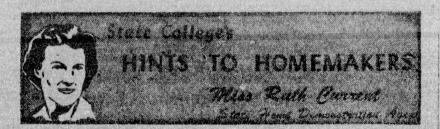
PAGE FOUR

THE CAROLINIAN

WEEK ENDING SATURDAY JULY 26, 1952



MORE TRAVEL TIPS of tissue paper - in thes of shoes, are many inexpensive in purses, and in the folds of There aids on the market to make tra- dresses and suits. If you fold a veling more pleasant and packing lacker with the lining outward easier. Good grooming can be as- and the sleeves straight down the sured by using lightweight non-wrinkles will hang out ouickly breakable plastic jars and bottles Flace the skirt in the suit case for your costmetics - all that with the waistband hanging over

for your costmetics -- all that with the wassoand tonging fold will fit into a plastic case. the edge of the case, then fold Nylon-gloves, blouses, lingerie, the skirt back over a roll of tissue the or a suit tacket But heavy artistic to the outward expression of amount you must carry, cles at the bottom. Put things the inner soul." Your facial ex-A light folding iron comes in wanted first on the trip on top. pression, your posture (sitting as handy for travelers - so do extra Unpack your clothes as soon as well as standing) and your speech.

a must include a very small sew, hang them up, ing kit, especially if you plan an SWIMMUNG extended trip, and a shoe brush Know how to swim before get-to keep shoes clean and shining ting into deep water, and take A couple of good sized plastic plenty of company. But before bags are handy for that bathing wading in wait one to two hours suit that did not dry, or the damp after eating. Check for depth and nylons if an unexpected departure obstructions before diving And arises. Plastic or cotton knit bags it's smart to know life saving and for shoes help protect your clothes, how to apply artificial respira-PACKING TRICKS: Use plenty tion.

Here Are Grocery Items **Exempted By Congress**

nixtures thereof.

ruits and berries.

frozen cooked squash and frozen

woked pumpkin; all frozen fresh

All canned and frozen citrus

fruits, juices and concentrates,

including mixtures; all dried

fruits, including mixtures: all

other frozen fruit and berry

concentrates; canned pineap-

ple, canned pineapple juices,

and the following canned ba-

by or junior foods: spinach,

carrots, green beans, beets,

peas, squash, sweet potatoes,

peaches, applesauce, pears and

pineapple, apricot - applesauce,

Frozen frenchs fried diced or hipped white potatoes; shoe-

string, julienne potatoes and po-

lato chips; peeled, whole or sliced

chemically treated white polatoes;

sauerkraut, sauerkraut juice, cher-

More fertilizer was used on

American farms, gardens, and

awns in 1950-51 than in any pre-

vious year on record, according to a recent survey by the U.S. De-

partment of Agriculture. Con-

sumption in 1950-51 of 20.983.740

ons exceeded that of the preced-

les in brine and pineapple.

-BFC

pears and prunes.

WASHINGTON, DC -- American canned, vegetable juices and mix- floor, one foot slightly in front housewives can now known spe- lures of vegetable julces. cifically the list of common gro- Canned apricots, all varieties of your legs, do so at the knees. (If cery items which were exempted sweet cherries, sour cherries, all you are a 'stylish stout' you from price ceilings by the Con-varieties of berries, cranberries, shouldn't cross your legs at all. gress of the United States thru plums, fesh prunes, figs, all va- When standing, keep your chin the Harrison amendment to the ricties of peaches, all varieties of straight, and your head up as if

Defense Production Act. In announcing the list, an OPS official stated: "Under the terms of the Harrison amendment, the agency has no alternative but to remove ceilings from the products covered." Price ceilings have been removed on the following products at all levels of processing and distribution, including sales in retail food stores:

Canned asparagus, canned lima beans, snap beans (green and wax), Carrots, sweet corn, beets. all varieties of fresh field peas and fresh shell beans, fresh green peas, tomatoes, succotash, mushroms okar, onions, peppers, pimentoes, caned swet potatoes, caned white potatoes, pumpkin, squash, spinach, turnip greens. mixtures of vegetables.





By Lou Swarz

hangers And a clothes brush is you can after your arrival and he sure you measure up to

look?

How about your facial expression and all of those things that effect it? Are you cheerful? Do you smile? Are you contented or worried? Are you atraid of something

in life, or do you feel free? Are your thoughts cluttered, sciffered, or organized? Do you look a person straight in the eye when talking to him, er do you waver? Do you keep your chin up at all times, or do you walk with a downcast head up.

