Get The Idea?

Little Peter was playing at Jimmy Brown's house. When it was time to go home it started to rain. Mrs. Brown offered to lend him Jimmy's

"Don't take so much trouble, Mrs. Brown." said Peter politely.

"I'm sure your mother would do as much for

"My mother," replied "would ask Jimmy to Peter, stay for supper."

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Kitchen Helper

A new maid had just arriv-ed from the country, and her mistress was giving her a list of household requirements. "And don't forget, Flor-

ence," she said, "we want a griller for the kitchen.' Florence stared vacantly. "You know what a griller is, I suppose?" inquired the

"Course I do," returned girl. "It's a big, hairy monkey, and if you want one of those in the kitchen, I'm leaving.



DONNIE E. POE

In Service



Sp/4 Donnie E. Poe, son of Mr. and Mrs. A. W. Poe of Route 1, Youngsville, is now stationed in Vietnam near

A Bunn High School grad-uate and a former Peden Steel employee, Sp/4 Poe received his basic training at Fort Bragg, N. C. He also received special schooling at Fort Gor-

don, Ga. Sp/4 Poe, who is married to the former Nancy Grissom of Route 1, Louisburg, is expected to returned home

About **Your Home**

Even if your house is built strongly and solidly, of frame or masonry, it will still need insulation to keep the heat in during the winter and the heat out during the summer

There are many materials on the market today that do a good insulating job. Any of them can be used in new houses. In old houses, it is usually possible to use a loose fill insulation or insulating batts or an insulating board which is a wall and ceiling finish.

A vapor barrier and ade quate ventilation are important in maintaining the insula tion's efficiency. The barrier will prevent passage of mois-ture through the wall. Proper ventilation carries off any moisture that may be in the construction. An asphalt or some other coated paper, or metal foil, will serve as a vapor barrier. Many insulating materials are manufactured with vapor barriers built in. These should be installed so the barrier faces the inside of the house

For satisfactory results, insulating must be correctly installed and be complete. Insu lating only the roof or attic floor will save fuel, but sidewall insulation, weather-stripping and storm windows and doors are necessary for real comfort and fuel savings.

There are endless types of good insulating materialseven an insulating concrete of vermiculite and cement mix

Never bother about trying to appear smart; put your energy into being smart.

Muffin Magic For Fall

Peanut-Orange Muffins deserve a special place in fall menus. Orange flavored and dotted with chopped peanlits, these quick in easy muffins are pure pleasure right from their pancake mix beginning. Top each little muffin with a bit of orange marman. hade before baking for a sparkling, sweet "frosting" - perfect

or brunch or lunch.
Put your favorite pancake mix to work for you, for hurry-up baking as well as for light, tender, best-ever pancakes. It's magic from a package!

PEANUT-ORANGE MUFFINS

2 tablespoons melted or liquid shortening 2 cups pancake mix

1/4 cup sugar 1 teaspoon grated orange peel

cup chopped peans 1 egg, beaten

2 tablespoons marmalade ons orange I cup milk

Heat oven to hot (425° F.). Combine pancake mix and sugar in bowl. Stir in peanuts. Add egg, milk, shortening and orange peel, stirring only until combined. Fill greased muffin cups ½ full. Place ½ teaspoon orange marmalade in center of each muffin. Bake in preheated oven (425° F.) 15 to 20 minutes.

Health And Beauty

Doctors who have studied the subject tell us that a person usually becomes an alcoholic long before he, or society, knows he is one. They further tell us that the greatest contributing cause of alcoholism is the social acceptance of alcohol which is common today.

An alcoholic is any person who relies on alcohol to meet the ordinary demands of life. An alcoholic will continue to drink excessively even after alcohol has caused him marital or occupational difficulty.

A person can be an alcoholic whether he drinks only in the evening or all day long-he can be in a crowd or alone during his drinking. An alcoholic may refuse to touch whiskey and drink only beer There are others who drink only wine.

You are over susceptible to alcohol if you feel the need of a drink under stress of any kind. You had better stay away from alcohol in any form if it tends to make

If you have a hyperthyroid condition, you have a very small chance of becoming an alcoholic. Physicians and surgeons state that rarely have they seen a hyperthyroid patient who is alcoholic. This has led to certain tests to see if treating alcoholics with thyroid preparations would reduce their appetite for alco-

By Appointment

The big business man had died and gone to-well, not to heaven. But hardly had he settled down for a nice long smoke when a hearty hand slapped him on the back, and into his ear a big voice of a persistent salesman who had pestered him on earth.

"Well, Mr. Smith," chortled, the salesman. "I'm here for the appointment"

'What appointment?"

"Why, don't you remember?" the salesman went on-Every time I entered your office on earth you told me you'd see me here!"



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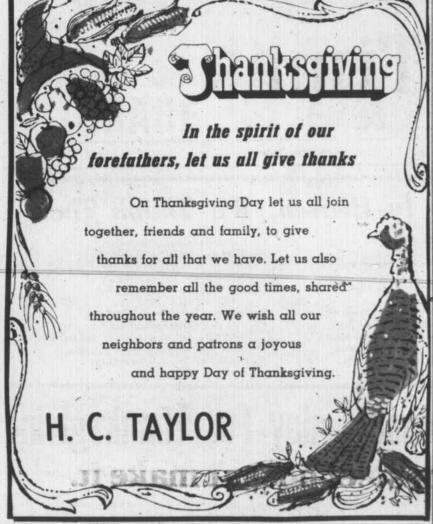
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