

### Hints To HOMEMAKERS

By MISS RUTH CURRENT  
State Home Demonstration Agent

**CHOICE OF FOOD IMPORT-  
ANT** — Nutrition knowledge is especially needed these days when so many people have been alerted to the dangers of overweight. Nutritionists of the U. S. Department of Agriculture suggest "The smaller the quantity of food eaten, the more important it is to choose foods that rate high in essential nutrients. Otherwise, there is the hazard of running short in vitamins, minerals, and protein. Then, the health advantage of holding down weight may be offset by nutritional deficiencies."

Instead of so much emphasis on counting and cutting calories, the nutritionists suggest more attention to the many foods that have so much to offer nutrition-wise. If daily meals include ample protective foods to meet body

needs, they can be both satisfying and "slimming".

Single copies of the "National Food Guide" (Leaflet 288) are free on request from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

**DO YOU KNOW THAT** — Ice cubes will help you to remove grease from the top of soups, gravies, etc? Add a few cubes to the hot liquid and see the fat stiffen so that it may be easily removed with a spoon. Soup stock may then be reheated for immediate use.

Cream soups are ideal for lighter, but nourishing lunch dishes. A steaming oyster stew or fish chowder with tart, crisp salad, hard rolls, butter, milk and a fruit dessert will be a welcome

### State College Answers Timely Farm Questions

**Q.** Can a farmer cut any trees from an area placed in the conservation reserve under the soil bank?

**A.** Yes, if he follows sound management practice approved by his county Agricultural Stabilization and Conservation (ASC) Committee. Generally however, not many plantings will need to be thinned out before they are 10 years old. However, if the farmer needs stack poles, fence post or other products, they could be harvested on a thinning basis near the end of the contract period.

**Q.** What are some of the advantages of the use of infra-red

heat lamps for brooding on the farm?  
**A.** Animals born during the cold winter months can be quickly dried by using heat lamps. This will prevent chilling and the retarding of growth which often occurs at this time of year. Radiant heat passes through the air without loss of heat, and it is efficient in drying young animals and the bedding.

**Q.** Is the alfalfa weevil a problem in North Carolina?

**A.** Yes. This pest, which is a new one, is present now in seven counties—Granville, Vance, Warren, Halifax, Wake, Franklin, and Nash. It caused widespread damage in many fields, with the first and second cuttings reduced a half or more in many cases. Hatching was found safe to use, and it may be used up to seven days before harvest. A spread of the pest southward and westward from the area mentioned above is expected this year. The weevils are expected to be active on the young plants by early April.

**Q.** How long should I age hams for good flavor?

**A.** Hams cured in December should be aged until July 1st or after to give a high flavor.

**Q.** Is a farmer required to hold on to his trees after the contract period under the Conservation Reserve phase of the Soil Bank program runs out?

**A.** No. When the contract expires, he can cut and sell every tree he planted if he wants to. Actually, he would be wiser to hold them or to thin out the poorest and hold the best for a while. At the end of 10 years most of his trees would just be reaching the minimum size for pulpwood.

### MISS BRENDEL WEDS VERLIN L. CURTIS

Mr. and Mrs. J. B. Brendle, of Franklin, Route 4, have announced the marriage of their daughter, Miss Marvel Brendle, to S/Sgt. Verlin L. Curtis, son of Mr. and Mrs. Charlie Curtis, of Dillard, Ga., Route 1.

The wedding ceremony was performed by R. C. Carter II, Jan. 25, at 8 p. m., in Walthalla, S. C.

The bride wore a blue suit with black and white accessories and her corsage was a white orchid.

Attending the wedding were Miss Wanda Brendle, cousin of the bride, and George Curtis, cousin of the groom.

Mrs. Curtis is a graduate of Franklin High School, class of 1956, and has been employed by Western Carolina Telephone Company since June.

Mr. Curtis attended Franklin High School and is now serving in the armed forces.

The couple will reside at Greenville, S. C., where the groom is stationed at Donaldson Air Force Base.

### County Allotted \$2,459 For Weed Program In '57

**Farmers Have Until  
March 1 To Sign  
Reserve Pacts**

Macon County has been allotted \$2,459 for its burley tobacco program this year.

Burley acreage reserve agreements for '57 may now be signed by farmers who usually produce burley and who have a '57 "old farm" allotment for burley, according to Max Parrish, chairman of the county A. S. C. committee, which oversees the program.

Farmers who take part in the acreage reserve for burley must sign agreements calling for a reduction in the farm acreage of burley tobacco below the allotment. In return for reducing the burley acreage, the U. S. Secretary of Agriculture will make payments based on the productivity of the land put in the reserve.

Mr. Parrish points out that signing an agreement is on a first-come first-served basis. This is necessary, he says, since the county cannot accept agreements which, in total, require more money than has been allocated for the programs. If the burley money is all obligated before the end of the sign-up period, which is from Feb. 1, 1957, through March 1, 1957, the county office will keep a list of burley producers who want to sign agreements. If unused funds from other counties or states are reallocated to the county after the regular sign-up period, farmers who are on the list may sign up to the extent that money is available, he said. The deadline for the signing agreements by producers of burley is March 1, 1957.

