

Timely Hints

Citrus fruits rolling into market from this year's good crop bring wealth of vitamin C, nutritionally speaking.

While most people know that orange juice is a high-powered drink for vitamin C, nutritionists say that all of the familiar citrus fruits are bountiful sources of this vitamin.

Because pulp, as well as juice, contains vitamin C, there is vitamin thrift in serving juice unstrained, and even higher vitamin economy in eating citrus fruit simply halved, sliced, or sectioned.

So destructive are heat and air to vitamin C in cut or juiced fruit that the vitamin-thrifty homemaker takes special care to keep them under control.

Besides serving as sweets, oranges and tangerines have possibilities as sweeteners. Home economists suggest, for example: In orange gelatin dessert, if orange sections are used in addition

Sparta Man Wed In Detroit Ceremony



Flanked on either side by attendants are Mr. and Mrs. Arthur Page Andrews, who were recently married in Detroit, Michigan. Mr. Andrews is the son of Mrs. Jennie Andrews, of Sparta. Second from the right is Miss Opal Andrews, sister of the groom, also of Sparta and Bel Air, Md. The bride is the former Miss Grace Pavela, of Detroit.

if stored for 24 hours.

Miss Grace Pavela And Sgt. Page Andrews Are Married

In an impressive candlelight ceremony in the Good Hope Evangelical Lutheran church, of Detroit, Mich., Miss Grace Pavela, daughter of Mrs. Julia Pavela of 563 Post, Detroit, Mich., recently became the bride of Staff Sergeant Arthur Page Andrews, son of Mrs. Jennie Andrews, of Sparta.

The double ring ceremony was performed in the flickering light of candles gleaming from candelabra and altar candles with the Rev. Reuben Bauman hearing the vows.

The bride was lovely in a gown of candlelight satin, fashioned with a square neck outlined by rose-point lace and a fitted bodice. The leg-of-mutton sleeves ended in points over the wrist and her veil trimmed in rosepoint lace fell from a crown of seed pearls. She carried a white satin-covered

Yields on North Carolina's 80,000 acres of sweet potatoes averaged between 97 and 115 bushels per acre in 1945 but quality was described as "poor" by Extension Service horticulturists.

Columbus County farmers can increase cash returns from strawberries by \$170,000 this year simply by obeying the rules of spacing and pruning, according to J. Y. Lassiter, horticulturist of the State College Extension Service.

Green winter blankets for fields of the southeast are likely to depend upon precision-timed dusting of field in the far northwest because most of the good seed comes from the latter section.

tion to orange juice, sugar called for may be reduced a third or even a half. And for those who like a sweet salad, orange bits or slices mixed with slaw or combined with grated carrot provide the touch of sweetness without rationed sugar.

prayer book on which lay a single orchid from which fell a shower bouquet of white stephanotis and white satin ribbons.

The bride was given in marriage by her brother, Julius Pavela, Jr., and her godparents, Mr. and Mrs. Stephen Agni were her witnesses.

Serving as bridesmaids were: Anne Klug, sister of the bride; Opal Andrews, of Bel Air, Md., sister of the groom; Esther Sauers and Julia Sladovnik, both of Detroit, cousins of the bride. They were gowned identically in white net over taffeta with old-fashioned bonnets tied beneath the chin; elbow length gloves and bouquet of baby mums bound in white taffeta ribbon.

Little Dorothy Hoffer, gowned like the attendants served as flower girl.

The male attendants, all in service uniforms, were Sergeant William Williams, Pfc. Frank Kovac, T-Sgt. Daniel Kapson and Little Ronald Kosloff, ring-bearer.

Mrs. Andrews, mother of the groom, wore black velvet with pink trim and an orchid corsage and Mrs. Pavela, mother of the bride, chose black velvet with gold trim, black accessories and a similar corsage.

A wedding dinner, served at the home of the bride, was attended by immediate relatives of the bride and groom. After which the couple left for Windsor, Ontario for a brief honeymoon. Mrs. Andrews wore a black gabardine dress trimmed in red, black accessories and Norwegian mink coat with an orchid corsage.

The bride, who was born and reared in southwest Detroit, was the guest of honor at a series of showers and parties prior to her wedding. She is a graduate of Southwestern high school, where she was a member of the honor society.

