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**WATT'S NEW?**

By Alene M. Mintz

There is no better time to start taking full advantage of your electric range oven than right now, while the weather is hot. No one enjoys lingering in the kitchen and you will cut kitchen time to a minimum by cooking oven meals. Prepare the following food, put it in the oven and let your electric range do the work while you go to a movie, shop, or just relax at home.

*Baked Ham — Brown Rice*  
*Okra — Apple Pie*

Time: One Hour  
 Temperature: 350 degrees

*Baked Ham*

2 in. slice center ham  
 1/2 Cup pineapple juice  
 1/2 cup Coca Cola

Place ham in casserole and pour juice and Coca Cola over it. Cover and place in oven.

*Brown Rice*

1 cup rice  
 2 T. butter  
 2 cups water  
 1/2 tsp. salt

Brown rice, that has been washed and drained, in butter. Put in casserole; add water and salt and cover. Place in oven.

*Okra*

1 pkg. frozen okra  
 2 strips bacon  
 1/2 tsp. salt  
 1/2 cup water

Place above ingredients in casserole and cover. Put in oven.

*Apple-Pie with Candied Crust*

4-5 cups sliced apples  
 1 cup cake flour  
 1/8 teaspoon nutmeg  
 1 cup brown sugar  
 1/2 cup butter  
 1/2 teaspoon salt.

Fill well-greased pan with thin slices of apples that have been peeled and cored. Mix flour, sugar, salt and nutmeg together. Work butter into the dry ingredients with a pastry blender until the mixture is like coarse meal. Put mixture on top of apples. This forms a top crust. There is no bottom crust.

**Your Built-in "Air Conditioner" . . .  
 Fans Give It the Extra Zip Needed**

By IRA MILLER  
 Farm Electrification Bureau

With your fevered brow baking and the corn "popping" in the broiling sun, it may be hard to believe, but . . . your body has its own built-in "air conditioning" system. Of course it may need a little help to function effectively, but it has one nevertheless. Here's how it works: when the temperature rises you start to perspire; when the perspiration evaporates quickly, you feel cooler.

Now, there's very little difficulty in perspiring in hot weather. The trick is to get rid of excess perspiration quickly. And, you can do it if you keep the air around you in motion.

Take an uncomfortably warm house on a hot day, for example. You can keep it cool inside if you apply a few simple principles. In the daytime, summer outdoor air is warmer and more humid than air indoors. So—close the doors and windows and pull down the shades or blinds so that heat can not be transferred into the house from outside. Don't worry about lack of air. There's plenty of it in the house. All it needs is motion to overcome any feeling of stuffiness. An electric fan or fans of the proper rating and correctly located will do an efficient air circulation job for you at little cost.

Fans circulate a given number of cubic feet of air per minute, and this data appears on their nameplates. To get the right size of fans needed, therefore, you must first know the cubic feet of air in the room to be cooled. This is done by multiplying the length of the room x the length x the height. Say this comes to 2,000 cubic feet. Therefore, a fan or fans with a total rated capacity of at least 2,000 cubic feet per minute (CFM) will move the air in this room once every minute. In cooler climates a 2 or 3-minute air circulation cycle may be adequate.

Be sure, too, that your fans are located correctly. Figures 1, 1A, 2 and 3 show different types of fans available and the different patterns of air which each creates to cool off your room.

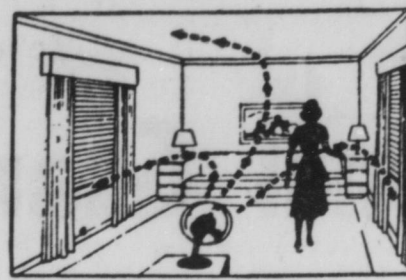


FIG. 1—Non-oscillating fans throw air against opposite wall so it breaks up into smaller currents which give circulation without creating draft.

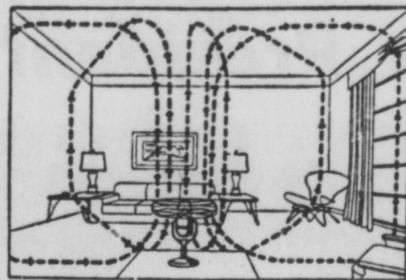


FIG. 1A—Non-oscillating fan tilted upwards blows air toward ceiling breaking up into downward currents providing continuous circulation throughout the room.

