

Home Economics

(Continued from page 7)

crease in the number of departments will be made in the state during the coming year.

Watauga County should be congratulated upon the maintenance of two departments of Vocational Home Economics in the Boone and Cove Creek high schools.

The departments in this county have been made possible largely through the combined efforts of the County Commissioners, the County Board of Education, and the local school committees. These groups are to be highly commended on the fine attitude they have taken toward this special phase of training so important in our schools today.

High school Home Economics, federally aided, is for schools in which there is an interest in an enriched course of home economics through a more closely related home and community program. The home life of the student is closely related to the school work through supervised home practice and home projects. During a two-year course each student is expected to carry out seven projects in the several phases of homemaking. In addition to high school classes the teacher of such a course organizes adult groups interested in related subjects of homemaking to the extent to which interest demands and time permits.

In the two county departments of Vocational Home Economics, Miss Dougherty will continue her fine program of training in the Cove Creek High School and Mrs. Brown, formerly a teacher of Home Economics in the Forsyth County School system, has been secured as teacher for the department in the Boone High School. With the opening of school it is expected that there will be a large enrollment in these departments.

Watauga Falls News

Miss Loy Presnell visited Miss Lillie Edmisten of Matney during the week-end.

Mrs. Renzo Ward is visiting relatives on the Beaver Dams.

Mr. and Mrs. Dewey Rominger and children visited Mr. and Mrs. Bynum Tollett's Sunday.

Mr. Ed Teater, who suffered the loss of a toe by the accidental discharge of a shotgun recently, is improving nicely.

Mr. D. O. Ward of Johnson City, Tenn., visited relatives here last week.

Mr. Ned Glenn has been visiting his brothers at Smithfield during the past week.

Mr. S. C. Eggers and daughter, Christine, and Miss Rena Mae Farthing, of Boone, were visitors in this section Sunday. Mr. Eggers made an excellent address on temperance at the Sunday school at Antioch church Sunday.

Funeral services were held Tuesday afternoon for Lloyd Presnell who was instantly killed Monday with a 22 rifle. Burial was in the family cemetery at his grandfather's, Mr. W. R. Ward.

Home News

By Nancy Hart

Next to keeping the nails polished fresh and bright, trim, well-kept cuticle is the first rule for attractive hands. If you have been using scissors, make a resolution to swear off for two weeks, and at the end of that time, you'll find you won't be tempted to go back to them. Cutting thickens and hardens the cuticle, with the result that it becomes more stubborn, forming a thick, ugly ridge around the base of the nail. Remember, too, that steel instruments, particularly where there are hangnails, may cause infection; soreness or pain far below the visible edge of the nail may result from an infection starting at the sides or tip of the nail.

In applying an oily cuticle remover, wrap a piece of cotton around the end of an orange stick and moisten it with the fluid. Work the remover gently about the sides and base of the nail. Wash the hands in warm water and wipe away the loosened particles with a towel. Repeat faithfully every day until the half-moon is exposed to its fullest. An oily cuticle remover feeds the cuticle and nail—which alkaline soap, water and dust are constantly drying—at the same time it removes excess cuticle. Use the oil after rather than before applying polish. Most women, in applying nail polish, leave the half-moon free. Cuticle oil may then be applied every night, with full benefit to cuticle and base of the nail. Regular use of both cuticle oil and an oil cuticle remover discourages hangnails, and soon you'll have no temptation at all to return to snipping with the scissors.

Callouses may be safely removed with oil cuticle remover. With the cotton-tipped orange stick dipped in remover, gently work away the upper surfaces. Remove a few layers of the dead, hardened skin each day until the callous is gradually worn away, leaving a smooth even surface.

The vogue for slenderizing fashions has caused a complete reversal in the rayon industry. As originally made, rayon was highly lustrous. This quality, at first deemed desirable, was later disliked by stylists. There was some question as to whether the scientists should turn toward the making of a yarn with the luster of silk or a duller type. The former was decided upon and accomplished. Later, with the "slenderizing" craze, and the demand for chalky and even frosty surfaces (for dull fabrics tend to slenderize, while lustrous ones increase apparent size), rayon was made in extra dull versions.

Here is a tip from a Minnesota farm mother that is worth a trial by summer vacationists, week-enders and others susceptible to ivy poisoning: When exposed to poison ivy, wash the affected parts in sour milk and no blisters will form.

Cottage cheese mixed with any of the following, makes delicious picnic sand wick fillings: chopped parsley,

chopped olives, piments, horseradish, celery, chopped, boiled ham, onions, dill pickles, or nuts. They go equally well on rye, graham or white breads.

Household Hint: The insides of milk bottles can be cleaned easily by adding a tablespoon of salt to a quarter cup of vinegar and then pouring it in the bottle and shaking vigorously.

Daddy: "Lots of little boys I know would be glad to have that spinach." Fuzzy: "Name ONE?"

SOIL-CONSERVING CROP SEED SHOULD BE SAVED

North Carolina farmers are being urged to save seed of soil-conserving crops to plant or sell next year.

