

STATE COLLEGE HINTS TO FARM HOMEMAKER

By VERA STANTON
Assistant State Agent

Planning variety as well as nutrition day after day for the school lunchbox really tests the imagination. One is apt to fall into a routine of packing practically the same kinds of sandwiches day after day.

Doing a good job at lunchbox packing is just as easy as doing a poor job. First, take an interest in changing the menu from day to day. Make it a point to add a surprise each time in the form of fruit, candy, or some tid-bit.

Organize your work for speed and efficiency. Set aside one shelf to hold all the needed implements. You will want to keep napkins, waxed paper, paper cups, paper containers with lids, clean jars and a few necessary utensils on this shelf. Also keep crackers, peanut butter, mayonnaise, and other often-needed supplies where they will be easily reached.

Give as much thought to your lunchbox menu as you do to the regular meals. Lunch is an important meal to growing youngsters, and they need lots of the right foods to keep up their endurance and resistance to disease. Every lunchbox should contain the following ingredients: either meat, poultry, fish, eggs or cheese in a sandwich, salad, or small casserole; at least one vegetable in a sandwich or salad; some kind of fruit, fresh or canned; bread, rolls, biscuits, or muffins; and milk in a bottle or contained in a soup, a main dish, or dessert.

Form the habit of preparing the food in a variety of ways. Include a small jar of tomato juice, pack a jar of soup, cook custards or meats in individual casserole dishes, or use your own ideas at putting new foods into the lunchbox.

If you find mealy bugs, red spiders or aphids on any of your house plants, try spraying them with a solution made of 1 teaspoon of nicotine sulphate in a gallon of water in which a 1-inch cube of laundry soap is dissolved. Some of the mealy bugs will have to be picked off the plants by hand, with a splint or toothpick.

Italian Premier Greet Cardinal



AFTER BEING HAILED at a Pontifical Mass in St. Patrick's Cathedral in New York as a defender of Christianity, Premier Alcide de Gasperi (left) of Italy is shown shaking hands with Francis Cardinal Spellman, who presided over the Mass. De Gasperi was guest of honor at an official city dinner, attended by 1,800 dignitaries. (International)

Funeral Rites Held For Mrs. Allman Saturday P. M.

Funeral services for Mrs. W. P. Allman, 84, who died at her home in Webster Thursday, were held Saturday at 2 o'clock at the Webster Baptist church. The Rev. W. N. Cook was in charge of the rites and burial followed in the Stillwell cemetery. The body lay in state for an hour before the services.

"Aunt" Betty had been in ill health for some time but death was unexpected.

The following grandsons served as pallbearers: Harry, J. H., Edwin, Dena and Polk Allman, Frank Cowan, Lewis Sanford and Harry Long. Flower bearers were granddaughters and nieces.

Mrs. Allman is survived by five sons, Arthur, Walter, Frank, John and Carl Allman of Webster; one daughter, Mrs. Annie Long of Clyde; three sisters, Mrs. Roxie Rogers and Mrs. Bell Carpenter of Webster and Mrs. Cornelia Carpenter of Robbinsville; 13 grandchildren and eight great grandchildren.

ACMM Charles S. Deitz Honored By Navy Dept.

Charles S. Deitz, aviation chief machinist's mate, USN, of Sylva, has been awarded the Navy Unit Commendation Ribbon for service with the Fleet Air Photographic Squadron One from April 15, 1943 to Sept. 1, 1944, and from May 18 to Sept. 2, 1945.

The award was presented by Capt. E. C. Renfro, USN, Commanding Officer of the Naval Air Station, Whiting Field, Pensacola, Fla.

AAA Office Now Taking Farmers' Applications 1947

Farmers are urged to come to the AAA office and make application for conservation materials they need to carry out their 1947 farming program. Orders should be placed for lime and phosphate and applications should be made for the seeds needed for cover crops and pasture to be seeded. All applications are supposed to be filed with the County AAA office not later than Feb. 15, 1947, according to Mrs. Ellen N. Corbin, secretary of Jackson County AAA.

