

Instructions Given For Sending Christmas Mail Overseas

ANNOUNCE ALL DEADLINES FOR PACKAGES, CARDS

Post Office Department Gives Full Information Regarding Mailing

In order that Christmas parcels may reach the addressees on time and in good condition, arrangements have been made by the Post Office Department in cooperation with the War and Navy Departments (the latter including the marines and Coast Guard) for the acceptance of such parcels for members of our armed forces serving outside the continental United States. Postmasters are requested to bring the following requirements to attention of mailers.

TERM OVERSEAS

The term "armed forces overseas" is regarded as covering the personnel of our armed forces who receive their mail through an A. P. O. or fleet post office in care of the postmaster at New York, N. Y., San Francisco, Calif., New Orleans, La., Miami, Fla., Presque Isle, Maine, or Seattle, Wash., or through a naval installation or station in care of the postmaster of Seattle.

TIME OF MAILING

Christmas parcels and Christmas cards for the Army personnel overseas must be mailed during the period beginning September 15, 1943, and ending October 15, 1943, the earlier the better while parcels and Christmas cards for members of the naval forces may be mailed as late as November 1. No requests from the addressees are required in connection with Christmas parcels mailed to Army personnel during this period only. Patrons should be encouraged to endorse each gift parcel "Christmas Parcel." Special effort will

be made to effect delivery of all Christmas parcels mailed during that period in time for Christmas.

SIZE AND WEIGHT

In view of the urgent need for shipping space to transport materials directly essential to the war effort, Christmas parcels shall not exceed the present limits of 5 pounds in weight or 15 inches in length or 36 inches in length and girth combined. These Departments have pointed out also that members of the armed forces are amply provided with food and clothing, and the public is urged not to include such matter in gift parcels. However, not more than one Christmas parcel or package shall be accepted for mailing in any one week when sent by or on behalf of the same person or concern to or for the same addressee.

PREPARATION

Owing to the great distance this mail must be transported and the handling and any storage it must undergo, it is absolutely necessary that all articles be packed in metal, wooden, or solid fiberboard, or strong double-faced corrugated fiberboard or strong fully telescoping cardboard boxes. The fiberboard or cardboard boxes must be securely wrapped in strong paper and tied with twine. Furthermore, as each parcel is subject to censorship, delay in handling may be minimized by securing the covering of the parcel so as to permit ready inspection of the contents.

Many combination packages will probably be made up, including miscellaneous toilet articles, hard candies, soaps, etc. The contents of such packages should be tightly packed, in order that the several articles may not be loosened in transit, damaging the contents of the parcel itself or causing damage to the covering of the parcel. Christmas boxes should be inclosed in substantial containers. Candies in thin pasteboard boxes should be inclosed in wood, metal, or corrugated pasteboard. Sealed packages of candy, cigars, tobacco, and toilet articles in simplest mercan-

Wartime Hints

—for— Transylvania and Brevard HOMEMAKERS

By AUNT SAWYER



Mrs. Zachary Cans Corn

Mrs. J. F. Zachary, when she and family lived on the West coast a number of years ago, discovered a new way, at least a different method from any she had heard of here, of canning corn without a pressure cooker. She has found this hot water bath method very satisfactory and finds it preserves the fresh taste of the corn better than any other method she has tried. She uses the Golden Cross variety, which was quite common in the West, but believes that any other variety of large, juicy kernels would prove equally as successful by this method. Here is how she does it: Cut grains of corn twice but do not scrape the ear, then pack in sterilized pint jars (pints are safer than quarts) until the jar is about half full, then with the handle of a wooden potato masher, or any flat similar implement, mash the kernels until the juice comes out, and continue adding kernels and mashing until the jar is about three-fourths full. Then put in jar one-half teaspoon each of sugar and salt, and finish filling jar with boiling water until jar is free of air. Seal jars tightly and place in hot water bath, the jars being well covered with water, and allow to boil for three hours. Remove from water bath, and then possess yourself with patience until next winter when you open a jar and think you are eating fresh corn.

