

Household Hints
by Joan March Worden
Director, Pine Cleaner Information Center.

Sports enthusiast in the family? A good sport keeps his gear in topflight shape. From back yard to boat, pine oil cleaners and disinfectants go to work at cleanup jobs for the sportsman, dissolving grease and banishing dirt with a whisk of the sponge.

Here's how:
BOATING -- The best boat-keepers hold cleaning tools to a minimum: scrub brush, wet mop, plastic bucket, sponges, an all-purpose pine oil cleaner, paper towels, an all-purpose wax and polish. Areas where pine oil keeps a boat shipshape are decks, galley, head, plastic upholstery--and bottom and topside scrubbing to keep boat free of grime and marine growth.

FISHING -- Bait boxes, pots, and pans -- everything fishy should get a pine cleaner bath. If you're cooking the catch, your kitchen will be a lot more fragrant if you dump the pans from fish cookery into the sink immediately after cooking. Then, while you're eating the prize catch of the season, soak the pans in warm water with a little pine oil cleaner in it. Rinse well.

TENNIS -- Increase tennis ball life and refurbish the nap by tossing tennis balls into the washing machine with the regular wash. Visored caps can be cleaned best with an old toothbrush and a pine oil cleaner solution. After brushing, go over the cap with a clean damp sponge and dry it in the sun. To prevent warping, keep your racket in the press when not in use.

SWIMMING -- Pools, back yard variety--Second only to safety around the pool is cleanliness. You can keep concrete decks, ladder stairs, and other poolside places clean and germ-free by quick, frequent once-overs with a sponge soaked in a pine oil cleaner disinfectant solution.

FAT OVERWEIGHT

Available to you without a doctor's prescription, our product called Galaxon. You must lose ugly fat or your money back. Galaxon is a tablet and easily swallowed. Get rid of excess fat and live longer. Galaxon costs \$3.00 and is sold on this guarantee: If not satisfied for any reason, just return the package to your druggist and get your full money back. No questions asked. Galaxon is sold with this guarantee by: **SCOGGIN DRUG STORE** -- Louisburg -- MAIL ORDERS FILLED.

Bright Brunch or Lunch Idea



The refreshing flavor and lively color of pineapple slices will add a sunny touch to a midday menu. The sandwiches here feature two kinds of meat, turkey and ham, that are delicious with pineapple. Top with a cheese sauce if you really want to be fancy, and you will be serving a satisfying and tasty luncheon dish.

Hot Hawaiian Sandwich

- 2 English muffins
- Butter
- 4 slices ham
- 4 slices turkey
- 4 slices Hawaiian pineapple, drained
- Sliced ripe or green olives

Preheat oven to 450 degrees. Cut English muffins in half; butter, then toast until brown and crisp. Place toasted muffin halves on a cookie sheet, or in an 8 or 9 inch baking dish. Cover each with a slice of ham, a slice of turkey, and a slice of pineapple. Bake uncovered for 10 minutes at 450 degrees. Garnish with sliced olives. Makes 4 servings.

Cactus For Decorating

For variety and versatility, clay-potted cactus plants are idea for the home in Fall and Winter. You can get them in sizes and shapes to fit all your decorating needs and locations.



This ceramic tile bench has a built-in planter in which clay-potted foliage plants may be plunged. Individual clay-potted plants on bench complement the decorative scheme.

Dietary Deficiencies, Population Overweight

More emphasis is being placed on nutrition today than ever before. Despite the unsurpassed American food supply, authorities note that there are dietary deficiencies at every income level and that 20 per cent of the nation's population is overweight.

There is a great volume of material written on this subject; however, it is important to know how to separate the sound information from the unreliable.

Fad diets to gain or to lose weight are always bad. The best way to lose weight is to cut down on your intake of food and to get a normal amount of exercise. At the same time you will want to increase the amount of fresh fruit and vegetables and lean meat you are eating, eliminating the starches, refined foods, and excessive amounts of sweets and fats. Drink skim milk and unsweetened fruit juices.

Some doctors have even gone so far as to state that if you want to live longer and feel better, you should stay on a low-fat diet.

