Don't Waste

By RUTH MILLETT

all about himself.

stand and wait.

in top form.

ever they pay a check.

comes a serious offense.

Housework Is Duty

Of Entire Family

War Be

Kitchen -

By MRS. GAYNOR MADDOX

Dropped Soy and Oat Cookies

oats, 12 cup salted soy beans.

Home-Made Fruit Juice

plums grape juice or apple juice

(Eat the basic 7 every day)

fruit juices, scrambled eggs

with fried tomato rings, toast,

apple jelly, coffee, milk. LUNCHEON: Toasted cheese

sandwiches, watercress with

salt and pepper, dropped soy

and oatmeal cookies, tea, milk.

DINNER: Tomato juice, minced leftover chicken with

chopped olives on wholewheat

BREAKFAST: Homemade

combined with any fruit.

MONDAY'S MENU

utes.

One egg, 1-2 cup melted short-

The wife and mother who works

EARBENDERS

no more important than between

two cans of corn. She almost al-

loud while the other customers

oves to hear himself talk and so

has something to say on every

16 Nurses' Aides Complete Course At James Walker

eceived certificates Friday followmence their volunteer work in the diabetes. James Walker Memorial hospital SAVE RAGS and the Baby hospital at Wrightsville Sound.

All nurses aide graduates are where nurses' aides are accepted the customhouse. It is hoped that the local women will take advan-

tage of this course. Friday's class was under the instruction of Mrs. Sandy Marks. Those receiving certificates in-

Mrs. E. R. Beckwith, Mrs. Ellen have left for the Navy. Crawford, Mrs. R. J. Conelly, Mrs. C. Craft, Jr., Miss Florence Pearsall, Mrs. Platt W. Davis, Jr., Mrs. R. E. Drury, Mrs. Catherine Ensley, Mrs. Roy W. Fox, Mrs. white and Mary Chester have Horace W. French, Mrs. Kathryn moved to Raleigh. Mrs. Apple-Mrs. D. L. Rash, Mrs. white will attend summer school Gordon Stillman, Mrs. Harry W. Stovall, Jr., Mrs. Doris Thibeault and Mrs. Marianna Winkler.

CURRIE

CURRIE, May 28 .- Mrs. W. T. Rawls was the guest Monday of Mr. and Mrs. R. Y. Corbett of

Mrs. J. R. Barnhill and Mr. and Mrs. Rayburn Radford and on, Robert Newell, visited Mr. Radford's mother at the sanitori-

Miss Frances Davis spent Sun-ady with Mr. and Mrs. O. B. um. Sunday. R. T. Hunt and family visited Davis. Mr. and Mrs. Grover Bramble of

Atkinson, Sunday.

Misses Louise and Mozelle Bloodworth and Miss Frances Hilburn have returned from college

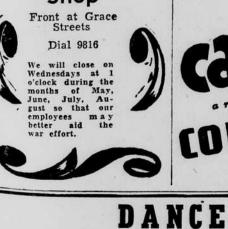
to spend the summer home. R. D. Smith returned from Wilmington this past week-end where he visited his son, Judge H. Win-Kinston, spent Sunday with Mr. and Mrs. D. W. Merritt in Rocky Point. field Smith, Mrs. Katie Grimes and daughter, Miss Mary Smith. Bob Colin of Long View, is ill. George W. Rawls visited in Wil-

mington Tuesday. Mr. and Mrs. Dallas Squires of to Harmony to visit Mrs. Mer-Nat Moore, have moved to this ritt's family.

Mr. and Mrs. Nathan Robinson in Wilmington. announce the birth of a son at James Walker Memorial hospital n Wilmington.

ST. JOHN'S TAVERN 114 Orange St. Tel. 2-8085





Doctors Ponder New Problem: Wartime Rule: Rationing Vs. Invalids', Diet

By BETTY MacDONALD WASHINGTON, May 28. — Because so many doctors have approximate to ODA doctors have approximate Mrs. Sandy Marks Instructor,
New Classes Will Be Started Here Shortly

An industrial advisory committee of physicians and specialists of industrial advisory committee. has been formed to decide dietary tee is now investigating possibilipolicies keyed to needs of invalids ties of limited production of some Sixteen volunteer nurses' aides and special diseases. Included on the committee are experts in integrating of the 80 - hour property of the special diseases. Included on the committee are experts in they'll submit results soon to WPB. and special diseases. Included on the committee are experts in internal medicine, surgery, obstetrics, pediatrics, dermatology and diabetes.