Not only has the drought reduced the supply of seed, said Dean I. O. Schaub, of State College, but indications are that there will be a big demand for soil-conserving crop seed in 1937.

In most areas, he said, farmers are growing as large quantities of roughage as possible for livestock feed.

They have also indicated their interest in the purchase of seed supplies of grasses and legumes that will be encouraged for 1937 under the soil-improvement program.

In view of this, the seed supply of these crops for spring planting is unusually important.

Where it is practicable for farmers to harvest the seed of soil-conserving crops, they may be able to supply their own needs and help supply their neighbors.

This will save them the expense of having to buy seed, and will provide a source of income for those who have a surplus of seed for selling to those who do have to buy seed next spring, the dean emphasized.

SPECIAL NOTICES

WANTED—To exchange one or two five-room bungalows nicely located in Lenoir, N. C., for mountain farm preferably in Watauga or Avery County. Address The Exchanger, P. O. Box 1371, Charlotte, N. C.

WATAUGA PRODUCE HAULERS WHEN IN HICKORY please take advantage of my free camping lot, which is always open to you without cost. I handle a complete line of City Service gasoline and oils and solicit your business. East Hickory Service Station, Newton-Statesville Road, Hickory, N. C. 8-6-5p

WANTED—To exchange 4 lots on Green Hill behind the Green Park Hotel, Blowing Rock, N. C., for small house in Boone. If interested write J. R. Page, Aberdeen, N. C. 2tp

FOR SALE—38 acres of land in Watauga township, fenced and well-watered. Six acres wood land. Good house and outbuildings. Good orchard. T. M. Coffey, R. F. D. 1, Shulls Mills, N. C. 7-23-8c-150

EYES EXAMINED—Glasses fitted complete modern examination room over Farmers State Bank, Mountain City, Tenn., Wednesday each week. Glasses complete \$7.50 to \$10.50. Dr. Wellman. 7-23-4p

WANTED—First-class milk cow to keep through August and September for her feed. Have plenty of feed and will take excellent care of animal. Mrs. L. S. Hardy, Boone, N. C. 1p

FOR SALE OR TRADE—Fine young Shetland Pony. See Roger McGuire, Boone, N. C. 1c

HOUSE FOR RENT—Four rooms 2miles from Boone on the Blowing Rock road. Use of wood is included. Write H. M. Lewis, Lincoln, N. C. 8-20-2p

HEREFORD CATTLE, Farm Machinery, for sale. Get the best registered Herefords and most improved farm machinery from River Plain Farms, T. W. Ferguson, Mgr. Ferguson, N. C.

LOST—Pair of glasses with white metal rims, in leather case. Likely lost between Boone and Mable last Saturday. Finder please notify T. E. Bingham, Boone, N. C. tp

FOR SALE—Economy Gasoline Engine, one and three-fourths horsepower. Democrat office



Every One Needs a Photograph Here's Your Opportunity!! Special This Week Only Your Cabinet Size Portrait, Colored and in An Easel Folder for \$1.00 Someone is wishing they had a picture of you right at this minute. Why not take advantage of this offer while it lasts? See Us For Your Photo-Finishing—24-hour Service. Paul Weston Studio Boone, North Carolina

YOUR COUNTY NEWSPAPER

is of particular value to its readers just at this time, and will be more interesting as the local political campaigns get under way and the national race hits its stride.

Besides giving the news, clearly and impartially, as concerns local political activities, the Democrat will pursue its usual custom of flavoring its columns with sidelights on the national history-making campaign, thus rendering an indispensable service to its readers who do not receive daily newspapers.

Besides community news, handled weekly, in concise manner, a number of the more expensive features, such as Brisbane's and Bruce Barton's columns, are featured, along with a serial story, farm news and articles of interest to women readers.

If by any chance the copy of the paper you read this from, is not your own, do not delay to subscribe, if only for the next few months. You will be repaid fully with the high-class country newspaper you will receive.

Advertisers are reminded that during the coming period of greater reader interest, their messages are worth decidedly more.

WATAUGA DEMOCRAT

Since 1888

Northwest Carolina's Leading Weekly.

DIXIE STORES

Grocery Specials!

- TEA—Dixie Special, 1/4 lb. 10c
COFFEE—Silver Cup, lb. 17c
COFFEE—Gold Cup, lb. 19c
COFFEE—Pure Loose, lb. 12 1/2c
PINEAPPLE, broken slice No. 2 can 15c
SALAD DRESSING—Sauer's, qt. jar 25c
SALMON—Chum 10c
HONEY—5 lb. pail 65c
GELATINE DESSERT—Jack & Jill—4 for 17c
APPLE SAUCE—3 No. 2 cans 25c
VANILLA WAFERS—lb. pkg. 15c
JAR RINGS—6 for 25c
JAR TOPS 19c
MATCHES, 3 for 10c
PICKLES—Sour or Dill, qt. jar 15c
VINEGAR—W. T., gallon jug 39c