

Mt. Zion News

Those attending the shower given for Mrs. Thomas B. Smith at the home of Mrs. S. E. Smith were Mr. and Mrs. J. T. Lambert, of Washington, D. C.; Mrs. Mrs. Troy Douglass, Mrs. Everett Miller, Mrs. A. C. Sturgill, Mrs. Lee Weaver, Mrs. Dora Douglass, Mrs. D. M. Pugh, Mrs. Laura Pugh, Mrs. Virgie Pugh, Mrs. Dent Pugh, Mrs. Annie Cox, Mrs. Ruth Bateman, Mrs. Glen Vestal, Mrs. Ben Weaver, Misses Dorotha Black and Louise Perry, and Mr. and Mrs. Paul Garvey.

Those sending gifts were Mrs. Ruth Osborne, Mrs. J. F. Allen, Mrs. Myrtle Perry, Mrs. E. K. Templeton, Mrs. K. N. Sturgill, Mrs. T. G. Pugh, Mrs. B. L. Hampton, Mrs. Eugene Hampton, Mrs. Maude Grubb, Mrs. Preston Phipps, Mrs. Ruby Pugh, Misses Mollie Hampton and Billie Miller.

Mr. and Mrs. Paul Garvey, of Crumpler, spent Saturday night with Mr. and Mrs. Thomas B. Smith.

Mr. and Mrs. J. T. Lambert, of Washington, D. C., spent the week end with Mr. and Mrs. H. G. Black.

The Sunday-School at Mt. Zion has reopened after being closed this winter. Everyone is invited to attend.

Mrs. Myrtle Perry and Mrs. S. E. Smith visited Mrs. J. F. Allen, Sunday.

ANNOUNCEMENT

Mr. and Mrs. Lonnie Souther, of Piney Creek, announce the marriage of their daughter, Doris, to Hoke Richardson, son of Mr. Oscar Richardson, on Friday, April 4, with Eld. C. B. Kilby officiating.

The groom is employed at Auto Sales Co., here.

The couple left for a wedding trip to Pennsylvania, and will be at home at Stratford upon their return.

For quick results use the News' classified columns.

Sparta Rt. 1 News

Mr. and Mrs. Glen Edwards and family, of Crimora, Va.; recently visited Mrs. Edwards' parents, Mr. and Mrs. Daniel Wagener.

Mr. Russell Edwards, of Chatham, Va., visited his mother, Mrs. Gladys Edwards, last week. Mr. Barnard Wagoner, of Roanoke, Va., visited his parents, Mr. and Mrs. Daniel Wagoner and children, who have been staying with their grandparents.

Several from here enjoyed a picnic and egg hunt on the Skyland Drive last week. Among those to go included Mr. and Mrs. Daniel Wagoner, Mr. and Mrs. Blain Wagoner and family, of Cherry Lane; Mr. and Mrs. Folger Wagoner and family, Mr. and Mrs. Barnard Wagoner and daughters, Ima Halsey, Mr. and Mrs. Roland Andrews and children, Joan and Richard, Mr. and Mrs. Irvin Charon and daughter, Patricia Ann; Messrs. Dan Ray Gentry, Kyle Ayers, John Irvin, George R. Atwood, Troy Irvin, Wiley Hudson, Alvin Brooks, John Spicer, Bea Royal, Burnette Wilson, Misses Eula Wray Sparks, Lona Irvin, Virginia Brooks, Bonnie Sue Sparks, Shelda Jean Sparks, Mr. and Mrs. Glenn Edwards and family; Mrs. Gladys Edwards and sons, Russell and Chauncy and Hoyt Sparks.

Mr. Bill Edwards, of Chester, Va., visited Mr. and Mrs. Elmer Sparks, last week.

Mrs. Nancy Crouse has returned home after spending several days with his sister, Mrs. Sallie McCann, who is ill at her home at Trap Hill.

Mr. and Mrs. Elmer Sparks visited Mr. and Mrs. Grant Pressnell, last Monday.

Mr. and Mrs. Kyle Nichols and son, Roger, visited his grandmother, Mrs. Taylor, recently.

Special sheep shearing schools for 4-H club boys and farmers will be held in North Carolina the week of May 19. School locations have not been set, but will be announced later.

