

HINTS FOR Farm Homemakers

By RUTH CURRENT
N. C. State College

Aluminum pressure canners will soon be on the market. New aluminum pressure canners will be in retail markets during the coming winter and spring months. Housewives who will need this equipment for their 1945 home canning will do well to keep an eye out for these canners.

Most manufacturers are making the two sizes—the small size holding 7 quart jars, and the large

size holding 14 quart jars. The new canners are cast aluminum and most have smooth wooden handles. Each is equipped with a rack to hold jars in canning and with inset pans—two half pans and one full pan. This gives the new canners year-round usefulness in the kitchen.

The small size particularly is convenient for family cooking and can save considerable time and fuel especially with foods requiring long cooking—soups, stews, pot roasts, stewing chickens, cereals, beans, and steamed puddings. Another good use for these canners is sterilizing baby bottles.

Sign of a well-nourished child: Nutrition experts can recognize a well-nourished child or a poor-

ly nourished one almost at a glance, without asking what the child eats. Here is a rapid check list of the general characteristics of a well-nourished child, typical of those devised by leading child nutritionists:

A well-developed body with straight arms and legs; erect posture with stomach in; head and chest up; and shoulder blades flat; a moderate amount of fat with curves rather than angles; firm; well developed muscles; clear and bright eyes with no dark hollows or blue circles underneath; glossy hair; sound, well formed teeth; firm and light pink gums with no bleeding; smooth; firm skin and of good color; a good supply of red blood; good appetite and digestion; regular elimination; sound and refreshing sleep; a good natured disposition full of pep; alert and cheerful expression; vigorous general health; and a low "absentee" record at school.

PLEASANT HILL

Olis Adams from M. Caysville, Ga., was the Sunday dinner guest of Mr. and Mrs. Frank Deaver.

Mr. and Mrs. W. K. Shearer have moved from this community to Cleveland, Tenn.

Mr. and Mrs. Bert Hukill and children of Sweetwater have moved to the vacant home of Mr. and Mrs. K. W. Shearer.

Misses Helen and Geneva Deavers were the Sunday dinner guests of Miss Edna Adams.

Frank Deaver and children were the Sunday afternoon guests of Bert Hukill and family.

O. P. Taylor has moved to Farmer, Tennessee.

Charlie Adams of M. Caysville, Ga., has been visiting friends and relatives here for the past week.

Grady Hamby has been ill for the past week.

Mrs. Vella Deaver and son, Horace, were the Sunday afternoon guests of Mrs. Bertha Baime.

Melvin Hamby spent Saturday with Junior Deaver.

Feeding tests have shown that it takes almost twice as much late cut hay to put a 100-pound gain on a steer as with early cut hay.

Fertilize your crop in accordance with your rotation, says Dr. Emerson Collins, in charge of extension agronomy.

YOUR LIBRARY

By DORA RUTH PARKS, Librarian
Nantahala Regional Library

January—A new month—A new year. What would you like to get from library service this year? Have you done anything about planning reading for yourself? Have you thought about consulting your librarian for advice? Will your reading help to make 1945 a better year? Will all the reading done in these United States make our nation a greater nation?

We begin a new state legislative session this month. Have you found out the things libraries need? Have you done anything about talking to your representatives? Have you considered the importance of books to citizens of North Carolina? Have you talked with any library board members about library needs? They are as follows:

REGIONAL—L. B. Nichols, chairman; W. A. Adams, Mrs. T. A. Case, Mrs. John Shields, C. C. King, E. A. Wood, Arthur Jones, H. M. Moore, Miss Belle Slaughter, F. S. Griffin.

MURPHY—H. A. Mattox, chairman; Franke Forsythe, Mrs. E. B. Norvell, J. B. Gray Mrs. T. A. Case, Mrs. H. Bueck.

ANDREWS—E. S. Christenbury, chairman; Mrs. Giles Cover, Sr., Miss Jean Christy, W. W. Ashe, L. F. Smith, Mrs. A. B. Chandler.

Moccasin Creek

The Rev. Mr. Osment preach at Bellevue church Sunday. He was accompanied by his friend, the Rev. Mr. Shelnut.

Pvt. David Ballew, of Battle Creek, Mich., spent a ten-day furlough with his parents, Mr. and Mrs. Luther Ballew and other friends, recently.

