

Health for All

We don't think much about breathing. Our lungs usually work for us without conscious orders from the brain. It is only when breathing becomes difficult that we stop to think of the complicated and delicate structure on which we depend for life itself.

So delicate is the fabric that the pressure of a small amount of air can cause a lung to collapse. The lung cavity is protected by the strong bony cage of ribs, but sometimes a disease such as tuberculosis, a tissue defect, or a wound will allow air, blood or pus to get into the space around the lung and force it to collapse.

Even when one lung is partly or totally collapsed, a person can get on reasonably well with the other. In treating tuberculosis, a lung is sometimes purposely collapsed to allow it to rest, and so give the diseased parts a chance to heal. For many years lung collapse, either temporary by forcing air into the lung cavity, or permanent by removing part of the ribs, was the only safe surgical treatment of TB. Today, with the use of anti-tuberculosis drugs, the surgeon can often cut out diseased parts of the lung. However, there are cases where this cannot be done and collapse can be more successful. In a new type of operation, collapse is maintained by putting into the chest cavity some material



WINTER'S WHITE STEED—Peggy D'Arcy, left, and Dolores Harrington are all dressed for a canter through the winterized countryside, but they'll have to choose another steed. This white horse, fashioned by wind and wave on the shore of Lake Michigan near Chicago, Ill., would melt under their sunny dispositions.

such as plastic balls. Usually a collapsed lung will re-expand slowly as the air about it is absorbed, and normal function will be restored. But pressure over a long period may result in thickened, scarred membrane around the lung, permanently constricting it. During World War II an operation was developed to free the lung of this scar tissue. Now a lung that has been totally collapsed for 20 or more years can sometimes be re-expanded.

Medical science is constantly learning more and more about our lungs and how they work, to give us healthier, happier lives. This column is sponsored in the interest of better health by the Wayne County tuberculosis association.

Milton Negro News

(By Gloria Jean Cobb)
Mrs. Effie Hopes of Norfolk, Va., spent Sunday with D. P. Kornegay.
Miss Joyce Ann Cousins has returned home from the Wayne Memorial hospital.
Miss Lettie Allen and sister, Mrs. Jim Donnie, of New York, spent Sunday in the home of Mrs. Julia Bennes of Mount Olive. They were accompanied by Mrs. Della Kornegay of Dudley.
The regular fourth Sunday church service will be held at Stanley Chapel Sunday with the Rev. Moses Kornegay, pastor. Mt. Gilead choir and several others will render music at 3 p.m.
Livingston Cobb, son of Mrs. Cora B. Cobb, has returned home after spending some time in New York.

