SOCIETY NEWS

Visiting Mother Miss Frances Holton of St. Mary's College, Raleigh is spending the holidays with her moth- the Christmas holidays in Ports- Leary, Tommy Kehayes, Paul er, Mrs. Dave Holton.

Christmas Guests Dr. and Mrs. Odie Underhill of Morganton are spending the holidays with Mrs. Underhill's mother, Mrs. Belle W. Parker, and son arrived Wednesday to in the county. Mrs. Parker will spend the Christmas holidays as also have her son, Guy R. Park- guests of Mr. and Mrs. Ralph er and family of Falls Church, E. Parrish. Va., to spend Christmas week-

Christmas Here

and son, Clayton of Nashville, Garrett. are spending the Christmas holidays in Edenton visiting their son-in-law and daughter, Mr and Mrs. Pete Manning.

Guest of Parents Miss Frances Ferguson of New York City is spending the holidays with her grandparents, Mr. and Mrs. E. R. Marriner.

Return From Farmville Mr. and Mrs. J. J. Long have returned after spending the lace. week-end with their son-in-law and daughter, Mr. and Mrs. Wal-

ter Jones in Farmville. Home For Holidays

Miss Fave Dail, who is teaching at Virginia Beach, will arrive today to spend the holidays with Mr. and Mrs. Lonnie



are giving

CHOCOLATES The World Famous SAMPLER 1 fb. \$2.00 2 lbs. \$4.00 Other Whitman's Assortments



Hollowell's

Christmas In Portsmouth Mr. and Mrs. E. B. Ambrose and son, E. B., Jr., will spend mouth visiting Mr. and Mrs. Ray Norris and Mr. and Mrs. Warren

Wheeler, Sr. Christmas Guests Comdr. and Mrs. Hugh Nelson

Visit Cousin

the week-end in Norfolk as Mr. and Mrs. C. O. Letcher guests of their cousin, Bobby

Return From Culpeper Mr. and Mrs. T. J. Wood returned Monday from Culpeper, Va., where they were guests of their son-in-law and daughter, Mr. and Mrs. Albert Furgiuele.

Holidays Pere

Mr. and Mrs. Jack Varner of Greensboro are spending the holidays with Mrs. Varner's parents, Mr. and Mrs. Paul Wal-

Christmas In Mississippi Dr. and Mrs. L. F. Ferguson and family are spending the holidays in Mississippi.

Visiting Daughter

in Lexington Return Home

Mr. and Mrs. T. J. Wood have returned home after spending a few days with their daughter and family, Mr. and Mrs. Albert W. Furgiuele of Culpeper, Va.

Holidays With Daughter

Mrs. Eva Lyndell is spending the holidays with her daughter in Mt. Olive.

Week-end Here

Mr. and Mrs. Freddie Byrum f High Point spent the weekend with Dr. and Mrs. A. F. Downum and Mr. and Mrs. J. R.

Visiting Here

of Florida are spending several days with Mr. and Mrs. J. H. value between green and yellow Conger, Sr.

Washington Visitor

Mrs. John Cotton Taylor of Washington visited Mrs. William

Holidays With Parents

and Imogene Rogerson of Richmond, Va., are spending the

V. iting Parents

with his recents, Mr. and Mrs. variety of flavors, plain or with

Visiting Father

Rexall Drug Store Rocky Mount is spending the Prompt Service - Dial 2127 holidays with her father, John . A. Holmes.

Sunday In Williamsburg

Mr. and Mrs. A. B. Harless. Jr., spent last Sunday in Wil- er of West Jefferson spent last liamsburg, Va.

Among the college students home for Christmas are: Linda Twiddy, Stacy Lamb, Gene Saun- in the First Methodist Church in ders, Frances Holton, Elton Logansport, Indiana, visited his Bass, Charlie Small, Jr., Bren- parents, Mr. and Mrs. B. L. Knox da Mooney, Peggy Elliott, John over the week-end. Also spend-Mitchener III, Mike Malone, ing Sunday with the Knox fami-Johnny Kramer, Gus Hughes and ly were their other children, Mr. Leigh Dobson.

Rocky Mount Visitor

Fowlkes and family.

Dr. Richard Hardin and fathweek on a hunting trip in

Visit Parents

Mr. and Mrs. Charles Knox. who were married last Friday and Mrs. L. S. Garner and family of Portsmouth, Mr. and Mrs. William B. Knox and fam'ly of Mrs. K. M. Mangum of Rocky Portsmouth, Mr. and Mrs. L. M. Mount is spending Christmas Castellow and family of Windwith her son-in-law and daugh- sor and Mrs. Knox's brother and Robert and Jimmy White spent ter, the Rev. and Mrs. Ralph sister, Minnie and Rufus Shaw



Research And Home Economists or vegetables over toast

creamed cottage cheese? Low- snacktime. fat cottage cheese has very little 5 per cent fat and therefore fur- ed in cream sauce. nishes more calories and vita- Add a little cottage cheese or

Mrs. J. A. Wheeler is spending chanical process that breaks up toes, and with fruit. several days with her daughter fat into small particles and dis- Morale Boosters - Treat your-

> milk is consumed in such large amounts that it crowds out other important foods.

