

Indians Provided Major Part Of Deer And Turkey For 1st Thanksgiving Feast



THE FIRST THANKSGIVING — a popular historic picture.

Good Grooming Depends Upon Inside Health

Good grooming is more than just being sure that clothes are spotless, hair neat, fingernails clean, stockings seams straight and shoes polished. Good grooming reaches its outward expression in clothes, make-up, hair and voice. And that goes for any age, any place, any

will touch her."

Mrs. Kinast says her job is NOT one of telling women what to do. She helps with program planning, works on publications for women's groups, advises persons in the Forest Service's 10 regional offices assigned to work with women's groups and gets about the country speech-making.

financial state. Good grooming is not dependent on lots of money. All anyone needs is a real desire to be well-groomed, plus determination to put that desire into action. An orderly well-groomed mind naturally demands the same kind of body—inside as well as out. If the outside is to be kept well-groomed, the inside must be too. The undesirable signs of poor diet are unsightly skin conditions, lack-lustre eyes and a general air of sluggishness that takes the edge off a well-groomed appearance no matter how smart the clothes.

The daily bath, daily use of deodorant, the twice daily teeth cleaning, weekly manicure—these are simple habits, easy to form.

A full length mirror will tell you how well-groomed you are. How's the posture? Do you stand straight and tall, head up? Or do your shoulders slump and the chest

Artificial Breeding Is Popular

A revolution is taking place in North Carolina's dairy industry. In four out of every five counties, farmers are now breeding their dairy cattle artificially. As recently as four years ago, only a handful of farmers were using this service.

The number of dairy cows bred artificially in the State since January 1, 1948, has now passed the 100,000 mark, according to T. C. Blalock, dairy specialist for the State College Extension Service. The number of first-service cows bred in 1950 alone reached 32,248. More than 1,000 animals were bred

sag, and tummy bulge? Is weight balanced on both feet, or all on one side so the hip juts out? Good posture is just as much a part of good grooming as is cleanliness.

in each of 12 counties—Forsyth, Buncombe, Alamance, Iredell, Guilford, Union, Randolph, Davie, Gaston, Henderson, Mecklenburg, and Wake.

There are now 61 local cooperative breeding associations in operation. They offer service to farmers in 79 of the State's 100 counties. Total cow enrollment has reached 55,255.

Blalock says the artificial breeding program has continued to expand "because farmers realize that through artificial breeding they can obtain service from some of the nation's outstanding bulls at even less expense than by maintaining their own herd sires."

In September, the nation's hay supply was estimated to be larger than in any previous year.

Safety Measure

Basement stair steps are the bottom step is painted contrasting color. Most steps into the basement are painted dark colors. Therefore, if step is painted white, this color will show up, even and will help to prevent and falls.

No Stick-to-itiveness

A unique property of silicon is revealed in the fact it can be used as coating bread pans in commercial bakeries. This makes it unnecessary to grease the pans to prevent sticking to 500 loaves. Other applications of this remarkable property of silicon are being investigated.

AP Newsfeatures

While you are wondering whether that big Thanksgiving turkey will go in the oven and whether there will be enough to feed the guests you have invited, you might give a thought to the Pilgrims at the first Thanksgiving dinner.

Just to start with, they had 90 unexpected guests. They had planned a small feast to celebrate their first harvest and to give thanks that their little community had survived hard times. Months of privation had taken their toll. There had been many deaths, but now they saw hope ahead. Full of good will, they asked Massasoit, a friendly Indian, and his family to attend the feast.

Indians Stole the Show
Massasoit showed up with 90 braves. There were twice as many Indians as Pilgrims. But the Indians had brought along five deer, which were a big help.

It took them a week to get ready and when they started, they feasted for three days. There were only five mature women and a few girls to do the cooking. The men went hunting. Gov. William Bradford and four men killed as many wild turkeys as possible. Two fishermen came in with eels, clams and oysters. The youngsters picked wild cranberries, cherries and grapes.

They Had Their Beer
Most of the cooking was done in the open. The birds were roasted on spits, the sea food on coals. The first Thanksgiving pie was made when the women cooked some of their dried fruits in dough cases. They had wine which they had made from wild grapes, and beer. A shortage of beer had been an important reason for their settling in what is now Massachusetts in-

Women Are Doing Much To Aid Conservation Program

By JANE EADS

Looking beyond the trees in their backyards to the forests, women the nation over are participating in conservation programs to insure wise use of our national resources.

Organized to do civilian defense and welfare jobs during World War II, many women's groups were eag-

er to continue working on government projects that would really be a lift and a help. "That's when they got interested in conservation, and that's where I came in," Mrs. Margate Kienast of the U. S. Forest Service told me. Before she went to U.S.F.S. to help women's organizations like the General Federation of Women's Clubs, the D. A. R., the National Council of State Garden Clubs and even the Business and Professional Women's Clubs, she had worked for the Office of War Information.

It was the right time to set up conservation programs, and many clubs now have local, state and national conservation chairmen, she said. They go much further than the lecture and film stage; they actually participate in conservation work.

They sponsor planting programs; oppose or support legislation on conservation issues, both on the state and national level; provide scholarships for teachers at summer conservation camps; promote radio programs on local conservation problems and sponsor camping activities for local children, among other things.

"In fact, there are about 75 different things clubs are doing for conservation—ranging from keeping an eye on a watershed to getting riled because somebody wants to cut a grove of trees to make whiskey barrels," Mrs. Kienast said. "The conservation idea will provoke the interest of any intelligent woman, because somewhere it clearing.

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