

Miss Elizabeth Wood Weds H. W. Jackson

Impressive Ceremony In St. Paul's Church Saturday Night

With the sanctuary lighted by cathedral candles, a beautiful wedding was solemnized in St. Paul's Episcopal Church Saturday evening at 8 o'clock, when the impressive Anglican ceremony performed by the Rev. Gordon D. Bennett, rector, assisted by the Rev. Churchill Gibson, rector of St. James Episcopal Church in Richmond, united in marriage Miss Elizabeth Roberts Wood and Herbert Worth Jackson, III.

The bride is the daughter of Mrs. Frederick Philips Wood and the late Mr. Wood and Mr. Jackson is the son of Mr. and Mrs. Herbert W. Jackson, Jr., of Richmond, Va.

Surry Parker Roberts of Durham, N. C., cousin of the bride, served as crucifer and the wedding music was played by Michael Malone, organist.

Given in marriage by her brother, Fred Philips Wood, Jr., the bride wore a gown of ivory silk taffeta, fashioned with portrait neck, outlined in aluminum lace, embroidered in seed pearls. The full skirt had panels of matching lace and formed a wide circular train. She wore an heirloom veil of reseau and princess lace and carried a cascade bouquet of phalaenopsis orchids and tuberoses.

Miss Lou Ann Watkins of Henderson, N. C., was maid of honor. The bridesmaids were Miss Josephine Rose Jackson of Richmond, Va., sister of the bridegroom; Miss Patricia Ann Barry of Macon, Ga.; Miss Florence Bryan Carter of Atlanta, Ga., and Miss Grace Heilig Harney of Edenton. All wore full length gowns of sapphire blue-cristallete and carried cascade bouquets of white chrysanthemums.

Herbert Worth Jackson, Jr., was his son's best man. Groomsman were Stuart Ragland, Jr., and Edward Archer Leake, Jr., of Richmond; John D. Munford of Franklin, Va.; Winfield Griffin Burnett of New York City; William A. Forrest of Charlottesville, Va., and Calvin S. Sachers of Houston, Texas.

Following the ceremony a reception was held at the home of the bride's mother. For their wedding trip to Europe, Mrs. Jackson wore a navy costume of broadcloth and moleskin with white panne velvet hat, navy accessories and a corsage of white orchids. On their return, they will make their home in Richmond, where Mr. Jackson is associated with the Virginia Trust Company.

Mrs. Jackson is a graduate of St. Mary's High School; attended Randolph Macon Woman's College in Lynchburg, where she was a member of Kappa Delta sorority. She gradu-

ated from the University of North Carolina in June with an A.B. degree in English and Phi Beta Kappa honors. In 1952 she was presented to North Carolina society at the Terpsichorean ball.

Mr. Jackson graduated from Episcopal High School in Alexandria, Va.; and is a graduate of the University of Virginia. While there he was a member of St. Anthony Hall, as well as the honor societies of Tilka and Imp. He served two years in the U. S. Coast Guard.



America by 1975 will face a great rise in the demand for electrical energy because of the anticipated growth of five major industries.

The National Association of Manufacturers quotes W. V. O'Brien, vice president, General Electric Company, in the forecast for increased power use. He visualizes a:

100% increase in electrical power usage by the paper industry, now the third largest user in the nation.

25% increase by the allied printing industry.

Sizeable increases by the rubber, synthetic textile and iron ore industries.

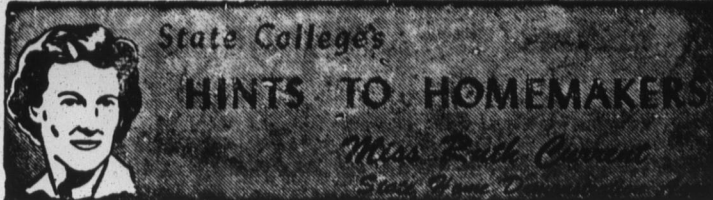
Mr. O'Brien also pointed out that whereas steam turbine-generators have increased in size from 50,000 to 125,000 kilowatts, generating units as large as 250,000 kilowatts now are being manufactured.