Farming Notes

By R. E. BLACK, County Agent

Farmers are sometimes led to believe their stock need more minerals than is supplied in the feed. This may be true in some cases, but since most of our land has been treated with lime and phosphate our hays and pastures should furnish all the minerals necessary with the exception of salt. Salt is very necessary in the digestion of food and cattle, sheep, and hogs should have free access to salt at all times. Many farmers use block salt but there is some doubt about stock getting all they need from that source and it is not recommended for sheep as they will wear off their teeth gnawing the block. A number of experiments have proven that swine gain faster and make their gains cheaper when they can get salt free choice. It is not recommended to mix salt with feed, especially for swine, but keep it in a box before the animal at all times so they may get just what they want and no more. If farmers wish to feed animals it is NOT recommended that they buy an expensive fancy mixture.

A good mixture would be one part salt, one part steamed bone meal, and one part finely ground limestone. That should be fed free choice. As they will not eat very much of that they should also have another chance at salt alone.

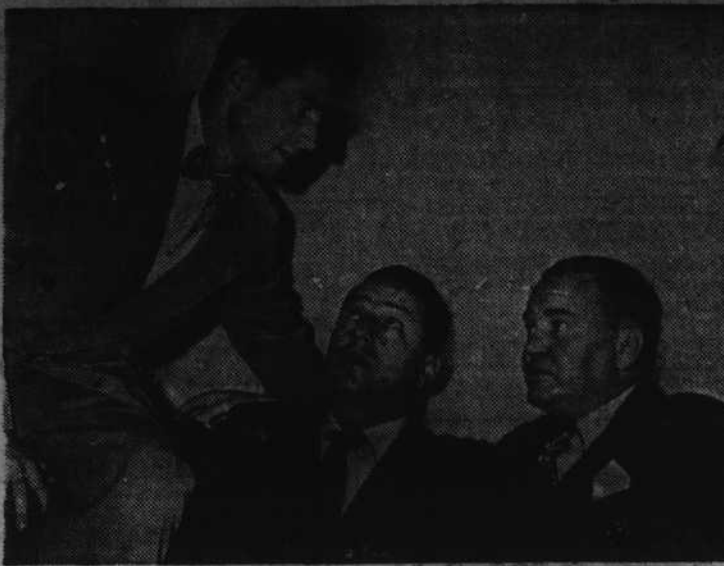
ANNOUNCEMENT

Mr. and Mrs. Harden Bell, of Sparta, announce the marriage of their daughter, Georgia, to Cam Hill, of Piney Creek, on January 2, 1947, at North Wilkesboro.

ENGAGEMENT ANNOUNCED

Mr. and Mrs. R. G. Cox, of Sparta, announce the engagement of their daughter, Irene Elizabeth to Joe K. Blum, Jr. son of Mr. and Mrs. J. K. Blum, of Whitehead, N. C.

No definite date has been set for the wedding at present.



NEW PRO TENNIS LEAGUE . . . Bobby Higgo, left, world's professional tennis champion, is shown in a huddle with Tony Owen, center, and Vincent Richards. Formation of the world's professional tennis league and the appointment of Richards as commissioner was announced by Owen, president of the new league. Higgo heads the list of 16 top players who will compete in the first tourney under league auspices.

Good Meal Suggestions From Canned And Stored Foods

By Mrs. Isom Wagoner

Right now, fresh fall and winter vegetables are becoming more scarce. Time for spring vegetables is still around the corner. People get hungry, though, so, Mrs. Homemaker, look to your home canned and stored foods for good, wholesome meals. If that, too, is a little scarce, plan now to can and store an extra supply of fruits, vegetables and meats for next year.

You must plan carefully to keep meals interesting and appetizing. The fewer the kinds of food on hand, the greater the need to vary the ways of preparation. Keep a list and collect recipes to show different ways to change the appearance and flavor of the same food. Often this change will result in overcoming the "canned taste" some foods get.

Dinner is the meal that causes most worry. This meal whether planned from canned or fresh foods is usually centered around a meat or other protein food. Home canned meats can be used to make meat pies, meat steaks, hash, a meat loaf, creamed meat, hot or cold sandwiches, and in other ways.