Grady Davidson and Arthur Loudermilk visited Mr. Davidson's mother, Mrs. Billy Davidson, Sunday.

Mrs. Lattie Hughes and Mrs. J. B. Hall spent Friday night with Mr. and Mrs. M. I. Hall of Martin's Creek.

Clifford McNabb of Marietta, Ga., and Tobey Clark of East Laporte were visitors of Mr. McNabb's brother, Clyde McNabb, and family Sunday.

Mr. and Mrs. Bill Hatchett made a business trip to Murphy Friday night.

Mrs. Alf Crowder and daughters visited her sister, Mrs. Daisy Newman of Andrews Thursday night.

Mr. and Mrs. Jeff Dalryple were visitors of Mr. and Mrs. Edmund Conley of Ivy Log, Ga., Sunday.

Ira Loudermilk and Alvin Raper visited Spence Tanner Sunday.

Mr. and Mrs. Guy Hill and children were guests of Mrs. H. sister, Mrs. Ed Mauney, and Mr. Mauney at Blairsville, Ga., Sunday.

Mr. and Mrs. Bill Hembree and son, Billy, visited Mrs. Hembree's parents, Mr. and Mrs. Tom Morris Sunday.

Mr. and Mrs. Clyde McNabb visited Mrs. McNabb's sister, Mrs. Linnie Brackett and children Sunday afternoon.

Ross Hatchett visited friends in Georgia Sunday.

Rev. J. H. Greene will fill his regular appointment at Notla church Sunday.

Lawrence McNabb spent the week-end with Ed Rogers of Murphy.

Miss Mary Lou Hatchett has returned from Fort Knox, Ky., after several days' visit with her sister, Mrs. Dan Hughes, husband and baby.

Martha Hill was the guest of Sybil Hughes Sunday.

Mr. and Mrs. Bill Hatchett and Mrs. and Mrs. Ross Hatchett were the visitors of Mrs. A. M. Hatchett Sunday.

Mrs. and Mrs. Wade Anderson and son, Harry, spent Sunday with her sister, Mrs. Wayland Conley and Mr. Conley and baby of Ivy Log, Ga.

Mrs. Ed Mauney of Blairsville, Ga., spent Sunday night with her sister, Mr. and Mrs. Guy Hill and children.

Mrs. Welden Hatchett and children spent the week-end with her parents, Mr. and Mrs. Alvin Raper.

MACEDONIA

Mrs. Nona Hyatt and Miss Emma Jane McClure made a business trip to Culberson Saturday.

Pvt. Lloyd McClure spent three days leave here with friends.

Pfc. Ray Raper made a business trip to Murphy Friday.

Miss Frankie Raper left for Clinton Tuesday Tuesday.

Hayesville

Rev. Clark Benson spoke at Oak Forest church Sunday morning on "The Attitude of Prayer" and at Hayesville Sunday night on "New Year Resolutions". He and Mrs. Benson attended the conference at Cullowhee Monday and Tuesday.

Rev. R. Lane Akins spoke at the Baptist church Sunday morning on "How to Get Blessings from God in 1945" and Sunday night on "Our Relationship with the Holy Spirit".

The Wesleyan Guild met Monday night at the home of Mrs. Guy Padgett.

The Baptist W. M. S. is meeting today in the home of Mrs. Carley Ayers.

Best wishes are extended to Jerry Padgett, Junior Bradley and Norvell Ketron, who are in hospitals in Murphy.

PATRICK

Mr. and Mrs. Carl Pierce and children, Mr. and Mrs. Paul Aligent of Clinton, Mr. and Mrs. Carl Quinn, Mrs. Ella Burgess and two daughters of Vest, Miss Grace Hamy of Ducktown and Mr. and Mrs. Glenn Hamby and son of Patrick were the Christmas guests of Mrs. Mary Hamby and two sons.

Olis Adams of Copperhill was the guest of his brother, Haden Adams over the week-end.

Mr. and Mrs. Tom Picklesimer had as their guests Christmas Mr. and Mrs. Atlas Coleman and children and Mr. and Mrs. Bennie Ray of Tennessee.

Mrs. Louretta Williamson was called to the home of her son, Beecher Williamson at Bryson City due to the illness of his wife.

Mr. and Mrs. Lee Horton and family had as their Christmas Eve Mr. and Mrs. Orver Croft and children of Farmer, and Chas. Boring.