Orphanages Clash On Gridiron In Raleigh

The seventh annual Orphanage Bowl football game between the Methodist and Oxford Orphanages will be played in Riddick Stadium, Raleigh, Thursday night, October 21. Kick-off time is 8 P. M., preceded by a one-hour pageant starting at 7 P. M.

Sponsored by Sudan Temple, with the assistance of Methodists and Masons, the game will be held in conjunction with the annual Fall Ceremony of the Temple in Raleigh on the same day.

Proceeds from the sale of tickets will go to the two orphanages, and it is hoped to raise \$15,000 for each this year. As result of the first six games, each orphanage has received \$3,382.50. The Methodist Orphanage is using the funds for its expanded physical educational program, and the Oxford Orphanage will use theirs for outfitting its new physical educational plant for which North Carolina Masons have contributed \$100,000.



Radish Roses. Use sound radishes. Cut off root. With sharp, thin knife, cut four or five thick, red outside "petals" from tip almost to stem, leaving white center. A second cut may be made half way down petals. Chill in ice water to curl.

Curled Celery. Use inner stalks of celery. Cut 3 or 4 inches long. With sharp knife cut each piece into thin strips, stopping 1 inch from the end. Or cut from both ends to within an inch of center. Chill in ice water to curl.

Cheese Carrots or Apples. Work grated processed cheese until smooth. Roll small amounts into carrot or apple shapes. Insert bit of parsley for stem of carrot, or a mint leaf for stem and clove or end of apple. Dust side of apple with paprika.

Eggs, hard-cooked, cut in slices or quarters, or stuffed and sprinkled with paprika or minced parsley. Sieved egg yolk may be combined with greens, tomato wedges, green pepper—makes a substantial garnish for entrees or salads.

Gelatin cubes and flakes garnish whipped gelatin dishes well. They may be combined with fruit slices. Individual gelatin molds arranged around a large party mold serve both as garnish and extra servings.

Nut meats. Chopped nut meats or halves may be used with fruit slices or to sprinkle over gelatin desserts.

Pickles, olives, pimento are always good. Sliced olives or small pickles may garnish a salad.

Savory and Nourishing Beef—Beef is the most popular of main dishes—a usually browned before the liquid is added for stews and brown stock and stick-to-the-ribs qualities. In main cooked without browning for light

dishes, potatoes and other vegetables are a sturdy combiner. In combination dishes, a high place on the popularity poll goes to rich brown beef stew, with potatoes or dumplings.

Beef is an important source of the proteins that are essential for building and repairing tissues. Beef has this important attribute—it can enhance the value of foods containing incomplete proteins. When beef is eaten at the same meal with protein-rich vegetables, these foods become more valuable as sources of protein. Lean beef is also a valuable source of B vitamins and of the minerals, phosphorus, and iron. Pound for pound, lean beef has more protein and other nutrients than beef of higher grade—and fewer calories, too.

Cooking Beef—Cooking beef is a challenge to a homemaker's skill. Surprising goodness comes from the less expensive cuts and grades; and if prepared right, they are just as full of food value and every bit as tasty as the higher-priced steaks and roasts. But they take more time and more care in cooking. The secret of success? Cook them longer with added moisture and a cover but keep the amount of added liquid to a minimum for tenderness as well as good texture and flavor. The "braising" method of cooking consists of browning the meat in fat, then cooking it slowly in a covered pan (with or without added liquid) to the well-done stage. For stews and soups, cook the meat slowly in a small amount of water. It is added for stews and brown stock and stick-to-the-ribs qualities. In main cooked without browning for light

soup stocks.

Less tender cuts may also be cooked under pressure. The meat cooks in a much shorter time and retains about the same amounts of nutrients as when braised or stewed.

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"Yes, son, regularly."
"I'll bet it won't do me any good, either."



