

## Home Demonstration Clubs Plan Defense Food Supply

### Inadequate Diet In Macon County On August Schedule

The home demonstration club women of Macon county studied "North Carolina Menus in Relation to North Carolina Food Supply" for the month of July, according to Mrs. Florence Sherrill, county agent.

Typical meals for farm homes were planned by each club woman present. These were emergency meals that could be prepared from canned, stored, or dried foods.

Standards by which these meals were judged were that there should be a variety in color, a variety in flavor, and a variety in texture of each meal. The principal factor by which these meals were judged was that they should be high in nutritive value. It was found that Macon county meals were usually lacking in salads or the constituents of salads which included uncooked fruits and vegetables. Mrs. Anna Boone of Otter Creek has been successful in raising her own lettuce until Christmas of last year. Mrs. Boone reported some time ago about her cold frame method of raising lettuce in a section of Macon where fresh vegetables are more available if they are home grown.

Mrs. Jim Gray of Hickory Knoll club planned a meal at the local club meeting which was a good illustration of what one live-at-home menu could be. The dinner is as follows:

Tomato Juice  
Tenderloin With Gravy  
English Peas Mashed Potatoes  
Biscuit Butter  
Pepper Stuffed with Cottage Cheese  
Cucumber Pickles  
Cherry Pie with Whipped Cream  
Milk and Coffee

The food guide as set up by the National Nutrition Conference for Defense—Americas New Food Guide—was discussed by the local education leaders of each club. "Here is the daily diet which would measure up to the proposals of the Food and Nutrition Council: One pint of milk for an adult and more for a child; a serving of meat; one egg; two vegetables—one of which should be green or yellow; two fruits—one of which should be rich in vitamin C (found abundantly in citrus fruits and tomatoes); breads, flour and cereal—most whole grained or enriched; some butter and other foods to satisfy the appetite."

#### Schedule Of Meetings

The month of August will continue the work in regard to foods by having the food leader lead a discussion on "Reasons for Inadequate Diets in Macon County". The club members will be expected to join in this discussion and offer suggestions for developing improved habits of farm families.

A demonstration will be given by the local home agent, Mrs. Florence S. Sherrill on "The Making of Pickles".

A schedule of the August meetings is as follows:

August 8—Cullasaja—Mrs. Prichard Peek.  
August 11—Otter Creek—Schoolhouse.  
August 12—Walnut Creek—Schoolhouse.  
August 14—Otto—Mrs. Addie Norton.  
August 15—Holly Springs—Mrs. Robert Corbin.  
August 18—Iotla—Mrs. Maggie Huggins.  
August 19—Oak Grove—Schoolhouse.  
August 20—Cartoogechaye—Mrs. Carl Slagle.  
August 21—Scaly—Mrs. John Burnette.  
August 25—Stiles-Tellico—Tellico church.  
August 26—Patton—Mrs. Harley Stewart.  
August 27—Union—Schoolhouse.  
August 28—Hickory Knoll—Mrs. Aaron Cunningham.  
August 29—West's Mill—Schoolhouse.

Walnut Creek and Hickory Knoll clubs plan to have picnics. The Hickory Knoll club plans to go to Arrowood Glade with Mrs. Aaron Cunningham hostess.

The club will hold their meetings at 2:00 P. M. Daylight Savings Time.

### Young Reunion Held Aug. 3 At Young Home

The Young family reunion was held Sunday, August 3, at the home of Mr. and Mrs. James L. Young of Route 2.

All of their children were present except Mrs. L. A. Keener, of Shelby, Ohio.

Lunch was served picnic style in the grove near the house. Just after lunch everyone enjoyed short talks by the Rev. H. G. Wardlaw of Franklin and the Rev. L. A. Jolley of Johnson City, Tenn. In honor of Mr. Young, the song "Faith of Our Fathers," was sung by a mixed quartet, after which the entire group reassembled at the house for an old time singing.

### Macon Men

#### Listed In Second Lottery Of Draft

Published below are the names and addresses, serial and order numbers of the 95 Macon county men who have become 21 years old since the first lottery last October, and whose draft numbers were drawn in the second lottery a few weeks ago.

Those having an order number between 300 and 506 will receive questionnaires and be classified within the next few weeks, it is announced by the local draft office.

Those names having order numbers over 506 will be used to fill out the old list in a ratio of 1 to 18.