Does white cabbage have lower food value than red? Not necessary. Some varieties of white cabbage have as much vitamin C (the main nutrient) as red cabbage. The amount present depends in part upon conditions under which cabbage has been stored and length of storage period. The method of cook-Dr. and Mrs. James Glover ing also affects the final value. Is there any difference in food

> very similar. Is tomato juice a good source cup of tomato juice will sup-

ply about one-fourth of the daily

Janet Bunch, Rosa Hollowell allowance of vitamin C. For Variety - Use milk in creamed soups . . . on het and holidays with their respective ready-to-eat cereal . . . in bowls of hot milk toast . . . in cocoa or milk shakes . . . heated and mixed with equal parts of hot cof-Bobby Pratt of Washington, fee or tea . . . in puddings or D. C., is snending the holidays custards. Eat ice cream, in a

criety of naviruit toppings -- make your own.

Cheese is good for us. Use it often—melted in toasted sandrarebits and souffles, in sauces with hard-cooked eggs, seatoon

Answer Homemakers' Questions: cheese in vegetable or fruit sal-How does low-fat cottage ads, with fruit for dessert, with cheese differ in food value from crackers or in small cubes for

Serve scrambled eggs . . . eggs fat and vitamin A. Creamed cot- in omelets, pouched, in custard, tage cheese usually has about or hard-cooked for salads or dic-

diced cheese to scrambled eggs, How is milk homogenized? or use cottage cheese "as is" Mill: is homogenized by a me- over hot baked or boiled pota-

tributes them throughout the self to something extra special milk. Cream does not form in every now and then . . . a meal homogenized milk because the out, a new hat, movie or play. fat particles do not rise to the It's also a good idea to treat others your age to calls and visits Is it possible for a person to and small children to your "spedrink too much milk? Yes; if cialty" in cookie and milk snacks.

Eating Alone? — It's smart to is appetizing and good, and that ings-perhaps in company with the radio, television, a favorite record or an entertaining book.

Happy Touch For Christmas Cards

dried peas? Food values of ty little Christmas Seals on my work of the 2,700 tuberculosis green and yellow dried peas are cards and packages for years associations round the country now. At first I thought it which make battling TB their wasn't right, perhaps, to remind business. of vitamin C? Yes. One-half people of a dreadful illness like

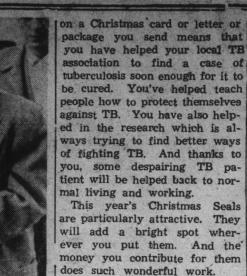
BIRD MAN — Robert Stroud, subject of the book, "Bird Man of Alcaraz," enters Federal Court in Topeka, Kan., to petition that his life sentence be set aside. Stroud, 69, has served 50 years in prison, 43 in solitary confinement. He is one of the world's foremost authorities on bird diseases - self-taught.

tuberculosis when you send them a happy thing like a Christmas card. But then felt different about it. Christmas Seals are happy, too. They mean something's being done about TB. And that's surely a cheerful thought."

We were in the basement laundry of our spartment house and had got into conversation with the woman whose wash was take extra care to see that food spinning around in the machine next to ours. We'd exchanged it's eaten in pleasant surround- some current biographical facts and we had turned her thoughts to Christmas Seais.

Though tuberculosis is still a serious problem in this country -a quarter of a million people are ill with it right now-it isn't the enceking scourge it was fifty years ago. Christmas Seals have had a lot to do with that. The money that generous people like our neighbor send in "I've been putting those pret- for Crhistmas Seals supports the

That little red and green seal



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Over WCDJ 9 A. M., December 25

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REGISTER FOR FIVE BIG PRIZES TO BE GIVEN AWAY

THURSDAY, DEC. 24th

Dawings To Be Held At 9:00 A. M. and 4:00 P. M.

You Do Not Have To Be Present To Win . . . Just Come In And Register

GENE TAYLOR AND ALEX MARTIN, Operators

Taylor Theatre

SEASON'S GREETINGS

Thursday, December 24 Shows Continuous From 3:30 John Ericson in "OREGON PASSAGE" Cinemascope and Color

Friday and Saturday,

December 25-26-Friday Shows Continuous From 3:30 Saturday Shows Continuous From 1:30

A New Tarzan in Technicolor Denny Miller and Joanna Barnes in "TARZAN THE APE MAN"

Sunday and Monday, December 27-28-N. C. Premier Showing Of "NATURE GIRL AND THE SLAVER" starring

Marion Michael and Adrian Hoven Eastman Color And Dynavision

Tuesday and Wednesday, ber 29-30-John Saxon and Linda Cristal in "CRY TOUGH"

December 31-January 1-2-"THE F.B.J. STORY"

lary 17, 18, 19-THIRD MAN ON A MOUNTAIN"

May the Yuletide shine on you with all the joys that are a part of Christmas. May the days that follow continue to be 'filled with happiness. We receive no greater enjoyment than wishing you and yours the very best. We have always valued your friendship and look forward to serving you in the days



Jackson's Radio-TV Service



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