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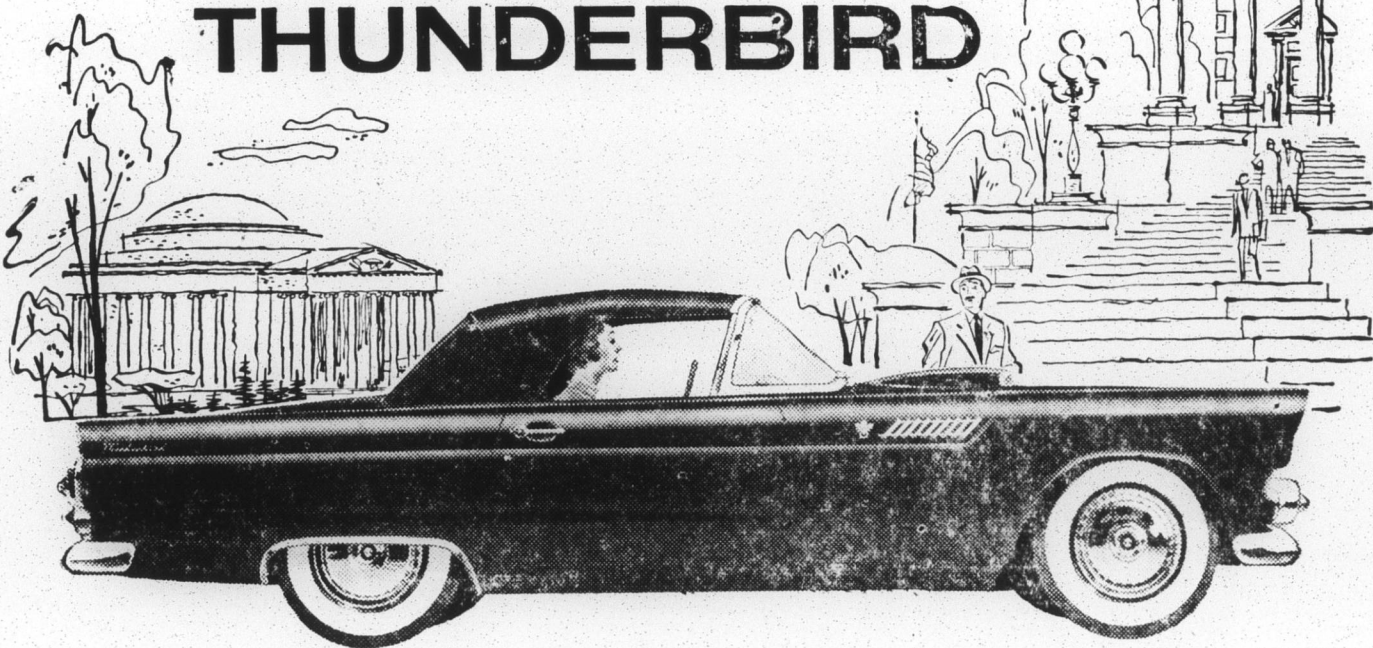
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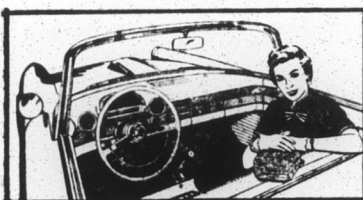
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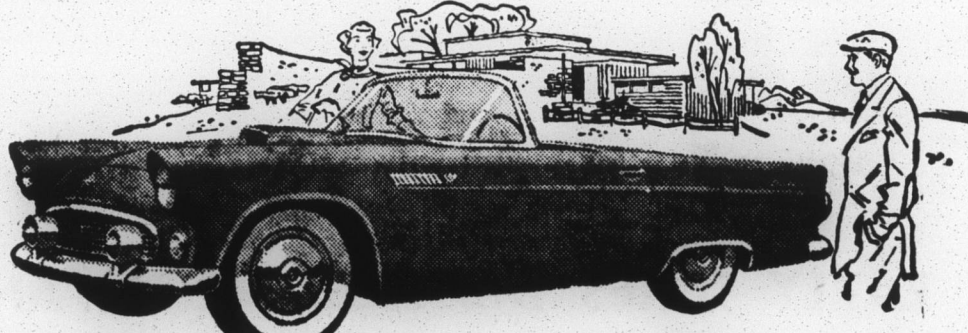
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