

Research Work At Highlands Gains National Recognition

Dr. E. E. Reinke, professor of Biology at Vanderbilt University and past director of the Highlands Biological Laboratory, and Dr. C. S. Chadwick, also professor of Biology at Vanderbilt, have received nationwide recognition for their researches on hormones, done for the most part at the Highlands Laboratory.

An article appearing in the current issue (March 18) of Time, weekly news magazine, makes an interesting comment on their work which is detailed in a jointly authored article appearing in the most recent issue of the Journal of Experimental Zoology, entitled "The Origin of the Water Drive in Triturus Viridescens".

Following is the article from Time:

Is the last portrait of your baby a true likeness of today? Half an hour of your time is all we will need for the portrait you, your family and friends will all like.

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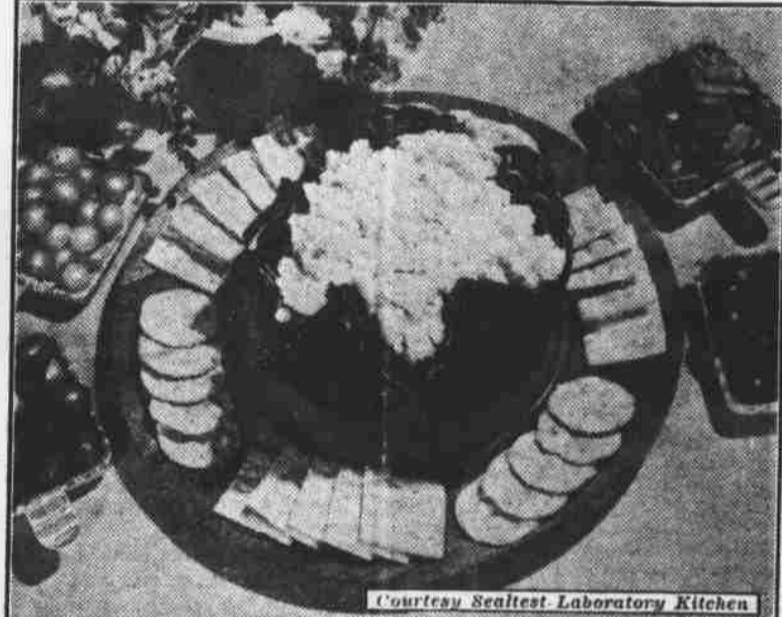

Motor Magnates Greet Mickey Rooney



Mickey Rooney, young movie star, in a friendly pose with motor car magnates Edsel (left) and Henry Ford. Mickey is a guest of the Fords while in Detroit, Mich., for a movie premiere. The new film, shown for the first time in the motor city, was the life story of Thomas Edison. Henry Ford's enthusiasm perhaps is the result of his life-long admiration for the inventive genius of Edison.

How About a Buffet Supper?

By BEULAH V. GILLASPIE
Director, Sealtest Laboratory Kitchen



THE easy informality of a buffet supper makes it enjoyable for hostess and guests alike—especially if you provide a dish that helps appease those visiting appetites and, at the same time, delights the eye. You'll find this interesting cabbage and cottage cheese recipe simple to prepare, and quite successful in every way.

RED CABBAGE WITH COTTAGE CHEESE FILLING
1 red cabbage
1 1/2 cups chopped apple
2 tablespoons mayonnaise
1 1/2 cups cottage cheese
Crackers
Remove outer wilted leaves and wash cabbage. Cut down in six sections as illustrated and remove

center portion (this may be reserved for cole slaw). Mix the apple and mayonnaise and stir in the cottage cheese. Add salt and pepper if desired. Pile in the center of the cabbage and serve with crackers placed around the edge. This makes a delicious and attractive buffet supper dish. The cottage cheese filling may be varied as follows: Cottage Cheese Pineapple Filling: Add 1/2 cup of well drained crushed pineapple and a few grains of salt to 1 1/2 cups cottage cheese. Cottage Cheese Red Cabbage Filling: Chop enough of the center portion of the cabbage to make 1 1/2 cups and mix with about 1/4 teaspoon of salt. Add 2 tablespoons of mayonnaise if desired. Stir in 1 1/2 cups cottage cheese.