A well seasoned mixture of chopped canned meat and mashed potatoes or cooked rice, moistened with gravy, tomatoes, or milk may be used to stuff peppers. Or you might like to try rolling this mixture in a green cabbage leaf and baking it. The same mixture can be shaped into croquettes, dipped in beaten eggs and bread crumbs, then fried.

Two or three vegetables are usually served with the meat (or main course) of a dinner, one starchy, one yellow or green, and one other meal. Planning will be much easier if you will keep your lists and recipes of different ways to prepare vegetables under those headings.

White or sweet potatoes from your stored food supply can be used to take care of the starchy vegetables in your dinner menu. Either kind of potato can be baked, boiled, steamed, or fried. White potato can be served with a cream sauce, stewed with chopped onions and salt pork or bacon drippings, made into a salad and in numerous ways. In fact, it can be prepared in more ways than a sweet potato. However, the sweet potato has the advantage of being able to be used as both a yellow vegetable and a dessert. The sweet potato is, also, a rich source of vitamin C.

Canned vegetables found in most pantries are snap beans, corn, tomatoes, butter beans, peas and squash. These may be seasoned with butter or meat drippings and served, or one or

more may be combined into a vegetable loaf, scolloped dish, or salad. An old trick used by most homemakers, is to stretch the use of one vegetable by mixing it with another, as snap beans and corn, or peas and corn. Snap beans cooked with tomatoes and thickened with flour, is a combination which is sure to overcome the canned taste of the beans. Some onions or grated cheese added to canned squash improves its flavor.

The desert, although the last thing on the menu, may not be the last thing planned. Satisfying the family's sweet tooth is of real morale value. Just a twist of the wrist will open a can of fruit and yield a good dessert. Since we should eat two fruits a day it is a pretty good idea to use fruit desserts often.

Canned fruits can be served plain or dressed up with whipped cream, nuts or boiled custard. Fruit short cakes made from canned or fresh fruits are an old time favorite with most people. Small bits of several fruits may be combined into a fruit cup or salad.

Canned halves of peaches, pears, or apricots can be broiled and served hot as a dessert or with the meat. Place the pit side up in a shallow pan. Pour a little melted butter over them, sprinkle with nutmeg, and bake until slightly browned.

If you have been saving your canned foods for a "rainy day" now is the time to feast your appetite as well as your eye upon them.

Of course, you took special pains to can and store your foods in a way to save most of the food value. But, you can still waste their minerals and vitamins unless you are careful.

To get the most good from your canned foods, follow these rules: 1. Save and use all of the liquid in the can. These liquids contain valuable minerals and vitamins. Save it and serve it with canned food itself or in the cream sauces, soups, gravies, as the liquid in vegetables or meat salads, or mixed with tomato juice and served hot or cold as a vegetable cocktail.

2. Cook all canned meats and non-acid vegetables 10 to 20 minutes even before tasting. This will destroy any poison that may be present. If the meat or vegetable is to be served cold, boil and then chill it.

The American farm family wants better-fitting clothes that are colorfast and won't shrink or stretch, according to a recent poll of 52 Extension clothing specialists.

From where I sit . . . by Joe Marsh

That Ring Around the Bathtub

Jeb Crowell blew his top the other day. Seems that for weeks he's been trying to get his youngsters to scrub out the bathtub after using it. And this night he sees five rings around it—one where young Sonny left off, and another about Pinky's level.

He raves and rants—and takes it out on the missus for her lack of discipline. And later that evening he sees her quietly polishing the hardwood table that's right by his chair. She's removing the rings he's left there with his evening glass of beer!

From now on, Jeb's careful to put his glass down on the table cover—like the missus does. And I hear he's a little more forgiving about rings around the bathtub. Just keeps on patiently reminding.

From where I sit there are little annoyances in every family—conflicting habits and opinions in every community. A little patience—a little more "forgive and let live" is the only antidote.

Joe Marsh

Farmers Urged To Grow Own Burley Leaf Plants This Year

By Staff Writer

A tobacco expert this week advised farmers to grow their own burley tobacco plants to insure better quality and offered some advice in the production of plants.

"The 1946 low quality and almost failure in some cases of burley tobacco was mainly due to poor plants and late transplanting. A little detailed care will insure plenty of burley plants and there is less chance of disease in the field if plants are grown at home rather than imported," he said.

