

### Virus Ailment Not To End With Warm Weather

The new common ailment referred to as virus infection has probably been an unwelcome guest in your home during the winter. Don't make the mistake of thinking that just because warm weather is here, the virus is done for. It is possible to have this infection during the Summer.

If you are unlucky enough to contract the virus, don't look to your doctor for some miracle cure. They can't cure you with any known remedy. They can't even shorten the length of your illness.

Unless you have severe symptoms or high temperature, your infection probably isn't very dangerous. If the fever is persistent, it may indicate pneumonia or some serious infection in the making.

One thing you should never do is to try to cure yourself with elixirs, patent nostrums or drugs. These quite often slow up the body's curative process.

If you have the sniffles, a stomach ache, muscle pains, a cough and a slight sore throat, you should rest, keep warm, eat a balanced diet. Forget that old one—"Stuff a cold and starve a fever."

If you have slight diarrhea for a day or two, don't try to stop it. You probably couldn't and this is one way the body eliminates the virus.

In case you loose too much liquid, try drinking water with a little salt and baking soda in it.

If your symptoms become severe call your doctor. In short, if your temperature rises above one-hundred-and-one degrees, your cough becomes distressing, your sore throat lasts more than a day or two, the pain in your stomach becomes quite sharp—call your doctor!

### Household Hints For Homemakers

**READ GARMENT LABELS**—Look for an informative label stating that the fabric has passed washing tests. Look for these labels or tags when you shop. Check for washing test and color fast statements.

Did you know that while most fibers are washable, washability in a finished fabric or garment depends on other factors? It depends on how the fabric has been constructed, dyed, and finished, and on the construction of the garment. Poorly made garments with skimpy seams will not stand up in washing. Heavily-trimmed garments will be difficult to handle in washing and ironing, regardless of how well the fabric might wash.

**SUMMERTIME WASHING HINTS**—Perspiration tends to weaken all lingerie fabrics. Wash undergarments in very mild soap. Garments with lace or embroidery trimmings, dainty buttons, etc. should always be handled carefully. Squeeze carefully, roll garments in Turkish towel, and hang to dry.

Wash foundation garments often. Never soak them. Use a small handbrush on soiled parts. Lay the garment flat on a drain-board or table and brush. Don't wring it. To remove excess moisture, roll lengthwise in a Turkish towel so that hose supporters and metal fastenings cannot cut the fabric. Dry flat on a towel, or hang over a clothesline. Press only the fabric or lace sections of a girdle or brassiere. Never dry in direct heat or sunlight—both tend to cause rubber deterioration and will shorten the life of your foundation garment.

**TOAST TO THE BRIDE**—Every bride wants her reception to be an occasion that not only she and the groom remember through the years, but one that makes a lasting impression on the guests. Wedding Ring Punch, with its flower bedecked floating ice ring, is a delicious combination of juices made fizzy with ginger ale. This good-tasting punch is a favorite for receptions, and other occasions, because there is no muss or fuss in preparing it.

With a tiered cake at one end of the table, the pretty punch bowl at the other, party sandwiches, nuts and mints, your reception is sure to be long remembered.

### Summer Sunshine May Be Captured In Jellies

Let's capture summer sunshine in making jellies, jams, and preserves. Get wonderful flavor in a sparkling, quivering yet firm jelly and homemade jams and preserves.

Fetch your dollars with good home management practices, saving energy and time for reading, visiting your friends, and sharing citizenship duties in your community.

To separate utensils and keep them in place, a removable partition can be made to fit cabinet drawers. Use them for your kitchen and table silver, too. This makes for more efficient work and ease in doing the job.

Comb and brush should always be kept scrupulously clean. Wash daily if possible, and air-

ways after your hair has been shampooed. The cleanest hair is hair that is groomed daily with clean comb and brush. There is no point in washing your hair if it is to be brushed with yesterday's dust and oil left on your comb and brush.

A warm, friendly smile is a great personal asset.

Every person, young or old, needs friends. The quality of friendship must be genuine. A smile reflects our emotions and philosophy of life.

**NO CEILING EITHER**—"But don't they have a cover charge here?" inquired the timid chap.

"How could they?" gushed the girl. "This is a roof garden."

ways after your hair has been shampooed. The cleanest hair is hair that is groomed daily with clean comb and brush. There is no point in washing your hair if it is to be brushed with yesterday's dust and oil left on your comb and brush.

