Family Of Four Can Get By For Month This Way

As an example of how a family of four, having 192 points, the following table shows how they sould distribute these among food

Canned soup at two meals, vegetables at about three, processed fruits at about six, baked beans once, tomato juice twice, and a bottle of catsup.

Here is the way such a family might use its ration points: Soup (twice) _____ 20 Points Baked beans 10 Canned fruits (3 times) 82 Green beens Tomato juice (twice) ... 28 Tomato catsup (14 oz. bottle) 8

These calculations are made on the basis of a No. 2 can supplying the family for one meal.

The skins of link sausage should not be pricked before or during cooking. The skin tends to hold in the fine full flavor and juices of the meat and an unbroken skin makes a more attractive finished product. How not to? Simply turn the links with a spoon or kitchen tongs, and don't use a

Want :Ads:

FOR SALE

FOR SALE-One Pair of Mules, 16 years old. Weight 900 each; good farm team at a low price. See J. M. Barlow near Mulberry school.

FOR SALE-1 Pair \$100-Pound mules: 1 5-gaited saddle horse. bridle, saddle, martingills and whip; 1 surrey and harness, 1 2-year-old mule; 1 plug horse. Jenkins Hardware Co., North 3-4-2t Wilbeshoro, N. C.

FOR SALE-PAR COUNTY year-old mules. Past J. Vestai, Moravian Falls.

FOR SALE-Two Herses-One Syears old; one mare 8-years old. Perfect workers. Reason for selling -- buying tractor. Priced for quick sale. 2-4-tf .Joines. Traphill.

FOR SALE-21-Months-Old Cow with young calf. W. B. Hall, Thurmond, N. C. 3-1-3tp

FOR SALE - New Fire-Room house on good lot, good location on J Street one-haif block from Hinshaw. House equipped for hot and cold water, good basement. well constructed. Mrs. P. A. Dancy at Sunset 2tp Boarding House.

BARGAINS In Good Used Pianos -All our pianos are thoroughly reconditioned and guaranteed for five years, against breakage of any parts. Prices as low as \$50.00. Twelve examine our stock. Garwood Plano Co., Old Wilkesboro. 2-2'21tf

WANTED

WANTED TO BUY-1937 to 1939 Chevrolet, GMC or International 1 1-2-ton truck; will pay J. A. Grimes, Hoys, N. 3-8-3tp

WANTED-To Do Your Watch, Clock and Jewelry Repairing. THE WATCH SHOP, Tenth St. operated by Merrill Wiles. 3-29-9t

HELP WANTED - Middle Aged lady or girl to do light work for family of two, no children. See or write Mrs. Ewnest Pearson, Moravian Falls, N. C. 1tp

WANTED-To Buy Late Model Typewriter in good condition. See Johnson Sanders at Reins-Sturdivant.

WANTED-Second Hand Baby high chair. Address "A", Care Journal-Patriot office. 3-4-2tp

WANTED-Meat Outter, prefer one who has knowledge of groceries. Contact Lexten & Hogan, Lenoir, N. C.

MIGHEST MARKER PRICE PAID for good quality sam cared apples, any amount. Write or wire what you have to offer. DAD'S CAROLINA MOON PIE MHOP, 206 South Church St. 3-1-41 Charlotte, N. G.

Truck gith meter in

BOARDS NOTIFYING MANY MEN FOR ARMY (Continued from page one)

Thomas Shelton Bishop. Rugone Mathis.

John Roy Higgins. Garmon Coolidge Welborn. Willard Alfred Davis. Fred Lafayette Chandler. Everet Barl Love. William Lather Roberts. John Winfred Faw. Roas Davis Mathis. Walter Odell Brookshire. James Eldridge Nichols. U. D. Barlow. Jesse Willard Wyatt. James Ernest Buschette. George Hugh Green. John Allen Johnson. Joe McCiellan Osborne. Joe Davis Pardue. Lenzie LeRoy Cariton. Walter Renn Hix, Jr. Nonh Randall Shatley, Jr. Lee Carnett, Jr. Ralph Edward Keys George Laws. R. J. Williams Roscoe Buel Brooks. Lonnie David Adams. Leonard Morris Greene Lloyd George Mayberry. Rayvon Clark Kilby. Bill Minford Chatham. William Boyce Gambill. Ronnie Johnson Foster. James Worth Bentley. Mack Triplett. Thomas Edward Crysel. Odell Mastin Bouchelle.

