

cost of living and high vitamin C. cost of sickness can be reduced by Fotatoes and sweet potatoes conhome production and conservation tain a number of nutrients. Be of garden fresh and orchard fresh cause of the quantities in which fruits and vegetables.

for better health, homegrown ve-source of vitamin C. Sweet potagetables and truits, red ripe to- toes are valuable for vitamin A matoes, crisp snap beans, vine- in addition to vitamin C fresh peas, tree-ripened peaches. Other vegetables and fruits

food likewise are important.

Many meals can be enriched and enlivened with garden good-ness. And test part of all, the good mesis 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 then those who buy most of their food. Food produced at home can

lue, especially the dark green lea- person. fy kind and carrots. These vegetables provide worthwhile a Grace Del Marco, Inc. mounts of riboflavin, iron, and 103-13 32nd Avenue some calcium; cabbage, broccoll, East Elmhurst, N. Y. Prussels sprouts give vitamin C. Dear Mr. Lawson, briefly in a very little water, deed very grateful to you



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 card which have formed either on the tub or on the agitator or suc-

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 bib until

the dampness has dried. This will prevent a musty odor. Always wipe the connecting rod

dry and carefully wind it around hooks 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 caps chopped, cooked beet

greens 2 teaspoons minced onton % cup soured cream

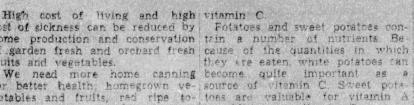
2% tablespoons prepared horse radish teaspoon salt

teaspoon peoper Combine all ingredients. Reat moroughly. Serve as vegetable.

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

Always cover the washer after firs dried out, so that dust and gime cannot accumulate. Plastic covers are excellent protection for them, as they're light and easy to wipe clean 4

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



tender corn, in cans or jars on high in vitamins and minerals. the storeroom shelves or packaged which help toward a good diet and tucked away in the home are beets, cauliflower, corn, or cumbers, injons, turnips, white Meal clanning and prepartion of cabbage, apples, peaches, berries.

By Lou Swarz

NEW YORK (GLOBAL) - From raise poor diets to good diets and time to time, in this space, we can make good diets better. Whe- have tried to point out that a ther the saving is in money spent person of real charm always refor food or in fewer prescriptions members to express gratitude for to cure the ailing, home garden any act or service. The following ing and home food preservation letter came to one cur writers can be a dollar-and-cents econo- James R Lawson, and we wish to print it because it offers a VITAMIN'S FROM VEGETABLES spiendid example the kind of Leafy - green, and yellow veges spontaneous expression of thanks tables are rich in vitamin A va- that is the mark of any well-bred

June 25, 1952

Citrus fruits, and tomatoes are Just a note to say thank you excellent sources of vitamin C for your unselfish effort is mak-Cabbage, salad greens, green pep- ing it possible for Negro models pers, turnips, strawberries, pine- to be invited to participate in the apple and cantaloupe are also good 1952 Miss Rheingold Contest. We sources if eaten raw. If cooked here at Grace Del Marco are in-

cabbage, broccoli, Brussels sprouts. Keep up the good work, and and greens are good sources of may you have the best of luck and success in all your endeavors Again thanks Sincerely

Ophelia DeVore Remember, a "thank you" note always enjoyed, and takes only a minute of your time. Forms furnished upon request. Just write Lou Swarz, Global News Sandi cate. Hotel Theresa, N. Y. C.







No. 2705 is cut in sizes 2 to 8. Size 4 puires 214, yds. 35 in. Send 30c for EACH pattern with me. address, suje number and size AUDREY LANE BUREAU, Box 369.

This year's spring pig crop was per cent smaller than in 1951, with 11 per cent fewer sows

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# ... from the

# Moman's Angle Spanning Spanning



GETS TOP SPOT-M'ss 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 a staff of 327 social service workers in the 33 institutions which make up the municipal hospital system.



"TVE GOT TO TELL you this," | stand Americans had different Monty said "I didn't intend to ideas. He didn't blame her. them the silhouettes of Miami cut. He stopped and blinked. Beach's fashionable hotels were "Fleming! Good heavens, what bright with reflected artificial illu mination. In front of them was the ocean.

"But now?" Karen softly per

Monty gestured, as though suddenly he had reached a decision Well, now," he said. "it's differ ent." He looked down at ber, his eves 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 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."

swer. Faintly she heard the sound playing a waltz. The Merry Widow.