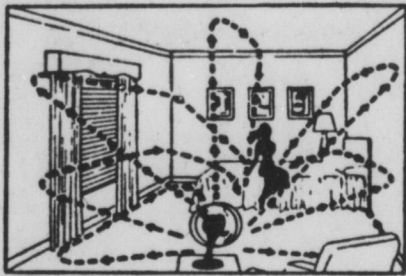


FIG. 2—Oscillating fan moves air back and forth in irregular pattern so persons in immediate vicinity quickly feel cooling effect.

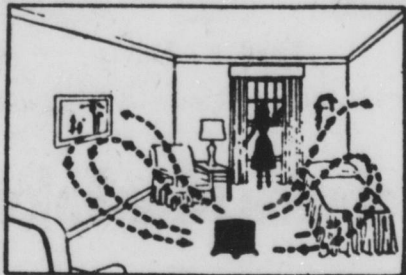


FIG. 3—Floor fan in center of room provides pattern of air movement for general circulation.

**Deaths and Heat Rise Together**

A sudden spell of hot weather brings a sharp increase in deaths, especially among the aged and the chronically ill, and increases the need for special care for such persons.

When, in early July in New York City, temperatures for six days of one week ran above 87 degrees — and on four successive days above-90 with a high of 96—deaths rose 39.7 per cent over those for the comparable week in 1954. The 1954 temperature averaged 71.1 degrees, with a high of 83.

Deaths from high blood pressure increased most — by 115 per cent. Vascular lesions accounted for an increase of 61.1 per cent and arteriosclerotic heart disease for 32.7 per cent. Cancer deaths increased by 31.6 per cent in the 1955 hot week over the figures for the 1954 week of moderate temperature.

As the number of persons past 65 in our population increase, the fatal effects of heat may be expected to become a matter of ever-growing concern. There are approximately 14 millions in that age group today and, by 1960, the number will have increased to about 16 millions.

Although diseases involving the heart and blood vessels are still common causes of death among the elderly, new scientific developments are producing drugs to combat them. For the painful heart condition known as angina pectoris, a new drug called Peritrate — a first cousin of the explosive nitroglycerin — has been established as the most effective in prevention of angina attacks.

For high blood pressure, there is a new drug, hexamethoninm chloride, taken by mouth. It has been adjudged the most valuable agent for the control of runaway pressures. Its original oral form has recently been combined with reserpine, the "tranquilizing agent" derived from the root Rauwolfia which Indian physicians have been using for hundreds of years. Studies have shown that the combination relieves symptoms of high blood pressure with small doses.

Heat is becoming less of a hazard to life and health as a result of medical discoveries, of new and new advances in engineering. Single-room air conditioning units are now commonplace and the promise is made by heating engineers that year-around heating-cooling units, run by nuclear power, may be available for private temperature controlling devices, homes in less than a decade.

**Note of Thanks**

I take this opportunity to thank my friends and neighbors for the many cards and flowers they sent me while I was in the hospital and since I've been at home. Also the visitors I've had, they helped so much and will always be remembered.

Mrs. Max Perry, Jr.

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**Underground "Bandits" Endanger Plant Life**

Insects attacking the underground root systems of plants may cause poor quality vegetables or in the case of potatoes may make

them unfit for sale. However, H. E. Scott, extension entomologist at State College, says that newer insecticides are being used successfully against these "underground bandits."

Scott says that the three methods of applying soil insecticides include: broadcast row treatment, and seed treatment.

Broadcast treatment consists of applying an insecticide either spray or dust to the soil surface and then working it into the top four to six inches.

In this state, broadcast treatments are recommended for the control of wireworms in sweet and Irish potatoes as follows: chlordane, 4-6 pounds per acre; or aldrin or heptachlor, two to three pounds of actual chemical.

Row treatment consists of applying insecticide in a band of varying widths along the plant row, either before or at time of planting. To control white-fringed beetle in vegetables, the following row-type treatment is suggested: chlordane one to two pounds; or aldrin or heptachlor, both 3/4 to 1 1/2 pounds of actual taxicant per acre.

In seed treatments, the insecticide is applied to the seed before planting. This can be done by mixing the insecticidal dust and the seed dry, or spraying the insecticide on the seed (using only wettable powder).

As a rule, it is best not to store treated seed more than a month.

**How can you measure taste?**



In miles, sometimes. Take milk, for example. If it has to be shipped long distances from the farms to the dairy, it loses some of the delicate freshness of flavor. But when it comes from local, near-by dairy farms, as Pine State Milk does, it reaches you at the peak of its farm-fresh perfection. That's why Pine State Milk has been the favorite in this area for over 35 years.

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