Summerlin X-Roads

By Mrs. Carl Ivey
Mr. and Mrs. Oliver Edwards and Mr. and Mrs. Nelson Carlton of Warsaw spent the weekend in Washington, D. C., and Baltimore, Md.
Mr. and Mrs. J. B. Godbolt and children, Billie and Linda, visited Mr. and Mrs. Braxton Bell of Warsaw Sunday.
Mr. and Mrs. Eddie Goodman and daughter, Martha Kay, visited Mr. and Mrs. Henry Outlaw of Friendship Sunday.
Miss Carolyn Cherry of Atlantic Christian college, Wilson, spent the spring holidays with her parents, Mr. and Mrs. D. L. Cherry.
Mr. and Mrs. R. L. Sykes and Miss Mary Lee Sykes of Kenansville visited relatives here Friday.
Mr. and Mrs. Leslie Bell, Mrs. Fred Alphin, Mrs. T. A. Jernigan, Mrs. Eddie Goodman, and Mrs. Carl Ivey attended the State Sunday school convention at Mount Allen college, Thursday.
Lorraine Ivey, Linda Godbolt, Arvillia Jones and Lettie Patel accompanied a group to Chapel Hill and Durham Thursday.
Mr. and Mrs. Thomas Summerlin were dinner guests of Mr. and Mrs. Faison McCullen of Dobbersville Saturday.
Mrs. Mary Upchurch and Mrs. Johnson of Raleigh visited Mr. and Mrs. A. E. Garner Thursday.
Mr. and Mrs. Norman Outlaw visited Mrs. Outlaw's father, Clarence Bodiford, of Lumberton Sunday.
Mr. and Mrs. Carl Ivey and daughter, Lorraine, visited Mrs. Florence Houston of Warsaw Sunday.
Mrs. Minnie Summerlin of Mount Olive is visiting Mr. and Mrs. Coy Summerlin.
Visiting Mr. and Mrs. John I. Amon during the weekend were Mr. and Mrs. Wayne Faulk and sons, Bobby and Wayne, of Wilmington, and Mr. and Mrs. Vernon Batchelor and daughter, Jean, of Jacksonville.
Mr. and Mrs. C. C. Ivey, Jr., and children, Kathy and Charles, spent Sunday with Mr. and Mrs. Homes Rouse of Rose Hill.
D. L. Cherry is confined to his bed because of illness.
Mr. and Mrs. Gene Crocker and baby of Petersburg, Va., spent the weekend with her grandparents, Mr. and Mrs. Major Holmes.
Mr. and Mrs. T. A. Jernigan visited Mr. and Mrs. James Southerland of Pink Hill Sunday.
Cleveland Outlaw, Ervin Outlaw, Mrs. Herman Waters and children, Carol, Dean, and Jimmie, and Miss Adelle Outlaw visited Mr. and Mrs. Marable Outlaw of Rocky Mount Sunday.
Miss Janice Summerlin of Kenansville spent the weekend with her parents, Mr. and Mrs. J. T. Summerlin.
Mrs. Murray Cashwell of Mount Olive is recuperating from a recent illness in the home of her grandparents, Mr. and Mrs. John I. Amon.
Mr. and Mrs. D. F. Chambers of Kenansville visited relatives here Saturday.
Fred Alphin, of State college, Raleigh, spent the weekend with his parents, Mr. and Mrs. Fred Alphin, Sr.
Mr. and Mrs. Claude Jones and children, Arvillia and Bill, were dinner guests of Mr. and Mrs. Marvin Salters of Mount Olive Sunday.

Be sure you are right and then go ahead—but don't tear up your return ticket.

Sarah Anne's COOKING CLASS

Orange Endive Salad
1/4 bunch curly endive
2 large oranges, peeled and sliced
1/2 large Bermuda onion sliced
1 clove garlic cut in half
6 tablespoons tarragon vinegar
1 teaspoon sugar
1 teaspoon salt
1 teaspoon paprika
Tear endive into bite-sized pieces in salad bowl. Arrange orange and onion slices over endive. Combine garlic, salad oil, vinegar, sugar, salt and paprika in bottle. Shake well. Remove garlic and pour dressing over salad. Toss lightly.

Barbecued Spareribs
3 lbs. spareribs
1/2 cup butter or margarine
3 large onions
1 can consommé
1/2 cup chopped green peppers
1 cup tomato sauce
2 tablespoons wine vinegar
1 tablespoon paprika
2 tablespoons chili powder
2 tablespoons brown sugar
Tabasco sauce
Heat oven to 425 degrees. Cut spareribs into easy to handle pieces. Bake about 3 minutes or until brown on both sides. While spareribs are baking, cook chopped onions until golden brown in melted butter or margarine. Stir in consommé, green peppers, tomato sauce, vinegar, paprika, chili powder and brown sugar. Cook just to the boiling point, do not boil. Taste and add Tabasco to taste. Reduce oven heat to 350 degrees. Pour sauce over spareribs and bake 1 hour or until tender. Baste at 15 minute intervals.

