

### Farm-Home Hints

**One Skippy Meal**  
The familiar expression "three square meals a day" is more than a happy ideal in feeding children. It is a necessity for proper nutrition. This is one of the conclusions of nutrition scientists, as a result of study of the diet and health of children. If one meal a day is very light or omitted altogether, a child nearly always fails to get enough food and also the particular foods he needs, even if other meals are ample. They also found that eating too little at breakfast or lunch usually results in irritability or fatigue before the next meal.

### ADMINISTRATOR'S NOTICE

Having qualified as administrator of the estate of John T. Gilbert, deceased, late of Wilkes county, N. C., this is to notify all persons having claims against said estate to exhibit them to the undersigned at Boomer, N. C., on or before the 6th day of October, 1948, or this notice will be placed in bar of their recovery. All persons indebted to said estate will please make immediate payment. This 6th day of Oct., 1947.  
R. F. GILBERT,  
Adm. estate of John T. Gilbert, deceased.  
11-10-6T.M

Because children can take on so much food at one time, they cannot make up by an extra heavy meal the nourishment missed at a skippy or neglected meal. Therefore, the busy or careless mother who lets children go off to play or to school without a proper breakfast, or does not provide them with more than a pick-up for lunch, may unthinkingly contribute to poor nutrition in her family.

In planning the day's meals, at least 1-4 of the food needed for the day should be provided at breakfast; and that more than 1-3 should be served at lunch and at dinner or supper at night.

They suggest that at least one fruit or vegetable (beside potatoes) be served at every meal. At every meal children should drink at least one tall glass of milk. They should have green or yellow vegetables daily and at least once a day food rich in vitamin C. To stimulate appetites, every meal should have one hot dish.

**Thunder and Milk**  
No scientific evidence has ever been found to back up the old superstition that thunder or lightning causes milk and cream to sour. Because thunder storms usually follow a period of hot weather, they are blamed for the souring instead of the warmer temperature. The bacteria which cause milk to sour increase more rapidly in milk when it is warm. So milk, if not properly refrigerated, sours more quickly in a spell of warm weather.

Thunder storms also are blamed when cream curdles on fruit desserts. In this case, the curdling usually results from putting the cream on the dessert too far in advance of serving. The acid in the fruit has time to act on the cream and separate it. If the dessert is warm, the curdling is even more rapid than if it is chilled.

### Homecoming Day At Mount Pisgah Sunday, Nov. 2nd

There will be a Homecoming, all day service at Mount Pisgah church at Dockery, Sunday, Nov. 2. All singers are cordially invited to be present and sing. Everybody is invited to attend and bring a well filled basket.

The U. S. Department of Agriculture has announced that the Commodity Credit Corporation will buy rice on a competitive bid basis to meet export requirements.

### License Examiner Gives Information On Driver License

By MARVIN E. WARREN (Examiner)

Driver license examiner will not be in his office at North Wilkesboro on Wednesday and Thursday of each week.

A reminder that only duplicate license, learners permits, and license issued since July 1, 1945 can be issued on rainy days, due to the fact that a road test can not be given properly.

"A" and "B" applicants have until the first of the year to have their license re-issued. I suggest not to wait until the last few days to come in. Any applicant caught driving after December 31 whose last name starts with "A" or "B" who has not had their license re-issued will be fined \$25.00.

Any person who has had their license revoked, suspended or cancelled should come in to see me several days before their expiration date is up, for information on how to get their license back.

### Millers Creek Club Program Features

Millers Creek Home Demonstration club had four bright features for October meeting:

First—Mrs. Annie H. Greene was back with her usual cheer and vivid demonstration of lighting for the home.

Second—A record crowd was entertained in the lovely, big home of Mrs. W. P. Bumgarner (Mrs. Rex Bumgarner, co-hostess).

Third—The business session was full of exciting plans for Halloween program and achievement-day.

Fourth—Delectable refreshments and abundant showers which only those present can fully understand.

November meeting will be with Mrs. N. W. Bumgarner and Mrs. Annie Church.—Reported.

### Holly Mountain Farms Take Over Another Big Farm

The farm that was known as the Waterman Farm and Hatchery near Abingdon, Virginia, purchased recently by W. D. Jester and Tom Stephens, has been taken over by Holly Mountain Farms and will be known as Holly Mountain Farm Number 2, according to E. P. Hettiger, Jr., general manager.