"In sowing plant beds for the 1947 crop, growers will find that liberal fertilization, blue mold and wildfire control, and proper plant bed management will do much to insure an early supply of good strong plants," he explained, and pointed out the following factors in successful plant production.

"1. Blue mold and wildfire can be controlled in a practical way and economically. (For details see your county agent).

"2. Last year many burley plants showed nitrogen deficiency and were late because of this fact. Growers are urged to use about two pounds of a 4-9-3 plant bed fertilizer per square yard of bed surface. This fertilizer is broadcast on a well pulverized seed bed and raked into the soil with a garden rake immediately before seeding or one to two weeks before seeding. Growers who have used Cyanamid or Cyanamid and Uramon for plant bed soil sterilization should use about one to one and one-half pounds of fertilizer per square yard and avoid disturbing the soil deeply as the fertilizer is applied. A garden rake is most nearly suited for raking the fertilizer into the upper surface.

"3. Growers who have experienced difficulty due to freezing out of plants will find it helpful if two seedings are made. That is, prepare and sow the plant bed fairly early, then prepare and sow another bed later as insurance against freezing out of the earlier plants. Many growers follow the practice of an early and late seeding on the same bed. That is, sow the same bed a second time about three weeks after the first seeding. The seeds are sown on top of the ground without disturbing the surface of the soil. By this practice, if the early seeding is not frozen out, the later seeding is shaded so that they do not interfere with the early plants. If the early

seeding is frozen out then the later seeding has room to develop.

"4. Watering the bed at seed germinating time will in many cases mean the difference in a stand of plants or failure. Since the seeds are sown on the surface of the ground, dry crusty soil at seed germinating time will cause many of the young plants to die.

"5. During the plant growing season, additional nitrogen used as a top-dressing may be necessary to push the plants along to avoid late transplanting. Usually from one to three applications of about two to five pounds of nitrate, such as nitrate of soda, per 100 square yards of bed space will be quite sufficient to hasten the growth of slow plants. This nitrogen, two to five pounds, may be dissolved in fifty gallons of water and applied to 100 square yards. Fifty gallons of clear water should then be used to wash the plants off. Some growers use the pellet form of nitrate of soda and broadcast two to five pounds over 100 square yards of bed while the plants are dry. A corn broom is then used to brush the pellets off the plants on to the soil.

"6. Plant beds should not be located in the depths of the narrow, shady gorges but advantage should be taken of protected cooves where level and fertile soil can usually be found. These locations should be exposed to the south or southeast for most direct sunlight."



Advertisement for ASHE MEMORIAL WORKS. Text includes: 'LOWEST PRICES - ANY SIZE OR COLOR MARBLE OR GRANITE', 'Monuments Memorials', 'ASHE MEMORIAL WORKS', 'See W. B. Reeves', 'WEST JEFFERSON, N. C.' There is an illustration of a monument.

Advertisement for advertising services. Text includes: 'IT WILL DO YOU NO GOOD UNLESS YOU USE IT', 'ADVERTISING'. There is a cartoon illustration of a man with a megaphone.

Advertisement for Chevrolet cars. Text includes: 'Everywhere, you hear it said ONLY CHEVROLET GIVES BIG-CAR QUALITY AT LOWEST COST'. There is an illustration of a Chevrolet car.

Advertisement for Castevens Motor Co. Text includes: 'The new and even bigger-looking, better-looking Chevrolet for 1947 is the only car in its field with all these Big-Car advantages: Big-Car beauty, comfort and safety of Body by Fisher; Big-Car performance and dependability of a Valve-in-Head Thrift-Master Engine; Big-Car safety of Positive-Action Hydraulic Brakes; Big-Car hiding-smoothness and road-steadiness of Unitized Knee-Action'. There are illustrations of Chevrolet cars.

Advertisement for Pennsylvania RX tires. Text includes: 'TWO TREADS for lots longer life', 'PENNSYLVANIA RX', 'Two to one PENNSYLVANIA is your best tire buy. For in this tire, you not only get the usual, safe top tread for maximum stop and go traction but you also get an under tread that absorbs road shocks like a sponge. Drive in today and get the facts and you'll get a set of PENNSYLVANIAS. \$14.80 (plus tax) 6-00-16'. There is an illustration of a tire and a woman sitting in a chair.