

Florence Bowles Is Honored At Luncheon

Mrs. Jonathan Woody entertained at a luncheon Saturday in her home on Country Club Drive, honoring Miss Florence Ann Bowles, who is graduating today from the Waynesville Township High School.

Garden flowers were used in decorating the home.

The guests included Miss Bowles, Miss Katherine Cross, Miss Brenda Brendall, Miss Ann Williamson Prevost, Miss Bette Liner, Miss Agnes Jane Roberson, Miss Gray Watkins, Miss Joan Metzger, Miss Dody Prevost, Miss Joan Prevost, and Miss Betty Barber.

Specialist Says Young Folks Need Better Breakfast

By EDWARD S. KITCH

CHICAGO (AP)—A food specialist says young people need better eating habits and that most American homes serve inadequate breakfasts.

Rita Campbell, director of the Department of Nutrition of the National Live Stock and Meat Board, calls attention to the intensive research in the last three decades that reveal the food value of meat for people of all ages.

"Teen-agers need from one-third to one-half more protein, minerals and vitamins than their parents do," Miss Campbell says.

"The teen-years are the most active years in a person's life. Greater supplies of nutrients are necessary to maintain good health, proper body development and extra energy."

"Generally you will find that the smart student, the star athlete and the popular coed are youngsters who eat the right foods."

Miss Campbell says the American breakfast is the most neglected meal of the day.

"For maximum efficiency at work, school or play it is essential that one-quarter to one-third of the daily intake of protein, vitamins and minerals be obtained at breakfast."

"The nutrients missed by skipping or skimping breakfast cannot be made up at other meals."

An adequate breakfast would include meat, eggs and milk products,



MRS. WARREN LEE KAFITZ was married Saturday afternoon in the Rockwood Methodist Church at Canton. She is the former Miss Rowena Robinson, daughter of Mr. and Mrs. Roy A. Robinson of Canton.

Rowena Robinson Is Bride Of Warren Lee Kafitz

fruit and cereal or bread.

Nutritionists and food specialists have suggested serving such unusual breakfast foods as steak, meat-base soups and even hamburgers at the morning meal.

When you are baking popovers and take them from the oven, remove the hot bread immediately from the muffin cups so that their bottoms do not steam and soften.

Speaking of Homemaking

By MRS. ELIZABETH G. PARHAM
Home Service Representative
Carolina Power & Light Co.



YOUR HOME IS ONLY AS MODERN AS ITS WIRING

You can enjoy the benefits and conveniences of modern living to the fullest extent only when your home has modern wiring. Whether you build, buy or modernize, be sure that you get sufficient

1. **Circuits**

a. **General Purpose**—for all lighting and for convenience outlets except in kitchen, laundry, dining areas. The average 1000 sq. ft. home needs three, with recommended No. 12 wire for 2300 watts each circuit.

b. **Small Appliance**—for convenience outlets in kitchen, laundry and dining areas. Average home needs minimum of two. No. 12 is smallest sized wire safely used; 2300 watts each.

c. **Individual**—for each of the major appliances.

Remember that voltage drops when circuits are too small, too long or overloaded. You waste electricity as lighting can be reduced as much as one-third; you waste electricity and time on heating appliances or those producing

heat; and there is danger of overworking and eventually burning out motors.

2. **Outlets**

a. **Lighting**—on switch control, for either a ceiling fixture or wall element in each room or area.

b. **Convenience**—in living areas along floor line of unbroken wall space, placed so that no point is more than 6 ft. from an outlet; one in any unbroken wall space 3 ft. or more; one for each 4 ft. of kitchen work counter, plus refrigerator; one at each of the other working areas, and weatherproof type for outdoor use.

c. **Special**—for each major appliance.

3. **Switches**—at each side of all doorways.

a. **Multiple Control**—if entrances more than 10 ft. apart, and for switches at head and foot of stairways.

b. **Mercury**—for silent switching in nurseries and bedrooms.

c. **Remote Control System**—for greatest flexibility, a master control of important lights even though they may be at a distance.

Announcement

Contrary to statements that we understand are being circulated, our plans are to operate this Laundry on a 12-month basis — to operate all year.

Our plans, intentions, and program is for a full-time, year-round operation.

All statements to the contrary are in error.

