

WATAUGA DEMOCRAT

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R. C. RIVERS, Jr. - Publisher

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"The basis of our government being the opinion of the people, the very first objective should be to keep that right, and were it left to me to decide whether we should have a government without newspapers, or newspapers without government, I should not hesitate a moment to choose the latter. But I should mean that every man should receive these papers and be capable of reading them."
—Thomas Jefferson.

THURSDAY, MAY 2, 1946

THE EVERYDAY COUNSELLOR

Rev. HERBERT SPAUGH, D. D.

You may ignore, deny, abuse, Almighty God, but can never escape Him. Sooner or later all men discover that, some to their everlasting joy, others to the everlasting sorrow.

Among those stories told around the camp fire is that of a man who lost his shadow. Two men were out on a hunting trip. The weather became increasingly cold so they were determined to go home. On the way it became so cold that they arrived home only with the greatest difficulty. What was their surprise to discover as they stood in front of the home door, that one of them no longer had his shadow. Realizing that he could not do without that, they went back, found it frozen in the snow. They picked it up, brought it back home, thawed it out. So the man had lost his shadow found it. This is a perfectly silly story, although told with campfire elaboration, it offers interesting pastime. It is silly because we know that no man can lose his shadow.

Yet the man who thinks he can lose God, is just as silly. He may thrust His influence out of his life, ignore His offer of salvation, head himself toward eternity in hell, but he does not escape God.

This fact is a great comfort to all men who constantly desire the salvation, presence and guidance of God. The Bible constantly reminds us of His ever-ready presence and help:

"Him that cometh to me I will in no wise cast out—I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper, and I will not fear what men shall do unto me—Behold, I am with thee again into this land; for I will not leave thee until I have done that which I have spoken to thee of."

"Be strong and of a good courage, fear not, nor be afraid of them; for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee."

St. Paul has this pathetic but pointed sentence in one of his epistles to Timothy, "Demas hath forsaken me, having loved this present world. At my first answer no man stood with me, but all men forsook me: I pray God that it may not be laid to their charge. Notwithstanding the Lord stood with me, and strengthened me."

Read those wonderful promises of Jesus, "Lo, I am with you always, even unto the end of the world—I am he that liveth, and was dead; and behold I am alive forevermore. I will not leave you comfortless: I will come to you. My peace I give unto you"

Stalin Says Soviets To Follow Peace Policy

London, April 30—Prime Minister Stalin promised tonight that the Soviet Union would be true to a policy of peace and security but charged that what he described as "international reaction" was hatching plans for the new war.

In an order of the day broadcast by the Moscow radio the Russian leader also declared that "the nations of the world do not wish a repetition of the calamities of war." He declared:

"It is necessary to be constantly vigilant, to protect as the apple of one's eye the armed forces and defensive power of our country (Russia)."

Stalin called on Soviet workers to reach—and exceed—the production goals set up in the Soviet Union's new five-year plan.

Addressing the Russian people, Stalin said:

"We should not forget for a single minute the intrigues of international reaction, which is hatching plans for a new war."

Soviet armed forces would be successful in defending peace, Stalin said, only if there was a "further growth of military culture and military skill of the Red army, navy and air force."

Often the most helpful thing you can do is to keep out of the way.

State College Hints To Farm Homemakers

To get the best use from fat in cooking as well as to save it for use again, heed the "no smoking" rule. When fat reaches the smoking point, it starts to break down chemically and three unfortunate things happen: (1) The flavor of the fat and of the food cooked in it is damaged; (2) Food fried in smoking fat may have an unhappy effect on the digestive tract; (3) Fat that has reached the smoking point will turn rancid more quickly than fat which has not smoked if saved for use again.

To prevent fat from smoking, keep heat low when melting fat for sauce or pan-frying. Cook meat at moderate temperature which is best for the protein as well as the fat. Remember, fats vary in the amount of heat they can stand. Butter, oleomargarine, drippings and olive oil all tend to smoke quickly.

Hosiery hints: Ravel some yarn from an old stocking to get the best possible mending thread for snags and runs in hose. The stocking yard is of lighter weight than ordinary mending thread, and will be less conspicuous. Thread from old nylon stockings (if anybody has them old enough to be retired) makes the best and strongest mend, but a heavy, not so sheer rayon stocking gives an excellent thread for mending.

"If each American family would save just half a slice of bread a day, the savings would amount to half a million loaves of bread daily," says Dr. Hazel Stiebeling, chief of the bureau of human nutrition and home economics, U. S. department of agriculture.

