Page 8



By RUTH CURRENT

State Home Demonstration Agent during the time this drive was

Iodized Salt-Many people think of iodine as a brown liquid in the medicine chest rather than as a food essential. Yet small but pipylical vigor as well as for prewenting goiter.

People who know-our physicians, nutritionists and other groups concerned with health are miking homemakers to look for the

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Local President **Thanks Mead Workers**

It was most gratifying from statement published in The Herald on February 16 that the members of our local contributed to the Jackson County March of Dimes to the amount of \$480.03. The writer was not on the job

made but Mr. Elden Hooper had charge of his drive for our local. I was absent by reason of illness. Our local and myself are insteady quantities of iodines are debted to Mr. Hooper for this fine meeded by the body for normal piece of work. We are also very growth and development, healthy grateful to Mr. Ralph Kemmerer tin and hair, alert mentality and for his fine spirit of assistance in helping Mr. Hooper put this over for the management.

Jess F. Brown, President Sylva Local 12866.

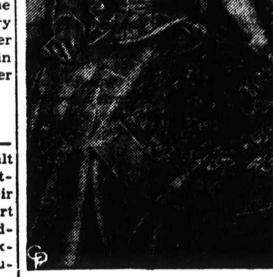
word "iodized" when buying salt and to make sure they are getting this health protection for their families. Because only one part iodine in 10,000 parts salt is needed. Iodized salt is no more expensive than salt without this nutrient.

Iodine is essential for normal growth and development. Iodine hunger is the cause of much fatigue among adolescents, physicians say. Returning iodine to salt is similar to enriching flour to make up for vitamins and minerals re-

moved from the grain in milling. Food specialists say in planning a food storage center, one of the first steps shoull be the selection of the storage containers. Glass or transparent plastic containers

seem a better choice than opaque ones, since a glance tells the contents. Wide-mouthed container: are usually preferable.

having an extra set of graduated sifter. measuring cups to leave right ir



NOMINATED "Queen of the Hollywood Grandmothers,"Joan Bennett looks more like an ingenue. Little of her youthful beauty is missing as this "glamor gram" takes time out during the filming of her latest picture. (International Soundphoto)

staple foods are stored. For example, have a 1-4 cup measure in

cooked.

Read Herald Want Ads. the containers in which some

THE SYLVA HERALD AND RURALITE

'Grandma of Year' How Many Consumers Per Farmer?

While farmers have been work-Arnold Schulman, son of Hering to increase the carrying capacity of their pasture land, people are concerned about the carrying Little Sheba." capacity of the farm - how many

consumers per farmer. According to J. L. Stewart, and is writing for television. He Chairman of the Jackson County has had many articles published PMA Committee, about 130 years in leading publications. Young ago one farmer was able to pro- Schulman started writing while a duce enough for himself and familv and 31/2 people living in town. Carolina and was active with Car-That meant that one farmer was olina playmakers at Chapel Hill. able to provide the food and fiber to meet the needs of 31/2 addition-

doctors, carpenters, and others. But today, says Mr. Stewart, each farmer is producing enough for his own needs and that of his family and in addition, enough for 131/2 people who are not farming. That's an increase of 10 people per farmer or nearly four times as many as one farmer provided for 130 years ago.

Although currently there is an

abundance of some farm commo- states. farmers and consumers dities - more than can be mar- have been working together thru keted at fair prices of some com- the national Agricultural Consermodities — the chairman explains vation program to conserve soil that population is increasing a- and water. Now with the problem bout 2 million per year and the of surplus crops and diverted acres again facing the nation, there is number of consumers depending on one farmer can be expected to still greater need for basic understanding and a close working toincrease.

That is one of the main reasons, gether of the two groups. As Chairthe cereal package, while a 1-cup he points out, why the country can- man Stewart sees it, "Farmers of measure is placed beside the doub- not afford to waste soil and water Jackson County have a primary le boiler in which the cereal is resources. To use these resources responsibility to the consumers, a to produce more than is needed major part of which is to protect

consumer interests by conserving Keep a 1-3 cup measure in the now is one way to waste these resugar and a 1-2 cup size in the sources. Another waste is to use the source of food and fiber. Conflour canister. This idea saves this land to create other surpluses sumers, on the other hand, should time when filling the sugar bowl or to allow land taken out of sur- understand why it is necessary to Nutrition specialists recommend or when scooping out flour into a plus crops to deteriorate through adjust production so that farmers lack of protection from erosion or may continue to provide a balanced abundance of agricultural the waste in growing weeds. In recent years, the chairman commodities without wasting soil."

Nephew Of Sol Schulman In Cast Of Stage Show

man Schulman, Miami Beach hotel operator, is now playing in the in cities, in increasing numbers, Broadway Stage Play "Come Back,

Mr. Schulman, besides being an actor, is an author and play writer student at the University of North Next spring he expects to bring to Broadway a play written by al people - merchants, lawyers, himself and produced by the Theatre Guild.