Your Child's Mental Health

A distinguished child specialist has suggested a program for building good mental health in your growing child. In the first place, he sets forth, begin with a pair of companionable parents of good physical and mental health, who should strive to provide a wholesome, happy family atmosphere for the child. Establish early in the growing child the meaning of the word no. Win the child's cooperation by leading him to do what you want him to do and then celebrate with him his successes. Cultivate self-reliance in the child, aiming him, as he grows older, to make more choices and decisions for himself, under proper guidance and direction which has been instilled within him all along. Let him get practice, as he gets older, at sharing in simple jobs and duties about the home. More on this subject will be included in this column another week.

Handle Vitamins With Care

Be careful of your vitamins! Some just don't like cooking one bit. The three most deadly enemies to vitamins are water, heat and air. Unfortunately, these three are also essential parts of most types of cooking. That is why, if you're not careful, a large part of the vitamins in the foods you buy may be destroyed and never reach the table. Thanks to modern discoveries of science, however, it is now known how to cook foods to retain a big percentage of vitamins, which is known as protective cooking. Four rules to follow for protective cooking of vegetables include: Use little or no water, thereby saving loss of water-soluble vitamins; start fast and cook quickly by keeping to a minimum the time they are exposed to wa-

ter, heat and air; avoid violent boiling by reducing the heat to lowest temperature to maintain steaming; cook in covered utensils without unnecessary stirring.

Acquire Winning Ways

An old axiom says, "To be liked, we must like." We cannot expect people to like us unless we in turn like them. Some people, as we know, are born with personality and possess the IT in large measure, but the majority of human beings need to acquire or develop winning ways. In the first place, if you want people to like you, forget all about yourself. If you want to interest them or win them, listen to them rather than talk to them, and do not absorb the entire conversation by talking about yourself. Remember that the other person is just as interested in himself as you are in yourself. So don't "hog" all the conversation. Another way to acquire winning ways is to keep on the sunny side. "Laugh and the world laughs with you," is an age-old saying that bears repeating. Happiness, as well as love, makes the world go around, and people everywhere are eager to associate with those who keep on the sunny side of life. Grouchy or glum people are not likely to win or hold many friends.

Martha Ate The Apple

Mrs. Mary Jane McCrary questioned Tom as to why he struck his little sister, Martha. Tom replied, innocently, "Well, we were playing Adam and Eve, and instead of tempting me with the apple, Martha just ate it all herself."

Grow Proteins For Your Hogs

Growers who are producing hog meat for home use can easily supply a large percentage of the required protein in the hog diet from green forage crops like alfalfa, the clovers, lespedeza, soybeans and cowpeas, says F. H. Smith, animal nutrition chemist at State College.

He points out that pigs weighing less than 100 pounds require more protein than hogs weighing over this amount. Feeding records show that corn does not supply sufficient quantity or quality of protein to satisfy the needs of either young or old pigs. Pigs grown in a dry

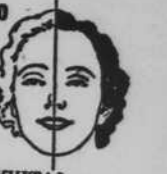
lot should also receive a protein supplement to complete the ration.

Unless proteins are furnished, the grower is handicapped in getting the most meat at the lowest cost says Smith. Under the existing feed shortage, it has been increasingly hard to get dairy by-products, tankage, fish meal and the oil meals, so it is up to the hog grower to produce a much larger percentage of his own proteins and not depend on commercial channels, he points out.

The WFA has asked the support of growers, ginners and the farm organizations in a program to improve the grade of the 1943 cotton crop through better picking and ginning practices.

GRAY HAIR TURNING DEEP BLACK

says Mrs. J. B., Chicago
"After using Grayvita only a short time, I noticed my gray hair was turning to a real deep black, exactly as it used to be. What a difference this makes in my appearance."
Mrs. J. B.'s experience may or may not be different than yours. Why not try GRAYVITA? This anti-gray hair vitamin discovery, Calcium Pantothenate when tested by a leading magazine showed 88% of those tested had positive evidence of some return of hair color.
A GRAYVITA tablet is 10 mgm. of Calcium Pantothenate PLUS 450 U. S. P. units of "pep" vitamin B₁. Get GRAYVITA now! 30 day supply \$1.50, 100 day supply \$4.00. Phone



WARNER'S DRUG STORE

SAY YOU SAW IT IN THE TIMES

Have a "Coke" = Aloha No (WELCOME, FRIEND)



"Coke" = Coca-Cola

It's natural for popular names to acquire friendly abbreviations. That's why you hear Coca-Cola called "Coke."



