

### Miss Current Gives Hints On Raisins

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Assistant State Agent

To make raisins extra plump and juicy for use in fruit cup or salad, rinse them in hot water.

In cakes and breads raisins spread their sweetness and flavor farther and have less tendency to sink if they are chopped. For chopping, use scissors dipped in hot water. Dust the chopped raisins with part of the sifted dry ingredients. This helps keep them buoyed up during the baking.

Once a package of raisins is opened, transfer the contents to a tightly covered jar or tin. This keeps them from drying out and becoming hard on the shelf. And in warm humid summer weather it keeps them from absorbing moisture and molding.

Seedless raisins are preferred for fruit cups, salads and many sauces, and are also widely used in baking.

When placing curtain ties, pull the window shade down to the desired height and use it for a marker to get the tie-backs even.

Snaps go on easily if you sew all the snaps on one side in their places. Then rub chalk on the snaps and press against the side where the other half must be sewed. The chalk will mark the place exactly.

Yarn raveled from a knitted or crocheted garment can be made perfectly smooth by winding it around a board, then dampening it well with water. Let it dry on the board, and it will be as straight as new knitting yarn.

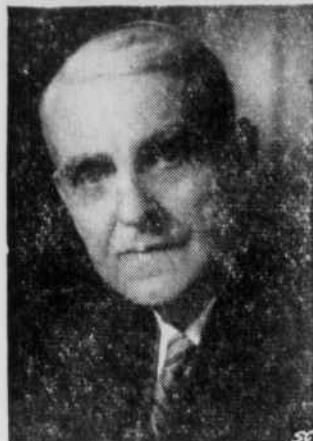
To help the family detect quickly the torn or ragged handkerchiefs they don't want to use in public, fold and iron the shabby ones in a triangle instead of the usual square.

Word from the nutrition scientists says that bacon broiled on a rack about four inches below the flame retained two-thirds of its original thiamine while that cooked in a frying pan held less than half.

Washing rice wastes not only time but also nutritive value.

Mushrooms, once thought to add only flavor and variety to the meal, have been found to contain perceptible amounts of B vitamins plus iron, copper and all of the essential amino acids.

### Senator Capper Wants Christ In U.S. Constitution



SENATOR CAPPER

TOPEKA — Sen. Arthur Capper, (R-Kan.) dean of the United States Senate, will rally support of his colleagues in the coming session of Congress to support his resolution, introduced last July, proposing that the Constitution be amended to recognize "the authority and law of Jesus Christ, the Saviour and King of nations."

"I am for this amendment," Senator Capper said here while preparing to return to Washington for the special session of Congress. "I believe in it and will do what I can for it in Congress. It may take some time to get it through, as people are not fully informed regarding it, but I see no reason why it should not be approved."

Rev. A. J. McFarland, a leader in the Christian Amendment Movement which is sponsoring the campaign, said at the national headquarters in Topeka, that in recent weeks he has been stumping the nation in support of the amendment and that interest is growing rapidly.

"I've been talking to church and lay leaders everywhere," Reverend McFarland said. "We are getting support of many national leaders and from the masses. By the time it is voted on next spring I am sure we will have covered the field very thoroughly."

Reverend McFarland stressed the point that the amendment would in no way "abridge the present rights of religious freedom, freedom of speech and press, and peaceful assemblage, guaranteed by the First Article of the Amendment."

Nutrition scientists also say meat is one of the most important natural sources of the B vitamins. It contains all of them—from the oldest, thiamine, to the newest B vitamin, folic acid. It supplies generous amounts of the three vitamins for which recommended allowances have been established—thiamine, riboflavin, and niacin.

In spite of the fact that several of the B vitamins are affected by heat, the retention during the cooking of meat is surprisingly good.

Have you a "make up" shelf in the pantry to supply garnishing materials — marshmallows, cherries, chopped nuts, parsley growing in a window box? Before deserts or salads go on the table give them the proper touch of "make up" to enhance their appeal.

Nylon sewing thread has desirable characteristics for many purposes, particularly in sewing nylon fabrics. Strength and size can be kept uniform. Being highly resistant to abrasion, it assures long-lasting seams. Be sure sewing machine needle is the right size for the thread. Most nylon thread is comparable in size to number 70 or 80 cotton thread. Select the needle accordingly.

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### "Don't Let Death Take Your Holiday"

Don't let death take your holiday!

With that slogan as a keynote, Motor Vehicles Commissioner L. C. Rosser this week asked all North Carolina motorists to exercise special care in their driving during the approaching holiday season.

The Christmas-New Year holiday season has proved to be the most hazardous single period of the year, Col. Rosser said. Heavier travel and the festive spirit of the season increase the normal winter driving hazards, such as bad weather, slippery roads and more hours of darkness. During last December, 103 persons were killed on North Carolina streets and highways. Sixteen of these lost their lives during the Christmas holidays from the 23rd

through the 25th of December. And on Christmas Day alone, 11 persons met their deaths on our highways.

Col. Rosser said that Christmas is the season to be merry, but it is also the season to be wary. He warned that traffic would be unusually heavy during the entire Christmas season, and asked all motorists to cooperate fully in an effort to reduce highway accidents and fatalities. He especially urged that drivers refrain from drinking while they drive, for "liquor when mixed with driving can be one of our most potent killers."

Asucculent feed for a dairy cow is one with a high water content. Good examples are: pasture, silage, and soiling crops. Such feeds furnish a cheap source of feed nutrients and because of their succulence tend to keep the digestive system in good order. It is important that one be included in the ration throughout the year.