Worked these days, yet it is surgery are occupying the prising how many people go right the construction of these household appliances, and they'll submit results soon to WPB.

Prising how many people go right the Civilians will get 30,000,000 cases more canned fruits and vegeta
There is the committee are experts, Mr. and Mrs.

L. Byrd. They are occupying the Byrd cottage at White Lake.

Mrs. D. N. West and daughter, Judy, of Washington, D. C., are to win the war by making substitute the construction of these household appliances, and worked these days, yet it is surgery. the committee are experts in ining completing of the 80 - hour ternal medicine, surgery, obstettourse in nursing and will comrics, pediatrics, dermatology and civilians will get 30,000,000 cases

Civilians will get 30,000,000 cases

Civilians will get 30,000,000 cases bles from the 1943 pack, since the man who stops

Don't throw away those old government reduced its require for a personal rags around the house. WPB workers are urging all householders to Ration Book Three must be in the a clerk while eligible to work in any hospital turn in rag salvage to their near- mails by midnight June 10, or they others stand in est junk dealer. The reason: men won't be processed till after Au- line to be waitwhere nurses after accepted and a number of new volunteers are needed in Wilmington. A new course will be started shortly as soon as a quota is completed and all interested persons are asked all int

APPLIANCE DEARTH

The electrical appliance picture ple not using all their points.

The electrical appliance picture ple not using all their points.

BOLTON

Mr. and Mrs. Hackett Apple-

Mr. and Mrs. E. M. Herrin are

Mrs. Kenneth Dorward and Jan

Mrs. Clyde Oakley and Jimmie

a patient at the Baby hospital.

Mrs. Addie Creech spent sev-

mington visitor recently.

Mr. and Mrs. D. W. Merritt,

Miss Elizabeth Merritt and Sara Williamson and A. M. Lansford of

Mr. and Mrs. D. W. Merritt,

Jr., spent Wednesday here enroute

PERSONALS

returned from a trip overseas.

cess street, is recuperating at her

home following an operation.

N. Reaves in Wilmington.

spent Sunday with Mr. and Mrs.

to occupy the home of Mr. and

from a visit in Maryland.

at Wake Forest.

Mrs. Applewhite.

M. E. Reaves.

Miss Margaret Carr.

Beauties' Hints BOLTON, May 28. - Bradford Victory Gardens Davis, James Carr and J. P. Baker Also Produce Miss Irene Grice has returned Fine Figures



Miss SPEAKS: She gardens

By ALICIA HART

This year, when gas rationing will curtail much of our traveling Mrs. L. R. Roy spent Thursday back and forth to golf courses. tennis courts and beaches, we'll have to find a substitute way to

take our exercise.

Friends of Jimmie M. Kennedy will be glad to learn that he is recuperating after an operation for appendicitis.

Lieut. A. A. Keels, Jr., is visiting his parents, Mr. and Mrs. A. Keels in Woodcrest. Lieut. A. Keels in Woodcrest. Lieut. Keels in Woodcrest. Lieut. Keels in a pince of the same plant and also runs her home deserves help from other members of the family in preparity of the blood, blue were called to Alabama this week to be at the bedside of Mr. Thorn, and Mrs. S. L. Thornton, were called to Alabama this week to be at the bedside of Mr. Thorn, is visiting his parents, Mr. and Mrs. A. Keels in Woodcrest. Lieut. Keels in Woodcrest. Lieut. Keels in a pilot in the Foreign Ferrying command and has just take our exercise.

In the past 10 years of running a manual problems, so each woman must plan a schedule for herself," she was a patient at Thompson hospital for several days.

Start at once—try Lydia Flinkham's the class.