The subject of speech is a As to posture: Be sure you sit touchy one, Consider your choice of words as well as comfortably with feet flat on the your articulation, pronunciaof the other. If you must cross tion, enunciation, and correct grammar. You may need special training and coaching in your speech, but you don't need any in the choice of words. You know the good, the bad, and the slang. So

Do You Want a Sandwich? All frozen vegetables, including

Sandwich Wall, That Is



Are you getting thred of run- such as hay, straw strowy me-ing, the sufficiency of such as hay, straw strowy me-ing, the sufficience of such as hay, straw strowy me-ing the sector of the sufficience of the strawberries, blackberries, indication, too: whether sha's at bother, too: whether sha's at scotted plants for the purpose of the streprising now lew garden-the streprising now lew garden-bot or summer weather. At the

it is successing now lew garden. het, dry, summer weather. At the local cereal) Such loncheons are oven line between the halves. make use of numbers as an game time it will keep down most full of pep-giving vitamins - but Serve with milk or light cream. ad in the conservation of mouse of the weeds. not too high in calories for those NO. thre and the control of weeds.

A much may be any material I recently read or one gardener who are trying to keep down their who collected all the, cardboard weight. They are enectally re-

calls for thinking so that you flattened them out, and put them will walk pracefully, slightly mov- on the ground around his tlan's raspterries, dewberries and grapes Sliced Peaches on Candy-coated Rice Cereal ing the hips with each step and as a mulch - and the results may be malehed with straw or at the same time keeping the were excellent. strawy manure. Many vegetables, flowers, small In all the cases the mulch

finits, and shrubs are good sub- should be applied after the soil jects for mulching. Tomatoes, pep- has been well moistened by rain pers, egg plants, and cucumbers or irrigation. If fertilizer is ne-may be mulched with straw, cessary it also should be applied icaves or paper. Azaleas, camel- before the mulch is laid down. lias, and blueberries which desire. You will find that in small garan acid soil may be mulched with dens a mulch will help solve sawdust, leaf mold, or neat. Red many of your cultural problems.

FOR WOMEN By Betty Cook For ANP

Woman's Ang

What could be more perfect for freshing with seasonal fruit - so? lonch on a hot day than a ready- here are some hot weather menu! forcal cereat with mill, and fresh suggestions that feature cereals in fruit? Add to this a cooling drink this manner:

and perhaps some homemade PICK UP CEREAL LUNCHEONS coskies and there you have it! BERRY HALF-AND-HALF. BERRY HALF-AND-HALF. These are meals that the colldren ICED FRUIT JUICE

Grape-Nuts with Milk of

light cream Fresh Fruit Salad - Iced Tea

Rice Cereal Crispy Raisin Bran Cookies*

Iced Lemonade Raisin Bran Cookies* Crispy INGREDIENTS

1 package se mix 1-3 cup min

1 1-2 cups raisin bran 1-4 teaspoon butter (At room temperature)

1-4 teaspoon almond extract METHOD: Turn cake mix into bowl. Add

remaining ingredients and beat ? minutes. (Beat vigorously by hand or at a medium speed of electric mixer.) Drop from teaspoon onto ungreased baking sheet at least 2 inches apart. Decorate top of each cooky with a raisin. Bake in moderate oven (375 degrees F.) 8 to 10 minutes, or until done. (Cookies will be soft when done.) Makes about 5 dozen. TIP FOR KEEPING SLIM

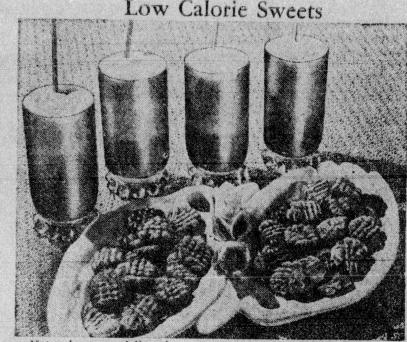
Maxine Rigaud, who lives in New York City, divides her days between modeling and going to school. As glamorous as the city n which she lives, she finds herself going like mad most of the time to keep up with her busy schedule

Maxine has learned how impor tant it is to be well nourished but at the same time to 'keep her figure" - an all-important factor in the life of any model.

