

### STATE COLLEGE HINTS TO FARM HOMEMAKER

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Assistant State Agent

With onions so plentiful in market these days, a homemaker is likely to find herself keeping company often with these lively flavored vegetables. Whether you get the best of onions or they get the best of you in the kitchen, is often a matter of knowing simple ways of handling them. Home economists of the U. S. Department of Agriculture suggest for onions without tears, hold the onions under water while peeling. This also keeps the onion odor from penetrating the kitchen air.

To obtain juice and fine pulp for soup or clear sauce, cut an onion in half cross-wise and grate over a bowl. Or, if a very little juice is wanted, grate over waxed paper and save dishwashing. Cutting onion fine with a sharp knife is easier than grating and often serves a similar purpose.

To use part of an onion and keep the cut surface from drying, slit the skin and cut out the portion of onion needed; then wrap the skin back over the left-over part. Keep a cut onion in a cool place, wrapped in waxed paper to keep the odor from other foods as much as possible.

The flavoring substance of onion is an oil that blends with other fats and oils in food. Therefore, a good way to capture and extend

### Announces 'Rail Progress' Group



ANNOUNCING THE ESTABLISHMENT OF the "Federation of Railroad Progress," one of the aims of which will be to cut the power of the present Association of Railroads, Robert R. Young, dynamic railways magnate, is shown during a press conference in Washington. Chairman of the Board of the Chesapeake and Ohio and recently reported as gaining control of the New York Central, Young said he would fight to "shrink down" the number of major rail lines. Former Secretary of State Edward R. Stettinius heads the Federation's advisory council. (International)

the full flavor in stews or stuffings is to heat chopped onion in a little fat a few minutes and then add to the other ingredients. The same principle applies to salads. Add chopped onion to the oil dressings, and allow it to stand an hour or so before dressing the salad.

Cooking sweet potatoes in the oven or kettle without peeling saves vitamin as well as time. Tests show that, when baked or boiled without peeling, sweet potatoes retain from 69 to 83 per cent of their Vitamin C. Many people add a little sugar to the boiling water to give the potatoes a sweeter flavor.

The North Carolina Division of Forestry operates approximately 185 motor vehicles in protecting and conserving the forest land of North Carolina.

### CHICK PRODUCTION UP IN JANUARY

RALEIGH, March 1—Forty-four per cent more chicks were produced by commercial hatcheries in this State in January than for the same month a year ago, the Federal-State Crop Reporting Service estimates.

Despite the 2,300,000 chicks hatched in January, however, bookings for future delivery of the broiler varieties were found to be low in most areas.

The average January price for the heavy breeds was \$14 per hundred for the straight run chicks, while sexed pullets brought \$19, and sexed cockrels sold for \$12.30. In the light breeds, the mixed varieties were \$13.80, sexed pullets, \$21, and sexed cockrels, \$5. In the cross breeds, straight runs sold for \$13.80 per hundred, sexed pullets, \$17, and sexed cockrels, \$12.50.

### FARMERS SHOULD NOT SELL EWE LAMBS

RALEIGH, March 3—Sheep producers should not let the high prices entice them into selling all their lambs this spring, says R. S. Curtis, sheep marketing specialist with the N. C. Department of Agriculture.

Pointing out that lambs will begin to move to market early in May and continue through September, Curtis believes that "from 1,000 to 2,000 ewe lambs could and should be saved for breeding purposes."

"North Carolina needs these ewe lambs. Each sheep grower should add to or replenish his flock with at least five ewe lambs for breeding," says Curtis, adding that the State needs 2,500 or more sheep breeders.

He said the State Agriculture Department would assist farmers keeping ewe lambs in marketing them for breeding purposes in North Carolina.

### Meeting Called For Representatives Of Methodist Churches

The Rev. W. B. West, district superintendent of the Waynesville district of the Methodist church, has called a meeting at Bryson City, Friday, March 7, at 2:30 p. m. for representatives of all churches of the Waynesville district.

Those asked to attend from each church in the district are the Pastor, Charge Lay Leader, chairman of Christian Stewardship committee, president of the Woman's Society of Christian Service and the Sunday school superintendent.

The County Forest Wardens in the counties of North Carolina supervise the activities of the North Carolina Division of Forestry in each of the counties under forest fire protection.

### Vets Problems

Q—Will Veterans Administration guarantee a G. I. loan for a boat that I can use during my vacation and for taking occasional fishing trips?

A—No. Loans for pleasure purposes cannot be guaranteed or insured by Veterans Administration.

Q—For what term of years can a guaranteed loan be made?

A—Payments must be such that the veteran will repay his home or business real estate loan within 25 years, a farm loan within 40 years, and a non-real estate loan within 10 years.

Q—Is there any way that I can get Veterans Administration to deduct my National Service Life Insurance premiums from the monthly disability compensation check mailed to me each month?

A—Yes. You may go to any VA regional office or to a contact office and fill out a form which will authorize Veterans Administration to make the deduction from your compensation check.

Q—I want to change the beneficiary on my National Service Life Insurance, but I don't want the old beneficiary to know about it. Am I permitted to do this?

A—Yes. A veteran may change the beneficiary or beneficiaries of his NSLI at any time without their knowledge or consent.

Q—I recently lost my job and can't meet the payments on my G. I. guaranteed home loan. Am I entitled to get the readjustment compensation provided by the G. I. Bill?

A—Yes, you are entitled to readjustment allowance. Your home loan has no bearing on your right to unemployment compensation. You should apply to your state unemployment service to receive readjustment allowance.

### Jackson Farmers Receive \$4,091 For Seeds In 1946

Jackson county farmers have received checks amounting to \$4,091.78 for seeding winter cover crops and pastures under the 1946 AAA program, according to Mrs. Ellen N. Corbin, ACA secretary. These checks were mailed from Richmond, Va. and around \$2,000 more is expected to be mailed out within the next six weeks. Two carloads of phosphate for use this year have been received and delivered to the farmers, and prospects for more to be delivered soon are good.

Lime, which is in better supply than phosphate, has been arriving and 648 tons have been delivered to date. The ACA expects to deliver around 4800 tons in 1947. Notice has been given to farmers explaining the pasture grass phase of the program in which the farmer pays around one-third of the cost of seeds, and the AAA around two-thirds of the cost.

The Dairy Products Marketing Association has been authorized by the U. S. Department of Agriculture to begin immediate purchase of nonfat dry milk, to lend support to a weakening market for that product.

### That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.

You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feel constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

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