About half the people in the United States 15 years of age or older drink milk daily.

### Church Circle Seeks Clothing For Hungary

A clothing drive for the relief of Hungarian refugees in Austria is being conducted in Franklin by the women of Presbyterian Circle No. 2.

A marked container will be in the sanctuary of the church during February. After being collected here, the clothing will be processed by Inter-Church Aid and Overseas Relief, an interdenominational agency, and shipped to Hungary.

Particularly needed, according to the agency, is men's clothing. Women's and children's clothing is sought, also, especially warm apparel. Bed clothes also are being received.

### MACON'S Newest Citizens

**Born to:**  
Mr. and Mrs. Jimmy Mack Tippett, of Franklin, a son, Tony Mack, Jan. 29 at Angel Hospital.

Mr. and Mrs. John C. Kinsland, of Franklin, Route 4, a daughter, Feb. 5 at Angel Hospital.

Mr. and Mrs. Garris Parker, of Veedersburg, Ind., a son, William Earl, Feb. 1, at St. Elizabeth's Hospital, in Danville. Mrs. Parker is the former Miss Jeanette Harrison, daughter of Mr. and Mrs. Earl Harrison, of Franklin, Route 1.

Mr. and Mrs. Garris Parker, of Veedersburg, Ind., a son, William Earl, Feb. 1, at St. Elizabeth's Hospital, in Danville. Mrs. Parker is the former Miss Jeanette Harrison, daughter of Mr. and Mrs. Earl Harrison, of Franklin, Route 1.

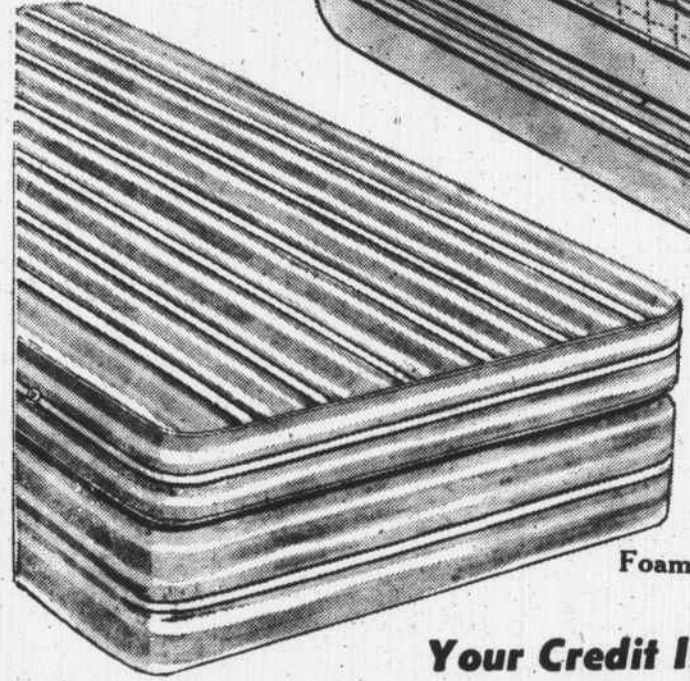
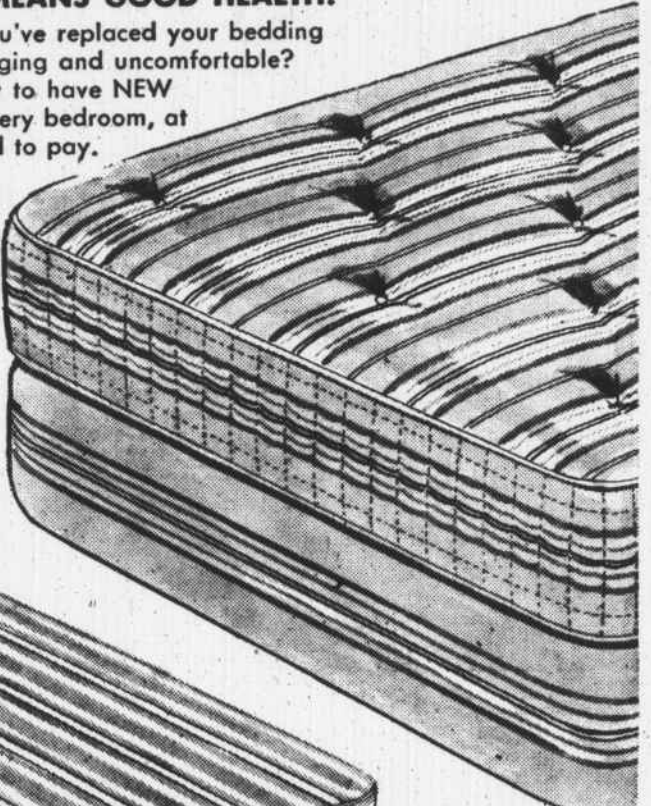
 **What to look for when your car needs service!**  
**SEE PAGE 13**

# Here's a Spring and Mattress You'd Expect to Pay More For

## GOOD BEDDING MEANS GOOD HEALTH!

How long is it since you've replaced your bedding that may be worn, sagging and uncomfortable? This is your opportunity to have NEW SLEEP COMFORT for every bedroom, at LESS than you expected to pay.