Mr. and Mrs. S. L. Thornton were called to Alabama this week to be at the bedside of Mr. Thorn, is wist-town's mother, who is very ill.

Every home presents different plan a schedule for herself," she was a patient at Thompson hospital for several days.

A. Keels in Woodcrest. Lieut. Keels is a pilot in the Foreign for muscle-stretching work of pruning, Ferrying command and has just that if the pay envelope is being taken of taxi drivers at large delegation of taxi drivers.

Mr. and Mrs. S. L. Thornton were called to Alabama this week to be at the bedside of Mr. Thorn.

In the past 10 years of running a small upstate New York farm in between making eoncert tours and broadcasting, the blond, blue with a perint and also cruns fer for taxis at large delegation of taxi drivers.

Mr. and Mrs. S. L. Thornton were called to Alabama this week to b

"Three precautions are neces- or is being saved toward a home, night. Mrs. J. B. Bowden of Burgaw, is a patient at James Walker Memorial hospital.

Mrs. J. B. Bowden of Burgaw, whether you are Victory is a patient at James Walker Memorial hospital.

Mrs. J. B. Bowden of Burgaw, sary, whether you are Victory or used for the paying of family debts, she should not be expected buttering around in your back to do alone the work of a house-yard," Miss Speaks warns. "Guard hold."

Operators of the larger taxi Dinner guests of Mr. and Mrs. D. W. Dunham and had not struck, although one declared that his men "had taken time off to organize." George Sloan, Jr., of Winter against ruining your complexion From 'Double - Quick Cooking' Park, is a patient at James Walk- and hands by using a protective come these recipes: er Memorial hospital, where he lotion and wearing gloves, and underwent an operation Tuesday. avoid catching cold by using a kneeling pad when working on Mrs. W. B. Long of 1903 Prin- damp ground."

. . . MIND YOUR MANNERS

Test your knowledge of correct social usage by answering the following questions, then checking to the melted shortening and sugar against the authoritative answers and beat well. Sift the dry ingredi-

1. If a friend takes you to a movie is it good manners to be extremely critical?

2. If you are invited to dinner would like to see is it all right to name one or should you say, "Anything you would like is all right with me"?

3. If a friend has had her house redecorated and asks your opinion about it, is it all right to tell her what you think is wrong? 4. If someone criticizes the dec-

should you become offended? 5. Is it permissible to comment on an unusual piece of furniture or work of art in the home of a person you don't know very well.

What would you do if-You see a book in your hostess' living room that you would like to borrow-

(a) Comment on it, saying that you intend to read it-and see if she offers to lend it to you? (b) Ask if you may borrow it? Answers

2. Is it all right to name one if there is something you want

3. Since she is not likely to have the job done over immediately, it is kinder to point out the features

that you find particularly pleas-4. Of course not. Though you might explain the effect you were trying to achieve.

5. Yes. If it is a striking piece, she is probably accustomed to the junior choir will sing approcomment on it. Better "What Would You Do" solution-(a) is best unless you rector will preach a sermon on

cnow your hostess very well. When the sun is setting on Attu in the Aleutians, it is rising in North America.

ELIZABETHTOWN

ELIZABETHTOWN, May 28.— Miss Dorothy Williamson and Frank Williamson, Jr., returned home this week from Mars Hill Others' Time where they were students.

Mrs. Hermon P. Greene left this week for Camp Crowder, Mo., to spend some time with her hus-

band, Cpl. Green, who is located If you want to be popular in there at the present time. wartime, be a time-saver. Nearly everybody is busy and overeverybody is busy and ove

Mrs. N. A. Regan spent last and Mrs. Pipkin.

ness transaction without telling of Camp Forrest, Tenn., spent a ranging from the popular \$25 masome over-worked, hurried person few days this week with the for turity value to the \$1,000 class. Il about himself.

And, of course, there is the H. Clark and attended the Dalewoman who can't make up her Clark wedding in Durham, Friday. mind whether to buy this or to buy that, even when the choice is daughter, Barbara of Wilmington, spent the week-end with Mr. and Mrs. J. W. Cross.

ways debates with herself out Mrs. H. M. Vann and children

Moore.

