



HINTS TO HOMEMAKERS

High cost of living and high cost of sickness can be reduced by home production and conservation of garden fresh and orchard fresh fruits and vegetables.

We need more home canning for better health; homegrown vegetables and fruits, red ripe tomatoes, crisp snap beans, vine-ripe peas, tree-ripened peaches, tender corn, in cans or jars on the storeroom shelves or packaged and tucked away in the home freezer.

Meal planning and preparation of food likewise are important. Many meals can be enriched and enlivened with garden goodness. And best part of it, the good meals planned from home gardens (in season and out) go hand in hand with good health.

Families who raise much of their own food supply have better diets than those who buy most of their food. Foods produced at home can raise poor diets to good diets and can make good diets better. Whether the saving is in money spent for food or in fewer prescriptions to cure the ailing, home gardening and home food preservation can be a dollar-and-cents economy.

VITAMINS FROM VEGETABLES Leafy green and yellow vegetables are rich in vitamin A value, especially the dark green leafy kind and carrots. These vegetables provide worthwhile amounts of riboflavin, iron, and some calcium; cabbage, broccoli, Brussels sprouts give vitamin C. Citrus fruits, and tomatoes are excellent sources of vitamin C. Cabbage, salad greens, green peas, turnips, strawberries, pineapples and cantaloupes are also good sources if eaten raw. If cooked briefly in a very little water, cabbage, broccoli, Brussels sprouts, and greens are good sources of

vitamin C. Potatoes and sweet potatoes contain a number of nutrients. Because of the quantities in which they are eaten, white potatoes can become quite important as a source of vitamin C. Sweet potatoes are valuable for vitamin A in addition to vitamin C. Other vegetables and fruits high in vitamins and minerals, which help toward a good diet are beets, cauliflower, corn, cucumbers, onions, turnips, white cabbage, apples, peaches, berries, rhubarb.

CHARM

By Lou Swartz

NEW YORK (GLOBAL) — From time to time, in this space, we have tried to point out that a person of real charm always remembers to express gratitude for any act or service. The following letter came to one of our writers, James R. Lawson, and we wish to print it because it offers a splendid example of this kind of spontaneous expression of thanks that is the mark of any well-bred person.

June 25, 1952
Grace Del Marco, Inc.
103-13 32nd Avenue
East Elmhurst, N. Y.
Dear Mr. Lawson,

Just a note to say thank you for your unselfish effort in making it possible for Negro models to be invited to participate in the 1952 Miss Rinegold Contest. We here at Grace Del Marco are indeed very grateful to you. Keep up the good work, and may you have the best of luck and success in all your endeavors.

Again, thanks,
Sincerely,
Opheelia DeVore
Remember a "thank you" note is always enjoyed, and takes only a minute of your time. Forms furnished upon request. Just write Lou Swartz, Global News Syndicate, Hotel Theresa, N. Y. C.

EASY DOES IT! BY HELEN HALE

CERTAIN SMALL CARES given your electric washing machine will add years of wear and service to it, as well as help cut down on repair costs.

Don't let water stand in the tub for hours after washing is done. Let it drain off, then wipe carefully with a clean cloth, rinse and dry. Agitator and suction cups should be removed and rinsed well, too.

A soft sponge and a hose are ideal for removing lint and soap curd which have formed either on the tub or on the agitator or suction cups.

Wipe rolls or wringer, too, before putting machine away for the next time. It will save the springs and rubber on the rolls if you release the pressure for the time machine is not in use.

Leave the cover off the tub until the dampness has dried. This will prevent a musty odor.

Always wipe the connecting rod dry and carefully wipe it around hools or wringer so that it will not drag on the floor and wear as you move the machine.

- RECIPE OF THE WEEK: Beet Greens, Sour Cream (Serves 6). 4 cups chopped, cooked beet greens; 2 teaspoons minced onion; 1/2 cup sour cream; 2 1/2 tablespoons prepared horseradish; 1/2 teaspoon salt; 1/2 teaspoon pepper.

Washers should be stored in unheated locations, but all water should be out so they can never freeze and thus become damaged. Place washer in a warm location, then for an hour or so before washing begins so that it can heat and the grease in the gears can soften before use. This will help prevent burned out motors.

Always cover the washer after it's dried out so that dust and grease cannot accumulate. Plastic covers are excellent protection for them, as they're light and easy to wipe clean.

If your washing machine is on wheels, see that they are always tread properly when moving so that you do not have to force them, and thus weaken them.

GRAY HAIRS need worry you no more. EAU DENNA LIQUID HAIR COLORER. WONDERFUL FOR TOUCHING UP. DOES NOT INTERFERE WITH PERMANENT WAVES.

this week's patterns... BY AUDREY LANE



No. 2216 is cut in sizes 6 to 14. Size 8 requires 2 1/2 yds. 35 in.; 3 1/2 yd. 35 in. No. 2705 is cut in sizes 2 to 8. Size 4 requires 2 1/2 yds. 35 in. See page 10 for A-C-W patterns with name, address, style number and size to Atlanta, N.Y. Box 309 Madison Square Station, New York 10, N.Y. The NEW FALL-WINTER FASHION BOOK shows over 100 other styles, 25c extra.