Fish Fillets
2 lbs. fresh or frozen fish fillets
1/4 cup salad oil
2 teaspoon vinegar
2 teaspoons chopped onion
2 teaspoons paprika
Pepper
2 teaspoons salt
1 cup flour
2 well beaten eggs
1 cup fine bread crumbs
1/2 cup fat
Wipe fillets with a damp cloth. Cut in serving pieces. Mix salad oil, vinegar, onion, paprika and pepper. Dip fish in mixture and let stand 1 hour in a deep pan, turning fish frequently. Drain. Add salt to flour. Roll fish in flour, then dip in egg and then in bread crumbs. Fry fish in hot fat until golden brown, turning only once. Garnish with lemon wedges and serve with tartar sauce.

Tuna Roll
2 cups flour
1/2 teaspoon salt
4 teaspoons baking powder
1/4 cup shortening
1 beaten egg
1/2 cup milk
1 cup flaked tuna
1/4 cup milk
2 teaspoons chopped onion

1 1/2 tablespoons chopped parsley
1/4 cup chopped sweet pickle
1/2 teaspoon salt
Sift flour with 1/2 teaspoon salt and baking powder. Cut in shortening until mixture resembles coarse crumbs. Add egg and 1/2 cup milk. Mix lightly. Roll 1/4 inch thick on a lightly floured board. Combine tuna, 1/4 cup milk, chopped onion, parsley, pickle and 1/2 teaspoon salt. Spread over dough. Roll up. Bake on a greased cookie sheet in an oven (425 degrees) for 30 minutes. Serve with cheese sauce.

Cheese Sauce
3 tablespoons fat
3 tablespoons flour
1 1/2 cups milk
1 cup grated American cheese
Melt fat and add flour. Blend well. Add milk and stir over low heat until thick. Season to taste and add cheese. Stir until cheese is melted.

Long Ridge

(By Mrs. Pearl Sutton)
Miss Marcia Scott, who is nursing at State hospital in Raleigh, spent the weekend at her home here.
Others home for the weekend were Misses Viola Kornegay of Martinsville, Va., Clara Lee Kornegay and Annie Ruth Outlaw of Kinston, and John Henry Sullivan, a student at Mount Allen college.
Ben Sutton and family visited R. B. Lancaster at Kenly Sunday.
Mr. and Mrs. Nelson Kornegay and daughter, Diane, moved to Goldsboro last weekend.
Mr. and Mrs. Johnny Milton Singleton, formerly of Kenansville, have moved to this community.
Mr. and Mrs. Willie Singleton of Beulaville visited Mr. and Mrs. Jim Davis Sunday.
Mr. and Mrs. Joe Alasky of Rocky Mount visited here and at Wolfscrape Sunday.
The Rev. and Mrs. P. D. Jenkins of Sneads Ferry were guests Sunday of Mr. and Mrs. Bennie Outlaw.
Scarlet Hill, Madgene Outlaw, and Betty Lou Sutton spent last Friday in Raleigh with their citizenship class of B. F. Grady. They appeared on a radio program with Carl Goerch Mrs. Buck Hill went with the group.
Miss Scarlet Hill spent the weekend with Miss Joyce Williams at Albertain.
Mr. and Mrs. Edward Quinn and Bernice Hines of LaGrange visited Mrs. Francis Gardner Friday.
Mr. and Mrs. Robert Outlaw of Kinston spent the weekend with his parents, Mr. and Mrs. Bennie Outlaw.
David Engram, small son of Mr. and Mrs. Ormond Engram, had his front teeth knocked out while playing ball at school Monday.
Misses Ann and Jean Brock of Faison, and Billy Ross Sutton and Isaac Gardner of near Mount Olive visited Mr. and Mrs. Jessie Sutton Sunday.
Several children in this community have whooping cough.