The groom is a graduate of Sparta high school and has been in service for the past four years, three of which he spent overseas. He is now honorably discharged.

Mr. and Mrs. Andrews will reside temporarily at the home of Mrs. Pavela in Detroit.

Pine Swamp News

Mrs. B. G. Atwood and Carl, and Walter Andrews spent part of last week in Maryland and attended the funeral of their uncle, Reeves Andrews.

Miss Bertrice Pruitt spent Saturday night with Miss Betty Ann Holloway.

Mr. and Mrs. Posy Richardson and Mrs. Laura Evans have returned to their home in Maryland, after visiting relatives here, last week.

Directory Of The Church Services

SPARTA BAPTIST CHURCH Rev. F. G. Walker, Pastor N. D. Fox, Supt. Sunday School each Sunday, 9:45. Church service each Sunday, 11:00.

Young Peoples' Meeting 6:30 each Sunday Evening MISSIONARY BAPTIST CHURCH

Rev. G. R. Blackburn, Pastor Sunday School each Sunday at 10:00 a. m.

Church Services: Mt. Carmel, First Sunday, 11:00 a. m. Bellview, Second Sunday, 11:00 a. m.

Liberty, Third Sunday, 11:00 a. m. Chestnut Grove, Fourth Sunday, 11:00 a. m.

SPARTA METHODIST CHURCH C. R. Allison, Minister Sunday School each Sun. at 10 Charles R. Roe, Supt.

Church service, 1st & 3rd Sun., 11 Epworth League each Sun. 7:30 Sarah Warren, Pres.

SPARTA CIRCUIT SERVICES Shiloh, 2nd Sunday at 11 A. M. Piney Creek, 2nd Sun. at 3 P. M. Gentry Chapel, 1st Sun. at 2 P. M. Walnut Branch, 3rd Sun. 3 P. M. Gox's Chapel, 4th Sun. at 11 A. M. Potato Creek, 4th Sun. at 3 P. M.

SPARTA PRESBYTERIAN CHURCH E. W. Thompson, Minister

Church service 2nd & 4th Sun. 11 Glade Valley, 1st Sun. 11 & 7:15 Glade Valley, 3rd Sun. 11 & 7:15 Rocky Ridge, 2nd Sun. at 3 P. M.

PRIMITIVE BAPTIST CHURCH Eld. C. B. Kilby - Eld. A. L. Presnell, Pastors

Church service 3rd Sat. at 2 p. m. and Sun. at 11 A. M. in each month.

REG. BAPTIST CHURCHES Little River Ass'n

Big Springs, 2nd. Sat. and Sun. Double Spring, 1st Sat. and Sun. Sandmark, 4th Sat. & Sun.

Laurel Glen, 1st Sat. and Sun. Mountain View, 3rd Sat. and Sun. Mt. Arat, 4th Sat. and Sun.

Mt. Carmel, 3rd Sat. and Sun. Mt. Olivet, 1st Sat. and Sun. New Bethel, 3rd Sat. and Sun. New Salem, 2nd Sat. and Sun.

Pleasant Home, 3rd Sat. and Sun. Prather's Creek, 2nd Sat. & Sun. Roaring Gap, 1st Sat. and Sun. Saddle Mountain, 4th Sat. & Sun. South Fork, 4th Sat. & Sun.

UNION BAPTIST CHURCHES Cherry Lane, 4th Sat. and Sun. Glade Creek, 1st Sat. and Sun. Liberty, 2nd Sat. and Sun. Mount Union, 1st Sat. and Sun. Pleasant Grove, 3rd Sat. and Sun. Saddle Mt., 3rd Sat. and Sun. Whitehead, 2nd Sat. and Sun. Welcome Home 4th Sat. and Sun. Pleasant Home, 2nd Sat. and Sun. Meadow Creek, 1st Sat. and Sun.

LAUREL SPRINGS BAPTIST CHURCH Van Miller, Supt.

Sunday School each Sunday at 10 A. M. Church service 1st Sat. night before 3rd Sun morn. 8:00 p. m.; 1st Sun. night 8:00 p. m.; 3rd Sun. morning, 11:00 a. m. Rev. F. G. Walker.

