



From Memorial Hospital

Carlyle of Ash entered as a medical patient from Friday until Sunday. James Ganey of Leland spent Thursday until Monday as a medical patient. Thomas Edward of Southport was a medical patient from Friday until Tuesday. Mrs. Minnie Lee Spencer of Southport entered on Friday as a medical patient. Mr. and Mrs. Dewey Sibbett of Ash announce the birth of a son on Friday. E. G. Sinclair of Long Beach entered on Saturday as a medical patient. Mrs. Alma Hewett of Shallotte entered as a medical patient on Saturday. Mrs. Doris Gore of Ash entered on Saturday as a medical patient. Mrs. Dora Granger of Southport entered as a medical patient on Saturday. Mrs. Nita Moore of Winnabow spent Saturday until Monday as a medical patient. Mrs. Ken Bruno of Southport entered as a medical patient on Saturday. Mrs. Jeannie Sheppard of Red Springs spent Sunday until Monday as a medical patient. Mrs. Flossie Willetts of Winnabow entered as a medical patient

Southport Church Census Blank

Family Church Survey Record form with fields for Family Name, House Number, Street Address, Telephone, Zone, Post Office, Date, and a table for recording member information.

Above is the Church Family Survey blank to be used in Southport's citywide religious census Sunday afternoon.

will simply have to pick up the filled out blank at the home. If each family will cooperate by completing the blank, a great deal of time and inconvenience will be saved.



A friend and I were discussing the collard the other day because of his interest in this important southern crop of the Potherbs and Greens family. Botanically the collard is a Brassica (B. Oleracea) and classed as a cool season crop. There are certain varietal differences in which my friend was interested. Some of the varieties have a more marked heading tendency than others, such as the (Morris) Improved Heading. This variety was developed by careful selection and is outstanding for flavor. Vates, on the other hand, is also a good variety of the open leaf or loose heading type. The tenderness and flavor in the heading type develops as a result of the folding and blanching of the center leaves. The collard is one of the most popular vegetables grown in southern gardens and is coming more and more into demand on northern markets. It will withstand a greater range of temperature than perhaps any other vegetable crop grown in the South. In addition, this crop is adapted to a wide variety of soil types as long as they are well drained. Why is the sweet potato called a "Yam" in the South? Do you know the answer to this one? I am not sure that I do, but here are some facts that may be of interest. The true yam and the sweet potato are members of different plant families and so are not even closely related. The edible species of yams produce starchy roots (sometimes up to 60 pounds and above) somewhat similar to the Irish potato in taste and food value. They constitute an important source of food in tropical areas of the Americas, the West Indies, Pacific islands and tropical areas of Asia. Yams may be baked, boiled or fried much the same as Irish potatoes. For highest yields it is recommended that the vines be supported on stakes or a trellis or the yard or garden fence. However, the crop may be grown without supports on well drained soils.

How To Prepare

Steaks For The Grill

Steak is mighty fine eating, any time, any place. But when it is barbecued outdoors and comes sizzling, hot from the grill, then steak is food fit for the gods. What kind of steak shall it be? If you are not sure about the selection, have a small conference with the meat-man. Good beef has a bright-red color, when fresh. If it has been aged, then the color is slightly purplish. However, most steaks have not been aged. There should be a generous edge of fat on the steak and it should be cream-colored, firm and flaky. In addition, good quality meat will be well marbled, flecked or streaked with fat. The choice cuts to barbecue are porterhouse, sirloin, T-bone, club, on Sunday. Herbert Simmons of Southport entered on Sunday as a medical patient. Oscar Fulford of Supply entered as a medical patient on Sunday. Miss Lisa Flint of Ft. Bragg spent Sunday until Monday as a medical patient. Baby Terry Reaves of Ash entered as a medical patient on Sunday. J. T. Long of Leland entered on Monday as a medical patient. Miss Brinda Gales of Bolivia entered as a medical patient on Monday. Mrs. Cora Rabon of Winnabow entered on Monday as a medical patient. Baby Danny Ray Long of Southport entered as a medical patient on Monday. Colored Patients Arthue Sharp of Winnabow spent Monday until Thursday as a surgical patient.