... from Honolulu to Hartford

Aloha No, says a newly-found acquaintance in Hawaii. Have a "Coke", responds the visiting sailor, and in a jiffy he's made a friend. Around the globe Coca-Cola stands for the pause that refreshes—has become the high-sign of the friendly-minded.

BOTTLED UNDER AUTHORITY OF THE COCA-COLA COMPANY BY
Coca-Cola Bottling Co. Asheville—Hendersonville Branch

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Thought Insurance Lost ... but saved by W. O. W.

He was a member of a Woodmen of the World camp in a small South Carolina town for ten years, but financial difficulties forced him to stop paying on his life certificate. Four years later, he died—and in just twelve days, the Woodmen of the World surprised his widow, a crippled daughter and a son with a check for more than \$1,900. An automatic premium loan provision had kept the insurance in force all that time!

Your local Woodmen camp welcomes you into its brotherhood. There you can begin enjoying the priceless economic, social and fraternal benefits afforded by the Society. Woodmen membership gives you the two things you long for most—fellowship for yourself, security for your loved ones. See the financial secretary of your local W. O. W. camp today!

WOODMEN OF THE WORLD

Life Insurance Society
OMAHA, NEBRASKA

W. O. W. Representative
A. B. GALLOWAY

Wanted TO BUY Ivy and Laurel BURLS

(Kalmia and Rhododendron)
WILL PAY \$9 to \$15 per Ton,
According to Quality ... Delivered
at our Mill at Brevard, N. C.

Transylvania Pipe Co.

Ralph Fisher, Manager

Phone 375

Brevard, N. C.

tile form may be placed in parcels without affecting the parcel post classification of such packages. Sharp-pointed or sharp-edged instruments, such as razors, knives, etc., must have their points or edges protected so they cannot cut through their coverings and damage other mail or injure postal employees.

PERISHABLE MATTER

Perishable matter will not be accepted.

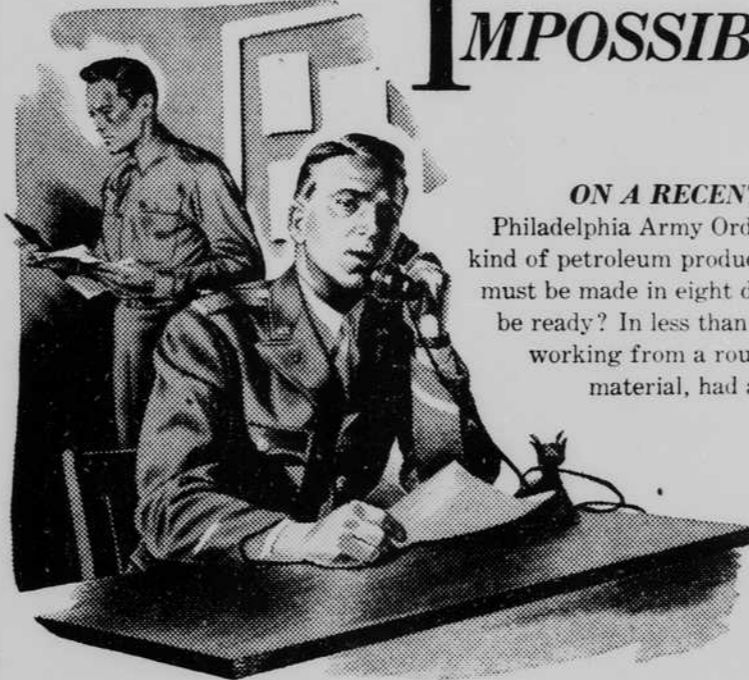
PROHIBITED ARTICLES

Intoxicants, inflammable materials (including matches of all kinds and lighter fluids), and poisons, or compositions which may kill or injure another, or damage the mails, are unmailable.