OSBORNE MEMORIAL BAPTIST CHURCH Turkey Knob

Rev. E. B. Barton, Minister Church service 1st. Sat. night 8:00 p. m. and Sunday, 11:00 a. m. and 3rd Sat. night, 8:00 p. M.

Stock peanut prices will be supported at 90 per cent of parity as of July 15, 1946, the beginning of the marketing year.

About 95 per cent of all work-stock in North Carolina need treatment for internal parasites. The horse and mule clinics in January and February provide the way.

Popcorn looms as a postwar source of "cash on the side" for farmers in central and western counties of the State.

NOTICE IN THE SUPERIOR COURT State of North Carolina County of Alleghany B. B. Smith, Plaintiff vs. Polly Smith, and others, Defendants.

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NOTICE IN THE SUPERIOR COURT NORTH CAROLINA ALLEGHANY COUNTY Bradie Crouse, Plaintiff vs. Ida Crouse, Defendant.

The defendant above named will take notice that an action entitled as above has been commenced in the Superior Court of Alleghany County for the purpose of obtaining a divorce on the grounds of two years separation; and the said defendant will further take notice that she is required to appear at the office of the Clerk of the Superior Court of said county in the Courthouse, Sparta, North Carolina, within thirty days after the 26th day of February, 1946, and answer or demur to the Complaint in said action, or the plaintiff will apply to the Court for relief demanded in said Complaint.

This the 26th day of January, 1946. S. O. GAMBILL, Clerk Superior Court. 1-31-4t

The defendants, Dwight Smith, Wayne Smith, Elsie Bratton and Raby Bratton will take notice that an action entitled as above has been commenced in the superior court of Alleghany County, North Carolina, which action affects title to land situated in Alleghany County; and the said defendants will further take notice that they are required to appear at the office of the clerk of the superior court of said county in the courthouse in Sparta, N. C., within thirty days after the 16th day of February, 1946, and answer or demur to the complaint in said action, or the plaintiff will apply to the court for the relief demanded in said complaint.

This the 16th day of January, 1946. S. O. GAMBILL, Clerk Superior Court. 1-17-4t

FOR SALE: Baled lespedeza hay at my farm. R. Lee Frazier, Route 1, Claremont, N. C. 1-31-3tp

FOR SALE - Genuine Engraved Calling Cards. 100 cards and plate, only \$1.95. Alleghany News. 1-31-3tp

Boilers, Saw Mills, Wood Working and Road Building Machinery, Well Drilling Machinery, Gasoline Engines, etc. R. P. Johnson, Wvtheville, Va. 1-31-3tp

WANTED - RADIOS to repair, all makes. We have a complete stock of parts to fit any make or model. We will do your work while you wait. W. L. Porter & Co., Furniture, Galax, Va. 1-31-3tp

WANTED, 4-4 Poplar, maple, birch, sycamore lumber, also 4-4" and 3-4" oak. We buy poplar, maple, birch and sycamore logs, cut 49" and 68" long; we pay top prices delivered at our factory at Elkin, N. C. Elkin Furniture Co., Elkin, N. C. 1-17-4tc

The year 1946 is not a good time to begin farming if the undertaking involves going into debt, says Economist H. B. James of the Extension Service.

NOTICE The respondent, Harshell Ellison, in the case of J. C. McCann, Petitioner, vs. Harshell Ellison, Respondent, pending in the Superior Court of Alleghany County, will take notice that an action has been commenced in the Superior Court of Alleghany County, North Carolina, for the sale of land for partition.

And the said Harshell Ellison is further notified that unless he appears and answers or demurs to the petition on or before the 28th day of February, 1946, the relief demanded will be granted. This January 18, 1946. S. O. GAMBILL, Clerk Superior Court. 1-24-4t

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The Alleghany News

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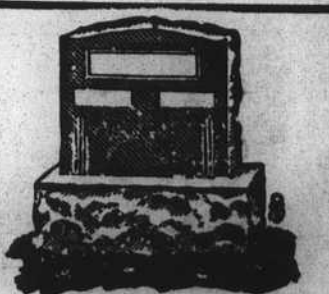
The Middles



By Bob Karp

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With the demand for lespedeza sericea seed greatly ahead of supply, farmers are turning to small patches for seed to increase their own supply.