And there are the women who the U. S. Navy, is visiting his chases, though such sales are not parents, Mr. and Mrs. R. S. White, counted in the total of the district who have to dig around in the for a few days. Miss Mary Elizabeth Johnson,

bottoms of their handbags when Miss Marjorie Powell and Miss They are all time-wasters, and the sad part of it is that it is Macdonald college, have returned time belonging to other people to their homes for the summer that they insist on wasting. Once vacation. their time-wanting was just a Mrs. R. H. Poole and son, Bobby

slight nuisance. In wartime it be- returned Friday from a few days' visit with relatives in Charlotte. Tommy Clark returned home Tuesday after spending several days with relatives in Wadesboro. Miss Robbie Donaldson of West End, has returned home after spending a few days with Mrs. D. Ingold.

Mrs. Mattie Clark returned to her home Tuesday from Davidson, where she visited her sonin-law and daughter, Mr. and Mrs. E. A. Beatty, for a few weeks. Mr. and Mrs. H. H. Greene and in a war plant and also runs her Miss Eloise Fisher attended the

The Woman's auxiliary of the time off to organize." Presbyterian church held its annual birthday meeting at the Friday afternoon church on Monday night with a

1-2 cup soy flour, 1-4 teaspoon ico was presented by Mrs. E. N. pany of Kansas City, Mo., by the soda, 1 teaspoon baking powder, 1 Pittman with several of the mem- Securities and Exchange commisteaspoon salt, 1 1-2 cups rolled bers participating. Light refresh- sion today on the grounds that a ments were served at the close previous registration of William K. Separate the egg; add the yolk of the program. CHAMPION WELDER PASCAGOULA, Miss., May 28. ents together and add to the first _(P)_Miss Vera Anderson, 19-

mixture, together with the rolled oats and salted soy beans. Fold vear-old Ingalls shipyard worker in the egg white, whipped stiff. became "Champion Woman Weld-The mixture will be quite stiff. er of America" today, defeating and then asked what movie you Drop by small teaspoonfuls onto Mrs. Hermina Strmiska of Henry an oiled cookie sheet, keeping the J. Kaiser's Oregon shipyard for cookies an inch apart; bake in a the title. hot oven (375 degrees F.) 10 min-NET ESTATE

NEW YORK, May 28 .- (A)-Gra-Delicious fruit juices may be ham McNamee, radio announcer, homemade from strawberries, a left a net estate of \$137,707 when combination of strawberries with he died May 9, 1942, an estate tax rhubarb; raspberries; cherries; appraisal filed today showed. The 4. If someone criticizes the decoration scheme of your house, and plums; or peaches with Lee McNamee.

ENGINEER AIDES BUY MANY BONDS

Employes At District Office Put Much Money Into Securities

Employes of the Wilmington dis-

visiting the former's parents, Mr. and Mrs. H. H. Clark.

Miss Grace Clark of Washing-Since last October, \$71,339.75 in cash purchases of war bonds have ton, D. C., spent a few days last been made by approximately 356 week with her parents, Mr. and government employes. In addition, week with her parents, Mr. and Mrs. H. H. Clark, prior to her wedding on Friday to Lieut. Shelby Dale which took place in Duke chapel in Durham war savings bonds via a payroll war savings bonds via a payroll deduction plan, a total of \$54,343.90 week-end in Raleigh visiting Mr. and Mrs. Vance Barnes and Mr. Vance Barnes and Mr. In April, \$7,800.00 in war bonds

town before she makes a small purchase.

Ruth Millett
There is the woman who uses the telephone for frequent "nice long talks" with busy friends.
There is the long-winded talker who can't make the simplest busiwho can't make the simplest busi
The side of Camp Forcest, Tenn., spent a spent as the payroll deduction plan, exclusive of cash sales of \$21,723.40 made to the U. S. Engineer office employes during the same month. The totals for the month of May are expected to exceed those of April.

