



SHIP PLOUGHS THROUGH WAVE
Not Really Necessary

U. S. Navy Saves Time And Money By Taking Long Way Around Waves

If you're hesitant about crossing waves, you probably relax. Relief the Atlantic of waves, generally by taking the long way around.

For many years before the war, the skipper would take the long way around if necessary to avoid the rough seas. The skipper would take the long way around if necessary to avoid the rough seas.

Now, the Navy and a few commercial lines have decided to use the shorter, straight way to cross the ocean.

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Things Of The Past Maintains Hold On Isolated Island Of Aloof Niihau

Old Hawaii lingers on the island of Niihau, one of the least known regions of the 50th State of the Union.

Called "The Mystery Island," Niihau is so isolated that almost the whole world knew of the bombing of Pearl Harbor before Niihau, less than 150 miles away. Carrier pigeons bear messages, including election returns, between Niihau and the outside world.

The 72-square-mile island has no dogs, no movies, no courts, and no police. Until World War II, there was not even a radio on the island. Instead Niihau has preserved the proud heritage of old Hawaii. Its 200 or so pure-blooded Hawaiians speak the old language, largely forgotten elsewhere in the archipelago.

Seventh in size of the main Hawaiian group, Niihau lies 17 miles southwest of the larger island of Kauai. Both were discovered by Captain James Cook whose two ships hove in sight of the island on January 18, 1777.

"On the 19th, at sunrise," Captain Cook wrote in his log, "the island first seen (Oahu) bore east, several leagues distant. This being directly to windward, which prevented our getting near it, I stood for the other (Kauai), which we could reach; and not long after, discovered a third island (Niihau), in the direction of west-northwest."

On Niihau, for a load of yams and salt, the Cook expedition traded a ram goat and two ewes, a boar and sow pig, and melon, pumpkin, and onion seeds.

The outside world again intruded on Niihau's history in 1864. King Kamehameha IV sold the island and a large area of Kauai to a Scottish family. Their descendants still own Niihau.

The Scots sought to make their Hawaiian home a bit of the old country. They dressed for dinner and went to bed with candles. Family prayers were said daily. Every effort was made to inculcate in their employees the best Scottish morality.

The family still maintains a benign but strict watch over Niihau's residents. Life centers in the church. Old Hawaiian customs are protected by the refusal to admit curiosity seekers. However, pure-blooded Hawaiians from other islands are welcomed when jobs are available. The main business is raising cattle, sheep, and bees.

Niihau's quiet was shattered once in World War II when a Japanese plane crash-landed. The pilot used

the plane's machineguns to terrorize residents. In a scuffle, he shot a Hawaiian named Benjamin Kanahele three times. Despite his wounds, Kanahele seized the aviator and broke his skull.

After the Battle of Niihau, a new saying went around Hawaii: "Never shoot a Hawaiian three times—he will get mad at you." Kanahele received the Purple Heart and the Medal for Merit in a ceremony where the band played a new song, "The Couldn't Take Niihau Now."

Local Health Official Takes Course

Blanche Sawyer of Cherokee County Health Department of Murphy, N. C. is taking courses in public health this summer at the University of North Carolina School of Public Health.

The two courses that are currently being given are Public Health 190 and Public Health 195. This work is being offered by the Department of Public Health Nursing of the UNC School of Public Health.

These two courses got underway on June 8 and will continue through July 3. Each course consists of two hours of class work daily.

A total of 45 public health nurses from throughout North Carolina are enrolled in the courses. Students from 4 other states also are taking the courses.

The purpose of the courses is to offer professional education to public health nurses who are engaged in public health work.

The UNC School of Public Health is the fourth oldest professional school of its kind in the United States and one of 10 such schools in North America accredited by the American Public Health Association.

The "hog-butcher of the world" is also known to its citizens as "The Garden City." Chicago set up park commission in 1869 to plan the city's 166 parks.

TB Institute Planned For Lake Junaluska

The 9th Institute on Problems in Tuberculosis Control sponsored by eight North Carolina Agencies will be held at the Methodist Assembly at Lake Junaluska June 28 through July 1.

Over 100 health, welfare, rehabilitation and TB workers from North Carolina, South Carolina, Tennessee, Georgia, Florida, West Virginia and Maryland are expected to attend. The institute gives its participants an opportunity to learn the latest trend in TB control and ways of working together for the benefit of the TB patient. This year's program will answer the question, "Who are the people who develop tuberculosis?" and follow through with discussions on problems and practices of hospital care, understanding the patient and his problems, and coordination of patient services in and out of the hospital.

Noted authorities who will contribute their ideas on the various topics include a psychiatrist from the University of North Carolina, Dr. Myron Sandifer; and a psychologist from Vanderbilt University, Dr. Shalom E. Vineberg.

Others are Dr. Raymond F. Corpe, superintendent of a TB hospital in Georgia; Dr. John Cassel, an epidemiologist from the University of North Carolina; and Miss Myrtle Dooley, Assistant director of nurses for the Baltimore City Hospitals.