Her favorite drink she prepares for nersell and her friends is cool and refeshing and doubly popuar because it is made with nonfat dry milks and is, therefore, low in calories. This gives it the nutritional benefits of milk without fat, while the cereal beverage adds an unusual and pleasing

fiavor: POSTUM MILK SHAKE 3 tablespoons hot water 3 cups chilled liquefied non-fat

dry milk** 1 1-2 tablespoons Instant Postum"



Not so long ago, folks who were trying to lose weight had to pass up sweets. Especially, sweets that had to be cooked. Sweet desserts, sweet-ened beverages, candies and cookies were out of bounds. Now, with the advent of Sucaryl, the non-caloric sweetener that can be cooked without losing its sweetness or becoming bitter, the serious dieter can lose pounds with ease while still satisfying the desire for sweetness. Take our two recipes for today, Coffee Fluff and Cinnamon Shorties. They not only are sweet low calorie foods but they are high in the

protein, vitamin and mineral nutrients a reducer must have for good bones and good tissues.

Cinnamon Shorties are the answer from the Calorie Saving Kitchen to all those inquiries for a good, buttery sweet cookie that is really

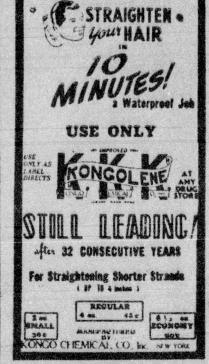
the blush of the peach is the guide to maturity. Look for a creamy or yellowish background color to be sure peaches are mature enough to ripen. A dark green ground color indicates that peaches are not mature, lack flavor and are likely to shrivel before ripening. As for that blush, it's attractive but some well-flavored varieties never have it, even when fully ripe. It's well to remember that .

The background color rather than

ripe peaches are highly perishable. When buying a few to use whihin a day or so for dessert, breakfast or for the lunch pail, choose those that are ripe, mellow to the touch sound. It's ideal also to buy ripe peaches for canning or freezing if you can use them promptly. Otherwise, those at the firm-ripe stage are a saf-er choice. These may be kept to ripen in a cool basement or, for faster ripening, at room temperature - around 70 F. If you have a small quantity of ripe peaches to hold for a few days or a week, keep them in the refrigerator just above freezing, if possible. But don't try to ripen peaches in the refrigerator.

There are many varieties of peaches, new ones replacing old. By far the most important is the Elberta, Both the J. H. Hale and the Hiley are important shipping varieties.

The firm - textured clingstone peaches are grown mainly for commercial canning and are also good for home pickling. Freestone varieties are favorites for fresh eating, and also for home canning because of their fine flavor, even though they do not hold their shape so well in canning as the elingstones.



YOU CAN HAVE YOUR HAIR PERFECTLY MATCHED



pears, fruit cocktail, fruits for sa reaching tor a goal. A careless poads (including canned fruit mix-sition is not good for your health watch your speech. It tells a tures), apple sauce, canned and Walking is most important and great deal about you. bottled fruit and berry juices and

by 14 per cent and was S year most three times as great as innual consumption before World War II Average for 1935-39 was out 7 1-2 million tons.

FASHION-OF-WEEK



m. Send 30c for EACH pattern with the address, style number and size AUDREY LANE BUREAU, Box 309, adison Square Station, New York 10, Y The Summer Fashion Book shows 5 other styles. See artrs.

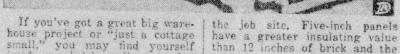
PRETTY AND PRACTICAL IS this elegant and sleeveless washable cotton creation. Available in white and navy. The bold scoring sets off the color, then runs alongside the row of matching buttons. and across the pockets. Sold in homes everywhere by housewife representatives of Fashion Frocks, Cincinnati (ANP)

GRAY HAIRS need worry you no more Wm. J. Brondt's EAU DENNA HAIR COLORER HAIR COLORER Will cover gray hair in 10 to 30 minutes so that you would not know it ever was gray. It is sub does it No pack No mess ANTONE CAN PUT IT ON AT HOME YOU SAVE TIME AND MONEY! No one will sus-ted your hair has been dyed terves it soft and lutrous-no deed color-no streates. - no sports out to uniform color if properly applied will NOT TURN MAIR REDUSN It will NOT TURN MAIR REDUSN It will not aff. It stors on averal months frequencies are bething son permanent wav-set of you can caver any gray, no matter how stobborn or how caused BIACK stors ELACK All colors story put

All colors story put WONDERFUL FOR YOUCHING UP You can put it an just where needed. Can he used ever other syses or where powdered hennes have been used Women and men use Eau Denne to advantage. DOES NOY INTERFERE WITH PERMANENT WAVING Full directions in each box in English and Spanish. CAUTION: "Use as directed on Isbel" Colors Black, Dark Brown; Madium Brown; Light Brown; Drab; Blande, Abburn (in ordering, place state color desired.) Price per box 53 cash with order or 53 35 C OD (including Federal Tax.) Cut this of out now and save tee huture reference Your Maney Back If Not Entirely Satisfied.