rib, whole beef tenderloin or individual filet mignon. Steak, rare, medium or well done? This is a debatable question. It is strongly suggested rare or medium-rare barbecuing for the finest flavor and texture. Longer cooking changes the color and shrinks the meat. But there is more to the story than color and thickness. Flavor and texture are also changed. To determine whether or not a steak is done to the liking, make a small cut in the meat, near the bone. A rare steak is not a raw one. It is cooked just long enough to heat it thoroughly and take on a golden brown color. But when cut, the inside is bright red and the juices run freely. A medium-rare steak has a deeper layer of brown and a good pink color in the center, but is not quite as juicy as a rare steak. A well-done steak has lost all of its pink color. This steak has also lost most of its juices, is thinner and less tender. For those who enjoy a good garlic flavor, cut a garlic clove in half and rub both sides of the steak with it. For a delicate garlic flavor, throw a clove into the fire, under the grilling steak. Some people prefer to sear a steak by putting it very close to the briquets for two or three minutes. This is a matter of individual taste and depends on whether or not you like a darker crusty surface. Always turn a steak with a pair of tongs. Do not lose juices by carelessly puncturing the steak with a fork.

BOOKMOBILE

BOLIVIA ROUTE Tuesday, September 12 Cecil's Place, 9:45-10:15 a. m. A. P. Henry's store, 10:30-10:50 a. m. Arnold's station, 11:00-11:20 a. m. Mae's Barbecue, Bolivia, 12:30-1:00 p. m. Piney Grove, 1:10-1:30 p. m. Hawes Store, Bolivia, 2:00-4:00 p. m. WACCAMAW ROUTE Thursday, September 14 Watts store, 10:15-10:45 a. m. Vereen's store, Exum, 11:00-11:15 a. m. Babson's store, Freeland, 11:30-12:15 Simmons store, 12:20-12:35 p. m. Soldier Bay Church, 12:45-1:15 p. m. Shallotte, 1:30-4:00 p. m.

4-H Club News

By JAMES E. GOFF, Ass't County Agricultural Agent Former 4-H Club members have a special invitation to volunteer for the Peace Corps. Their skills and training are needed for a Peace Corps project which is now being considered for Latin America. While exact location of the project cannot be announced yet because it is still being negotiated, participants work as two-person teams, and help develop 4-H type rural youth programs. They would assist local Extension workers of the country in recruiting and training local volunteer Club leaders, and helping club members with project, demonstrations, meetings, exhibits, and recreation. The Peace Corps assignment would be for two years, starting about December 1. The assignment includes a three-months training program in the language of the country, its customs and culture, at the National 4-H Club Center in Washington, D. C. Men and women 18 years of age or older, with rural and 4-H backgrounds, are especially desired as applicants. Those selected would be accompanied to their assignments, and guided in their work, by a project director and three regional supervisors, representing the National 4-H Club Foundation. Youth of Brunswick County who are interested should call, write or visit the County Extension Office at Supply, N. C., as soon as possible, where further information and Peace Corps Application Forms can be obtained.

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dtown Super Market and Shopping Center JUNCTION HI-WAY 17 and 211 G. W. KIRBY & SON SUPPLY, N. C.

HEADACHES By DR. ROGER W. PRICE Many are the irritating causes of headaches. Among the factors to consider are emotional excitement, menstruation, eye-strain, too much alcohol, sneezing, exposure to sun or smoke-laden air. These factors all tend to confuse the complicated picture, but they are only exciting conditions which tend to create an irritation of the upper cervical nerve fibers. This may be clearly stated. The most common basic cause of headache is to nerves in cervical vertebrae. Modern Chiropractic treatment spinal adjustment offer the most effective remedy since the headache is corrected at its source. A safe way to avert pain and distress of headaches is to see chiropractor for a spinal examination today. ICE Chiropractic Clinic DR. ROGER W. PRICE By Appointment d St. Wilmington, N. C. RO 2-6075

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