We know for a fact that diet is the key to your health and an important factor in the cause and cure of many ills. In many countries the problem of getting enough nourishing food to eat is of primary importance. This is not true in America. Our problem is quite opposite; our diet is too rich in fat as well as calories, refined sugars, starches and oils. It is often found low in essential minerals and other vital requirements.

The wholesome food is here

in abundance--for the buying. It often costs much less than the less wholesome food so many of us choose.

Protein foods help build firm muscles and maintain good general health. The very high protein foods are the all-important basis of the new reducing diets. Protein foods include meat, poultry, fish, eggs, dried peas and beans.

The peas and beans are good but should only be used to "fill out" on the other higher protein foods--particularly on

a reducing diet. They are economical but they do not do as much for you as meat, fish, poultry and eggs. Eat them, but not as a substitute.

Meats, especially liver and kidney, give you iron. The red cells of your body must have this mineral to carry fresh oxygen to the tissues and remove carbon dioxide. If your complexion is sallow and you tire easily, chances are you need more iron. Eat liver alone or try grinding it into hamburger. Serve with smothered onions.

Eggs could well be called oversized vitamin pills. They are full of protein, iron and vitamins A and D. Try to eat at least one egg each day.

Fish contains large amounts of vitamin A and D. Vitamin D is important for the proper development of bones and teeth. Vitamin A is often called the beauty vitamin. It will give you a smoother skin, shining hair and eyes.

Although your bones and teeth may already be developed, don't get the idea you no longer need Vitamin D. You must have it to keep your teeth and bones in good condition. Vitamin D can be manufactured in your body from exposure to sunshine.



DELICATE--The classic shirtwaist dress takes on new charm in Swiss cotton georgette. Appropriate for daytime as well as after five wear, it's made from Simplicity Pattern 5822.

Poor Teacher

Stout Teacher (instructing her pupils about birds and their habits)--At home I have a canary and it can do something which I cannot do. Do any of you know what this is? Little Eric--I know; take a bath in a saucer.

Alas!

Sam--I got tonsillitis, followed by appendicitis and pneumonia. Then they gave me inoculations.

Harry--Boy, did you have a time.

Sam--I'll say! I thought I'd never pull through that spelling test.

after you see your doctor, bring your prescription to **O'Neal Pharmacy**



SMART--Designer Ben Reig turns to one of summer's most exciting fabrics--ribbed cotton--for this cool two-piece outfit with fashion know-how.

SISTER MARY HEALER
Spiritual Advisor on all your problems
DIVINE SPIRITUAL HEALER
Are you facing difficult problems? Poor health? Money or job troubles? Love or family troubles? Worried? Drink? Unhappiness of any kind?
Sister Mary is located on Business Highway 1, one mile South of Henderson, N. C. on Raleigh Road, just across the highway from Warner Evans Barbecue. Look for the big Indian Head Sign.
SISTER MARY IS OPEN DAILY AND SUNDAYS FROM 7 IN THE MORNING UNTIL 10 AT NIGHT.

Bring Your Tobacco To **FARMERS WAREHOUSE**
PETERSBURG, VA.
And Let **"BOOSTER" W. WHITE**
GET YOU THE HIGH DOLLAR FOR YOUR TOBACCO
MARKET OPENS SEPT. 20th
A Sale Every Day
CALL COLLECT FOR FLOOR SPACE - 732-2168
BEN W. HAWTHORNE, Proprietor.

News in the Sporting World--The Golf



LONDON FOOT

On or off the green, the Golf has sporting dash and style and keeps you at ease in all kinds of weather. In exclusive Calibre Cloth* (65% Dacron* polyester/35% cotton) it wards off wind, sheds rain, and is completely wash and wear. With zip-front, double-lined yoke, and convertible English collar. In a collection of colors, yellow, light blue, navy, ivory, natural, olive.

ROWE'S MEN'S SHOP
LOUISBURG, N. C.

TAYLOR'S PRESENTS...
Country English
A faithful reproduction of the elegant furniture in the manor houses of England. Hand-distressed to add to the mellow look of age. Just one of the many possible groupings available in this superb design.

by **BASSETT**

H.C. TAYLOR HARDWARE FURNITURE