> Words of the Wise Speech was given to the ordinary sort of men whereby to communicate their mind; but to wise men, whereby to conceal it. -(Robert South)

PRICES HIT NEW

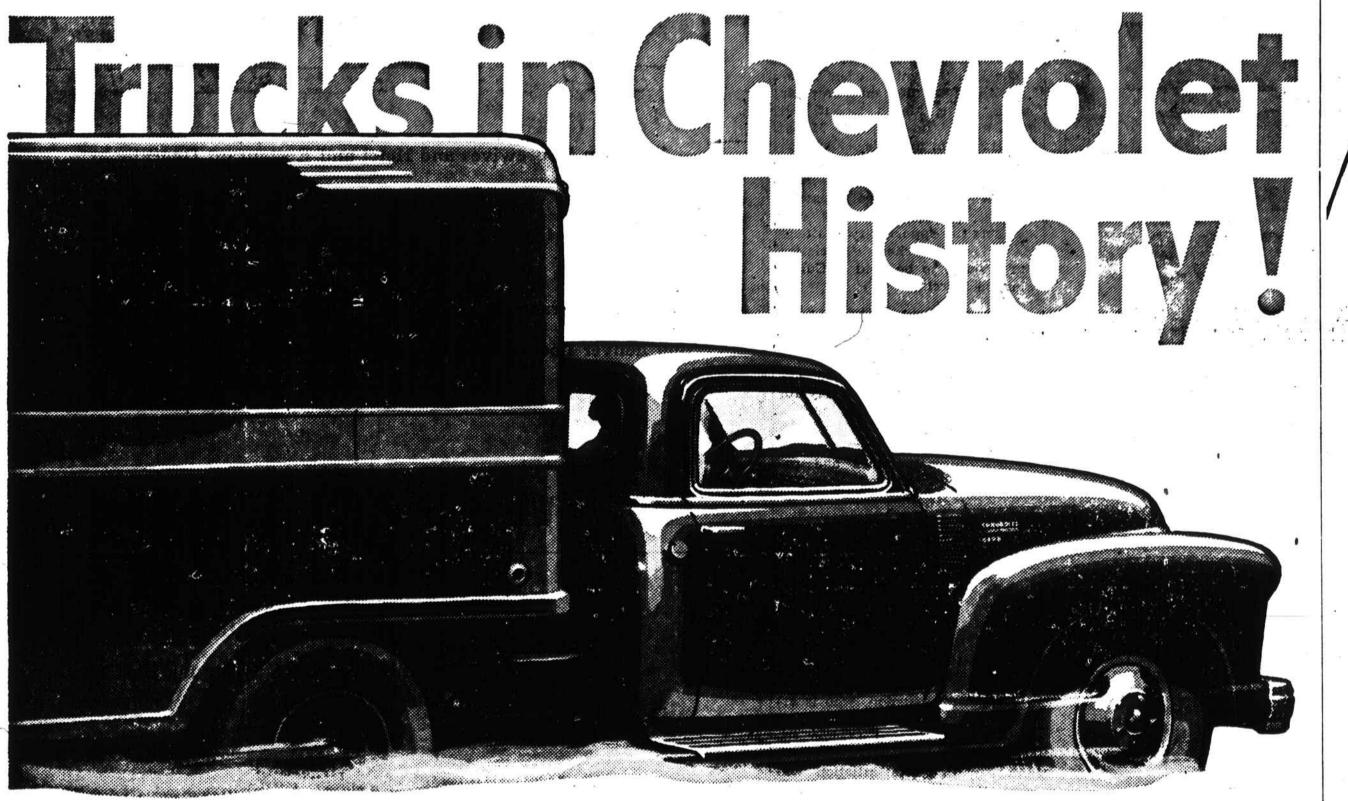
LOW

HITS NEW HIGH "ROGKET"

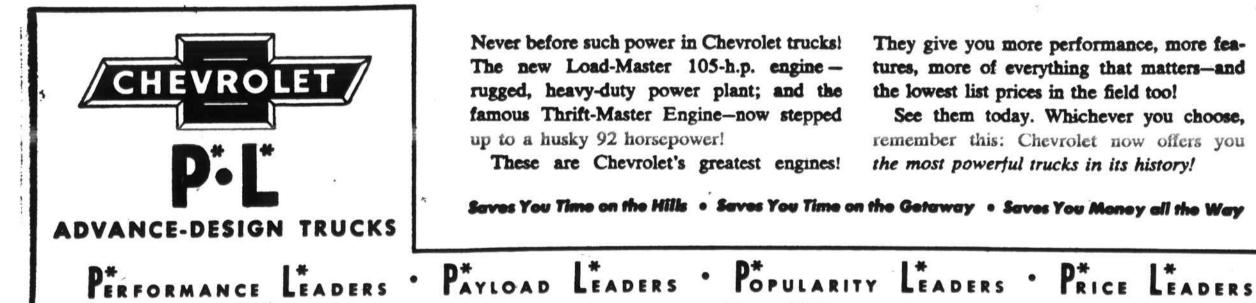
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POPULARITY

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tures, more of everything that matters-and the lowest list prices in the field too! See them today. Whichever you choose,

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