Removing the stems of strawberries before washing causes some loss of vitamin C.

Enriched, restored fortified are words often seen on food labels these days. Many homemakers think these words all mean the same thing. But actually, each one has a different meaning say nutritionists.

"Enriched" is a word properly used only for bread and flour. Definite standards, set up by law, of certain food values must be added. Iron and two 'B' vitamins—niacin and thiamine—are put in about the amounts lost in milling white flour from the whole grain. A third B vitamin, riboflavin—is added in even larger amounts than are found in whole wheat. Under war food order No. 1, all baker's white bread and rolls must be enriched. This will apply to the bread baked with the new 80% extraction flour, so that America's daily bread will be even better than the enriched bread we now eat.

In "restored" foods, nutrients originally present in the food but lost in processing are put back. Breakfast cereals are sometimes restored to whole grain levels by the addition of thiamine, niacin, and iron.

When foods are "fortified" nutrients that were not originally present, are added. Almost all margarine is fortified with vitamin A. Milk is sometimes fortified with vitamin D, which the body needs to make best use of the calcium and phosphorus in the milk.

The rules of modern poultry cooking are few and easy to follow, food specialists say. Rule no. 1 is: Cook at moderate heat so that the meat will be juicy, tender and evenly done to the bone. This rule holds for birds of all kinds from the spring chicken to the old hen, Turkeys, ducks, geese guineas and squab have most food value when cooked at moderate heat. Moderate heat is economical of both meat and fuel.

Rule no. 2 is: Vary the cooking method according to the age and fatness of the bird. For young, tender, well-fattened birds, broiling, frying and open-pan roasting are best. Young birds that are very lean, and for full-grown birds, braising in a covered roaster or casserole makes for tenderness. Old birds need long, slow cooking in water or steam to make them tender.

added, thereby preventing the formation of lime soap curds, which are insoluble. How may water be softened? There are many good, inexpensive packaged water softening compounds on the market. Two types are generally available—those that cause cloudiness and precipitate in the water and those that leave the water clear. Non-precipitating softeners will give the best washing results.

E stands for Examination



a necessary precaution for women every six months, for men every year.

Guard those you love give to conquer cancer



Nation's Newest Scenic Vacationland



Fontana Village, N. C., an entire community that housed workers who built TVA's Fontana dam. It has been taken over and remodeled as a holiday resort by Government Services, Inc., of Washington, D. C. Airview shows Fontana Village (in foreground), Fontana dam, and 30-mile long Fontana lake. This village is to be opened soon to the public under an agreement with TVA, approved recently by President Truman. A fisherman's paradise, Fontana will also offer hiking, horseback riding, tennis, badminton, croquet, miniature golf, softball, scenic boat trips, and other sports. Other nearby scenic attractions are the Great Smoky Mountains National Park which borders the lake Nantahala National Forest, historic Appalachian Trail, Clingman's Dome and Joyce Kilmer Memorial Forest.

Lights and Poultry Provide Egg Profit

Electricity takes much of the labor out of poultry and egg production, according to W. J. Ridout, extension agricultural engineer at State College.

Ridout said that all poultry houses should be adequately wired to provide twilight lights, water heating elements and electric brooders as a regular part of the chicken production program on every farm.

The first consideration in making efficient use of electricity, the engineer said, is the provision of proper wiring from the service entrance box to the poultry house. He suggested that nothing smaller than a two-wire No. 8 cable would suffice, adding that if the distance from the switch box to the poultry house is greater than about 150 feet, the size of the wire should be increased.

It was reminded that a time clock for automatic control of lights can be added to the electrical project at little added expense. Ridout also observed that a lighted poultry house is less likely to be burglarized.

"The use of electricity in broiler production does not end with the electric brooder itself," Ridout added. "It can easily be adapted to the preparation of the broiler for market through the use of an electric packer and waxer, instruments sure to pay good dividends to owners of larger flocks."

"Electric water warmers, to keep the fowl's water at an even temperature the year-round, will prove particularly valuable in boosting egg production," Ridout concluded.

Electrocution has been caused in the home by frayed cords at the lamp base. Make sure frayed cords are replaced and insulation is in good condition.

Tar Heel home demonstration club women, who will observe National Home Demonstration Week May 5-12, canned 19,521,366 quarts of meat, fruits and vegetables in 1945.