Waynesville Laundry

J. W. KILLIAN
Owner

Personals

Mrs. Joseph H. Noland left Friday by plane for Knoxville for Honolulu where she has joined her husband, Airman Noland, who is serving in the Navy. Mrs. Noland is the former Miss Kyleen Campbell, daughter of Mr. and Mrs. Kyle Campbell. The Noland expect to be in Honolulu about eighteen months.

Mr. and Mrs. Ned Howell and son, Charles; Mr. and Mrs. Boyd Medford and daughters, Kathy and Jane; and Mr. and Mrs. Richard Inman and daughter, Gwyn, made up a party which left Sunday to spend ten days at Windy Hill, S. C.

Mrs. John M. Queen, Sr., left Friday by plane for Orlando, Fla. where she was called on account of the serious illness of her mother, Mrs. M. D. Shook. Mrs. Shook has been spending the winter with another daughter in Orlando.

Miss Elsie Palmer and Miss Mary Lillian Hyatt spent the weekend in Raleigh and attended the graduation of the latter's brother, Roger Hyatt from State College.

Mr. and Mrs. John Samuel Anderson of Hillsboro, Ga., are here to attend the commencement of their nephew, Eddie Damour, at Waynesville high school. They are guests of Eddie's mother, Mrs. James R. Thomas, Jr. and Mr. Thomas.

Mrs. James White of Hillsboro is the guest of her son-in-law and daughter, Mr. and Mrs. James R. Thomas, Jr. She will leave tomorrow accompanied by her grandson, Eddie Damour, who will visit in Hillsboro and Macon, Ga.

Sp/3 William Osborne has returned to White Plains, N. Y. after spending a furlough with his wife in Clyde.

Mrs. Nettie Lastings and son, Otis, of Daytona Beach, Fla., are visiting the former's sister, Mrs. Thomas Gilliland, Mrs. Lastings is the former Miss Nettie Brock of Haywood County.

Mr. and Mrs. John B. Kirkpatrick and children, Roger and Lenore, have returned to their home in Kent's Store, Virginia after a visit with relatives in the county.

Mrs. R. L. Hartley of Irwinton, Ga., is visiting her son-in-law and daughter, Mr. and Mrs. M. H. Bowles. She came at this time especially to attend the graduation of her granddaughter, Florence Ann Bowles, from Waynesville High School.

Mr. and Mrs. William Hardin and their children, Danny and Laura, of Clyde, left Friday to spend a vacation at Myrtle Beach, S. C.

Want something different for that ladies' lunch? Serve cold sliced turkey or chicken plus ham with French Toasted Cranberry Sandwiches. To make the sandwiches, layer jellied cranberry sauce between slices of white bread; dip the sandwiches in a regular French toast mixture of egg, milk, salt and sugar. Brown the sandwiches in butter and then cut into small triangles. Add a big mixed green salad to this menu, coffee and rich cookies and you'll have something good. A bowl of fresh fruit might also be in evidence for weight-watchers who eschew the cookies.

Batiste Beauty



By VERA WINSTON

FINE cotton batiste is used for a gown that comes in yellow or aqua and white with its very own cover-up stole. It boasts such handsome detail as fine pleating over the bosom bordered by cotton lace medallion bands. The hemline is scalloped and for extra charm is bordered with lace. The stole has lace edges and lace-appliqued motifs. A charming gift item.



MRS. HELEN GARRETT (CLARK) HINKLEY was graduated last week from Greensboro College with an AB degree in Primary Education. Her minor was Sociology. She was a member of the Future Teachers of America, the Spanish Club, the Young Democrats, and the Irving Society and was a signer of the college Gold Book, which lists the names of students with a scholastic average of B. Her parents, Mr. and Mrs. Tom Garrett of Hazelwood, and her husband, who has been in the service in Panama, attended the commencement program.

Ever try the water-displacement method of measuring shortening if you haven't the fraction you need among your cup sizes? You fill with water a regular marked measuring cup to the 1-cup level, then pour off an amount of water equal to the amount of shortening you'll need. Put pieces of shortening (pushing them below the liquid level) into the cup until the water reaches the 1-cup line again, and you'll have the required amount of shortening when you pour off the water.

Next time you are serving a meatless tomato sauce over spaghetti, try adding anchovies to it. Use a small can (about two ounces) of the anchovies that come packed flat for a tomato sauce that is to serve four people. Cut the anchovies into small pieces before adding. The oil from the anchovy can may be used in preparing the sauce.