The bonds have had a value of Camp Forcest, Tenn., spent as the payroll deduction plan, exclusive of cash sales of \$21,723.40 made to the U. S. Engineer office employes during the same month. The totals for the month of May are expected to exceed those of April.

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An increasing number of employees are electing to make their war bond purchases through the pay-Mr. and Mrs. Oliver Carter and roll deduction plan, it was pointed

The majority of bond purchasers among the U.S. Engineer personnel usually elect to name a cospent a few days last week with owner rather than a beneficiary Mrs. Vann's mother, Mrs. Lina when signing up for the bonds, it was learned.

Then there is the man who oves to hear himself talk and so was something to say on every last week.

Moore.

Mrs. R. M. Williams and chilwishing to make cash purchases of wishing to make cash purchases of staff sergeant. He entered the many made from the desk of the Engineer of staff service last October 15.

Was learned.

For the convenience of employes wishing to make cash purchases of staff sergeant. He entered the mington District Army Engineer of staff service last October 15. matter brought up in a business meeting. He can delay any meeting. He can delay any meeting a full hour, when he isn't even ing a full hour, when he isn't even Gillespie, last week.

Mrs. Mary McGill of Lumberton, neer office receptionist, located on the third floor of the Customhouse building. Visitors are also welillespie, last week.
Lieut. Richard S White, III, of come to make any desired pur-

TAXICAB STRIKE **SEEMS AVERTED**

Drivers Call On Mayor To Ask For Parking Space In City

What apparently threatened to be C. Sweeney, of 412 North Second a widespread taxi strike here Fri- street, was recently promoted to day morning seemed to have been that grade from private first class averted by the city's reiteration of a promise to provide space for taxis at the union bus terminal that grade from provide at Westover Field, Mass., where he is now on duty in the Finance Detachment. and the railroad station.

Mayor Edgar L. Yow said that a large delegation of taxi drivers

Ferrying command and has just transplanting and hoeing has kept that if the pay envelope is being Davis, was a dinner guest of Mr. taxis and that the spaces would

her feeling fitter than ever before. turned into the family exchequer, and Mrs. D. M. Calhoun, Friday be marked off within the near fu-The taxis were back in operation

> One egg, 1-2 cup melted shortening, 1 cup brown sugar, or 1-2 cup granulated sugar and 1-2 cup molasses, 1 1-4 cups enriched flour, 1-2 cup cover flour 1-4 teasmoon. The most interesting program on Meximal REGISTRATION DENIED PHILADELPHIA, May 28—(P)—Business Woman's circle met with the auxiliary at this meeting. A most interesting program on Meximal REGISTRATION DENIED PHILADELPHIA, May 28—(P)—Business Woman's circle met with the auxiliary at this meeting. A most interesting program on Meximal REGISTRATION DENIED PHILADELPHIA, May 28—(P)—Business Woman's circle met with the auxiliary at this meeting. A molasses, 1 1-4 cups enriched flour, the auxiliary at this meeting. A molasses will be auxiliary at this meeting. Archer, one of the partners, had

> > FOR BECOMING

OOTWEAR

BE COMING TO





ion Cadet Joe deadors Readen avenue, fully complet- tion. the intensive 11 - week

Pre - Flight pel Hill. While at Lawrence County High marksmanship. school, Cadet Reavis participated his freshman class.

RETURNS TO STATION

Harry S. Huggins, seaman sec-Base force, Boston, Mass.

RETURNS TO POST Sgt. David Wilbur Fulcher has returned to his post at Camp Sib-Mr. and Mrs. W. M. Fulcher of ganization, McLaurin said.

ADVANCES IN TRAINING Aviation Cadet George T. Rich, of 314 South Fourth street, has completed two phases of his training as a combat pilot at the San Antonio Aviation Cadet Center, San Antonio, Texas. Cadet Rich has departed to take advanced training at a primary fly-

PIN FOUND A Red Cross nurse's enroll-ment pin has been found on the street and is now being held for the owner in the Red Cross office, room 125 customhouse. The owner may obtain it by calling at the office and identifying it.

