.: Wednesday, Prayer