

### STATE COLLEGE HINTS TO FARM HOMEMAKER

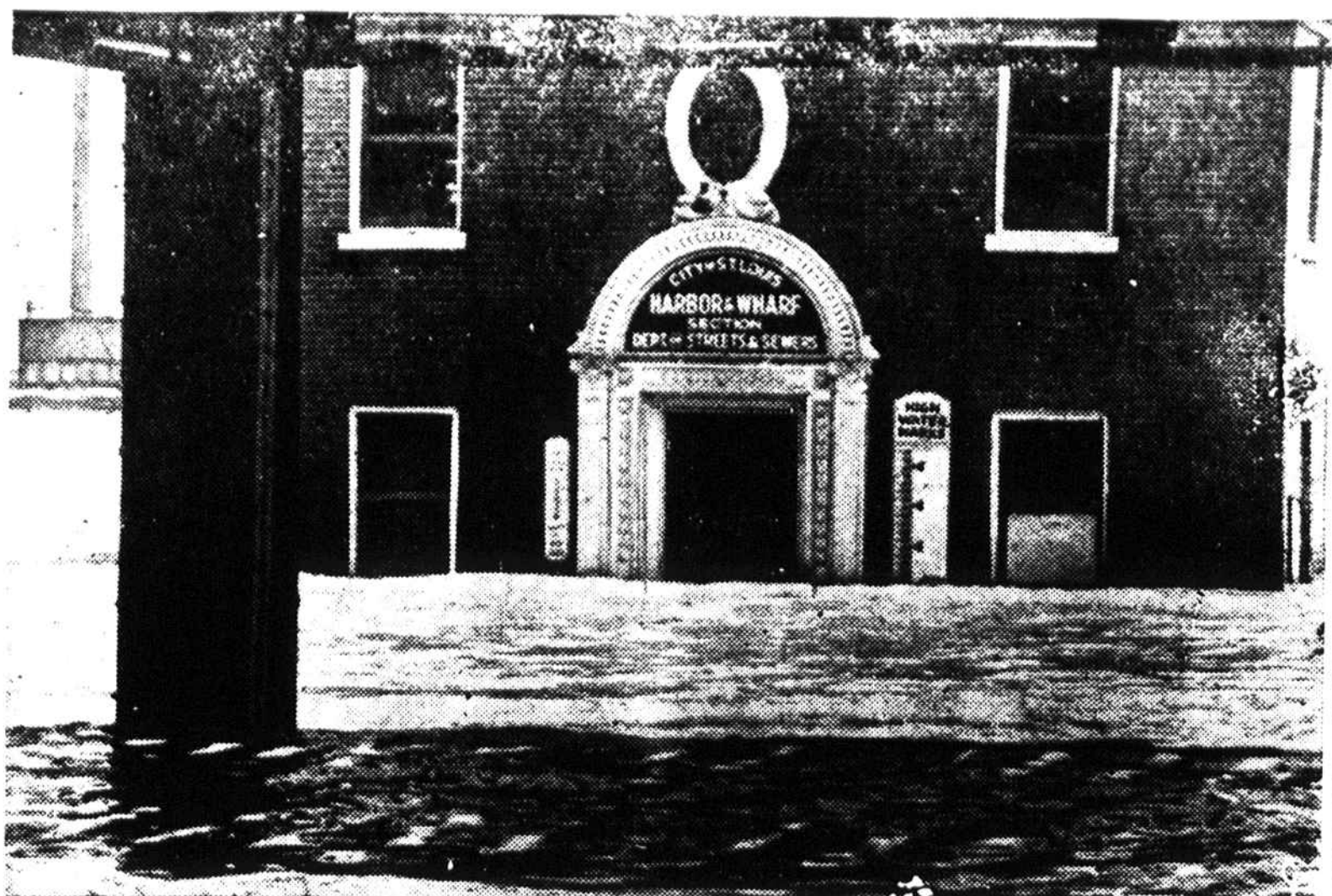
By VERNA STANTON  
Assistant State Agent

Use weights rather than measurements in making fruit preserves, specialists at the U. S. Department of Agriculture remind housewives who are doing their own preserving this season. The weight of a quart of fruit varies considerably with the kind, and with the way it is packed, and also with the shape and size of the pieces. Therefore, weighing the ingredients is more accurate and gives better results than measuring.