Ambrose Jackson Pierce Willard Ray Hamby. David Junior Caudill. Wayne Harvard Staley. Jack Eugene Wells. Ernest Clyde Martin. Julius Harold Call. Clarence James Call. J. T. Dancy. Oliver Franklin Davis. Billy Pierce. John D. Mathis. James Franklin Walsh. Paul Anderson. James Charles Byers Bob Combs. Roy Anderson. Marshall Elmore Eller. Webb Byers. Ivan Henderson Eller. Buel Monroe Call. Worth Richard Miller. Henry Clay Adams. Transferred here for induction: Jacob Brown O'Neal. Paul Vestal Johnson. Charlie Hugh Roberts. Clyde Thomas Riddle. James F. Roberts. Colored Men Notified By

Garland Moses Reeves.

William Mack Horton. Archie Everett Adams. William Mitchell Turner. James Marshall Davenport. Donald Shelton Harris. Richard Douglas Samuel Mit-

Ellis Brown. Robert Harrison Thomas. William Cockerham. Robert Lee Redmon. Sam Warren Spicer. Joseph James Cockerham. Vernon Rugene Waugh. Clinton Stuart Watkins. Clinton Alexander. Clinton Augustus Petty. Samuel Kenny Dowell. David Vernon Abraham Hunt.

RED CROSS DRIVE WILL OPEN TUESDAY (Continued from page one)

Mitchell The following people, under the direction of Mrs. G. T. months to pay. Come in and Mitchell, will canvas the residential destrict of Wilkesboro: Miss Clyde Shepherd, Miss Betty Jean Linney, Miss Jeannie Garwood, Mrs. Nelle Henderson, Mrs. Julius Hubbard, Miss Eva Lee Guthrie. Miss Helen Irvin, Mrs. Saylors. Mrs. C. Y. Miller, Miss Louise Kennedy, Mrs. Joe Barber, Mrs. George Perlier, Mrs. Homer Brookshire, Mrs. Tom Story, and Miss Marjorie Miller.

The factories and industrial

Miscellaneous

IA)OT-Ladies' Brown Pocket-Street, containing small amount of money and social security card. Reward for return to Journal-Patriot office.

LOST—Ladles Oxfords, size 4 1-2, 3-4-2tp

TWO KEYS On Ring Found At rationing board office in Wilkesboro. Loser call at Yadkin Valley Motor co.

LOST-Sterling 7-Link Bracelet. "Mary" engraved on one link. Finder please call 176. Mery 3-1-3t

FOR RENT

FOR RENT-8-Room Furnished apartment, heat. Attractive down stairs bed room, private bath. 512 Sixth St., 'phone

POD RESTS-Five-Room Apert-To

HOSTAGES-Sentenced to die by the Nazi invaders of Norway, Hugh Williams and Deborah Kerr are together in one of the most dramatic sequences of Paul Soskin's exciting picture, "The Avengers," the Paramount film now at the Liberty Theatre.

Champion News

position in Philadelphia, Penn.

tives in North Wilkesboro.

beigliod to learn.

Little Miss Carol Deane Church

is spending this week with rela-

Melba June, small daughter of

Mr. and Mrs. Albert Goforth, who

for several days, is showing much

improvement, her many friends

Master Tommy Foster visited

Mr. and Mrs. Robert Jones were

Mr. and Mrs. Dewel Jones have

been visiting relatives in our com-

munity and Ferguson. Mrs. Jones

Mr. and Mrs. A. M. McGee and

Miss Mozelle McGee, of Win-

Mrs. Paul Church is on the

FOOD

etables from next summer's esti-

mated pack will be increased

about 10,000,000 cases under new

food order. Most of the increase

will be canned tomatoes and snap

Britain's housing shortage is

What You Buy With

Washing machines and other

household appliances are not avail-

able today. Manufacturers have

converted their plants to war work.

If you save today, however, by buy-

ing War Bonds, this money saved

will start these factories rolling and

put millions of Americans to work

after the War is won.

Civilian supplies of canned veg-

ter today

is the former Miss Emma Hamby.

in North Wilkesboro Monday.

shopping and looking after busi-

plants are being asked to make arrangements to convass the workers in their respective plants. Chairmen for the "Special Gifts" Division are: Mr. R. G. Finley and P. W. Eshelman. The canvass for funds throughout the county is being made by townships. People who have been asked to serve as chairmen for groups of helpers in the campaign throughout the various townships are: Traphill-Miss Beatrice Holbrook; Walnut Grove-J. W. Joines; Union-Miss Ora Vannoy; Wilkesboro (outside the corporate limits of the town of Wilkesboro)-Miss Della Bumgarner; Antioch-Mr. J. R. Calloway; Beaver Creek-Mr. T. W. Ferguson; Boomer-Miss Eva German; Edwards No. 1, 2. and 3-Mr. E. R. Spruill; Elk has been at the Wilkes Hospital No. 1 and 2-Mr. E. R. Settle; Brushy Mountain Mr. Ray Hen-Mire Has Wantington, Lowis