HOW TO ADDRESS PARCELS

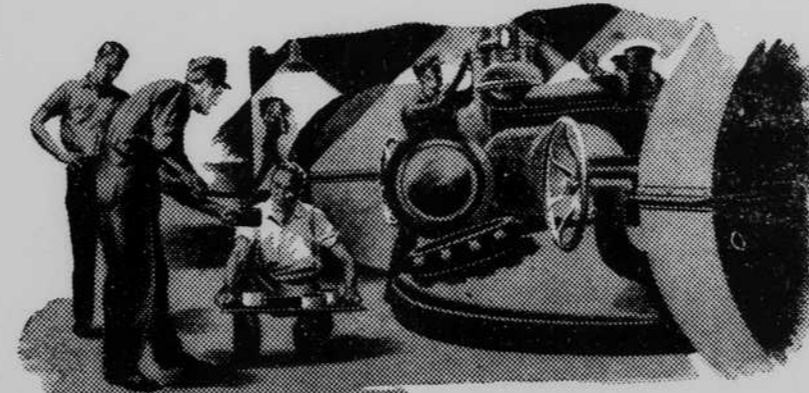
Addresses must be legible. Parcels addressed to overseas Army personnel should show, in addition to the name and address of the sender, the name, rank, Army serial number, branch of service, organization, A. P. O. number of the addressee, and the post office through which the parcels are to be routed, as, for instance:

From: John R. Doe,
205 West State St.,
Boston 8, Mass.
To: Private William R. Doe
(Army Serial No.)
Co. F, 167th Infantry,
APO 810, % Postmaster,
New York N. Y.



MONDAY MORNING. Via Army Jeep a sample arrived at the laboratory.

Chemists took it apart, analyzed it. Refinery experts worked out manufacturing procedure. The Army pitched in to help gather needed materials. By Wednesday, as promised, 45,000 pounds of a petroleum product never before manufactured was being produced on schedule.



4 A. M. FRIDAY, ONE WEEK LATER. Express cars had been coupled to fast passenger trains... even giant Army bombers were helping to speed delivery. But the job was done! 245,554 pounds of new material for a job that had never been done before—and for an invasion that wrote a new page in history.

A little more than was asked, a little sooner than was promised... That is how all of us can help to shorten this war. It is the way the people of this and other organizations all over the country are getting the job done—the American way.



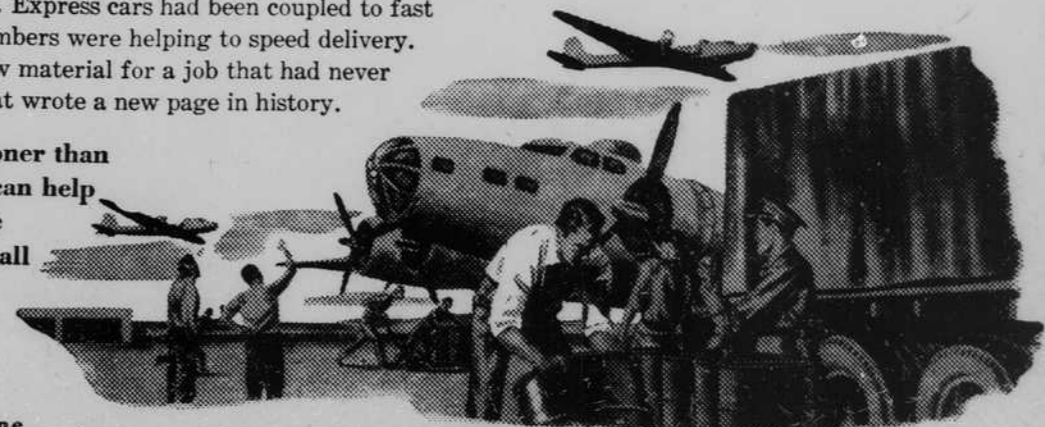
• Latest headline news four times a day (twice on Sundays) ... Tune in your Esso Reporter!

Where America gets the world's foremost petroleum research

ON A RECENT FRIDAY EVENING. Over the phone came word from the Philadelphia Army Ordnance of a rush call from North Africa. A totally new kind of petroleum product was needed—a product never before made. Shipment must be made in eight days. How soon could 45,000 pounds be ready? In less than twenty-four hours our chemists, working from a rough description of the material, had an answer.



THE FOLLOWING FRIDAY. Another call from Army Ordnance. Could we make an additional 150,000 pounds in less than a week? By mobilizing another plant, we thought we could... even though some of our equipment was breaking down under the strain of making a product it hadn't been designed for. As the deadline approached, still another request came from the Army for an extra 50,000 pounds!



THE FIRST "E" AWARDED TO PETROLEUM RESEARCH WORKERS
(Esso Laboratories, Bayway, N. J.)

STANDARD OIL COMPANY OF NEW JERSEY