Broadway

By EFFIE WILSON
Mr. and Mrs. Hull were in this community last week. Rev. Mr. Barnett preached an interesting sermon at the Turtle Pond church last Sunday. Charlie Carpenter and Prileau Vinson, of Tesenta, spent last weekend in this community. Mr. and Mrs. Bee and Perry Wilson and Mrs. Margaret Ballew were in Dillard, Ga., Saturday. Stella Wilson is at home after spending some time in Franklin. Charlie Carpenter and Horace Justice were the dinner guests of Mr. and Mrs. Z. V. McKinney Sunday. Maude, Inez and Glenn Wilson spent Saturday night at Andy Wilson's. Tom Wilson spent the week-end in Highlands. The Sunday school has started again at the Turtle Pond church, after being closed through the bad weather.

Buck Creek

By BEE SHOOK
The Rev. W. R. Padgett filled his regular appointment at Wesleyan Methodist church Saturday night and Sunday. He was accompanied by his daughter, Edna, and small son, and Odessa Wiggins. Mrs. A. E. Shook heard from a nephew in Snowflake, Ariz., whom she hasn't seen in many years. We are glad to report that Herman Rogers is better after having had pneumonia. J. W. Shelton is on the sick list, we are sorry to report. Glenn Stiwinter was visiting Berfin and Dee Shook Sunday. The art of making glass bottles was known to the Romans as early as the year 79. The wages for inefficiency are hard work, poor pay, and sharp criticism.

Eggs Are Cheap Now, Nutritious Always

Next to milk, eggs are the most perfect single food. "Eat eggs for health always, and eat eggs for an economical dish at this season of the year," advises Miss Sallie Brooks, assistant extension nutritionist of N. C. State college. The home economist endorsed the "Springtime Egg Festival" which is being conducted this week by producers and consumers, with the support of thousands of merchants, including the Southeastern Chain Store Council. Another period of the Festival will be the week of April 11-18. Miss Brooks pointed out that more than half of the total egg crop of the year is produced in March, April, May and June. "When production is at the peak, prices quite naturally are at their lowest, so that the family can now revel in eggs—have them in some form at every meal," she said. Citing the nutritive value of eggs for persons of all ages, Miss Brooks said: "Of all the natural foods, eggs are the best source of vitamin D, with the exception of fish oils. For this reason, children who are given eggs from infancy are better fortified against rickets than those who do not have them. Eggs also provide vitamins A, B and G, and they are an excellent source of iron, and a fairly good source of calcium and phosphorus. The protein and fat in eggs are easily assimilated by the body." As a suggestion on egg cooking, the nutritionist pointed out that high temperatures make the white of the egg tough. When the egg is boiled, the part where the white and yolk come together often develops a dark green color. This may be decreased, if not eliminated, by cooking the egg as short a time as possible, and by cooling at once under water. "Have you a garage?" "I don't know. My daughter just went down to get the car out of it."

Tesenta
Ray Broom, of the Aquone CCC camp, was visiting friends on Tesenta last week-end. Rev. J. C. Swaim filled his regular appointment at Dryman's Chapel Sunday. James Wilson and family, from Commerce, Ga., and grandson, from Union Point, were visiting Mr. and Mrs. James Buchanan Sunday. Will Rogers attended the funeral of his brother last week at Westminster, S. C. The bulk of the world's supply of manganese comes from Russia, Brazil, India and the Gold Coast of Africa.

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By Advertising In This Newspaper



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Easter

Springtime of the spirit envelops us at Eastertide strengthening the faith of many, resurrecting the moral courage of others, bringing to the world the yearly miracle of life reborn by sunshine and shower.

May we by our words and acts strengthen the bonds of fellowship in which each man serves the other as he, himself, would be served.

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