Fork-Mr. P. W. Greer; Lovelace Joe and Jim McGee Sunday after -Mrs. Eva Glass; Moravian Falls noon. —Mrs. Mae Hendren; Mulberry— Mr. Grady F. Miller; Newcastle-Miss Nola Howard; North Wilkesboro (Fairplains community)-Miss Mary Louise Jones; Reddles River-Mrs. Beatrice P. Eller: Rock Creek- J. L. Gregory; Somers-Miss Annie Howell; Stanton -Mrs. Florence Vannoy.

Each of the leaders in the vari | children were guests of Mrs. W. ous townships is asked to appoint E. Barnette Sunday affernoon. eight or ten helpers to assist in Mr. Millard Eller, who has been the campaign for funds through- in Wilkes Hospital seriously ill out the township. Other leaders for sometime, is showing much and helpers throughout the sev improvement now. His many eral divisions of Red Cross work. friends hope for his speedy recovers in the towns and county will ery. be appointed as needed. All workers are urged to give generously ston Salem, spent the week-end of their time in order that the with her parents, Mr. and Mrs. A. Wilkes Chapter of the Red Cross M. McGee. may meet the urgent war-time need and raise the largest quota sick list, but is feeling much betin its history.

J. R. Edelin, of the Lincoln Heights school, is chairman of the group of workers that will solicit contributions to the Red Cross from the colored population of the

Wilkesboros and Wilkes county. The Red Cross drive in Wilkes county begins on Tuesday, Mar. 2, and continues throughout the month. It is felt that by prompt cooperation on the part of all Red Cross workers the majority of gifts to the Red Cross will be colected within two weeks.

Headquarters for the Red Cross will be at the regular Red Cross Office over Tomli ison's Department store. Mr. Vernon Deal, at book Friday afternoon on Ninth the Northwestern Bank, is treasurer of the Wilkes County Red Cross Chapter.

CALL WRONG ONE

Airplane Pilot-"Come on, Un-Friedman Shelby brand, stock cle Mose, and take a ride with me. number 3820-6; also lost la- There's no danger, and when your dies' hat, blue, size 22. Finder time comes, the Lord's going to notify H. Y. Hutchison, Moxley. call you anyway, no matter where you are.

Uncle Mose--- "Ah knows dat Cap'n, but when you git me up dere, de Lawd might call you. and den where would I be?"

ARMY DUTY

Sambo-- "Well, Rastus, I see you's in de Army now. What does

you do?" Rastus-"Ah flings upon my gun, shoves in a shell and some powder, shets de gun and pulls de string, and den Ah yells, "Hitler, count yo' soldiers!'

SOTERANS

The purchase and use of whole or ground soybeens for food or form. These fertilizer is prohibited. The need 1-91-tf is for oil, meal and care.

In an effort to free farmers' tocks of cottonseed meal, the which the meal may be used for making mixed fertilizers, according to H. C. Roberts, chairman of. the County USDA War Board.

the chairman said, is designed to make existing supplies of meal available for livestock feed and for fertilizer for crops needed in the war effort.

cake obtained from farmers who Callie floor. acquired it before January 2, The Cadets from Sweetwater July 1, 1942 to June 30, 1943, the Cadets far behind. does not exceed 80 per cent of TMI showed flashes of adept , 1941, to June 30, 1942.

or cake, with approval of the Di- the family. rector of Food Production, in the ach, sweet and Irish potatoes, both crips and long shots. Mr. Troy Huffman, of Wash- onions, all peas, peppers, sweet ington. D. C., is spending some corn, and vegetable seeds.

time with his family in our comof the state usually swap their stages of the game. John Cannon Guests in the home of Mr. J. cottonseed for cottonseed meal or paced the Cadet's scoring with 7 A. Fairchild over the week-end cake when their cotton is ginned." points followed by Dale Boyer, were: Mr. Claude McGee, of he said. 'Then they trade it for who tallied 6 times. Roderfield, W. Va.; Mr. and Mrs. fertilizer in the spring. This year. Hal Church, of North Wilkeshore. there was a large quantity of cot- ran his total for the season to Miss Maxine Huffman, who tonseed meal obtained by farmers, 323 to add to his record. The has been taking a business course but, as yet, little of it has been Blues have played 24 games and in Winston-Salem, has accepted a traded for fertilizer."

