

PILOT NEWS

The Woman's Missionary Society held its regular meeting Saturday night with Miss Helen Greene.

Mrs. Crama Ray spent last week in Bunn with her sister, Mrs. Bruce Young.

Victor Stallings and Junior Poole of Raleigh spent two days last week with Victor's mother, Mrs. Mamie Stallings.

Miss Camelia Lewis has returned home after visiting the Blackwells in Clarksville, Virginia, Virgilina, and Oxford.

Mrs. Clifton Ray has been visiting her parents, Mr. and Mrs. Julius Medlin of Newport News, Virginia.

Mr. and Mrs. John Lockamy of Durham and Mrs. John L. Ray spent Sunday with their mother, Mrs. B. W. Lewis.

We are glad that Mr. Millard Stallings is able to be home again. We wish for him a speedy recovery.

We are very sorry that Mrs. W. I. Phillips is in the hospital where she underwent an appendectomy. We hope she will be well soon.

We had a grand attendance for church Sunday. We are glad our children can be back with us, now the polio ban is ended.

Our regular church services will be held Sunday.

—Bonita

Hints for Homemakers

The fresher foods are when we use them the higher the vitamin content will be. Raw fruits and vegetables, particularly those which are not very acid, gradually lose their vitamin C.

Loss of vitamins can be retarded by storage in a refrigerator. This is especially true of the fresh, raw fruits and vegetables on which you depend for vitamin C.

Water dissolves not only many vitamins but minerals as well. Amounts of water used in cooking fruits and vegetables should be small. Foods that need to be washed should be washed rapidly and not soaked.

Dry cooking, such as baking vegetables and roasting and broiling meats, lowers and in some cases entirely prevents loss of vitamins by water solution. Any drippings from broiled or roasted meat

DR. L. M. MASSEY

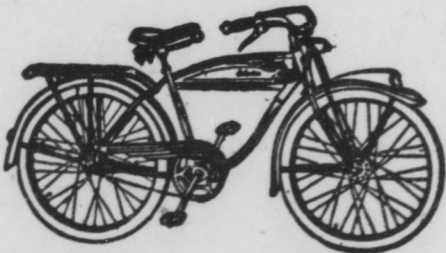
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and juices from baked fruits and vegetables should be used, preferably as a part of the dish prepared, for they are high in soluble vitamins and minerals.

Some of the most popular herbs for salads are parsley, tarragon, chives, sweet basil, mint, thyme, and marjoram. Try one at a time. And why not grow these in your own herb garden? With a tossed green salad, add a combination of chopped fresh or powdered basil, tarragon and thyme.

For cheese balls to garnish salads, mix the cheese with powdered caraway or dill seeds. Try tarragon vinegar for tossed green salads, or for marinating chicken, lobster or crabmeat salad.

Use garlic vinegar for French dressing or in potato salad dressing.

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