

STATE COLLEGE HINTS TO FARM HOMEMAKER

By RUTH CURRENT
 State Home Demonstration Agent

Cantaloups are plentiful this year and along with their appetizing color, flavor and texture, they are a good source of vitamin C. Those of deep yellow color also are a good source of vitamin A. Cantaloups today are sweeter and ripener than they used to be. This is because of the newer trend toward picking riper and pre-cooling before shipping. Many cantaloups today are harvested at what growers call "full slip" — that is, when the stem breaks easily from the vine indicating ripeness. At this stage the melons ripen easily to their full sweetness.

Iron with the grain of the fabric — it makes ironing easier, though the difference may be almost imperceptible. An even more important reason for ironing with the grain is to keep bias-cut garments from sagging out of shape.

"Pressing" means to set iron directly down upon fabrics and lift is directly upward without to and fro action. Wools must always be pressed to avoid distortion of shape and damage to surface finish. Delicate laces, nets, and the like should also be pressed, lest the iron tear the delicate meshes. Use a pressing cloth.

Avoid "lost motion" when you iron — it causes fatigue. Avoid using a wobbly iron handle or a wobbly board for they increase "lost motion" and thus increase fatigue.

One-half cup of canned salmon

HOSPITAL NEWS

BIRTHS

Born to Mr. and Mrs. Shirley Pressley, Greenville, a girl, July 22.
 Born to Mr. and Mrs. Robert Clements, Whittier, a girl, July 23.
 Born to Mr. and Mrs. Rex Frizzell, Sylva, a girl, July 22.
 Born to Mr. and Mrs. Henry Parris, Whittier, a boy, July 24.
 Born to Mr. and Mrs. Wayne Keener, Whittier, a boy, July 27.
 Born to Mr. and Mrs. Robert Hall, Dillsboro, a girl, July 27.
 Born to Mr. and Mrs. James Hall, Sylva, twin boys, July 28.
 Born to Mr. and Mrs. Fred Long, Greenville, a boy, July 31.
 Born to Mr. and Mrs. Billy Coward, Cowarts, a boy, Aug. 2.
 Born to Mr. and Mrs. Leonard Massie, Dillsboro, a boy, Aug. 3

ADMITTED

Mrs. Hazel Walk, Bryson City, July 22.
 Mrs. Juanita Davis, Sylva, July 23.
 Mrs. Carrie Crisp, Sylva, July 23.
 Mrs. Vernon McHan, Sylva, July 24.
 Mrs. Charlie Stewart, Sylva, July 24.
 Miss Betty Ammons, Sylva, July 25.
 Mrs. Marcellus Deitz, Dillsboro, July 26.
 Mrs. Walter Bradley, Dillsboro, July 26.
 Mr. Joseph Asher, Franklin, July 26.
 Mr. Claude Tolbert, Bryson City, July 27.
 Mr. Julius B. Kiser, Franklin, July 27.

added to an omelette recipe will provide an appetizing change for a meatless day. Serve with tomato sauce.

PERSONALS

Mr. and Mrs. W. C. Stallworth, of Greenville, Ga., spent the first of last week here with their daughter and son-in-law, Mr. and Mrs. E. W. Wilson.
 Mr. and Mrs. Luther B. Young of Fort Worth, Texas have been visiting friends and relatives in Jackson County, Georgia and Florida. Mrs. Young is the granddaughter of Columbus Kitchen and the late Pedie Pool. She visited her aunt, Mrs. Laura Kitchen Snyder while in town.

Judge and Mrs. Dan K. Moore and daughter, Edith, have returned from Pikeville, Tenn., where they visited Mrs. Moore's mother, Mrs. Coy Coulter. Their young son, Danny, remained for a longer visit with his grandmother.

Mrs. J. W. Bowman and daughter, Anne, of Winston-Salem arrived Wednesday to visit her aunt, Mrs. Mattie McKee, at Webster, and her uncle, F. N. McLain, in Sylva, and other relatives.

