

STATE COLLEGE HINTS TO FARM HOMEMAKER

By VERA STANTON
Assistant State Agent

Prunes are plentiful on markets now, marketing specialists of the U. S. Department of Agriculture remind housewives. For variety, the family may enjoy spiced prunes, served hot or cold, as a relish with the first course or as a lively fruit dessert. For spicing, wash prunes, then put them in a saucepan and cover with boiling water. Let them soak about an hour, or until plump. Then cook them in the same water in which they have soaked. Simmer for 15 or 20 minutes until tender, adding more water if necessary during cooking. Toward the end of the cooking add sugar to taste, a few grains of salt, spice, and a little vinegar.

Turnip greens are as familiar on southern dining tables as corn pone and pork. But southern cooks differ in the way they prepare these greens. Some discard all the stems and even midribs and cook only the leaves. Others cook and serve the greens as they come, leaves and stems together.

Because turnip greens are so prominent in southern diets, scientists at the Texas Experiment Station recently made tests to learn the best method of preparation from the nutritional standpoint. They tested and compared the mineral values of both leaves and stems and found that in calcium, leaves rated as excellent, and stems as good to fair. In iron, the leaves rated good, and the stems fair to poor.

Although the leaves proved to have more nutritive value, the scientists believe the stems have enough to warrant their use. Discarding this part of greens is wasteful and also takes extra time in preparation. Some people object to the fiber or "stringiness" of older stems, but to many they are useful as roughage in the diet.

The southern custom of using the "pot liquor" or water in which the greens have cooked has long been approved by the nutritionists because the liquor contains soluble nutrients from the greens.

SCOTT'S SCRAP BOOK

By R. J. SCOTT



A SEA-ELEPHANT CAN EAT 150 POUNDS OF FISH IN A DAY, AND CAN GO WITHOUT FOOD FOR TWO MONTHS

SCRAPS

THE WESTERN GREBE DIVES WHEN IT BELIEVES ITSELF TO BE IN DANGER. OTHER WATER BIRDS USUALLY TRY TO RISE AND FLY AWAY

ARE CORN-EAR-WORMS CANNIBALISTIC? YES - THEY EAT EACH OTHER

Darrington, Wash.

By G. W. CLAYTON

Well, good friends, I will give out the good news—we have just had a week's meeting, and what a meeting it was, one of the best we have had in a long time. Quite a few to be baptised and quite a lot of old white heads, who had wandered off into the wilderness, came back and are now taking their places in the church and Sunday school. One year ago on Easter we had 99 in Sunday school. This past Easter we had 165 present for Sunday school. I hope old Jackson county is doing as well. Our preacher for the meeting was the Rev. Brown from Lyman and our pastor, the Rev. Breedlove, surely did make a great team in working for and with the Lord.

Our postmaster, Ward Woodard, has been given a 100 per cent mark by Uncle Sam, of which we are all proud. Our assistant postmaster is a Jackson county girl, Miss Sallie Lewis, and a fine girl with a smile for everyone. In spite of the high lumber prices we see six new houses going up. And new Tar Teels, I have never seen so many—Fate Shuler and son and lots more. Jobs are getting scarce. Old Uncle Sam Cook has sold out and is moving to Lyman.

We have been having some bum weather for the past week or so, but looks a little better now. We are hoping it will be pretty next Sunday as we are having our Singing convention. We are not looking for our friends from Jackson although you are welcome.

Card Of Thanks

We wish to express our appreciation to all for their kindness during the sickness and death of our husband and father, especially to the employees of C. J. Harris Community hospital and Dr. Grover Wilkes and Dr. John Painter. The Ledbetter Family.

JUNIORS SHOW PROFIT IN HANDLING STEERS

Seven hundred and seventy-two head of 4-H and FFA steers went through shows and sales in North Carolina last year, Leland Case, in charge of Animal Industry for the State College Extension Service said today.

According to Case, these animals weighed 614,115 pounds and sold for \$192,972.75, or an average of \$31.43 per head.