Hoyt Boring of the U. S. Air Corps, who was stationed in Texas spent the Christmas holidays with his parents, Mr. and Mrs. Charlie Boring.

Mrs. Jerry Hamby is seriously ill.

Mrs. Nancy Mashburn of Farmer is visiting her sister, Mrs. Mary Hamby.

Mr. and Mrs. Lester Ledford and children of Clinton visited relatives here Sunday.

Oliver Taylor and family have

moved to Farmer, Tenn. Frank Allen has returned home after a visit in Columbia, S. C. The Sunday guests of Mr. and Mrs. Lee Horton and family were, Mr. and Mrs. George Reid, Grady Williamson, Kenneth Rodgers and Haden Adams and son. Mrs. Tom Chaton spent Christmas with her daughter, Mrs. Frances Price in Knoxville, Tenn.

CULBERSON

Lloyd Kesselburg spent the holidays with his parents, Mr. and Mrs. S. L. Kesselburg.

Sheridan Watson, M 3/C and

Nora Watson spent a few days last week in Knoxville and Oak Ridge, Tenn., visiting friends.

Roy Anderson of Fontana Dam spent the week-end with his parents, Mr. and Mrs. O. G. Anderson.

Willard Tilson left Tuesday for Clinton, Tenn.

Robert Gladson has returned home from a business trip to W. Virginia.

D. C. Watson made a business to Clinton, Tenn., last week. Albert Watson and son, Sheridan, spent the week-end with Mr. and Mrs. Ersa McNabb in Smyrna, Ga.

Dickey Theatre

Murphy, North Carolina

Saturday, January 13
DOUBLE FEATURE PROGRAM
Trail To Gunsight
—Also—
WATERFRONT
Plus Chapter 1—G-Men vs. The Black Dragon

Sunday - Monday, January 14-15
Michael O'Shea - Susan Hayward, In—
JACK LONDON
Latest News and Short Subject

Tuesday - Wednesday, January 16-17
DOUBLE FEATURE PROGRAM
Lady In The Deathhouse
—Also—
GLORY TRAIL

Thursday - Friday, January 18-19
A Star Is Born
Plus Latest News and Short



A NEW RECORD FOR LONG DISTANCE

MORE CALLS IN 1944 THAN EVER BEFORE
There were more Long Distance calls in 1944 than in 1943—more than any other year in history. 1945 has started off with a rush, and some circuits are still crowded. When that's the case, Long Distance will ask your help by saying—"Please limit your call to 5 minutes."

SOUTHERN BELL TELEPHONE AND TELEGRAPH COMPANY
INCORPORATED



"I HAVE RETURNED..."

ALL AMERICA was thrilled when General Douglas MacArthur first set foot on Philippine soil. We now know from the long and desperate enemy resistance on Leyte and Mindoro that victory is still far away.

supplies must go quickly to MacArthur's men. All of this material calls for double packaging to protect it during the long ocean voyage and under tropical jungle conditions. Military demands for pulpwood are higher than ever before.

BACK MacARTHUR

While MacArthur and his men are fighting their way foot by foot through the Philippines, you can help them by cutting every cord of pulpwood you possibly can. Don't let their task be harder because they lack ammunition, food or medical supplies.

PULPWOOD SHORTAGE ACUTE
One of the most needed materials right now is pulpwood. Vast convoys loaded with all kinds of

VICTORY PULPWOOD COMMITTEE
A. Q. KETNER, Chairman
LEE WATKINS NOAH ABERNATHY
J. B. MULKEY T. A. CASE
US VICTORY PULPWOOD CAMPAIGN

Electric Power . . . America's Busiest War Worker

The proverb "Man works from sun to sun, but Womans' work is never done" is out of date in this Electrical Age. Now the modern housewife may take an important part in many wartime activities . . . thanks to labor-saving electrical appliances.

ELECTRICITY LENGTHENS HOURS OF FREEDOM FOR WAR WORK

Home electrical equipment not only saves time and money and removes the drudgery from housework, but it leaves the housewife fresh and alert to volunteer her services to the Red Cross or other war emergency organizations.

Women are working diligently at many wartime tasks on the home front. They have the time and energy to serve because of electricity.

CITY OF MURPHY ELECTRIC DEPT.

By H. G. ELKINS, Manager