The standard proportion of sugar for preserves varies from three-fourths to one part by weight of sugar to one part by weight of prepared fruit. The smaller proportion of sugar can be used for the sweeter fruits.

If the family is to get the most in health value from food, the housewife must avoid obvious waste that shows up in a full garbage pail and the waste of nutrients from keeping food improperly or too long. This suggestion from nutritionists of the Minnesota Experiment Station is based on studies of nutritive losses

### FLOOD WRITES ITS OWN RECORD IN ST. LOUIS



SWIRLING PAST THE OFFICE of the St. Louis Harbormaster, Mississippi River flood waters leave their own record on the scale set up in front of the building. When the picture was taken, the water had risen to 39.2 feet, as against the 39.14 foot mark reached in 1944. In 1844, an all-time record of 41.3 feet was set. Even as "Old Man River" stood at its highest level in 103 years, an earthquake shook St. Louis area. (International)

especially of vegetables.

The wrong storage of vegetables in the home results in considerable loss of nutrients. Studies show that such vegetables as peas, broccoli, cauliflower, lettuce, spinach, endive and kale lose vitamin C rapidly at room temperature—as they stand and wait on the kitchen table, for example, or are kept in an open bin in the kitchen. In the refrigerator loss takes place much more slowly.

Keeping vegetables too long also causes losses. Although vitamin A is not so easily lost as C, even this vitamin gradually disappears from vegetables if they are kept too long. A study of lettuce shows that its vitamin A value drops markedly when kept too long in the refrigerator, the rate of loss corresponding with the amount of wilting.

Many housewives do not realize that leftover cooked vegetables also lose value as they stand. Although it is thrifty practice to save and use all leftover food, it is thriffter to plan so that vegetables will all be eaten at the meal with none left over. Uncovered foods in the refrigerator lose more than covered foods.

There were approximately 340,716,000 layers on hand on United States farms during May.

### Mr. and Mrs. Harrill On WCTC Faculty

By J. J. Booker

Cullowhee—Dr. Hunter, president of Western Carolina Teachers College, has disclosed that Mr. and Mrs. W. B. Harrill will be members of the faculty at WCTC beginning in the fall of 1947.

Mr. Harrill is noted throughout the state for his work with the Veteran's Administration during the past two years. Mrs. Harrill has been outstanding in social work other than her teaching.

Graduating at Wake Forest with a Bachelor of Science degree in 1925 the following year Mr. Harrill attended Columbia University in New York to continue with graduate work. For nine years he was principal of Glenwood high school in McDowell county then transferred to Fayetteville where he was principal of the high school for ten years.

When the regional office of the Veteran's Administration was organized with headquarters at Fayetteville in the fall of 1945, Mr. Harrill was appointed Senior Institutional Training Officer. He was placed in charge of all veterans in North Carolina who were enrolled in institutional training. Mr. Harrill attained this position

### Decoration At Love Graveyard, August 10

The will be a decoration at the Love graveyard near Willets on the second Sunday in August, the 10th, at 2 p. m. Everybody is invited to attend and bring flowers for the decoration.

for his interest and his formulating a plan whereby any serviceman could complete his high school training while in service. He directed this training by correspondence or personal contact with the persons involved.

When the state headquarters moved to Winston-Salem, Mr. Harrill moved with them and became one of the leading educators in the state for returning war veterans. At the spring check-up of 1947, Mr. Harrill was in charge of institutional training for 31,000 ex-GIs. Colonel J. B. Cress, Deputy Administrator of the Veterans Administration stated that the results of Mr. Harrill's pioneering efforts in this field were and are a challenge to the rest of the nation.

According to President Hunter, Mr. Harrill will be Professor of Secondary Education and Director of Public Relations when he begins work at WCTC this fall.