Financial reports on 537 head, showed that ninety-eight per cent of these steers made a net profit of \$54,383.53, or an average of \$101.27 per head.

"These profits will help to pay college tuition for many of the boys and girls participating," Case said, "but this is only one of the benefits derived from this popular 4-H Club work."

"These youngsters are learning to love livestock. They will become better citizens through their associations with good animals. They are learning good feeding, breeding and management methods, and their parents and neighbors are learning through the youth."

Chiropractic, and licensed to practice Chiropractic and Physio-therapy in North Carolina. He is a World War 1 veteran, Legionnaire and Master Mason.

Special sheep shearing schools be held in North Carolina the week for 4-H club boys and farmers will of May 19. School locations have not been set, but will be announced later.

Time out for Coke

BOTTLED UNDER AUTHORITY OF THE COCA-COLA COMPANY BY
COCA-COLA BOTTLING CO., ASHEVILLE, N. C. 5¢

Dr. W. L. Cutter Opens Offices In Sylva

Dr. Walter L. Cutter, of Chattanooga, Tenn. has opened offices in Sylva over the Leader Department store. Dr. Cutter is a graduate in Medicine, Osteopathy,

Unless We Act, 1 in 8 Will Die of CANCER

Your Support Is Asked In the Current Cancer Campaign Which Is Being Conducted This Month GIVE TO CONQUER CANCER



ROSCOE POTEET, Fund Chairman for Jackson County
MRS. W. L. JONES, Vice-Chairman for Jackson County

Community Chairmen and Workers:

Tom Wike, East LaPorte; Dr. W. A. Ashbrook, Cullowhee; Gene Lanning, Tuckasegee; Mrs. Joe Wright, Cashiers; John Brown, Canada; Mrs. Luther Stephens, Cowarts; Mrs. Elaine Norton, Glenville; Mrs. Pearl Stewart, Erastus; George T. Knight, Balsam; Price Dillard, Willets; Lon Jones, Addie; Roy Reed, Beta; Wayne Terrill, Dillsboro; Ralph Bradley, Barkers Creek, Mrs. Frank Hall, Qualla; J. B. Wetmore, Greens Creek; Robert Jones, Savannah, Dan Cowan, Webster; Dexter Hooper, and Sam Cannon, Sylva.

Jackson County's Quota Is \$400

Make your contribution to any one of the above or to W. J. Fisher, Fund Treasurer, at Jackson County Bank.

Your money will support Cancer Research, Diagnostic Clinics, and Proper Medical Treatment. THEN the United Powers of a Determined Nation can win the Battle Against the Public Enemy—CANCER.

BEFORE IT STRIKES

Give To The Jackson County Cancer Fund Drive Now On

THIS IMPORTANT HEALTH MESSAGE SPONSORED BY THE PHYSICIANS OF SYLVA

DR. D. D. HOOPER
DR. ROY WM. KIRCHBERG

DR. GROVER WILKES

DR. A. S. NICHOLS
DR. A. A. NICHOLS

WOODMEN OF THE WORLD

Life Insurance Society

Fraternity Protection Service

BRITTON M. MOORE
Sylva Representative
Sylva, N. C.

Nationwide...

SALES & SERVICE
GMC
TRUCKS
RANKS HIGH WITH HIGHWAY HAULERS

Displayed by a nationwide network of dealers, the GMC emblem is recognized by thousands of truck users as a "sure sign" of the best in service, parts and equipment. As a GMC headquarters, we offer truck transport in this area a three-fold service: 1. GMC "Army Workhorse"-powered trucks. 2. GMC genuine parts and accessories. 3. GMC scientific Preventive Maintenance for all makes and models. We're truck specialists, equipped to handle every service and equipment need. See us for "loads" of pulling power and performance!

YMAC Time Payment Plan Assures You of the Lowest Available Rates

HOOPER MOTOR CO.

Main Street SYLVA, N. C.

GMC THE TRUCK OF VALUE
★ GASOLINE · DIESEL