S-1440 S-1 Robert Hawks, Aquone.  
S-1404 S-2 Floyd Earl Gibbs, Scaly.

S-1621 S-3 John B. Moore, Dillard, Ga. Rt. 1.

S-1567 S-4 William Lescar Parrish, Otto.

S-1494 S-5 Joseph Octavis McDowell, Cullasaja.

S-1332 S-6 William Jesse Wallace, Franklin, Route 1.

S-762 S-7 Gernell Lee Moss, Gneiss.

S-1766 S-8 James Clyde Bolick, Highlands, Buck Creek Route.

S-370A S-9 Wilborn Boyce Hodgins, Prentiss, Star Route.

S-797 S-10 Harley Gibson, Cullasaja.

S-388 S-11 James Edward Perry, Jr., Franklin.

S-977 S-12 Ford Marshall Mann, Franklin, Route 2.

S-851 S-13 Cleatus Sylvester Hedden, Rainbow Springs.

S-1082 S-14 James Clark Shepherd, Leatherman.

S-1530 S-15 Daniel Sylvester Vinson, Scaly.

S-1135 S-16 Coy Franklin Norton, Otto.

S-458 S-17 Buren Leopard, Franklin.

S-406 S-18 John J. Jamison, Franklin.

S-1189 S-19 Walter James McCoy, Gneiss.

S-778 S-20 James V. Beeco, Rt. 4, Franklin.

S-1296 S-21 Charlie B. Clouse, Route 4.

S-1314 S-22 Vester Arlen Ledford, Route 3.

S-117 S-23 Thomas Willard Crisp, Highlands.

S-1839 S-24 Floyd Tallent, Franklin.

S-833 S-25 Tom Carpenter, Otto.

S-637 S-26 Edward Patterson, Route 3.

S-1730 S-27 Clint Willard Grant, Nantahala.

S-726 S-28 Rafe Banks Teague, Prentiss.

S-690 S-29 Claude Eugene McKay, Route 2.

S-1857 S-30 Thomas Sherley Wilson, Highlands.

S-1011 S-31 Gordon Jerry Ramey, Route 1.

S-1929 S-32 Frank Clifton Fox, Ellijay.

S-1585 S-33 Raymond Frank New, Highlands, Buck Creek Route.

S-1911 S-34 Garland Bateman, Franklin Route 2.

S-1748 S-35 J. B. McCall, Highlands.

S-494 S-36 James Blonnie Gibbs, Franklin Route 3.

S-744 S-37 Harold James Owenby, Nantahala.

S-1820 S-38 Willard Earl Keener, Franklin, Route 2.

S-318 S-39 Robert Edwin McConnell, Highlands.

S-353 S-40 Joseph Earl Watts, Prentiss.

S-1029 S-41 Herbert Cecil Cooper, Otto.

S-1368 S-42 Frank Jackson Hannah, Franklin Rt. 3.

S-1100 S-43 Fred Henry Passmore, Franklin Rt. 1.

S-905 S-44 Charles William Smart, Franklin.

S-1046 S-45 Frank Burkett Woody, Franklin Route 3.

S-923 S-46 Mack Slagle Setser, Franklin Route 1.

S-993 S-47 Willis Oneal Bradley, Rabun Gap, Ga., Route 1.

S-708 S-48 Homer Lee Green, Leatherman.

S-1675 S-49 Leslie Arthur Reese, Highlands.

S-566 S-50 Eugene James Love, Franklin, (Col.).

S-1278 S-51 Frank L. Ammons, Franklin.

S-1117 S-52 William Marion Adams, Ellijay.

S-601 S-53 Lewis Raleigh Holland, Gneiss.

S-512 S-54 Lex William Burgess, Aquone.

S-1694 S-55 Carl Lee Zachary, Highlands.

S-1242 S-56 Joseph Prince Shepherd, Leatherman.

S-1350 S-57 William Crooks Hall, Highlands.

S-440 S-58 Willard Goldman Passmore, Nantahala.

S-1802 S-59 William Carson Cabe, Franklin Route 4.

S-1875 S-60 Neil Gilmer Waldroop, Prentiss Star Route.

S-815 S-61 Robert Lee Sanders, Prentiss.

S-1893 S-62 Lemmie Sherley Houston, Gneiss.

S-959 S-63 Gordon Lowell Ledford.

S-1549 S-64 Lenard Clark Brown, Prentiss.

