

# THE HOME SPHERE

Edited By  
**MISS FLORENCE GO**  
*Hon. & Demonstration Agent*  
**MRS. ESTELLE EDWARDS GARNER**  
*Assistant Home Demonstration Agent.*

**CHANGES IN PLANS**—For the benefit of the 550 Home Demonstration Club Women in Halifax County, we wish to say that changes for the Spring Federation Meeting on May 7th will be necessary. The Hobgood School was destroyed by fire so the meeting place will have to be changed. Committees will meet this week to work out new plans. You will be notified of the plans. In the meantime the date will remain the same.

**NATIONAL HONOR** — National Home Demonstration Week will be celebrated May 5th to 12th. At this time Home Demonstration work and the women who take part in Home Demonstration Activities will receive nation wide recognition. The theme for this celebration is, "Today's Home Builds Tomorrow's World."

Cooperative Agricultural Extension is the largest teacher of adults in the world. It influences more homes in the United States than in other organizations, therefore it is one of the cornerstones of our Democracy. True Democracy of our American type is founded upon the home and family.

So let us all in Halifax County recognize the untiring efforts that have gone before us and the loyalty of the present individuals and homes that cooperate with Home Demonstration Work.

**SOME HOME POINTERS** — Experts from the U. S. Department of Agriculture make the following suggestions for the housewife. If you are cooking foods that scorch easily on the top of the stove use either a double boiler or a very heavy, thick vessel, such as cast aluminum. Enamelware or stainless steel are poor vessels for use with these foods because of the thinness of the ware. If using these, place under the vessel an asbestos mat. Foods to remember for these precautions are milk, eggs, cheese, molasses, honey, chocolate, thick sauces or fruit butters and foods that settle to the bottom while cooking.

When baking molasses, honey and chocolate cakes, remember that they require lower temperatures than other types of cookies and cakes.

One-half pint glass jars are being manufactured again for use in home canning.

The color of an egg shell has not the slightest effect on the quality or food value of the egg. The color of the yolk may affect the vitamin content, but you cannot look at the outside of the egg and tell anything about the value of the contents. Candling will indicate its freshness and blood spots only.

Each family is asked to reduce

fat consumption by 20 per cent. In home meals the use of fat may be reduced by serving fewer fried foods; less pastry, cake and hot breads that require considerable shortening, fewer fat-rich gravies, sauces and salad dressing.

Do not waste any cereal product, either corn, wheat or other grains. Use all left overs in some way and cook less next time. It is a sin to throw away biscuits, bread or corn bread when it is estimated that 30,000,000 people will die of starvation in China alone within the next few months. A working conscience and a sympathetic heart are good things to wave during this distressful period in the world's history.

Mr. and Mrs. Frederick L. Cooper and son, Frederick III, of Alexandria, Va., spent the holidays with Mr. and Mrs. Ivey Mohorne.

### NOTICE NORTH CAROLINA HALIFAX COUNTY

The undersigned, having qualified as administrator of the estate of Mariah Fouts, deceased, late of Halifax County, this is to notify all persons having claims against said estate to present them to the undersigned on or before the 24th day of April, 1947, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This the 24th day of April, 1946.  
 W. C. MYRICK,  
 Littleton, N. C., Administrator.  
 Ottis J. Reynolds,  
 Attorney for Administrator.

4t-5-16-ch.

### AT LAST... RELIEF FOR RHEUMATISM

LUMBAGO, SWOLLEN JOINTS  
 ARTHRITIS, BACKACHE, NEURITIS

"Say, do I feel swell! Not an ache or pain anywhere." That's what you'll exclaim joyfully when you've tried this marvelous new discovery which is bringing undreamed-of relief to thousands who had suffered for years, who had tried everything, and were beginning to think relief was impossible. Try

**LAKEN'S 9 DROPS**  
 On Sale At All Drug Stores



Be Ready  
 for Spring  
 Driving

SOON you will be out on the open road enjoying the thrills of spring driving. Before you step on the gas to go places—better have your wheel and steering alignment inspected. Unforeseen trouble often develops in the front wheels and steering assembly of a car during the winter months. And the only place you can go with a defective steering assembly is in the ditch. Don't take chances—come in today for a safety inspection check-up. It's FREE.

