



HINTS TO Homemakers

BY RUTH CURRENT
STATE HOME DEMONSTRATION AGENT

THREE-POINT TEST OF A GOOD BREAKFAST—(1) It gives you materials for body building and repair and to help keep you healthy; (2) it provides fuel for body energy; and (3) it tastes good.

A doughnuts-and-coffee breakfast fails the test right on Point One. It leaves far too much for other meals to make up.

A fruit-juice-and-coffee breakfast goes a little way toward Point One, but not far enough. It's short on Point Two also. Between supper and breakfast there's a 10 or 12-hour stretch. Breakfast should supply its share of energy food.

For many people, particularly children, it's sound planning to have one-fourth to one-third of the day's food at breakfast; but there's no hard and fast rule. A desk worker who eats a substantial lunch early may get along very well on a light breakfast. It's the food you eat in the entire day, totaled up,

that tells whether you're well fed.

BREAKFAST VARIETY—Here are a few ways to get variety—and maybe surprises—into breakfasts.

Vary cooked fruit flavor. Sprinkle applesauce with cinnamon or other spice, or with raisins or chopped dried fruit. Add orange or lemon slices to prunes, figs, or dried peaches.

Scramble eggs with tomatoes. To serve 6: beat together 6 eggs and a cupful of cooked or canned tomatoes. Season, and cook in a little fat over low heat, stirring constantly, until firm as you like it.

Broil or fry tomatoes—red or green—and serve with bacon.

Chop cold potatoes and heat in a little fat, then scramble them with eggs.

Split left-over rolls, biscuits, muffins, or corn bread. Spread with butter or margarine, and toast in the oven. Or make bacon rolls by putting crisp brown bacon into toasted rolls.

Use stale bread to make an old favorite—French toast. Dip bread in a mixture of egg and milk or egg and tomato juice. Brown carefully in a little fat.

ARE YOU OVERWEIGHT?—Doctors say overweight isn't a little problem. It's a big one. One out of five adults carries around large slabs of unnecessary fat. The overweight adult may be struggling alone to control his weight, or he may be trying to reduce it under the guidance and with the aid of his physician, or by listening to a faddist or pill peddler.

The enormity of the problem is clear when one considers that obesity contributes to the development of one after another of the debilitating chronic diseases. By the majority of medical people, it is believed to be the principal contributory cause of atherosclerosis, a chronic blood vessel disease involved in heart cases and strokes. Diabetes is another disease that occurs more frequently in obese patients. The list of problems aggravated by overweight is long and not the least, among these are the psychological ones.

Keep abreast of what is going on in the nutrition field.

"Eat to control Your Weight," Misc. Pamphlet No. 128, July, 1952, by S. Virginia Wilson and Jewell G. Fessenden, Extension Nutritionists, may be had by writing Miss Wilson at N. C. State College, Box 5097, Raleigh, N. C.

DID YOU KNOW—that in view of the increasing use of fluid skim milk or reconstituted non-fat dry milk the National Research Council has approved the restoration of

MOTOR MAIDS



Engineers Design Safety Into Roads

By Martha Johnson
Dodge Safety Consultant

"Drivers who skillfully and intelligently use roads as planned by traffic engineers have better assurance of safe travel and contribute their share to the comfort and convenience of fellow road users," according to Fred W. Hurd, director of the Bureau of Highway Traffic at Yale University.

"As a result of scientific studies of road accidents and congestion made by traffic engineers, we can devise better methods of road design and traffic control," he says.

"But, the human factor still is one of the highway engineers' greatest problems.

"For example, acceleration and deceleration lanes are provided at many intersections to smooth the flow of traffic. Yet some drivers use these supplemental lanes improperly or not at all.

"We use precise calculations to time traffic signals based on traffic volumes and the average time required for a vehicle to pass through the intersection. But drivers who fail to start up promptly when the light turns green contribute to a 'back-up' of traffic which may extend over the entire period of peak traffic flow."

Traffic signals timed in a "progressive" manner also are misused, according to Hurd. "Impatient drivers who exceed the posted speed cause increased hazard and delay for all traffic, and gain little or nothing in travel time.

"Lane straddling, improper parking and many other thoughtless acts by motorists and pedestrians also help destroy the effectiveness of safety and efficiency designed into the road by the engineer," claims Hurd.

vitamin A to these products to the average year-round level present in whole milk.

WHEN SEWING AND IRONING—Keep in mind these approved methods of working and safe procedures for using household equipment:

Put pins and needles in pin cushions—never in mouth, clothes, or in furniture.

Keep sharp objects out of your lap when sewing.

Pass sharp objects to others with handle first—never toss them.

Store scissors and other sharp objects in holders or in a secure place.

Keep fingers away from the path of the sewing machine needle.

Use slow speed on electric sewing machine while learning to operate it.

Know how to operate emergency release on electric sewing machine.

Arrange electric cord of machine on the floor so it will not cause anyone to stumble.

Turn off motor when sewing machine is not in use.

Close sewing machine carefully to avoid damaging electric cord.

When ironing, use a well-balanced, rigid ironing board.

Keep hands away from the hot area of the iron.

Place hot steam iron on its heel when not in use.

Use non-flammable or treated ironing board cover.

As the purse is emptied, the heart is filled. — Hugo.

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In an earlier column, I told about the success of University of California scientists were having with garlic juice as a control for many bacteria and fungus troubles. Now comes asparagus juice to the forefront.

Two scientists at the University of Maryland, while making a statewide survey of nematodes, found that they had no use for asparagus plants. Following this clue, they discovered that just the plain juice extracted from plants killed all kinds of nematodes—root knot, sting, stubby root and meadow. They also found that the juice, even in diluted concentration, gave considerable protection from this pest when poured around the roots of tomato plants. Further tests showed that spraying the juice formulation on the leaves of the tomato plants was even more effective than root treatment (indicating systemic properties).

While we are on subjects that are new and comparatively new, we might discuss Perlite. This material is manufactured from volcanic rock (lava) which has been expanded by heating. When the rock is crushed and graded, it retains a small amount of moisture. Upon heating the water changes to steam and explodes the particles into small kernels. It is very light, weighing 86 per cent less than sand.

This material has many uses; acoustical plaster, cement, etc., but in horticulture it is used as a soil conditioner, and in the propagating

medium for rooting cuttings. If you want to try something new, use equal parts of Perlite and peat, by volume, for rooting cuttings. Sometimes good sharp sand is hard to obtain, so use Perlite as a substitute.

If you have a bad spot in your yard or garden—one that is hard, stubborn and poorly aerated—work some Perlite into it. It should improve the physical condition of the soil and encourage better plant growth.

LIMITS OIL WELLS

Pharr, Texas — This Rio Grande Valley city of 60,000 has decided six oil wells are all it needs.

The city commission has passed an ordinance banning issuance of drilling permits for wells within the city limits.

Pharr has two wells pumping oil and a third is being drilled.

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