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> For Sale in Raleigh Echerds Drugs 222 Fayetteville Ave.



solution.

lamination.

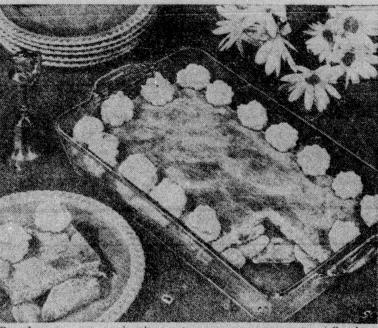
have a greater insulating value than 12 inches of brick and the inside sandwich walls any day erected cost is about 40% less. The speed of erection is phenomenal; on the Great Lakes Naval Training station housing job at Great Lakes, III., 2-story build-ings containing four dwelling-units were completed at the rate Building costs being what they are, engineers and architects have looked for ways to keep them within reason and have come up with the "sandwich" wall as one

of about one per day, Yes, the word "sandwich" is These precast sandwich wall panels may be used as "curtain correct, although this particular sandwich is not edible, and may weigh as much as 6 or 7 tons. The "meat" of this sandwich is " bolted to structural steel buildings; or, on smaller structures, serve as bearing walls and a thick core of fibre-glass or simipartitions to carry the roof, ceiling and floor loads.

a thick core of hore-glass or simi-lar insulation, and the "bread" is two layers of concrete, Penmetal expanded metal, in strips or formed into channels, is used for the "shear-ties" which perform the essential function of tying the upper and lower layers of One of the outstanding recent industrial installations is the \$100,000,000 Union Carbide and Carbon corporation plant at Marietta, Ohio.

the upper and lower layers of Sandwich panels for the Union Carbide job were supplied by Marietta Concrete corporation, concrete together and preventing The result of this recipe is a Marietta, Ohio. On ooth jobs Penconcrete wall panel of remarkable metal expanded metal made by strength, insulating properties, and economy. The panel-from 5 to 8 inches in thickness-may Penn Metal company, Parkers-burg, W. Va., was used for the reinforcing shear-ties in these be precast either in factory or on | panels.

Peaches Aplenty



Put them in a pie, make them into ice cream or serve "as is"-there are many things you can do with versatile peaches. And one of the tastiest ways to serve them is in a cobbler.

It's a good idea to make use of fresh fruits in season and this month peaches are plentiful. For flavor, nutrition and economy, here's a fresh peach cobbler that's made with Blue Bonnet Margarine. Serve it as the perfect ending to a summertime meal.

Fresh Peach Cobbler

ps peeled, sliced peaches	1/2 teaspoon cinnamon
p sugar	1/4 teaspoon salt

1 tablespoon lemon juice 2 tablespoons Blue Bonnet Margarine Place sliced peaches in shallow, heat-proof dish (10 x 6 x 2 inches). Sprinkle with sugar, lemon juice, cinnamon and salt. Dot with marga-rine. Top with following biscuit crust.

Biscuit Crust

14 teaspoon salt 2 tablespoons Blue Bonnet Margarine cup sifted enriched flour

1 cup sifted enriched flour 2 teaspoons baking powder 2 teaspoons baking powder 2 tablespoons Biue Bonnet Margarine (preferably Royal) 3 cup milk Sift together flour, baking powder and sait. Cut in margarine with 2 knives or pastry blender until it is size of small peas. Add milk gradu-ally to form a soft dough. Turn out on lightly floured board and knead lightly about ½ minute. Roll out into a rectangle % inch thick and place over 'peaches. Bake in hot oven (425°F.) 20-25 minutes until golden brown. Serve hot with whipped cream if desired. Serves 6.

low in calories.

Coffee Fluff

6 tablespoons non-fat dry milk 2 cups strong cold coffee 1½ teaspoons Sucaryl solution 1 teaspoon vanilla Combine all ingredients in electric blender. Beat until thick and fluffy.

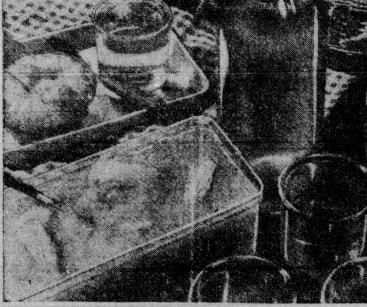
Serves 4. Each serving contains 42 calories, 4 grams protein, 2 gram fat, 6 grams carbohydrate. If made with sugar, each serving would contain 90 calories.