## A Joyous Noel

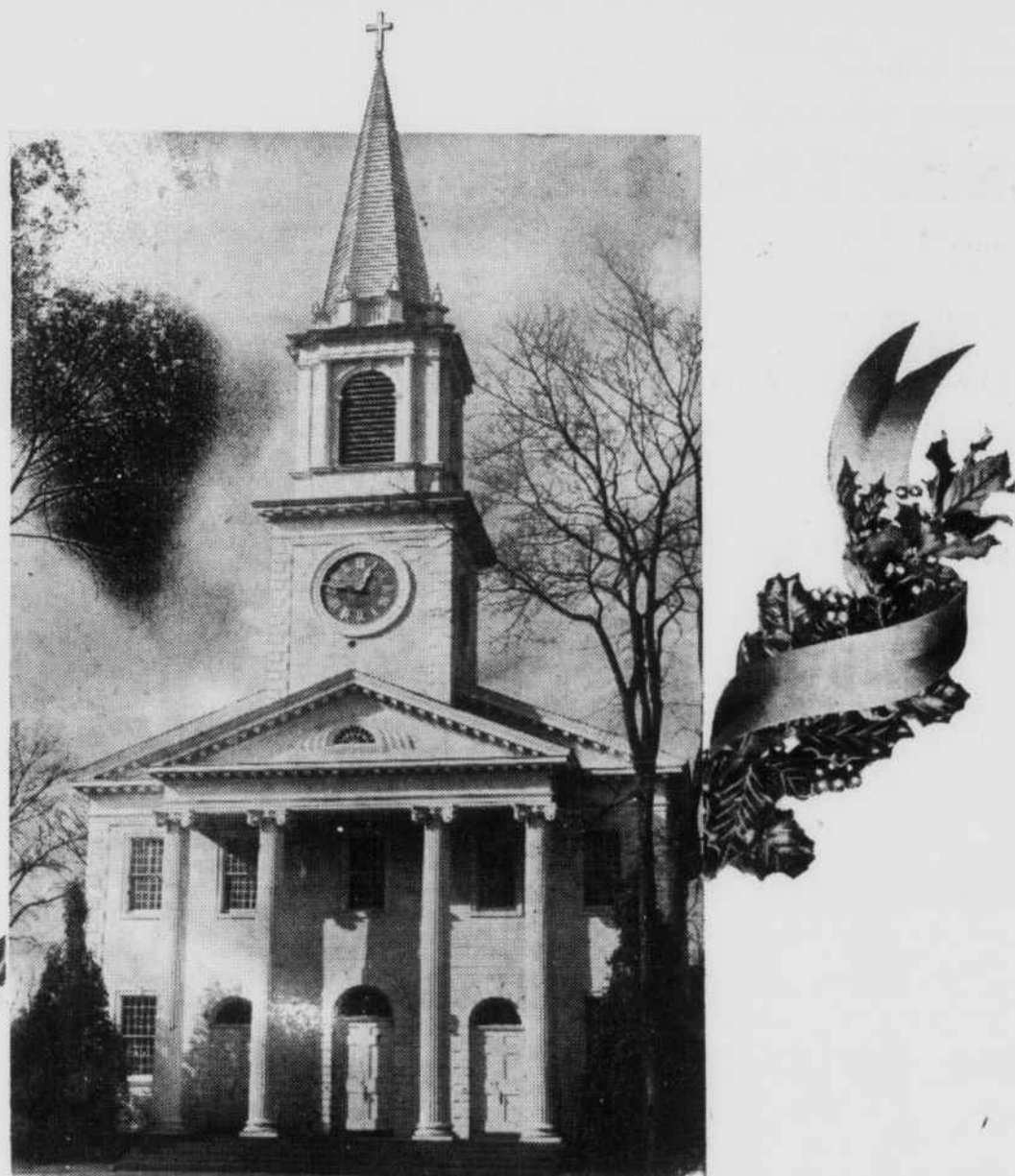
We sincerely hope your Christmas will be filled to overflowing with happiness and good cheer and may the New Year be one of Health, and Prosperity



CHAPMAN and HUGHES

Rec'd 2

Murphy, N. C.



## A Christmas Message

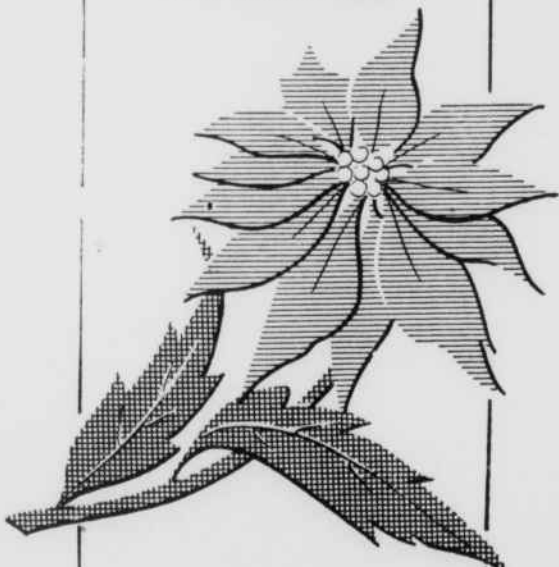
It is not riches or elaborate gifts that make CHRISTMAS Merry, but the simple familiar wishes of neighbors and friends plus an unassailable faith in our LORD and Protector. With this thought we again come to this glorious Christmas season with thankful hearts, and faith in the One who was born in the manger almost two thousand years ago, who has been and now is man's greatest Friend.

May we again repeat the angel's message to the Shepherds — "A Christ is borned in the city of David. Peace on earth, good will to all men."

### Townson Funeral Home

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In this most cordial of holidays, when joy prevails everywhere, may we bring a message of Good Cheer to each of you, and express a sincere wish that the coming year holds the realization of your fondest hopes and ambitions.

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