Every detail of that evening and Where the dickens have you the days and nights that followed been? I've talked with Miss Dayton. cause with Monty she had found the once." first real happiness she had ever "What?" said Monty.

girl with the fortune?" 'I don't know. I haven't met her Twe been postponing the meeting cold spells as he made his way to-

"Because way?" "Because I was sure I wasn't go- Was it possible—but no, that was ing to fall in love with you. Because absurb! It couldn't be! I thought any minute I could break | 'Monty!' if off-like that Then suddenly I He saw her in the shadows, wear knew I couldn't, knew I could never ing white, looking lovelier than stop loving you. And then, worse ever. She came up to him and luck. I discovered something else, smiled and the blank, startled look I was being dishonest, and a chap left his face. simply can't be dishonest with the "Karen' This is mockery. Noth-

ther a spot." 'Yes, I should think it would " seeking revenge. It was rotten of He looked at her quickly, and the me." small hope he had continued to She placed her hand lightly over cling to vanished. She had changed, his mouth. 'Stop! It was as much In the mere wink of her eyes the my fault as yours I owed some warmth had gone from her voice, thing to my family too. I promised It was cold and accusing and scorn- them a title. But I was more cowful. He hesitated, wanting to plead ardly. I had to pretend to be somehis cause, vindicate himself Want- one else, to know what you were ing to explain about his family, to like before -- it happened. Oh, dartry and make her understand that ling, can you forgive me for bring he owed thern a debt, that they Joyce Dayton?" were depending upon him, that he! She took her hand away from couldn't let them down.

A hopelessness came over him very helpful gesture, for Monty sud-It wouldn't do any good. She was dealy had other uses for his mouth an American. She couldn't under | besides talking.

at first, but now-" He hesitated. When Monty returned to his hotel The girl, her face pale and lovely he was greeted in the lobby by a in the moonlight, watched him ex. rather austere-looking gentleman pectantly, wonder and a trace of carrying an umbrella and wearing doubt written in her eyes. Behind very correct clothes of a foreign

> Kenneth Fleming was the Babingon solicitor. He and his father before him had handled the family's

effairs for years. Hello, old boy! Good to see you. Naturally I'm here to settle the matter of-er-vour affair."

"Oh," said Monty dismally, "How's it going, by the way?" "Oh, fine," said Monty, "You've no idea. But look here, old man, we mustn't rush things. These Americans are queer. Don't like to be pushed. You'll have to give me

Fleining was doubtful Well, any way, I'll meet Miss Dayton tonight and have a talk with her "Meet who?" asked Monty blank-

another month.

"Miss Dayton Joyce Dayton. Look here, you act as though you didn't know she was the girl with whom we were - er - bargaining. Nothing wrong, old boy."

"No, indeed. Not a thing. Tonight, For a moment Karen did not an- eb? Well, the sooner the better." of music. A band somewhere was dinner in his room, dressed and Monty was miserable. He had This sound conjured memories, pro- Apparently the hotel was sponsorcame downstairs about 9 o'clock. voked a tightness in her throat. She ing some sort of function, for the and Monty had danced to the Merry lobby was crowded. Fleming came Widow the night they had met at weaving towards him through the crowd.

wore vivid in her mind. Vivid, be- She's quite willing to marry you at

"Never mind what. She's waiting

Have you-do you love this-this for you on the terrace. Go out there and talk with her." Monty had alternate warm and ward the terrace. A queer sensation was working up and down his spine.

girl he loves. It placed me in ra- ing you could do could affect me more deeply. I don't blame you for

his mouth then which proved a

Go to Church Sunday



weather we're having and have Then too, with an income of her had, the colelge sirl will really own she can afford fashion variahate to see these days pass. She tions. knows too well that the days at Plaid wools are liked in skirts, the beach are nearing an end in both dark and bright versions, and soon she'll have to put her and lightweight wools and wool mind to shopping for those back lerseys in dresses. More and more

customer. And It would be well worth the while of toheed to her likes and dislikes. heed t oher 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 now to shop is always a good thing to do. The ensuing paragraphs are the result of a recent survey made by a group of buyers for our cities' leading shores, who always aim to please. Because of the improvement in and for informal dates.

fabric and styling and for price There are evidences that the at new winter cottons at new sur- tortable enough to wear to a big

In all colleges checked by the ouvers, the college girls say they thee or four handbags - one are not interested in suit silhouttes incorporating the new middy for the suit with smooth waist velvet for evening fitted jacket, straight or moderate ly 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 skit idea, but in the suit style. The career woman alvays enjoys a good basic suit, but may tend to appreciate something

## New Package Fresh Peaches Shipped In Unique Box



Fresh peaches, the most fragile of fruits, have a "new look." The choice Palmetto Queen peaches of South Carolina. runners of the Nation's major fresh peach crop, are moving to markets this year in novel wirebound boxes to assure delivery of quality fruit in hetter condition

South Carolina is now shipping choice Elberta variety to markets with many other peach growng areas now moving their early fruit. While some 28 states produce peaches commercially, Paul Black, President of The National Peach Council, points out that the supply of the fruit will be considerably less than in past years. Reports from major growing

areas in Illinois, the Carolinas, Michigan, Ohio, Colorado, and New Jersey indicate that hazards of winter cut the quantity of peaches. However, all reports indicate that quality is outstanding.