Technician Fifth Grade Frank

He is a graduate of St. Mary's

TEACHER NAMED FOR RIFLE TEAM V. L. Smith Adult Instruc-

gion Group Succeeding J. B. Dubois, who has moved from the city, V. L. Smith of Wilmington has been named adult instructor for the Sons Mrs. J. J. Rea-vis, of 106 Bor-it was announced Friday by Edmund McLaurin, certified instruchas success- tor of the National Rifle associa-

tor For Sons Of Le-

Smith, a former Boy Scout officourse at the been interested in the training of U. S. Navy junior marksmen, will jointly conduct small arms training schools school at Cha- on Wednesday night of each week in the exhibit building of the sta-He has been promoted to pri- dium for the purpose of teaching mary flight training at the Naval teen age boys of potential draft Air Station at Glenview, Illinois, age the fundamentals of rifle

Classes have been underway in football and was president of since the first of the year, when McLaurin and Dubois first organized separate groups of interested boys and began qualifying the trainees under the war time trainond class, has returned to his ing program of the National Rifle station after spending a ten-day association and the War departfurlough with his parents, Mr. ment. To date, members of the and Mrs. W. W. Huggins of groups, using rifles of the .22 cali-Wrightsville Sound. Seaman Hug- bre class, have earned numerous bins is with the U. S. Coast Guard medal awards and diplomas. Several qualifications for the difficult expert rating are expected to be completed shortly.

The junior riflemen fire on the indoor range of the Wilmington Riert, Alabama, after spending a fle and Pistol club, senior unit, ten-day furlough with his parents, through the courtesy of that or-

tary service last October 15 at Fort Bragg, where he received his basic training.

ROBBED

Mrs. Stanley Berman reported to police she was robbed of her pocketbook, which contained \$5 in cash and some valuable papers, at Sixth and Princess streets Thursday night by an unidentified Negro.

If You Suffer 'PERIODIC'

Weak, Cranky, Nervous-

If at such times you, like so many women and girls suffer from cramps, headaches, backache, distress of "irregularities", periods of the blues—due to functional monthly disturbances—Start at once—try Lydia E. Pinkham's Vegetable Compound. This famous liquid not only helps relieve monthly pain but also accompanying tired, weak, nervous feelings of this nature. This is because of its soothing effect on ONE OF WOMAN'S MOST IMPORTANT ORGANS.

Taken regularly—Lydia Pinkham's Compound helps build up resistance.

NIGHT MAY 29TH,



JOHNNY SATTERFIELD'S

ORCHESTRA (14 Artists) **BUB MONTGOMERY**, Directing

ADMISSION . . \$1.25 (Tax included)

TRANSPORTATION NOTICE Express buses will leave 2nd and Princess at 7:45 P. M. and each half hour thereafter direct to Lumina. Buses will leave Lumina at 1:15 A. M. returning to Wilmington.

Coming Attraction—Andy Kirk, featuring June Richman, Saturday. June 22nd

DANCING EVERY SATURDAY NIGHT



toast, potato cakes, green beans, bread, butter or fortified margarine, stewed rhubarb, soy and oatmeal cookies, FULL OF BUSINESS

Sunday morning at St. John's church at the 11 o'clock service priate hymns and anthems in observance of rogation Sunday. The the subject and the public is invited.

Choir Sings Sunday

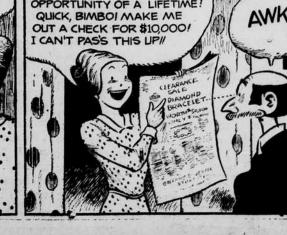
tea, milk.

St John's Junior

Bomb-battered Catania in Sicily Maine, so it always shines on has been one of the chief Axis souces of sulphur







MAY 29TH - 8:00 Til 12:00 -Sponsored by

CAPE FEAR ARMORY

Featuring

KEY SCALES

AND HIS

ORCHESTRA

SATURDAY NIGHT

ALPHA OMEGA FRATERNITY

ADMISSION Advance Sale.......\$1.00 per person

Tickets available from Frat. members or from Louis J. Stein or Julien K. Taylor

Armory conveniently located to buses or within

walking distance.