A big help if you're trying to remove a little spilled candle wax from a table top is to hold an ice cube on the wax for a few seconds—but wipe up melted ice immediately so there won't be any water spots.

Joint Hostesses Entertain For Bride-Elect

Mrs. James E. Davis and Miss Dixie Campbell were hostesses at a luncheon Thursday at The Towne House in compliment to Miss Mary Medford, June bride-elect.

The guests were Miss Medford, Mrs. Fred Campbell, Miss Edna McCracken, Miss Elsie McCracken, Mrs. Charles McDarris, Miss Mary Sue Crocker, Mrs. Enos Boyd, Mrs. Raymond Caldwell, Mrs. Richard White, Miss Jean Childers, Mrs. Herbert Tate, and Miss Bernice Harrell.

Lemon Cheese Pie Is Creamy And Delicious

By RUTH CURRENT
State Home Demonstration Agent

CREAMY LEMON CHEESE PIE—Have you ever tried a creamy lemon cheese pie? It's delicious—and you can freeze it, too. Here is the recipe:

1/4 cup fresh lemon juice
3 packages cream cheese (3 oz. packages)
2 eggs beaten
3/4 cup sugar.

Topping
1 tablespoon lemon peel
1 tablespoon sugar
1 cup sour cream.

Mix well lemon juice and cream cheese. Add beaten eggs and sugar and beat until fluffy. Pour into vanilla wafer crust and bake at 350 degrees for 15 to 20 minutes. Remove from oven and cool for 5 minutes.

Topping: Mix lemon peel, sugar and sour cream. Spread over pie. Return to oven and bake 10 minutes longer. Cool. Chill in refrigerator at least 5 hours before serving.

Vanilla Wafer Crust
1 cup vanilla wafer crumbs (about 30 wafers), 2 tablespoons melted margarine or butter, 1 tablespoon sugar, 1 tablespoon fresh lemon juice, few grains salt. Reserve some crumbs for top, if desired. Press crumb mixture evenly and firmly on bottom and sides of 8-inch pie pan. Pour in filling and bake.

CARD OF THANKS

We wish to thank our friends and neighbors for their deeds of kindness and expressions of sympathy during the illness and death of W. R. Thompson.

The Family.

Your Eyes Need Protection From The Glaring Sun During Summer

By VIVIAN BROWN
AP Newsfeatures Beauty Editor

YOUR SEASON IN THE SUN can be a carefree one if you'll protect your eyes.

It's fine to wear waterproof mascara and eyeshadow in the interest of glamor if you apply them deftly so that at high noon you do not look like a circus performer. But it is a better idea to concentrate on real sun-protection for your eyes.

You'll need dark glasses if you'd insure your eyes against sun's rays, whether you wear a brimmed hat or not. Head-coverings do shade you from the sun, but even then you'll probably squint your eyes, another beauty problem. Besides averting those crow-foot lines that might etch their way at the eye corners, you'll avoid a miserable headache and dizziness that comes from eye abuse, if you wear sun glasses.

Wear the glasses on the beach where sand and water are likely to reflect glare. Eye shades are needed too when you engage in tennis, golf or go driving outdoors.

Cheap glasses do not pay dividends, as sometimes these cause more of a strain than going without them. It is possible to have dark glasses ground to your regular prescription. One chic new pattern is available in a batch of new lenses and frames with hues from rose to copper glow. They screen out harmful ultra-violet and infra-red radiation without distorting vision, the makers say.

If you can combine sunglasses and head covering, so much the better for protection of your hair too. You'll notice that movie stars who are aware of hair glamor are usually photographed in the sun wearing a head covering in addition to dark glasses. Most popular



EYE INSURANCE... Sun glasses help protect your eyes from harsh sun rays. These are in a new Zanzibar pattern frame. Lenses may be optically ground.

is the scarf tied in a turban effect with a bow at the nape of the neck. Large flower-covered beach hats are popular this year. Many fashion-wise beach belles make their own with inexpensive hats bought at variety stores, covering the crown with seashells, bows, flowers and other motifs. These are tied under the chin with a big sash that sometimes goes right up and over the crown of the hat.

The main idea in enjoying the sun is to reap its benefits without paying the piper for neglecting to take adequate precautions against eye strain.

SEE

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DEMONSTRATED BY ELIZABETH PARHAM
Carolina Power & Light Company Home Economist.

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Every Child In Your Family Is Entitled To This Wonderful Offer
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