Mrs. Jimmy Coleman arrived Tuesday from Hayesville and is the guest of Mr. and Mrs. A. O. Allison. Mr. and Mrs. John O'Kelly and two children of Morganton are spending this week with her parents, Mr. and Mrs. John Fincannon, and other relatives.

Mr. and Mrs. John Parris left Tuesday to return to Ocracoke Island, after spending a few days with his mother, Mrs. J. A. Parris.

Mrs. D. D. Hooper, Sr., and Mrs. H. M. Hooper spent a few days

July 27.
 Mrs. A. D. Parker, Sylva, July 27.

Mrs. Jarvis Oxner, Sylva, July 27.

Mrs. John B. Dillard, Sylva, July 28.

Mrs. Lawson Shook, Franklin, July 28.

Mrs. Josie Norton, Bryson City, July 28.

Mr. Wayne Gunter, Bryson City, July 29.

Mr. William C. Norton, Cullowhee, July 29.

Mrs. Julie Ledford, Bryson City, July 30.

Little Donna Stewman, daughter of Mr. and Mrs. Harley Stewman, Sylva, July 31.

Mrs. Samuel Davis, Dillsboro, July 31.

Mr. Delos Green, Speedwell, July 31.

Mr. Clarence Brendle, Speedwell, July 31.

Mrs. Mary Bridges, Tuckaseegee, July 31.

Miss Ruby Cook, Whittier, Aug. 1.

Mrs. J. B. Cogdill, Sylva, Aug. 1.

Mr. Charles H. Meadows, Bryson City, Aug. 2.

Mrs. Andy Frady, Sylva, Aug. 2.

Mrs. Minnie Jones, Whittier, Aug. 2.

Mrs. Riley Randall, Bryson City, Aug. 2.

Mrs. Henry Prince, Cowarts, Aug. 2.

Mr. Osborne Angel, Sylva, Aug. 2.

Mrs. Joe Ensley, Tuckaseegee, Aug. 2.

Miss Peggy Revis, Barkers Creek, Aug. 2.

Mrs. Hattie Barnes, East La-Porte, Aug. 2.

J. P.'s Cannot Carry Arms Says N. C. Attorney
 Justices of the Peace in North Carolina cannot legally carry concealed fire arms according to a ruling by Attorney General Harry McMullin.

"A Justice of the peace," the attorney general stated, "is a judicial officer and not an officer charged with the execution of the law. Consequently he cannot carry a concealed weapon off his premises, his rights in this respect being no greater than those of other citizens."

The Navy has developed a human catapult to test human tolerance to accelerated takeoffs and arrested landings in the newest, super-speed aircraft.

The first of the week with Mr. and Mrs. Junie Hooper at Tuckaseegee. J. W. Sanford, Sr., and Mrs. J. W. Sanford, Jr., father and sister-in-law of Mrs. Ben Cathey, spent last week here as her guests, returning to their homes in Augusta, Ga., on Friday.

Dr. A. A. Nichols of Sylva, who underwent an operation in Angel hospital, Franklin, on Sunday, is reported to be getting along nicely.

Judge and Mrs. Dan Moore will go to Burnsville Sunday where Judge Moore will preside at court and Mrs. Moore will spend a few days there. They will be accompanied to Boone by their daughter, Edith, and Mrs. David M. Hall, Sr., who will spend some time with Mrs. Hall's sister, Mrs. J. H. Council, and family.

Mrs. N. R. Hunter is here from Franklin, spending this week with her daughter, Mrs. W. R. Enloe, and Mr. Enloe.

Mrs. J. J. Hooker has returned from a visit with her brother, William Enloe, and sister, Mrs. Frank Gudenrath, in Lafayette, Ga., and is the guest this week of Mr. and Mrs. D. M. Hall, Jr.