Cinnamon Shorties 5 tablespoons shortening 1 cup sifted all-purpose flour 12 Sucaryl tablets 2 teaspoons vanilla ¼ teaspoon baking powder I tablespoon milk, fruit juice or coffee 1/2 teaspoon salt 1 teaspoon cinnamon

Cream shortening, mix and sift flour, salt and baking powder; blend into shortening. Crush Sucaryl tablets; dissolve in combined vanilla and milk (or other liquid). Stir into flour mixture and mix thoroughly. Sprinkle cinnamon over dough; knead in, so that dough presents a Sprinkle cinnamon over dough; knead in, so that dough presents a streaked appearance. Shape dough into small balls and arrange on lightly greased cookie sheet. Flatten balls with fork dipped in cold water. Bake in moderate oven, 375°F., 12 to 15 minutes or until edges are golden brown. Makes 30 cookies. Each cookie contains 32 calories, .5 gram protein, 2 grams fat, 3 grams carbohydrate. If made with sugar, such cookie would contain 40 calories.

APPLE SAUCE - AND · RHUBARB . . .

A Thirst-Quenching Dessert for a Picnic



Know how dry-throated every- | Apple Sauce-and-Rhubarb one gets on a picnic? Well, here's 1 lb. rhubarb a fine and dandy answer to that. 1 cup sugar It's an Apple Sauce-and-Rhubarb 2 cups canned apple sauce dessert that's "wet going down,' 1/2 teaspoon cinnamon as one Small Fry expressed it. And it is delicicusly tart—a pleas-ing contrast and balance to the dry foods, such as sandwiches, potato chips and such. Wash rhubarb; do not peel. Cut in 2" pieces; combine with sugar and apple sauce. Place in baking dish. Sprinkle with cinnamon.

Ready-to-use apple sauce, the Sover; bake in moderate oven, 350°F., 35 minutes, or until rhu-

keady-to-use apple safet, the kind you get in cans and jars in any market, is used for this des-sert . . . and that, of course, sim-plifies its making tremendously. Besides, canned apple safet and the safet apple safet and the safet apple safet and the safet apple saf

such smoothness, such real good marshmallows. Brown lightly unapple flavor that high success for der broiler. Serve hot or cold with the dish is a certainty. cream. . . .

This dessert can be carried handily in a covered plastic container or bowl and served right from that into individual plastic picnic red currant jelly all blended together.

Delicious to serve with it is apple juice-a beverage especially Chilled milk and apple juice, suited to picnics because everyone half and half, crested with can drink it and everyone enjoys | whipped cream will delight Juit, from the youngest on up to nior on a warm day . . . and it's the eldest. good for him, too.

Sugar (to taste) Combine hot water and Instant Postum in shaker, glass jar, or electric blender. Mix until Intant Postum is dissolved. Add sugar and milk and blend thoroughiy. Makes 3 servings. (* Not more than 2 level teapoons per cup of milk) ""See package directions liquefying nonfstdry milk) ------BFC-----

Watts

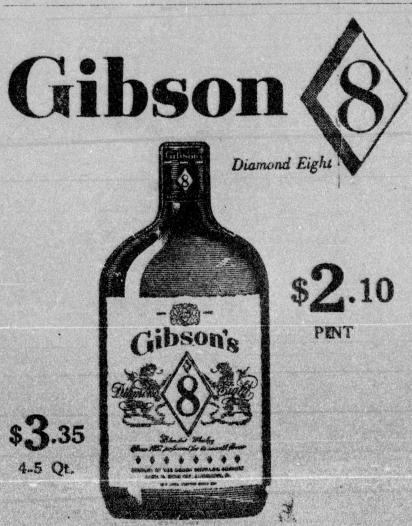
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oming in abundance now.

vlor.

PACE BOY This most useful hair piece blends in with your own hair and keeps the rough ends even. \$3.00 Small Cluster of Curls _____ \$3.50 Chignons ... \$3.50 Be sure you plan to take ad-vantage of the unusually heavy Braids ... \$5.00 peach crop this year. Our own Carolina Sandhill peaches are SEND NO MONEY PAY POSTMAN ON DELIVERY. Peaches are favorite fruits, not Send sample of your hair es state color. ORDER TODAY! only for eating, but for canning and freezing. Although freestone peaches, such as Elbertas, don't hold their shape in canning as Write 1 well as the clingstones, they are favorites for their delicious fla-HAIR DO FASHIONS

PURCHASING PEACHES 507 FIFTH Ave., (Suite 905) For a good buy in peaches, make NEW YORK 17, N. Y. sure the fruit is mature but not NEW YORK 17, N. Y. • over-ripe, the U. S. Department of Agriculture advises housewives.



RECEASE NO. 10 THE 102 BAR STORE FROM BEACH AND