

YOUR TRAVEL NOTEBOOK

January Is Grab Bag Of Inviting Activities

Outdoor activities for travelers in the mid-South are not curtailed at this time of year. The gad-about has a variety grab bag of things to do and places to go, including sports events, historical tours and hunting expeditions—to mention a sampling.

In North Carolina, dove hunting season lasts through January 10. Other seasons scheduled to conclude January 15 are: Waterfowl, coot and brandt.

The "1957 Celestial Preview" at Morehead Planetarium, Chapel Hill, runs through January 28, with shows nightly. On the following night and lasting through February 25, you may see "Satellites" at the Planetarium.

A brief rundown of other suggested events of possible interest to employee-travelers includes: Dixie Fashion Exhibit, Charlotte, 12-16; N. C. Symphony Week, statewide, 13-19; Informal Horse Show, Pinehurst, 20.

THE FIRST month of the year is a good time to visit the 116-year-old North Carolina State Capitol building in Raleigh. A hostess is on duty there to answer travelers' questions and provide information. A guide will conduct tours through the building.

The Capitol building is open week days from 8:30 a.m., until 5:30 p.m., and from 8:30 a.m., until 12 noon on Saturdays. The grounds may be visited at any hour. Tinted floodlights illuminate the outside of the building until 10 p.m.

FIRESTONE FAMILY LIVING

Fruit-Nut Cake Is A Wintertime Favorite

From the time of her early childhood she has liked to cook. Mrs. Tate Moore, a first-shift creeler in Spooling, has a hobby that takes in the broad territory of cooking, baking, canning and preserving.

From among her extensive collection of recipes comes this one for a fruit and nut cake which has proved to be a popular wintertime favorite in this part of the country. It makes about 5 pounds.

THE INGREDIENTS

4 cups all-purpose flour	1 teaspoon vanilla
2 teaspoons baking powder	1 pound white raisins
¼ teaspoon salt	2 cups chopped mixed nuts
½ pound butter	½ pound candied pineapple
2 cups sugar	½ pound candied cherries
1 cup milk	
4 eggs	

Cut raisins, pineapple and cherries in small pieces.

Sift together first 3 ingredients. Cream butter into next 2 ingredients. Add eggs, 1 at a time, until mixture is smooth, creamy and blended. Mix in vanilla. Work in nuts, raisins, pineapple and cherries. Turn into greased layer pans and bake in oven heated to 300 degrees. Cool layers before removing from pans.

Prepare filling with the following ingredients:

Juice of 6 oranges	1 cup water
2 lemons	1 grated coconut
4 tablespoons flour	1 cup chopped, mixed nuts
3 cups sugar	

Capitol Square is on U. S. Highway 1 and covers nearly seven acres adorned with 52 varieties of trees, numerous flowering shrubs and impressive statues and monuments. On the North side of the Square is a statue to the three presidents born in North Carolina: Andrew Jackson, James K. Polk and Andrew Johnson. Johnson's birthplace, open to the public as an historical shrine, is within two miles of the Capitol.

Other much-visited attractions near the Capitol are the new North Carolina Museum of Art, the State Museum of Natural History and the State Historical Museum.

Summer lingers in Florida for those who may be privileged to travel South during the month. Holiday rates in the Sunshine State start December 15. The seasons in Florida do not follow the calendar. For example, October marks the end of summer rates, the lowest of the year. November 1 to December 15 is autumn, as far as prices are concerned.

The winter season begins January 15 and lasts through March. Pricewise, the winter season in Florida is the most expensive for travelers.

For information and assistance in planning your winter trip or vacation, the Plant Recreation Department is at your service.



Cloth Room

Mrs. Mary Rhyne has recovered from a recent illness. Mildred McLeymore and Ethleen Nichols have returned to work.

George Robinson spent two weeks recently with friends and relatives in Andrews, N. C.

Wallace Deanhardt, and Mrs. Deanhardt had as December visitors Mr. and Mrs. Norman Crump and Robert Craig.

Spooling

Mr. and Mrs. Loyd Wright spent a recent Sunday visiting Mr. and Mrs. James Wright in Cramerton, N. C.

Weaving

Risbeth Webb, battery hand, and grandson, Gene Cloninger, visited Mr. and Mrs. Dan Webb and family in High Point, N. C., during December.