The sponsors are the N. C. Tuberculosis Association, Schools of Public Health, Social Work and Medicine of the University of North Carolina, N. C. State Boards of Health and Public Welfare, N. C. Division of Vocational Rehabilitation, and the N. C. Sanatorium system.

COLLEGE HINTS

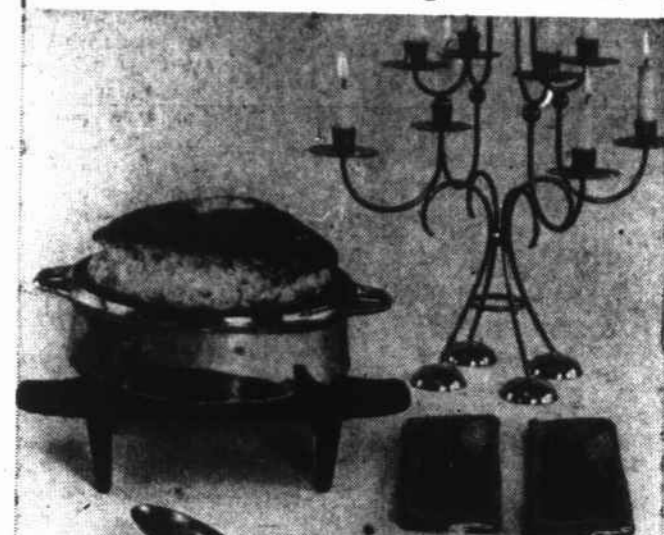
By RUTH CURRENT

ARE YOU OVERWEIGHT?—Doctors say overweight isn't a little problem. It's a big one. One out of five adults carries around large slabs of unnecessary fat. The overweight adult may be struggling alone to control his weight or he may be trying to reduce it under the guidance and with the aid of his

physician, or by listening to a fad-dist or pill peddler. The enormity of the problem is clear when one considers that obesity contributes to the development of one after another of the debilitating chronic diseases. By the majority of medical people, it is believed to be a principal contributory cause of arteriosclerosis, a chronic blood vessel disease involving in heart cases and strokes. Diabetes is another disease that occurs more frequently in obese patients. The list of problems aggravated by overweight is long and not the least among these are the psychological

Keep abreast of what is going on in the nutrition field. "Eat to Control Your Weight," Misc. Pamphlet No. 128, July 1952, by C. Virginia Wilson and Jewell G. Fessenden. Extension Nutritionists, may be had by writing Miss Wilson at N. C. State College, Box 5097, Raleigh. Did You Know that in view of the increasing use of fluid skim milk or reconstituted non-fat dry milk the National Research Council has approved the restoration of vitamin A to these products to the average year-round level present in whole milk?

Salmon Souffle - King of Souffles



The most effective and delectable dish in the world, which can be prepared from simple ingredients, is probably the souffle. What other dish can combine such basic ingredients as eggs, butter, milk and flour with meat, fish or fowl to produce such a glamorous elegant pouf which the French call a souffle? And of all the souffles in the world, the salmon souffle is undoubtedly the most savory and delicious. The delicate pink meat of the salmon lends its distinctive flavor to the souffle, making it a family favorite in addition to a dish which will mark you as a hostess of distinction.

- SALMON SOUFFLE**
- 3 tablespoons butter
 - 3 tablespoons flour
 - 3/4 teaspoon salt
 - Pinch of cayenne
 - 1 cup hot milk
 - 4 egg yolks, beaten
 - 1/2 teaspoon dry mustard
 - 1 teaspoon Worcestershire sauce
 - 1 can (7 1/2 oz.) salmon, flaked
 - 8 egg whites, stiffly beaten

In a saucepan melt the butter. Stir in the flour, salt and cayenne. Gradually stir in the hot milk and cook, stirring, until the sauce is smooth and thickened. Remove sauce from fire and stir in the egg yolks, mustard, Worcestershire and salmon. Cool. Then fold in the stiffly beaten egg whites, pour into a buttered souffle dish and bake in a preheated 350°F. oven for 45 minutes. Sprinkle with paprika and serve with mushroom sauce.



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SODA-LIGHTFULLY REFRESHING

Your skin takes a beating in summer. It has all sorts of irritations to contend with. You over-sun and it turns red and sore. You subject it to constant doses of sun, sand, salt water or the purifying chemicals used in pools and it gets dry and flaky. You meander through the woods, oblivious to the poison ivy, oak or sumac along the way and down it comes with an itch. It's a target for insect attacks, and depending on the modus operandi of the biting bug, it's in for a sting or an itch. A friend of long standing, to skin in dire distress is baking soda. Add soda to your bath... a half pound of it per tepid tubful of water for dryness or sunburn, and if you just relax in the tub, read, listen to the radio or have a cooling drink and avoid the scrub brush or wash cloth, there's blessed relief in store. Extra dividend... you come clean, for soda is mildly detergent. If you'll keep the baking soda in an apothecary jar in the bathroom with a sachet tucked in its midst, the bath water is pleasantly scented.

Apply baking soda in paste form to the other skin afflictions... poison ivy, oak and sumac and various insect bites... and the itch or sting subsides.

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