State College Hints To Farm HomeMakers

The new 80 per cent extraction flour should offer no problem in home baking, the food specialists tell us. The cook who has been making good biscuits with the flour which has been on the market can continue to use the same recipes and methods with the new flour. To the homemaker starting out with her first batch of the new flour, the specialists suggest: (1) Follow your own recipe as usual, unless the manufacturer gives specific directions on the package for his particular flour; (2) If the dough or batter seems a little soft with the familiar recipe, try using a little less liquid and a bit more flour in the mixture. These are minor adjustments that some of the new flour may need, if the products do not quite come up to your family's standards.

One good way to space and share wheat is to use more potatoes and less bread for the energy food in family meals. Potatoes are now plentiful and at present prices are an inexpensive energy food penny for penny, potatoes offer more fuel value than any other vegetable.

Potatoes are no more "fattening" than bread. One medium-sized potato and one thick slice of bread (or two thin slices) both have about 100 calories. It is the gravy, butter or other fat used on potatoes that pile up calories—and put on pounds.

Potatoes fit into any meal—breakfast, dinner, or supper. For breakfast, a favorite potato dish is potato pancakes. To make enough pancakes for a family of 5 or 6, grate 2 cups of raw potatoes and put immediately into ¼ cup of milk. Add 1 egg, beaten slightly, 2 tablespoons flour, 1 teaspoon salt, and if desired, 1 tablespoon finely chopped onion. Drop from a tablespoon onto a greased pan. Cook until well browned and crisp on both sides. Serve hot.

The Yukon, 2,300 miles long, is the largest river in Alaska and the fifth largest river in North America.

A lot of people get credit for being well-behaved who haven't the money to be otherwise.

For what do we live, but to make sport for our neighbors, and laugh at them in our turn?—Jane Austen.

Red, which the Chinese consider the luckiest color, predominates at their weddings and funerals.

There were 56 signers of the Declaration of Independence.

NOTICE OF ADMINISTRATION
Having qualified as the administrator of the estate of B. F. Wilcox, late of the county of Watauga, this is to notify all persons having claims against the estate of the said deceased to present them to me for payment within 12 months of the date hereof, or this notice will be filed in bar of their recovery. All persons indebted to the estate are asked to make immediate payment. This April 30, 1946.
DEWEY HODGES,
Administrator.

NOTICE
North Carolina, Watauga County.
Having qualified as executrix of the will of J. M. Shull, deceased, late of Watauga county, North Carolina, this is to notify all persons having claims against the said estate to present them to the undersigned on or before the 30th day of April, 1947, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make payment to the undersigned. This 30th day of April, 1946.
ALLIE B. SHULL,
Executrix of J. M. Shull, Dec'd.
5-2-6c

One Cent Sale Is Postponed

Our usual One-Cent Sale, which is being held in Rexall Stores over the country this week, is being postponed by us due to the remodeling program being carried on at our store.

However, we will hold our One-Cent Sale in about a month, and due notice of the event will be given in this newspaper.

Boone Drug Co.

The REXALL Store
BOONE, N. C.

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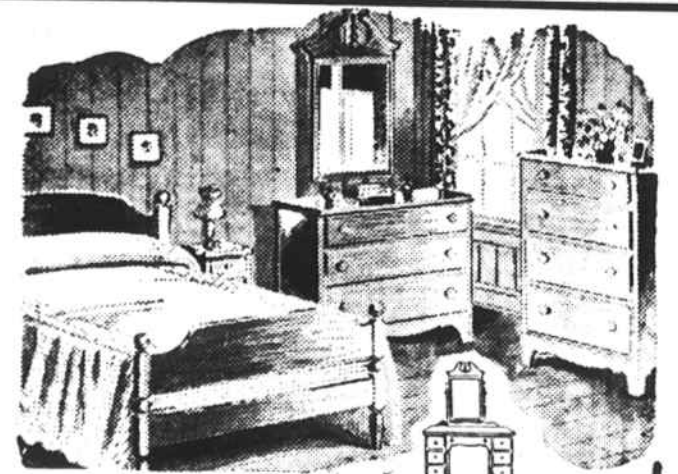
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DEMONSTRATION BY REQUEST

EDWARD T. COLE WNC Representative

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in many items in our line. In fact, the situation shows little signs of improvement, so get your scarce merchandise now, while it is available. We are featuring—NEW COOK STOVES, PRESTO AND PRESSURE COOKERS, PAINTS, VARNISHES, AND CLEANERS, ELECTRIC HOT PLATES, PLOW REPAIRS, FARM TOOLS, GARDEN AND FIELD SEEDS, ROOFING AND ASPHALT SHINGLES.

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