Mr. and Mrs. Philip Richert, Mrs. J. M. Case, Mrs. Ruby Crisman and son, Joe, of Akron, Ohio, left Monday for Hendersonville, after a five day visit with Mr. and Mrs. J. B. Case.

Mr. and Mrs. J. A. Gray went to Morristown, Tenn. Saturday to visit Mrs. Gray's father, Mr. A. J. Robertson. Mr. Gray returned Sunday, but Mrs. Gray is spending the week with her father and other relatives.

WHITTIER NEWS

Ed Treadaway, Seaman First Class, who is stationed at Key West, Fla. is spending a thirty day leave here with his family and friends.

Miss Nelda Reed visited her grandmother, Mrs. Sally Collins, at Cashiers last week.

Mrs. Melton Miller and small son, Owen, of Iowa are spending this month with her mother, Mrs. Fay Varner.

Mr. and Mrs. Colvard of Atlanta, Ga., were week-end guests of Mrs. Fay Varner.

"Words Of Thanks"

"Word of Thanks" to the white citizens of Sylva and Jackson county for their contributions to the Maze Chapel A.M.E. Zion church. The amount raised was \$505.50. Signed, The trustees and pastor, Rev. J. W. Davis

STATE COLLEGE ANSWERS TIMELY FARM QUESTIONS

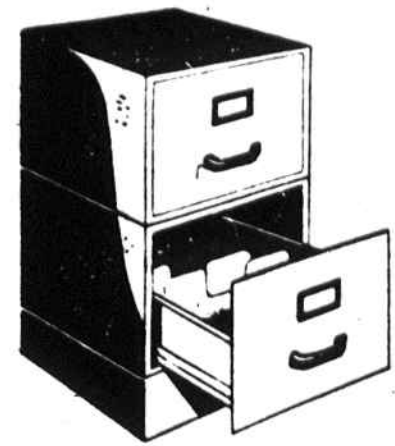
QUESTION — What special points should be considered in planning a new kitchen?

ANSWER — The kitchen should be worked out to scale and plans made for necessary activities. Work centers for preparing food, cooking, and cleaning up after meals

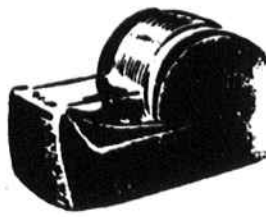
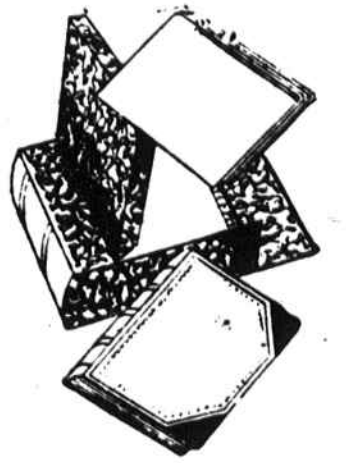
should be within a space of four to six feet. Do not separate work centers by doorways. Arrange for a place to serve family meals in the kitchen. Have a sink with hot and cold running water and a drain. Have a good stove with handy shelves for cooking utensils. Provide plenty of cabinet space with toe space underneath. Cover cabinet table tops with material which is easy to clean. Arrange equipment so you will move logically from one job to another. Install electric outlets at proper places.

Cullowhee H.D.C. Met With Mrs. Bob Holden Thursday

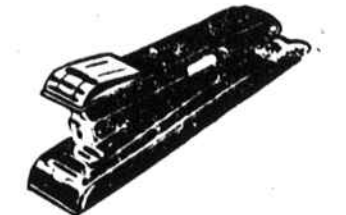
The Cullowhee Home Demonstration Club met Thursday, July 22, with Mrs. Bob Holden. Mrs. Ruth Wallin, president, presided and tendered her resignation. Mrs. Carlson Bryson was elected to fill the vacancy. Mrs. Maude Paxton was in charge of the program, which was on clothing. Plans for the curb market were discussed. Mrs. Holden served refreshments.



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