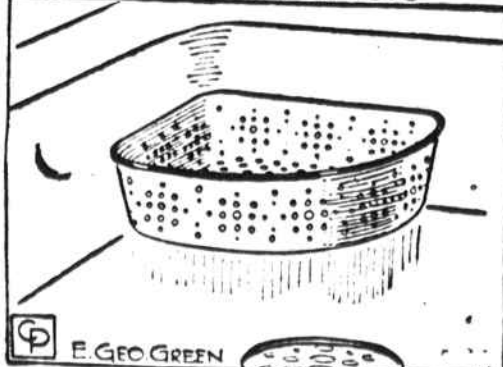
Mrs. Harrill graduated from Woman's College at Greensboro with a Bachelor of Science degree in Home Economics in 1923, returning in 1942 to receive her Master's degree at W. C. She will teach home economics at WCTC beginning this fall.

She had a scholarship to Scarritt College in Nashville, Tenn., to study religious education and attended George Peabody college in Nashville.

After teaching at Springhope, N. C., for four years and in McDowell county for seven years, she went to Cumberland county and became one of the leaders of her field. She was a member of the county nutrition committee and agriculture committee. She taught nutrition and first aid for the Red Cross at Fort Bragg. Mrs. Harrill was president of the Cumberland county Home Economics Club for six years and took an active part in the Cross Creek Garden Club.

Mr. and Mrs. Harrill will take up temporary residence in Cullowhee until next spring when they plan to build just outside of Cullowhee.

### Wife Preservers



Do not leave a triangular sink drainer un-rinsed for any length of time, as acids from the food drain slowly and can spoil the sink's finish.

### MUGGS AND SKEETER



### Hamilton, Wash., News

Mrs. William H. Bumgarner and two small sons, Carol and Gene, and James Alvin Bumgarner were the dinner guests of Mr. and Mrs. Albert Blanton on Sunday, July 13.

Carl Beasley, Clyde Ashe, Ellis Dillard, and Talmadge Allen, all formerly of Sylva, arrived last week in Washington.

Mr. Emmitt Blanton was a guest in the home of Mr. and Mrs. Albert Blanton on Saturday, July 12.

Miss Pauline Blanton was an overnight guest of her sister, Mrs. William H. Bumgarner, on Saturday night, July 12.

Mrs. Albert Blanton and sons, Ernest and Edward, visited in the home of Mr. and Mrs. Robert Sutton on Saturday, July 12.

Two former Bryson City boys, Jimmy Cope and Johnny Cope, sons of Mr. and Mrs. Vernon Lee Cope of Bryson City, arrived in Hamilton last week. They are grandsons of Mr. and Mrs. Walter Cope of Sylva.

Mr. and Mrs. Albert Blanton and family were guests of Mr. and Mrs. Else Ashe on Sunday, July 13. Rev. Hugh Wood, of Portland, Ore., preached a very interesting sermon in the Lyman Baptist Church on Sunday night, July 13.

### At Paris Conference



BRITISH Foreign Secretary Ernest Bevin is shown as he addressed the sixteen-nation meeting in Paris. He was unanimously elected chairman of the conference on the Marshall plan for economic aid to Europe. The conference adopted a Cooperation Committee plan to implement Marshall program. (International)

### Quarterly Conference Held; Deacons Elected

The third quarterly church conference of the Cullowhee Baptist church was held last Sunday evening after an enjoyable meal in the church recreation room. The meeting was well attended, and reports were made from the general committees and unit organizations.

New matters of business included the election of three new deacons, J. B. Painter, G. T. Hampton, and H. T. Hunter, who succeed in the church plan of rotation of the board. C. A. Hoyle, C. D. Killian, and L. A. Buchanan. Also the conference approved without a dissenting vote the recommendation of the trusteeship of the properties be transferred to the deacons and that a sufficient number of trustees to meet any legal requirement be elected from the board of deacons and that the board of trustees be rotated over a period of time to be determined by the present group of deacons.

John Crawford was elected church clerk to fill an unexpired term.

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# Farmers Federation PICNIC

Saturday, July 26, 10 A.M.  
at  
Sylva Grammar School

## Everybody Invited

Contests - - Prizes  
New Attractions

All Musicians, Quartets, And Choirs Especially Invited  
Plenty of FREE Watermelon and Lemonade

### Bring Lunch... Spend Day

FRED COPE, Manager Local Store

BY WALLY BISHOP