SAVANNAH 4-H CLUB HAS JANUARY MEET

Members of the Savannah 4-H club held their regular monthly meeting at the Savannah schoolhouse with Miss Helen Sossamon, Home Demonstration agent, and M. L. Snipes, County Agent, present for the meeting.

Following the reading of the club pledge and motto, Audrey Jean Buchanan recited a poem, and Normaleen Holland and Doris Buchanan read stories.

Miss Sossamon spoke to the girls on room improvement and demonstrated the making of rag rugs. Mr. Snipes discussed with the boys, poultry and how to cull chickens.

ALLEN APPOINTED DEPUTY SHERIFF

Sheriff Griffin Middleton has announced the appointment of Fran Allen as deputy sheriff for Jackson county, with his principal duties being in the Cashiers area of the county. Mr. Allen served as city police of the town of Sylva for the past year.

Cowarts Postal Receipts Indicate Business Good

Mrs. Minnie Stephens, postmaster at Cowarts, reports that there was a slight drop in the overall postal receipts at the Cowarts office in 1946. The reports show a drop back to normal conditions, to about the same as before the great volume of overseas mail started. She says, however, that business for 1946 was better than was expected, and that money orders issued and cashed during the past 12 months showed a great gain.

Hybrid corn acreage in the United States has expanded from about one-tenth of one per cent in 1931 to 64 per cent in 1945, according to the U. S. Department of Agriculture.

CONSTIPATION Risky in BAD COLDS

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CONTROL MITES AND LICE FOR PROFITS

More milk and butter, more eggs and fatter market animals—these are the rewards for the control of mites, lice, and other parasites that prey upon farm animals during the winter, says Dr. C. D. Grinnells, veterinarian for the Agricultural Experiment Station at State College.

These parasites not only devitalize the animals, causing lower production, but they also put the animals in such an unthrifty condition that they are subject to many diseases. And here's another reason why hog lice should especially be controlled; hog lice can carry swine pox.

Now what are some of the things that can be done to correct this situation? Dr. Grinnells suggests that all old bedding be cleaned out regularly and that the quarters be disinfected from time to time.

Then, hog lice and mange can be controlled by dipping, the use of insecticides and proper follow-up treatments.

Lice, grubs, and the other parasites of cattle, which cut heavily into production, also need to be controlled.

Sheep are especially subject to parasites, both external and internal. Sheep scab mites and sheep ticks can be killed by a program of dipping and sanitation.

Grinnells says that parasite control with livestock pays real dividends in more pork and beef, more milk and butter, better breeding stock, and larger net profits to the grower.

RELATIVES VISIT VETERAN PATIENTS IN VA HOSPITAL

Mrs. Telitha Stout of Vienna, Va. and Mrs. Sallie Freeman of Washington, D. C. spent Sunday, January 12, with Mrs. Freeman's brother, Fred Ensley, who is a patient at the Veterans hospital in Kecaregton, Va. Mr. Ensley is reported to be doing nicely.

Mr. Walter Frizzle, also a patient at Kecaregton hospital had as his guest on Sunday, January 12, his sister, Miss Nannie Frizzle of Arlington, Va.

Governor Calls For All-Out Support In Polio Campaign

(Continued from page one)

1944 and a number of these are still being cared for in hospitals, he said.

"North Carolina's quota this year is \$368,000 and the plan is to raise a minimum of \$450,000. Twenty-five per cent of the counties in 1946, I am informed, had to seek additional funds from the National Foundation in New York last year.

"Last year's quota was \$350,000 and \$433,000 was raised. Half of this amount is sent to National Headquarters for a national fund to aid epidemic areas and for research purposes. North Carolina has received a third again as much from national headquarters as has been sent to the National Foundation.

"I urge the citizens of this state to join the March of Dimes—giving generously."

Epidemic Tremor in chicks has been reported in Chatham County by poultry agents of the State College Extension Service.

S. J. Phillips Is Reported Better

Friends of Mr. S. J. Phillips of Willets, who is a patient at Mission Hospital in Asheville, will be glad to learn that he is improving.

Improved through research by engineers of the Bureau of Plant Industry, Soils, and Agricultural Engineering, prefabricated grain

bins now provide a practical means of long time storage of grain on farms.

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