Identify our station by this Bear Sign - Symbol of SAFETY SERVICE.

**Brickell Motor Co.**  
 1302 ROANOKE AVE.

Check these  
 Values



- 2 Lb. Pkg. IONA  
**COCOA** , . . . . 15¢
- Pkg. SUNNYFIELD CAKE  
**FLOUR** , . . . . 19¢
- 15½ Oz. Can VAN CAMP'S CHILI  
**CON CARNE** . 25¢
- Pt. Bot. MONTEREY GRAPE JUICE  
**PUNCH** , . . . . 24¢
- 1 Lb. Jar ANN PAGE SALAD  
**MUSTARD** , . . . 14¢
- No. 2 Can IONA TOMATO  
**JUICE** , . . . . 11¢
- 14 Oz. Bot. ANN PAGE TOMATO  
**KETCHUP** , . . . 15¢
- 8 Oz. Pkg. SUNNYFIELD CORN  
**FLAKES** , . . . . 5¢
- GREEN  
**CABBAGE** . . . 4 lbs. 26¢
- YELLOW  
**SQUASH** . . . . 2 lbs. 17¢
- GREEN  
**BEANS** . . . . . 2 lbs. 38¢
- CARROTS** . 2 bchs. 18¢
- CUCUMBERS** . 2 lbs. 29¢
- SPINACH** . . . 2 lbs. 18¢
- I-Lb. CTN. U. S. No. 1  
**TOMATOES** . . . . . 29¢
- ENGLISH  
**PEAS** . . . . . 2 lbs. 17¢
- COCOANUTS** 2 lbs. 29¢
- GREEN  
**ONIONS** . . 2 bchs. 24¢
- TURNIP  
**GREENS** . . . . 2 lbs. 20¢
- LEMONS** . . . . 2 lbs. 22¢
- SWEET  
**POTATOES** . . 4 lbs. 40¢

Lucky Strikes, Old Golds, Raleigh,  
 Chesterfield and Philip Morris

**CIGARETTES**  
 ctn. \$1.25

WHITE HOUSE

**EVAPORATED MILK**

4 tall cans 34¢

ENRICHED DAILY DATED

**MARVEL BREAD**

24-oz. loaf 13¢

**FLOUR**

Ballards Share the Wheat, Enriched

25 lb. bag self-rising \$1.38

**PEAS, Mello-Glo**

Fancy No. 2 can, . . . . . 2 for 30¢

**MATCHES—Book,**

50 count . . . . . 2 pkgs. 23¢

**FRUIT JARS—**

Ball — pt. size . . . . . dozen 75¢

20% - WINE - 20%

ROMA — MUSCATEL

SHERRY — PORT — TOKAY

Four-Fifths Qt. Bottle . . . . . 95¢

Occasionally you may find some item we advertise short in supply or temporarily out of stock. Please ask again.

- RINSO**  
 Lge. Pkg. 23¢
- DUZ**  
 Lge. Pkg. 23¢
- IVORY SNOW**  
 Lge. Pkg. 23¢
- OXYDOL**  
 Lge. Pkg. 23¢
- CAMAY**  
 3 Reg. Bars 20¢
- IVORY SOAP**  
 3 Lge. Bars 29¢
- IVORY SOAP**  
 3 Med. Bars 18¢
- SNOWDRIFT**  
 3 Lb. Ctn. 67¢
- SWEETHEART SOAP**  
 2 Reg. Bars 13¢

PHONE  
**R-451-1**

for a

**WHITEWAY TAXI**

or a

**JOHNSON CAB**

24-Hour Service