This year's spring pig crop was 9 per cent smaller than in 1951, with 31 per cent fewer sows known.

"Have you—do you love this—this girl with the fortune?" "I don't know. I haven't met her. I've been postponing the meeting because..." "Because what?" "Because I was sure I wasn't going to fall in love with you. Because I thought any minute I could break it off like that. Then suddenly I knew I couldn't. I knew I could never stop loving you. And then, worse luck, I discovered something else. I was being dishonest, and a chap simply can't be dishonest with the girl he loves. It placed me in rather a spot."

from the Woman's Angle



Feminine Fashion & Flair

Even with all of the scolding weather we're having and have had, the college girl will really hate to see these days pass. She knows too well that the days at the beach are nearing an end, and soon she'll have to put her mind to shopping for those back-to-school "buys."

The college girl is a good customer. She's a conservative customer. And it would be well worth the while of her head to hear her likes and dislikes. Her choice of garb can be almost duplicated for you, too, with few deviations. To take a tip from a girl who knows how to shop is always a good thing to do. The ensuing paragraphs are the result of a group of buyers for our cities' leading stores, who always aim to please.

Because of the improvement in fabric and styling and for price in particular, these girls now want to buy rayon suits (although they will want a good worsted or wool). They are looking at new tweeds, at new winter cottons with new surface-interest fabrics with an open mind and with awakening interest.

In all colleges checked by the buyers, the college girls say they are not interested in suit silhouettes incorporating the new midgy line; they come out unanimously for the suit with smooth waist, fitted jacket, straight or moderately full skirt—not as full as in separate skirts for instance. That's where the college girl and the career girl may differ, however. Not in the skirt idea, but in the suit style. The career woman always enjoys a good basic suit, but may tend to appreciate something

fresh like the latest midgy Vogue. Then too, with an income of her own she can afford fashion variations. Flared wools are liked in skirts, in both dark and bright versions, and lightweight woools and wool jerseys in dresses. More and more girls are interested in textured fabrics for coats for everyday wear. In dressy coats coats are practically unanimous about wanting a fitted silhouette rather than a loose silhouette. They like dressy coats in black or navy, and they consider smooth fabrics more dressy than textured fabrics.

As for casual dresses, the college girl does not rate them over the steadfast skirt and sweater. This is another instance where the career girl differs, for she stresses these dresses emphatically. These dresses are part of their wardrobe though they are worn for informal campus events and for informal dates.

There are evidences that the dress with matching jacket is making as many friends at college as it is here at home. They like these because the jackets are comfortable enough to wear to a big sporting event and can be dispensed with for the cocktail parties and dances that follow.

As for accessories, they specify three or four handbags—one shoulderbag for travel and campus wear—the rest dressy bags—suede to afternoon and velvet for evening. They all like jewelry—pearl chokers for wear with sweaters; pearl earrings; gold bracelets often worn bunched; and rhinestones, especially in starburst pins for suits. This should give you an idea of what a smart girl the college lass is, in buying clothes. Good taste. Don't you agree?

GETS TOP SPOT—Miss Lillian M. Richards, former Social Service Director of New York's Lincoln Hospital, has been named Director of the Social Service Division of New York's Department of Hospitals. With her appointment, Miss Richards assumes responsibility for the direction of a staff of 327 social service workers in the 33 institutions which make up the municipal hospital system.

Deception By James Waldo

"I'VE GOT TO TELL you this," Monty said. "I didn't intend to at first, but now—" He hesitated. The girl, her face pale and lovely in the moonlight, watched him expectantly, wonder and a trace of doubt written in her eyes. Behind them the silhouettes of Miami Beach's fashionable hotels were etched against a sky that was bright with reflected artificial illumination. In front of them was the ocean.

"But now?" Karen softly persisted. Monty gestured, as though suddenly he had reached a decision. "Well, now," he said, "it's different." He looked down at her, his eyes intense. "I don't have to tell you why. You know why. You know what has happened to me, at least." And before she could interrupt he rushed on: "I'm not Monty Harper, the millionaire playboy you think I'm. I'm Henry Duncan Babington, an English duke." He laughed shortly. "The Duke of Glenn. Sounds good, doesn't it? But that's all I'm broke. My family mortgaged everything to raise funds to send me to America." His lips twisted into a wry smile. "I'm supposed to trade my title for an American fortune."

For a moment Karen did not answer. Faintly she heard the sound of music. A band somewhere was playing a waltz. The Merry Widow. This sound conjured memories, provoked a tightness in her throat. She and Monty had danced to the Merry Widow the night they had met at the Palm Club.

Every detail of that evening and the days and nights that followed were vivid in her mind. Vivid, because with Monty she had found the first real happiness she had ever known.

"Never mind what she's waiting for you on the terrace. Go out there and talk with her." Monty had alternate warm and cold spells as he made his way toward the terrace. A queer sensation was working up and down his spine. Was it possible—but no, that was absurd! He couldn't be!

