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. Clothing specialists offer some suggestions:

Washing care: Rayon stockings survive longer if washed before being worn-and always washed carefully. Use lukewarm suds of mild soap and lukewarm rinsing water. Rayon is weak when wet so squeeze gently to remove soil but avoid pulling, twisting, and wringing. Wait until hose are thoroughly dry before putting

Stored stockings: Hose held over from one season to another last longer if they are rinsed occasionally during their wait. Lightcolored stockings put away for next summer, for example, should be rinsed out a few times during

Halting a run; Stop runs or snags on the run. Though easily mended when small, a little break can pull to impossible proportions if allowed to go even a few minutes. A snag can often be stopped simply by pulling the loop through to the underside. A run may be held by applying a little paste, even tooth paste, until it can be mended. The old trick of moistening a break, which stopped runs in silk hose, does not work with

Mending: Runs in places that will not show may be permanently sealed by the "run-stop" preparations sold in stores. This may be better than sewing because it does not lessen the elasticity of the stocking. Run-stop preparations will not come out when washed. so are not suitable for temporary first aid on runs to be mended

Runs may be mended by hand. by fine machine-stitching, or by the mending services now offered by department stores and even "fiveand-ten" stores. For hand mending the best thread is a raveling from an old stocking of matching or slightly darker shade. Stocking yarn is lighter in weight so less conspicuous than darning thread.

"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 Agri

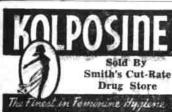
"Weakness, irritability, difficult in concentrating, and a 'lazy' feeling toward work are symptom common to both fatigue and hunger. Malnutrition not yet severe enough to be a real deficiency disease, still may be responsible for mental depression, indigestion. easy fatigue, loss of weight, slow learning 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 possibilities for delicious main dishes. Chicken or turkey livers especially offer rich value in iron and all vitamins. retail markets today sell gibletshearts, and livers and gizzards to gether-or livers alone by the pound.

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. In general, gizzards and hearts of older birds take about twice as long to cook as those of young birds. Giblets cook more quickly if they are cut in pieces

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

Read the Classified Advertisements



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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 Jeaving the Federal Court in Washington after Judge James G Proctor had sentenced him to from six months to a year and a half in prison for mail fraud. Shown (L to r.) are Mary Curley Donnelly, daughter, Rep. Curley; Mrs. Curley, wife, and son Leo. (International Soundphoto)

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 pupal 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 Bumaroon 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 cere-mony are (L to r.) Gen. Eisenhower, Cpi. Otto Goeiz of Cincinnati, O., who lost an ear in action; Pvt. Irving Peltz, Brooklyn, N. Y., who lost leg, arm, and an eye on the Anzlo beachhead; and Gen. Omar N. Bradley, Administrator of Veterans Affairs. (International Soundphoto)

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 1st at 2 o'clock; the Allen's Creek club will meet at 2 o'clock on Wednesday afternoon, the 6th, Dellwood club with Mrs. Frank Henry on Thursday afternoon, the 7th, at 2 o'clock; the Iron Duff club will meet on Friday afternoon, the 8th, at 2 o'clock with the place to be announced later.

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

The county home agents will atend a training school on Tuesday, he 5th, in Asheville,

Tom Eavenson, F 1/c, Honorably Discharged

Tom D. Eavenson, F 1/c, of Wayicsville, R.F.D. No. 1, has been onorably discharged from the Vavy at the U.S. Personnel Sepaation center, Charleston, S. C. ccording to information received rom the center.

He entered the service on April 8, 1944 and served for 23 months n the navy with 20 months of sea iuty. He is entitled to wear the siatic-Pacific theater ribbon with x battle stars, and the Philippine iberation ribbon.

At the time he entered the serice he was employed as an elecrician. Fireman Eavenson is the on of Mr. and Mrs. H. II. Eavenon, of Waynesville, R.F.D. No 1.

Cpl. Garfield Phillips Re-enlists In Army

Mr. and Mrs. James Phillips of tendance, based on enrollment. Mt. Sterling, has re-enlisted in the irmy for a three-year period and will arrive in the near future from Poindexter is adult counselor. the 5th Replacement Depot near Manila for a furlough before re-porting for duty in Alaska.

Cpl. Phillips has been on duty n the Philippines since last June and was assigned to the 37th division on Luzon. He is authorized o 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

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

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 tackpot 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)

Haywood Youth Group To Meet At Clyde On 4th

The regular monthly meeting of the Haywood County Methodist Youth Fellowship will be held at the Clyde Methodist church at 7:30 p. m. Monday, March 4. Dean J Stevenson of Brevard College will be guest speaker. The host fellowship will be in charge of the devotional part of the program and will serve refreshments.

Officers for the ensuing year will be elected. Each local fellowship i to furnish a member of the nomi nating committee which will ge together before the regular meet ing to make nominations. These representatives are to come early An attendance banner will be awarded to the local fellowship excluding the host fellowship, hav-Corporal Garfield Phillips, son of ing the highest percentage of at-Miss Dorothy Janes is president

of the county organization. C. C To sell something quick-try The



Smith's Cut Rate Drug Store

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 col-

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 Morningide College, Sioux City, Iowa. He took his pre-flight training at Santa Ana. Calif., and primary training at Ryan Field, Tuscon, Ariz.

For his basic training he was ent 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. It may be treated with an oil made from 1 quart of paraffin, 4 ounces of kerosene, and 8 ounces of vinegar. Soak the covering until it is well penetrated and then dry it out and use.

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THURSDAY-FRIDAY-FEB. 28-MARCH1

"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" Dorthy Lamour-Arturo-De Cordova

WEDNESDAY-MARCH 6

"She Went To The Races" James Craig-Frances Gifford

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