Charles Heffner, husband of Mrs. Helen Heffner, quiller tender, has returned from a stay in a Charlotte hospital.

Earl Reeves, son of Mrs. Nettie Reeves, was recently discharged from the Air Force. Last stationed at a Florida base, Earl arrived home in early December, to be with his parents.

Mrs. Audrey Seymour had Miss Peggy Huggard as a recent Sunday guest.

Winding

Sam Ware, yarn packer, has returned to work after undergoing treatment at a Winston-Salem, N. C. hospital.

Faye Kennerly had as recent dinner guests her parents, Mr. and Mrs. D. F. Oakes; and her sister, Barbara, of Bessemer City.

E. P. McArver, second hand, attended the Shrine football game in Charlotte on December 1.

Hattie Gibbon and husband, John, visited Miss Avery Gibbon recently in Grover, N. C.

Dorothy Perry had as a week-end guest recently her niece, Miss Cheryl Hood.

Ethel Neal and family visited her mother, Mrs. C. P. Conner, and also Mr. and Mrs. Charles Neal of Grover, N. C.

Betty Broome, warper tender, entertained her daughter, Sandra, with a birthday party December 2.

Sara Smith, winder tender, visited her brother in Augusta, Ga., recently.

Julie Buchanan, winder tender, has returned to work after treatment in a local hospital.

Sallie Hawkins, winder tender, was a recent patient at a local hospital.

Hazel Nolen, yarn weigher, had as guest in her home in December, her aunt, Mrs. E. E. Faulkner of Henderson, N. C.

Ruby McCoig, winder tender, was among those attending a party for the Matrons Sunday School Class of Loray Baptist Church at the Girls Club December 10. Husbands of members were special guests.

Prevent Death From Carbon Monoxide

Carbon monoxide—an odorless, tasteless and colorless gas—causes the needless death of many persons each year. As a guide which may save lives, Plant Safety Director Alvin Riley offers the following suggestions:

1. Make certain that there is plenty of oxygen available wherever you may be—either at home or in an automobile.
2. Check automobiles from time to time to safeguard against faulty mufflers or exhaust pipes.

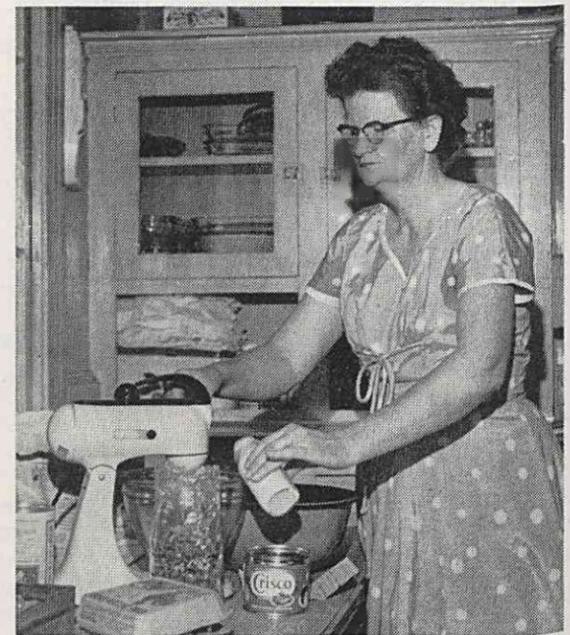
The Safety Director points out that a large portion of the expected fatalities from gas poisoning are likely to occur in the fall and winter months.

"In cold weather, people tend to close their windows and overheat their houses. Because of this, victims are usually found in a tightly-closed, unventilated room with some kind of open-flame heating device," he said.

THOSE EXPOSED to the poison gas are seldom aware of its presence. One of the best ways to detect carbon monoxide is by the feeling of sleepiness which accompanies poisoning from this gas.

According to statistics, most fatalities occur in homes, but faulty exhaust systems or broken mufflers often allow the gas to penetrate the floor board of a vehicle, causing death.

Carbon monoxide acts on the red corpuscles of the body. Scientists say that the time it takes for the gas to kill a normal human being varies according to the conditions present and the general health of the individual concerned.



Mrs. Tate Moore, 1315 West Davidson avenue, works out many original recipes.

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