She saw her in the shadows, wearing white, looking lovelier than ever. She came up to him and smiled and the blank, startled look left his face. "Karen! This is mockery. Nothing you could do could affect me more deeply. I don't blame you for seeking revenge. It was rotten of me."

She placed her hand lightly over his mouth. "Stop! It was as much my fault as yours. I owed something to my family too. I promised them a title. But I was more cowardly. I had to pretend to be someone else, to know what you were like before—it happened. Oh, darling, can you forgive me for being Joyce Dayton?" She took her hand away from his mouth then, which proved a very helpful gesture, for Monty suddenly had other uses for his mouth besides talking.

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Words For Women

BABY POLITICS Even the nursery set can display Democrat or Republican leanings this year with the latest "party symbol" diapers. Baby can out-cloak family politics in public and also be in fashion by making a choice of a donkey or an elephant in three different colors. Of course, these diapers can be washed in soap and they dry fast.

DID YOU KNOW that material won't frize or ravel when you're cutting it if you pin the pattern firmly to the fabric and trace around the edges with soap?

CLEAN HANDS ARE RULE NUMBER ONE for anybody who handles picnic food. AND RULE NUMBER TWO is to transport all food in spotlessly clean containers.

TUMBLERS The latest dish-washing miracle is a "pine tree" brush. Shaped just like one, it has a tiny brush on top, tapering bristle sides, and a vacuum cup base that clings firmly to the bottom of your sink or dishpan. Twist hard-to-clean bottles, tumblers, and dishes around it in hot, hot soapsuds and your bothersome dish-washing problems are over.

HINT FOR CAMPERS If you know the approved method of taking a bucket-bath, there's no reason why you can't take the while camping. Have two buckets—folding plastic ones don't take up much room—and work up a good soapy lather in one, with clear rinse water in the other. Then dip a big towel in the suds, and scrub all over

Mayor McGup By John Jarvis

"SNAKE! SNAKE!" "DON'T KILL IT, MADAM! SNAKES EAT INSECTS!"

"I NEVER COULD SEE WHY WOMEN FEAR SNAKES. I'LL PICK THAT VIPER UP, TAKE IT HOME, PUT IT IN MY GARDEN, AND—"

"AND YOU CAN GIVE ITS RATTLE TO YOUR GRANDCHILDREN!"

"BZZZ BZZZ BZZZ"



IN EUROPE — Above is Mrs. Estelle A. Eaton, mother of Dr. Hubert A. Eaton of Wilmington, who sailed July 21 for a European educational tour. She will visit France, Switzerland, Italy, Belgium, Holland, and England. Mrs. Eaton is an instructor at Fayetteville State Teachers' College and is a resident of Wilson-Salem.

Star in the Kitchen

In her second movie effort for Warner Brothers, Patrice Wymore was given the feminine lead in "Rocky Mountain" opposite Errol Flynn. In this picture Miss Wymore portrayed a lady who was not in love with Mr. Flynn and she did not marry him at the end of the picture. But real story as compared to real story is considerably different, for they were married in October 23, 1950, in Monte Carlo. Pat was born in Miltonville, Kansas, the daughter of James A. and Kathryn Wymore, who are of Swedish and Scotch-Irish descent. Patrice cooks, enjoys skat shooting, like anything out-of-doors and lists Webster's Dictionary as her favorite book. She stands five feet, seven inches, has reddish-blond hair and enjoys eating.

Take a fresh towel, dip it in the rinse water, and rinse all over. Simple, isn't it? And quite effective, too.

DO YOU KNOW how versatile those flexible plastic freezer food containers are? They're useful for storing all kinds of moist or dry foods in the refrigerator or kitchen cabinets. They're also practical because the lids fit tightly, they stack neatly to save space, and can be used over and over.

To get such containers ready for re-use after removing the food, wash in warm soapsuds; never use boiling water. Rinse and dry well—paying special attention to the cover groove to assure a tight seal.

A practical homemaker suggests sewing strips of narrow ribbon or tape along the shoulder seams of new sweaters—large or small. This precaution prevents droopy shoulders after the sweaters are laundered, as usual, in warm soapsuds.

HANDLE WITH CARE However, practical a mechanical dishwasher, many expert homemakers prefer to wash their precious and delicate tableware carefully by hand in warm soapsuds. Such "special" pieces might include hand-painted china, and china and glassware decorated with silver or gold.

Wash tin utensils in hot soapsuds; rinse and dry well. Don't try to scour away the dull bluish tone that tin pans develop when heated; the metal absorbs heat better when dull, and thus performs better with continued use.

Trophy Queen

Curvaceous vocalist Marcita Vesely, starting at Chicago's Congress hotel, has been nominated "Hot Rod Singer of the Year" by members of a national Hot Rod association. A golden blonde, she provides the perfect setting for the rare white trophy, major award for engineering achievement which will be presented at the Bonneville National Speed Trials, annual world series of hot rodding. The trials are held at the famous seven mile speedway on the salt flats near Wendover, Utah, in August. The trophy will be presented with a university scholarship to the hot rodder whose engineering achievements will best benefit the automotive industry, according to officials of Maremont Automotive Products, Inc., donors of the award.

Colonel James B. Beam

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Go to Church Sunday