S-1225 S-65 Carl Crisp, Gneiss.

S-530 S-66 Homer Steve Woods, Highlands, Buck Creek Route.

S-1784 S-67 Edgar Carpenter, Jr., Franklin.

S-1639 S-68 Anies Geane Cabe, West's Mill.

S-476 S-69 Thomas McDowell, Jr., Otto.

S-869 S-70 Wallace Adam Morgan, Franklin Route 4.

S-1512 S-71 Grady Franks, Franklin.

S-547 S-72 John Andrew Setser, Franklin Route 1.

S-941 S-73 Fred Allen DeHart, Tellico.

S-74 S-74 Boyd Henry Collier, Franklin Route 1.

S-423 S-75 Paul Westall Mashburn, Nantahala.

S-1422 S-76 Elmer Johnson Stanfield, Cullasaja.

S-672 S-77 Fred Ernest Guest, Franklin.

S-1260 S-78 Horace Carter Hurst, Jr., Franklin.

S-1603 S-79 James Howard Gibson, Franklin, Route 2.

S-654 S-80 Cecil Harrison Crawford, Franklin Route 3.

S-1386 S-82 Rufus McKinley Holden, Otto.

S-1207 S-83 James Buel Douthitt, Flats.

S-1712 S-84 Grady Shields Guffy, Prentiss.

S-619 S-85 Clark Lewis Burrell, Franklin.

S-1064 S-86 George Rogers Hurst, West's Mill.

S-1153 S-87 Morris Edgar Lemmings, Cullasaja.

S-887 S-88 William Claude Ashe, Franklin, Route 3.

S-1458 S-89 Alvin O'Dell Hurst, Franklin.

S-1476 S-90 George Mashburn, Franklin, Route 4.

S-583 S-91 Fred Clinton Moore, Flats.

S-1730-A S-92 Ernest Benjamin Beck, Jr., Franklin, Route 1.

S-869-A S-93 Grover Henry Watts, Gneiss.

S-1260-A S-94 Joe Brown Jones, Franklin Route 1.

S-869-B S-95 John Robert Jones, Franklin, Route 1.

### State College Answers Timely Farm Questions

Q. Is the ratio between hog prices and feed prices favorable at the present time?

A. Ellis Vestal, swine specialist of the Extension Service, says more money in circulation as a result of the defense program has created a brighter situation for the hog grower. This has resulted in a favorable ratio between feed prices and hog prices. With hogs selling at 10 cents a pound and better, farmers and 4-H club boys may well afford to feed any pigs they may have, even if they have to buy some corn as well as protein and mineral.

Q. When should a poultryman vaccinate his flock against fowl pox?

A. This looks like a mosquito year, says C. F. Parrish, extension poultryman, so farmers may expect more trouble with pox. The insects spread the disease by biting the comb of an infected bird and then biting a non-infected bird. Parrish suggests that every grower with more than 100 pullets vaccinate the flock, both pullets and cockerels, before the birds are 16 weeks of age, and while they are on range.

Q. What have been the reasons for the present trend toward more livestock?

A. L. I. Case, extension animal husbandman, says the reasons include the soil conservation program, the increased production of both permanent and temporary pastures, the increased acreage of hay and small grain crops, and the greater desire on the part of farmers to supplement their income through the production and sale of livestock and livestock products.

### Fallen Tree Blocks Road And Breaks Power Line

Last Friday afternoon during the rainstorm the road to Murphy was blocked and the power line to Wayah broken. A huge pine tree more than one hundred years old which had been standing in B. B. Lenoir's yard was caught by a whirlwind and broken off at the butt, throwing it across the highway and the power lines. The road was blocked for more than a half hour and the power in that section was off for approximately three hours.

The Nantahala Power and Light

### In Philippine Post



Named to command the combined U. S. and Philippine troops defending the Philippines was Maj. Gen. Douglas A. MacArthur, former United States Army chief of staff. Since 1935 he had served as military adviser to the Philippine Commonwealth.

### Rev. J. A. Brendell To Hold Revival At Watauga

Rev. J. A. Brendell, of Blairsville, Ga., formerly of Macon county, will conduct a revival in his home church, Watauga Baptist church, beginning Tuesday evening, August 12 at 8 p. m. His many friends in this section are glad to welcome him, and a cordial invitation is given to all denominations to attend the meeting, which Mr. Brendell announces, will be "an old time revival."

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