This will give them additional range as well as brooding facilities for the outstanding flock of New Hampshire owned by Holly Mountain Farms Co. Mr. Jester is no longer connected with the firm. Tom Stephens will continue to operate Farm Number 2 as farm manager. This gives them 10,000 additional breeder hen capacity as well as 30,000 growing pullets. This can be turned in to a broiler capacity of 70,000. Mr. Hettiger stated that he would be able to fly from this farm, located here, to the Abingdon Farm in 30 minutes. Farm Number 2 is located very near the old Bristol airport.

## UNKLE HANK SEZ

THERE WOULD BE LESS MURDERS IN THIS COUNTRY IF THEY'D BE POSTPONED UNTIL THE NEXT DAY!



But don't postpone seeing the new Buick. Look inside! Ample room... comfortable seats... rich fabrics, fresh colors... It's a big, handsome car, for big families with lots of friends. Click off the miles in comfort and ease in handling. See it at the Gaddy Motor Co.

You'll enjoy your visit.

Call us for fast—  
**WRECKER SERVICE**

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## GADDY MOTOR CO.

*We Lead in Service Because We Put Service First!*  
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WEST 2<sup>ND</sup> STREET  
SALES PHONE 211  
NORTH WILKESBORO, N. C.

Read the Ads. and Save Money!

### HEAT WITH WOOD

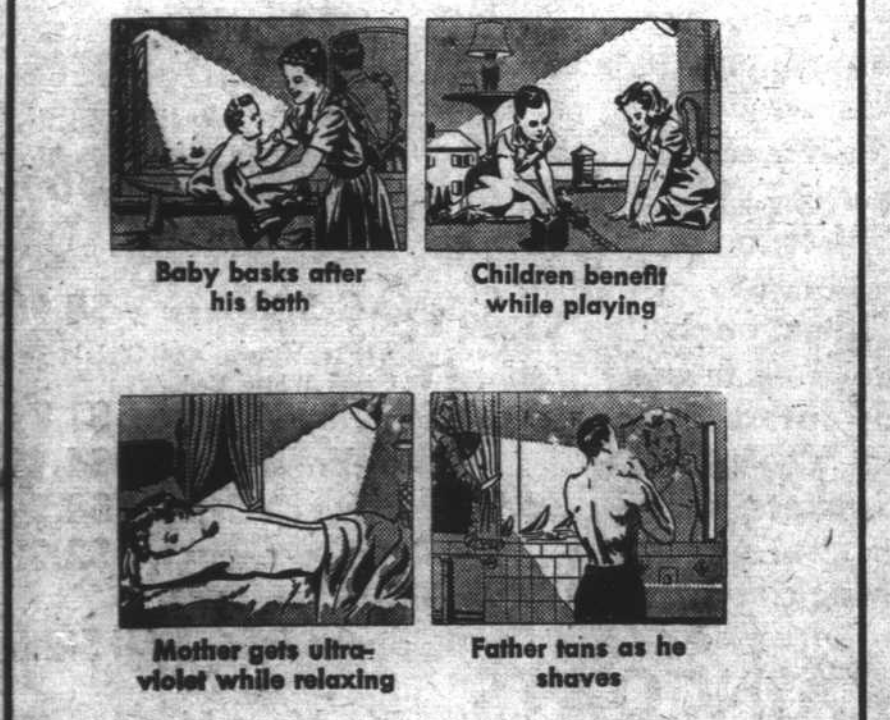
SEE THE AMAZING



- SHOULD SAVE 30% ON FUEL
- BUILD A FIRE BUT ONCE A YEAR
- TAKE UP ASHES ONLY 2 OR 3 TIMES MONTHLY
- EVEN, CONTINUOUS, THERMO-STATIC HEAT

6 TYPES AND PRICES. FORESTER Furniture Co.

### KEEP ALL THE BENEFITS OF THE SUN



To keep right on getting that needed Vitamin D...

To help build calcium and phosphorus in the blood... for sound bones and teeth.

To get all the benefits of the sun as you go about your daily routine, buy a good G-E Sunlamp today, at the new, low price

9.95

DUKE POWER COMPANY Serving the Piedmont Carolinas

## Super Savings ★ Super Savings ★ Super Savings

# A SMASHING GAIN!



RAH! RAH! RAH! Just watch Dixie-Home Stores run interference for you and break right through that price line! Here's where you'll find food values to cheer about... prices as low as a losing team's morale! There's no "kicking" about high food costs here, for our shelves are a veritable grandstand full of well-known staple foods, fresh, juicy meats and farm-fresh produce! Smart homemakers all over town are rooting for Dixie-Home Stores, where you always win when it comes to saving money!

