

## State College Hints To Home Makers

Research on cooking shows that potatoes boiled whole in their skins retain practically all of their vitamin C and thiamine. It also shows, on the other hand, that potatoes peeled before boiling lose 20 to 30% of vitamin C and some thiamine as well.

Boiling potatoes with their jackets on is a good start towards serving them scalloped, mashed creamed or in other ways. Peeling after cooking is an easy and quick task.

Mashed potatoes prepared from potatoes that have just been boiled in their skins, retain most of their nutritive value.

If cooked potatoes are to be held in the refrigerator they will further lose vitamin C, but keeping their jackets on helps retain this vitamin which is so sensitive to air, heat and water.

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## WHAT IS AN EXTENSION TELEPHONE?

An extension telephone is an extra telephone instrument attached to your present line. It can be placed anywhere in your home or place of business. Since the telephone instruments are again available, we are happy to announce that EXTENSION TELEPHONE SERVICE IS AVAILABLE AGAIN.

Main telephone service, however, is still on the "hard-to-get" list because production of the central office equipment and lead covered cable needed to extend our present facilities, is slow and delivery dates uncertain. We shall continue, however, to install main telephones where we have the necessary outside facilities and central office equipment.

Carolina Tel. & Tel. Company



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## GIFTS FOR AUSTRIAN CHILDREN



WASHINGTON, D. C.—Georg Goerts, 11, from Vienna, Austria, looks over some of the health and educational supplies being sent to Austrian children from American children through the American Junior Red Cross. Georg's father is economic adviser to the Austrian legation here. Shown with Georg is Naomi Pollin, a Washington high school student.

## A Prayer

By: R. R. RAIFORD

Lord I pray to thee for patience when the world seems unfair. When life seems one long injustice and the end alone is despair.

When I am weary, oh so weary and my tears bring no relief when I question why Thou permit humanity to suffer so much grief.

Give me faith as well as patience and forgive me when I pray for some knowledge or reason why we suffer day by day.

Teach me how to give to others something helpful, something true; how to start each day anew.

God in Heaven, forgive my failures, and uphold me with thy hand. I can only hope, believing, that someday I'll understand.

will pour forth an abundant variety of menu-building foods. Miss Hilda Clontz, Home Agent, said here this week. November plentiful, she

said, will include oranges, grapefruit, lemons, grapes, winter pears, apples and juice, prunes, and a host of others.

A family that does not have much capital can usually make more money as tenants on a good farm than as owners on a poor farm.

Most farmers mortgage troubles grow out of buying a farm at too high a price and then trying to pay for it after prices of farm products have fallen.

## Plenty Of Food Now Available

The November horn of plenty

**666** GIVES FAST RELIEF when COLD MISERIES STRIKE  
LIQUID OR TABLETS

## Uncle Sam Says



A baseball player socking out a home run in a tight World Series game provides the thrill of a lifetime. A parent socking away a sheaf of U. S. Savings Bonds provides security and a thrill for his family in the years to come. Start saving today. In ten quick years you'll be repaid \$4 for every \$3 you put into your Savings Bonds "nest-egg", and that's a guarantee by your Uncle Sam. Sign up for the Payroll Savings Plan where you work, or if in business or a professional enroll for the Bond-a-Month Plan at your bank. U. S. Treasury Department

## John Turner On USS Albany

John Alton Turner, pipefitter, 3/c, USN, of Rt. 1, Rose Hill is serving aboard the heavy cruiser USS Albany on a 6-months cruise in the Mediterranean.

FIRST FLIGHT TO BE CELEBRATED AT KILL DEVIL HILL

## DEC. SEVENTEENTH

An aerial display of many types of U. S. military planes, addresses by noted aviation leaders and officials, a special luncheon and music

will be presented on Kill Devil Hill on December 17 to commemorate the achievement of Wilbur and Orville Wright. It has been announced by M. R. Daniels, secretary, Kill Devil Hill Association.



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