MAYOR McGUP

I NEVER COULD SEE WHY

'LL PICK THAT VIPER UP,

TAKE IT HOME, PUT IT

IN MY GARDEN, AND -



School buys. Girls are interested in textured.
The college girl is a good labrics for coats for everyday. customer. She's a conservative wear. In dressy coats coeds are practically unanimous about wearing a fitted silhouette rather than a loose silhouette. They like dres- City State Teachers College, sy coats in black or navy, and her alma mater, where she was they consider smooth fabrics more dressy than textured fabrics. As for casual dresses, the colege girl does not rate them over the steadfast skirt and sweater. This is another instance wherein she and the career girls differ, their wardrobe though they are wore for informal camupus events

in particular, these girls now want dress with matching jacket is makto buy rayon suits (although they ing as many friends at college as will want a good worsted or two) it is here at home. They like They are looking at new tweeds, these, because the jackets are comface-interest fabrics with an open sporting event and can be dispenmind and with awakening inter | d with for the cocktail parties and dances that follow. As for accessories, they specify

shoulderstrap bag for travel and compus wear - the rest dressy line; they come out unanimously bags - suede fo afternoon, and They all like jewelry-pearl

checkers 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?

# Words For

Even the nursery set can disleanings this year with the latest try to scour away the dull bluish creamed poultry, mea tone that tin pans develop when Makes 6 to 8 servings. ow-off tainily politics in public and also be in fashion by making choice of a donkey or an ele phant in three different colors. Of course, these diapers can be wash-

DID YOU KNOW that materfal won't fringe or ravel when vou're cutting it if you pin the pattern firmly to the fabric and trace around the udges with soap.

Clean hands are RULE NUM-RER ONE for anybody who hanes picnic food. And RULE NUM-BER TWO is to transport all food in spotlessly clean containers.

"TREE" CLEANS TUMBLERS

The latest dish-washing miracle 18 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. Twirl hard-to-clean bottles, tumblers, and dishes aound 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 on the while camping. Have two Maremont Trophy, major award ouckets - folding plastic ones for engineering achievement which work up a good soapy lather in National Speed Trials, annual one, with clear rinse water in the other. Then dip a big towel in the suds, and scrub all over

By John Jarvis

AND YOU CAN GIVE ITS RATTLE TO YOUR GRANDCHILDREN !!

DON'T KILL IT.



SUMMER INSTRUCTOR \_Miss Ezell Johnson, whose charming personality matches her ability, has just returned from Elizabeth invited as a visiting instructor for the summer session. She reports a very pleasant and successful experience.

Take a fresh towel, dip it in the rinse water, and rinse all over. tically These dresses are part of Simple, isn't it? And quite effec-

> DO YOU KNOW how versathose 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'e 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 tood, wash in warm soapsuds; never use beiling water. Ripse 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 droupy shoulders after the sweeters are laundered, as usual, in warm soapsuds.

HANDLE WITH CARE However practical a mechani-

al dishwasher, many expert homemakers prefer to wash their creclous and delicate tableware sarefully by hand in warm soap-Women suds Such "special" pieces might include hand - painted china, and thina and glassware decorated ith silver or gold.

Wash tin' utensils in het soap-Democrat or Republican suds; rinse, and dry well, Don't

. TROPHY QUEEN .



Curvaceous vocalovely Mercita Vesely, starring at Chicago's Congress hotel, has been nominated "Hot Rod Singer of the Year" by members of a national Hot Rod provides the perfect setting for the don't take up much room - and will be presented at the Bonneville 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 achieve-ments will best benefit the automotive industry, according to officials of Maremont Automotive Products, Inc., donors of the award.



PROOF

STRAIGHT

BOURBON

WHISKEY

100

COLONEL



IN EUROPE - Above is Mrs. Estelle A. Eaton, mother of Dr. Hubert A. Eaton of Wilmington, who sailed fuly 24 for a Euro pean educational tour. She will visit France, Switzerland, Italy, Belgium, Holand, and England Mrs. Eaton is an instructor at Fayetteville State Teachers' College and is a resident of Winson-Salem.

# Star in the Kitchen



In her second movie effort for Warner Brothers, Patrice Wy. more was given the feminine lead in "Rocky Mountain" Mountain" op-posite Errol Flynn. In this picture Miss picture Miss trayed 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 reel story is considerably different, for they were married in October 23, 1950, in Monte Case Potesta. in Monte Carlo. Pat was born in Miltonville, Kansas, the daughter of James A. and Kathry Wymors, who are of Swedish and Scotch-Irish descent. Patrice cooks, enjoys skeet shooting, likes any-thing out-of-doors and lists Webster's Dictionary as her favorite book. She stands five feet, seven inches, has reddish-blonde hair and enjoys cating:

NOODLE RING 1 8-oz. package medium noodles 2 cups (1 pt.) medium-thick white sauce

white sauce

1 teaspoon Ac'cent

ipue mororodium (transce)

4 teaspoon dry mustard

2 eggs, slightly beaten

4 lb. grated cheese medium onion, grated

Cook noodles as directed on pack-age; rinse and drain. Add Accent and mustard to hot sauce. Stir hot sauce slowly into beaten eggs; add cheese, onion, noodles Pour into a well-greased ring mold. Place in a pan of hot water. Bake in a moderate oven (350°F.) about 40 minutes. Let cool slightly. Turn out on a large platter. Fill center with vegetables or

heated; the metal absorbs heat better when dull, and thus performs better with continued use.





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