<p>TOP QUALITY TABLE DRESSED <b>FRYERS</b> lb. 59c 2 - 2 3/4 lb. Sizes</p>	<p>KREY'S TENDERIZED SMOKED <b>PICNICS</b> lb. 49c 4 - 6 lb. Sizes</p>
<p>KREY'S TENDERIZED <b>SMOKED HAMS</b> lb. 59c 10 TO 14 lb. SIZE</p>	<p>HALF WHOLE <b>SMOKED HAMS</b> lb. 59c</p>

- ARGO SUGAR 2—No. 2 Cans
- PEAS** 33c  
Del Monte or Libby 5li. No 2 1/2
- PEACHES** 31c  
PINK NO. 1 CAN
- SALMON** 49c  
ORANGE 46 OZ. CAN
- JUICE** 27c  
SILVER CUP
- COFFEE** lb. 39c  
Banner Brand Sausage 24 Oz.
- MEAT** 39c  
Bush Lye No. 2 Can
- HOMINY** 10c  
DAISY POUND
- CHEESE** 53c

- GLASS SLIPPER 12 OZ. TUMBLER
- PEANUT BUTTER** 28c
- BAKE YOUR FRUIT CAKE EARLY**  
JUST RECEIVED A COMPLETE STOCK OF THE FINEST INGREDIENTS. YOU WILL BE PLEASED AND PROUD AND FIND IT LOTS OF FUN.
- MIXED FRUITS** Pound 49c
- RED CHERRIES** Pound 73c
- GREEN CHERRIES** Pound 77c
- NATURAL PINEAPPLE SLICES** lb 63c
- RED PINEAPPLE SLICES** lb. 65c
- GREEN PINEAPPLE SLICES** lb. 65c
- CITRON HALVES** Pound 43c
- LEMON PEEL HALVES** lb. 43c
- ORANGE PEEL HALVES** lb. 43c

- ### FRUITS - VEGETABLES

  - FANCY 3 POUNDS
  - RED GRAPES** 33c
  - 2 POUNDS
  - GREEN CABBAGE** 13c
  - GOLDEN 2 BIG STALKS
  - HEART CELERY** 27c
  - 2 POUNDS
  - FRESH SPINACH** 25c
  - FALL 3 POUNDS
  - RUSSET PEARS** 39c
  - WESTERN DELICIOUS
  - APPLES** 4 lbs. 57c
  - U. S. NO. 1 10 LBS. BULK
  - WHITE POTATOES** 45c
  - 3 POUNDS
  - YELLOW ONIONS** 27c
  - U. S. NO. 1 IDAHO 10 LB. MESH BAG
  - BAKING POTATOES** 69c
  - CANADIAN
  - RUTABAGAS** lb. 5c



- U.S. GOOD LAMB**
- LEGS** lb. 69c
- RIB CHOPS** lb. 69c
- SHOULDER ROAST** lb. 55c
- U. S. GOOD BEEF**
- ROUND STEAK** POUND 75c
- CLUB STEAK** lb. 69c
- T BONE STEAK** lb. 75c
- SIRLOIN STEAKS** POUND 69c

- SEAFOOD**
- WHITING FILLETS** 29c POUND
- ROCK COD FILLETS** lb. 19c
- MACKEREL FILLETS** lb. 39c
- SALMON STEAKS** lb. 49c
- COD FILLETS** lb. 31c
- FLOUNDER FILLETS** lb. 59c
- PERCH FILLETS** 37c POUND
- HALIBUT STEAKS** lb. 49c
- FRESH OYSTERS**

### GROCERY DEPARTMENT



- LIBBY 2—NO. 2 CANS
- TOMATO JUICE** 25c
- YOUR CERTIFIED FANCY NO. 2 CAN
- BLUE LAKE BEANS** 27c
- Little Darling Giant Large Tender No. 2 Can
- GREEN LIMA BEANS** 32c
- LIBBY BARTLETT NO. 1 CAN
- PEARS** 29c
- SNIDERS NO. 2 CAN
- SUGAR PEAS** 22c
- 3—NO. 2 CANS
- TOMATOES** 25c

## Super Savings ★ DIXIE-HOME SELF SERVICE SUPER MARKET ★ Super Savings