### Toast to the Bride



**Wedding Ring Punch**  
 3 46-oz. cans orange-grapefruit juice  
 3 46-oz. cans pineapple juice  
 3 12-oz. cans apricot nectar  
 3 qts. ginger ale  
 Ice Ring

Thoroughly chill juices and ginger ale. Empty one can of each juice and one quart of ginger ale in punch bowl. Put ice ring in punch and arrange flowers on it. Serve. When supply runs low repeat the process adding another unit of each ingredient. Makes approximately 3 gallons.

**Reception Sandwich Suggestions:**  
 Party Sandwiches—Put cheese mixtures on tiny triangles of bread, chicken mixture on strips of bread or on crackers and decorate with bits of pimiento, green pepper, or sliced ripe olives. A small ready-cooked ham will fill dozens of tiny biscuits.

**Tuna Rolls**—Mix flaked tuna, the oil from the tuna, finely chopped onion and hard-cooked egg, vinegar and mayonnaise. Spread on fresh thin sliced bread and roll. Chill. Garnish with sprigs of watercress, or parsley, in the ends of each sandwich.

### More Milk Is Needed In Diet

Getting more milk into your diets does not necessarily mean drinking more fluid milk, says Virginia Wilson, State College Extension Nutritionist. Of course it is important that every adult drink at least one pint of milk a day and every growing boy and girl at least four tall glasses a day. But there are many other ways of getting more milk into your diets.

Milk products like cheese, butter, and ice cream are also rich in vitamins and minerals. Plan to use cheese in sauces for vegetables and meats and as a basic ingredient for salads. Here's a recipe for a cool, congealed salad that is made with cottage cheese.

Try this tempting salad out on your family some warm spring evening.

**Lime-Pecan Salad**  
 1 pkg. lime gelatin and 1 pkg. lemon gelatin  
 3 cups boiling water  
 1-2 cup pineapple juice  
 1-3 cup lemon juice  
 1 cup heavy cream or evaporated milk  
 1 cup cottage cheese  
 1 cup diced pineapple  
 1 cup broken pecan meats  
 1 teaspoon salt

Dissolve gelatin in hot water; add pineapple and lemon juice. When nearly set whip until light; beat in whipped cream or evaporated milk, cottage cheese, and salt; add chopped nuts and diced pineapple. Pour into individual molds and chill. Makes about 12 servings.

**PERSONAL INCOME**  
 While farm income declined slightly in April, nonfarm income increased, giving a slight rise to total personal income during the month, according to the Commerce Department. Personal income in April was at a seasonally adjusted annual rate of \$283,100,000,000, up \$300,000,000 from March and \$20,500,000,000 above the rate for April, 1952.

Any class of livestock kept on the farm should perform some useful function.

Soviet iron ore, coal deliveries. Pravda article says.

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### Number Polio Cases Above 1952

Raleigh—The number of polio cases in North Carolina this year, is running ahead of last year, and Caldwell County has accounted for much of the increase.

Dr. Fred T. Foard, epidemiologist for the State Board of Health, reported last week that through May, 52 cases of polio had been reported in the state as compared with 29 in the same period of last year. Twenty of this year's cases have been reported from Caldwell County.

Dr. Foard observed that the number of cases in Caldwell represented "a high prevalence" considering the county's population but that he did not consider it an epidemic. He pointed out that the cases have been widely scattered in the county with only one case reported from Lenoir, the county seat. He said there had been one death in Caldwell, back in April, and only one case of "residual paralysis."

During May a total of 7 cases of polio were reported in the state, and 12 of these were from Caldwell. So far, he said, only one case of June onset has been reported.

**BIRTH ANNOUNCEMENT**  
 Mr. and Mrs. Russell N. Hodges announce the birth of a son in the U. S. Naval Hospital at Hutchinson, Kansas. Mr. Hodges entered the service in March, 1952, and is stationed at the Naval Air Station at Hutchinson.

**INEVITABLE RULE**  
 "What did Jack say when you asked him if he could support you in the style to which you were accustomed?"  
 "He said no, but that I ought to remember that the styles are always changing."

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### General News Brevities

Yugoslavia offers to cooperate in NATO defense plans.  
 Men in the Guard are declared to be facing draft until age of 35.  
 Big gain forecast this year in home air conditioning.  
 Brazil is reported striving to step up production.  
 General Lucius D. Clay told 500 graduates at West Point that hopes for peace were stronger today than in 1947.  
 Canadian scientists report the discovery of records left by Admiral Peary in 1906 in a cairn 400 miles south of the North Pole.

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