He said the new regulations open the way for marketing much cottonseed meal, since manufac-The order also provides that mantonseed meal obtained in exchange after using 80 per cent of the organic nitrogen they used last

"THE AVENGERS" IS EXCITING FLIM Cottonseed Meal Mike Williams Is Is Now Released Cage Star Player Mixed Fertilizers McCallie's School

Mike Williams, son of Mr. and Mrs. P. M. Williams, of this city, Food Production Administration is the outstanding player on the has announced conditions under basketball team of McCallie's

Relaxing of the regulations, term of Sweetwater, Tenn., apof the Chattanooga Free Press:

Gaily bedecked in new uniforms the McCallie Blue Tornado upheld their No. 1 seeding for the Mid-Under present regulations, Mr. south meet by disposing of the Roberts said, fertilizer manufac- fourth-ranking Tennessee Militurers are allowed to use in mix- tary Institute quintet, 50 to 26, ed fertilizers cottonseed meal or yesterday afternoon on the Mc-

1943, provided that the organic proved a stubborn foe in the first nitrogen content of the meal or half but after the rest period Jack cake, together with the total Payne, the Blue's scoring ace, who amount of organic nitrogen ob- had been completely bottled up beined otherwise by the manufac- and held scoreless in the first turer for use in mixed fertilizers half, broke loose for 14 points to for sale during the period from spark a scoring wave which left

the amount of organic nitrogen ball-handling but were woefully used during the period from July weak in shooting as they missed basket after basket. Capt. Ross The new regulations also pro- Melton of the Cadets was out of vide for use of cottonseed meal the game because of a death in

The Blues were not up to their m nufacture and sale of mixed usual form in passing and hanfertilizer for use on citrus fruits, dled the ball rather shabbily at cigar leaf tobacco, and certain times. Little Mike Williams, howvegetable crops, Chairman Rob- ever, was again in top form as he erts said. These vegetables in hawked the hall all over the court Reported Briefly clude dry beans, beets, cabbage, and displayed an accurate eye for kale, snap and lima beans, spin- the basket to compile 16 points on

Charley Thompson turned in an excellent game as he carried the "Farmers in the cotton areas brunt of the play in the early

The 14 points scored by Payne won 20 of them.

Ben Nicholson of Johns Creek turers now are allowed to use it in Jackson county set about 10,within limits of the regulation. 000 pine seedlings five years ago on a steep hill above his cultivatufacturers must offer for sale cot- ed acreage. Six inches of pine needles prevent damage to his crops from washing.

BUY MORE WAR BONDS

School at Chattanooga, Tennessee. The following account of a game played between McCallie's and Tennessee Military Institute peared in the February 23 issue

PINE SEEDLINGS

Broom Corn Ceilings Established By OPA Washington. — The Office Price Administration with the

proval of Agriculture Sugar Wickard established tempor price ceilings today on broom used only in the manufactor of

During the next 60 days the individual seller's prices must not exceed his highest prices in the five-day period February 20 to 24. A permanent order later will replace the temporary regulation.

OPA also reported that it in tended to establish definite ceiling prices on brooms, now subject to the general maximum price egulation.

SEEDS.

The supply of vegetable see promises to be sufficient for 1943 Victory Garden needs, but not large enough to permit waste of seed through careless sowing, neglect of a planted garden, or planting on a soil too poor to duce good vegetables.

BUY MORE WAR BONDS

How To Relieve Bronchitis

trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, infiamed bronchial mucous mem-branes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREOMULSION for Coughs, Chest Colds, Bronchith

MOTOR CO. T. H. WILLIAMS, Mgr. **BEAR**

Frame Service Good Used Cars, Trucks and Tractors

Easy Terms

Will Pay Cash for Late Model Wrecked Cars and Trucks Complete Body Rebuilding

Electric and Acetylene Weldin Phone 334-J

TO OUR FRIENDS IN WILKES AND **NEARBY COUNTIES:**

We Wish to Announce That

Formerly With the Thompson Retreading Co.

IS NOW ASSOCIATED WITH US

and will be pleased to serve his many former customers throughout this section of the State.

Come to See Him For Your Recapping and Tire Repair Requirements

• REMEMBER...

YOU CAN NOW GET YOUR •

—TIRES— RECAPPED WITHOUT CERTIFICATE

Have Your Tires Inspected. If They Need Recapping Bring Them to Us. We'll Appreciate Your Partonage.

Buy U. S. War Bonds and Stamps

Location: Building Formerly Occupied by Thompson Retreading Co.

A. E. Hodges, Proprietor

Telephone 251

North Wilkesboro, N. C.