

Timely, Practical Household Suggestions

By RUTH CURRENT N. S. State College

Saving stockings has become a matter of serious concern to women generally in the present hose shortage.

Washing care: Rayon stockings survive longer if washed before being worn—and always washed carefully.

Stored stockings: Hose held over from one season to another last longer if they are rinsed occasionally during their wait.

Halting a run: Stop runs or snags on the run. Though easily mended when small, a little break can pull to impossible proportions.

Mending: Runs in places that will not show may be permanently sealed by the "run-stop" preparations sold in stores.

Runs may be mended by hand, by fine machine-stitching, or by the mending services now offered by department stores and even "five-and-ten" stores.

"The diet and nutrition of every person and the conditions under which he eats have a profound influence upon his mental and bodily health and upon his morale," states Dr. Robert S. Goodhart of the Industrial Feeding Programs Division, U. S. Department of Agriculture.

"Weakness, irritability, difficulty in concentrating, and a 'lazy' feeling toward work are symptoms common to both fatigue and hunger. Malnutrition not yet severe enough to be a real deficiency disease, still may be responsible for mental depression, indigestion, easy fatigue, loss of weight, slow learning ability, interference with vision, and clumsiness at jobs requiring skill with hands."

The giblets are some of the least appreciated yet most valuable parts of chicken or turkey, say food scientists. Too many home cooks know only of their use in giblet gravy and do not realize their possibilities for delicious main dishes.

In preparing giblets an important point to remember is that gizzards and hearts need long slow cooking by simmering to make them tender, but livers are tender to begin with, so need only brief cooking.

To prevent a child from taking things which belong to others, give him possessions of his own and respect his rights to them.

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AFTER CURLEY HEARD HIS SENTENCE



ACCOMPANIED BY MEMBERS OF HIS FAMILY, Representative James M. Curley of Massachusetts, who is also mayor of Boston, is shown leaving the Federal Court in Washington after Judge James G. Proctor had sentenced him to six months to a year and a half in prison for mail fraud.

First Fortnight March Home Club Schedule Given

The schedule for the first two weeks in March of the Haywood County Home Demonstration clubs will be as follows, according to announcement by the agents, Miss Mary Margaret Smith and Miss Jonathan club will meet with Mrs. C. M. Moody on Friday afternoon.

The Morning Star club will meet with Mrs. J. L. Cannon on Monday afternoon, the 11th, at 2 o'clock; Maple Grove club with Mrs. Roy Hightower on Tuesday, the 12th, at 2 o'clock.

The Francis Cove club will meet with Mrs. Troy Wyche, on Wednesday afternoon, the 13th, at 2 o'clock; Fines Creek club at the Fines Creek school on Thursday afternoon, the 14th, at 2 o'clock; Crabtree and Hyder Mountain clubs will meet at the Crabtree school on Friday, the 15th, at 2 o'clock.

The county home agents will attend a training school on Tuesday, the 5th, in Asheville.

Won \$4,150 and Kiss



REMEMBERING that Arizona was the last state to enter the Union, Staff Sgt. Hulon Whittington of Ellaville, Ga., hit the jackpot on a radio quiz program and won \$4,150. Here he's shown in New York getting a thank-you kiss from Mrs. Whittington. The Sergeant was a winner in the late war, too, receiving the Congressional Medal. (International)

Fred Martin, Jr. Discharged From Air Corps

Flight Officer Fred Martin, Jr., has been discharged from the air corps and will remain here with his parents until he re-enters college.

He was inducted in the service on May 12, 1943, while a student at Western Carolina Teachers College. He was first sent to Camp Croft and from there to Morning-side College, Sioux City, Iowa.

For his basic training he was sent to Marana, Ariz., and graduated from the Advanced Flight School at Phoenix, Ariz. He was discharged from the army air field at Lincoln, Neb.

Covering for Dust Mop A covering for the dust mop may be made from old material with a draw string. Use it over dust mops during the week, then take it off and wash it. In this way you always have a clean mop and the covering is easier to wash than the mop.

Tom Eavenson, F 1/c, Honorably Discharged

Tom D. Eavenson, F 1/c, of Waynesville, R.F.D. No. 1, has been honorably discharged from the Navy at the U. S. Personnel Separation center, Charleston, S. C., according to information received from the center.

He entered the service on April 26, 1944 and served for 23 months in the navy with 20 months of sea duty. He is entitled to wear the Asiatic-Pacific theater ribbon with six battle stars, and the Philippine Liberation ribbon.

At the time he entered the service he was employed as an electrician. Fireman Eavenson is the son of Mr. and Mrs. H. H. Eavenson, of Waynesville, R.F.D. No. 1.

Cpl. Garfield Phillips Re-enlists In Army

Corporal Garfield Phillips, son of Mr. and Mrs. James Phillips of Mt. Sterling, has re-enlisted in the army for a three-year period and will arrive in the near future from the 5th Replacement Depot near Manila for a furlough before reporting for duty in Alaska.

Cpl. Phillips has been on duty in the Philippines since last June and was assigned to the 37th division on Luzon. He is authorized to wear the American theater ribbon, the Asiatic-Pacific theater ribbon with one campaign star, the Philippine Liberation ribbon with one campaign star, the Good Conduct medal ribbon and the Victory medal ribbon.

Miss Bessie Smathers, who has been residing in Richmond, Va., for the past six years has arrived in town. She is with her parents and will visit her sister, Mrs. John Lewis, of Hazelwood.

ARCHBISHOP SPELLMAN IS NOTIFIED



AN ANCIENT RITUAL of the Roman Catholic Church is observed in Vatican City in Rome as a messenger from the Pope delivers to Archbishop Francis Spellman of New York the "biglietti" that formally notifies him of his selection as a Cardinal. Acting as the papal messenger is Monsignor Martin Gilligan of Cincinnati, Ohio. (International Radiophoto)

BRINGING FAR NORTH TO NEW YORK



JUST A DETAIL of the ninth annual National Sportsmen's show in New York's Madison Square Garden, this Eskimo family group has 'em hanging on the fence as Papa Burnaroon holds Baby Enoruk, aged 6 months, while Mama Achich adjusts the little stranger's hat. (International)

DISABLED VETS ARE GRADUATED



CHIEF OF STAFF and General of the Army Dwight D. Eisenhower was principal speaker at the graduation exercises of 32 World War II disabled veterans from the American University, Washington, D. C. As American Veterans National Service officers, they will be placed in veterans' offices, where they will assist former GIs. Shown at the ceremony are (l. to r.) Gen. Eisenhower, Cpl. Otto Goetz of Cincinnati, O., who lost an ear in action; Pvt. Irving Felts, Brooklyn, N. Y., who lost a leg, arm, and an eye on the Anzio beachhead; and Gen. Omar N. Bradley, Administrator of Veterans Affairs. (International Soundphoto)

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THURSDAY-FRIDAY—FEB. 28—MARCH 1

"Kiss And Tell"

Shirley Temple-Jerome Courtland

SATURDAY—MARCH 2

"Flame Of The West"

Johnny Mack Brown-Raymond Hatton

LATE SHOW

"Crime Doctor's Warning"

Warner Baxter

SUNDAY—MARCH 3

"Vacation From Marriage"

Robert Donat-Deborah Kerr

MONDAY-TUESDAY—MARCH 4-5

"Masquerade In Mexico"

Dorothy Lamour-Arturo-De Cordova

WEDNESDAY—MARCH 6

"She Went To The Races"

James Craig-Frances Gifford

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