**WELL MADE MATTRESS  
AND BOX SPRING**  
Designed and made for years of sleeping comfort, with hundreds of inner springs, firmly woven ticking. All sizes. —ea.



**FOAM RUBBER FOR COMFORT**  
Here's a combination of a GOOD spring and mattress that have been MADE FOR EACH OTHER. Quite firm for true comfort. All sizes. —ea.  
**Foam Rubber—3/3 Size  
\$124.95**

**Your Credit Is Good Here**

## Sossamon Furniture Co.

"Everything For Your Home"

Phone 67

Franklin, N. C.

## Attention Please!

We are proud to announce that we have been chosen as franchise dealers for this area for

### Chrysler - Dodge - Plymouth Automobiles

The only way you can learn how fine these new, new cars are is to take the wheel and drive one.

Come down, drive one and see, and you'll agree that these are America's newest, new cars.

In our get acquainted sales program, we are making deals that you won't believe unless you check for yourself. Come See!

## Macon Motor Co., Inc.

Your Chrysler-Dodge-Plymouth Dealer

### — THE SICK —

#### Angel Hospital

**ADMITTED:**  
Jan. 31: Mrs. Floyd R. Sorrells, of Franklin, Route 2.

Feb. 4: Carolyn E. Snyder, daughter of Lawson B. Snyder, of Franklin, Route 4; John W. Roper, of Franklin, Route 4; John E. Bradley, of Franklin; Mrs. Goodlow Bowman, of Franklin; Mrs. Archie C. Stockton, of Franklin, Route 2.

**DISCHARGED:**  
Jan. 31: Wayne W. Stamey, of Franklin, Route 2; Miss Mary Ruth Anderson, of Franklin, Route 1.

Feb. 1: Miss Mary Sanders, of Franklin; Dr. Jesse Lyle West, of Franklin; Miss Joyce R. Henry, of Franklin, Route 2.

Feb. 2: Harry S. Early, son of John Lee Early, of Franklin, Route 5.

Feb. 3: John Quincy Hedden, of Highlands; Lake V. Shope, of Franklin; Miss Clara Belle Bryant, of Franklin.

Feb. 5: Earl Emory, of Franklin, Route 1.

#### Angel Clinic

**ADMITTED:**  
Jan. 30: Mrs. Nell Keener, of Gneiss; Bill Morgan, of Franklin; John Payne, of Franklin.

Jan. 31: Mrs. Walter Simmons, of Franklin; Mrs. Nena Fowler, of Franklin.

Feb. 1: Miss Bell Bryant, of Iotia; Mrs. Wayne Carver, of Franklin.

Feb. 2: Mrs. Ben Gibson, of Cullasaja; Mrs. Louise Greenwood, of Cartoogehaye; Mrs. Eldie Pruitt, of Gneiss.

Feb. 3: Manford Franks, of Franklin; Mrs. Willie Anderson, of Tellico; Miss Teresa Berger, of Franklin.

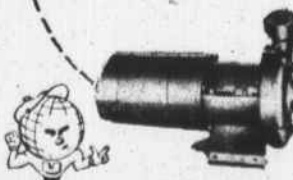
**DISCHARGED:**  
Jan. 30: Larry McDonald, of Rainbow Springs; Billy Stepp, of

**Need an economical PUMP**

for...  
**AIR CONDITIONING OR HOT WATER CIRCULATING?**  
... then see us about

**UNIVERSAL**  
ALL PURPOSE CENTRIFUGAL PUMPS

This is it... the low-cost all-purpose pumping unit for circulating water in your heating or air conditioning system, cooling tower, or swimming pool. Electric motor, belt or engine drive. Come in or phone for full details.



**FRANKLIN HARDWARE CO**  
Always Parking on the Square  
Phone 117 Franklin, N. C.

### NOTICE

The annual stockholders meeting of the Bryant Mutual Burial Association will be held Monday, February 11 at 5 p. m. at their office at Bryant Furniture Company. A directors meeting will be held immediately afterwards.

HERMIE B. DRYMAN,  
Secretary-Treasurer.

## 'Save On'

2 Lbs. Balsam Brand  
**BACON** Plus 1 doz. Fresh Eggs — All for ——.85

Fresh Lean  
**GROUND BEEF** 3 Lbs. for .95

Carnation  
**MILK** 2 Tall Cans Limit 8 Cans ——.25

Golden Ripe  
**BANANAS** 2 Lbs. for ——.19

White Lily  
**FLOUR** 10 Lb. Bag ——.97  
For Cakes and Fine Baking

Swiftning  
**SHORTENING** 3 Lb. Tins —.77  
Why Pay More?

J.F.G.  
**COFFEE** 1 Lb. Pkg. (Limit 1 Lb.) ——.89  
The Best Part of the Meal

The Home of Low Prices

## RAY & WELCH SUPER MARKET

Park and Shop Phone 278

Open till 9:00 every Friday night for your convenience.