Be Progressive — Shop Progressive



SWIFT'S JEWEL
SHORTENING, 3-lb. Ctn. - - - 69c
2 1-LB. CANS SWIFT'S PARD DOG FOOD - - - - - 25c
2 16-OZ. CANS CAMERON'S FANCY SHOE PEG CORN - - - - - 29c

★ ★ ★ ★
REYNOLDS Foil Wrap
25-foot Roll
27c
★ ★
STA-FLO LIQUID Starch
Qt. Bottle, with Flower Seeds Free
21c
★ ★ ★ ★

Fresh Fruits And Vegetables
Fresh Green **CABBAGE, 2 lbs. - - - - 9c**
New, Red Bliss **POTATOES, 5 lbs. - - - - 29c**
New York State Medium Yellow **ONIONS, 2 lbs. - - - - 11c**
Crisp Pascal **CELERY, lg. stalk - - - - 15c**
LEMONS, 360's, doz. - - - 39c

Pillsbury's **Pancake Mix, lb. Pkg. - - - - 20c**
Staley's Red Label **Syrup, 12-oz. Bottle - - - - 21c**
10 1/2-oz. Pkg. **Carnation Instant Milk - - - - 31c**

★ ★ ★ ★
Meat Specials
SWIFT PREMIUM HAMS
Shank Half, lb. 39c
Butt Half, lb. 49c
Center Cuts, lb. 99c
Swift's Franks, 12-oz. pkg. - 35c
Fresh Ground Beef, lb. - - - 35c
Swift's Prem. Bacon, lb. - - 59c
Meaty Rib Stew Beef, lb. - - 20c

★ ★ ★ ★
Swift's Jewel Oil, Qt. Bottle - - 61c
Swift's Shortening **Swift'ning, 3-lb. Can - - - - 83c**
Swift's **Sunbrite Cleanser, 2 Cans - - - 25c**
Ocean Spray (Great with Chicken) **Cranberry Sauce, 16-oz Can - - 20c**
Strietmann's Chocolate **Fudge Sandwiches, lb. Pkg. - - - 45c**
Kard Blue Label Syrup, 5-lb. Can 63c
Walker's Austox **BEEF STEW** No. 300 Can **29c**
Walker's Austox **SPAGHETTI & MEAT BALLS** No. 300 Can **25c**

Progressive Super Mkt.
Center Street Ed Hester, Mgr. Mount Olive

IN FULL BLOOM
The Early Azaleas, Late Camellias, and a Host of Beautiful Spring Flowers are in Full Bloom in the Gardens of **Historic ORTON PLANTATION** NEAR WILMINGTON
The Spectacular Show of Azaleas Will Last Until After Easter.
Fine Plants May Be Purchased At The Nursery.

OUTDOOR DAYS ARE JUST AHEAD!
And we're ready for them with a complete line of lawn and porch items!

SWINGS, GLIDERS, HAMMOCKS, CHAIRS, TABLES, RECLINING LOUNGES, AND A HOST OF OTHERS.

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FORTUNE TELLER ORIENT
2 3 4 5 6 7

YOU can have fun figuring out your message from the Orient by use of this pleasant little letter puzzle. If the number of letters in your first name is 5 or less, subtract from 7. If more than 5 letters in your first name, subtract from 13. Now take this result and find your key letter in the word ORIENT at the top of this puzzle. Then, starting at the upper left corner, check each one of your large key letters as it appears from left to right. Below the key letters is a code message for you.

N E O T R I O N T E R I T
I E E K D S A E A E I T
N T R E N T I A E S N N E
S P I T I A E S N N E
E R R E N O T I E R N T E
D H E I I I I I I I I I I
T I O R E N O H T A N E O
P E O T R K P E P T Y T R N
R O O N E R E I T O T I R N
F O W E O O O O I I D S E
I M T E O O R I O T K S I
E S E W O P E D S I N I E
O R T E R I N I E R O N S
E C T O I I O I W E R O N S

IT'S AMAZING!

A HUGE FROG EXHIBITED AT FREDERICTON, N.B., CANADA, STOOD 5 1/2 FEET TALL, WEIGHING 42 POUNDS! WHEN CALLED, IT WOULD COME TO DINNER!

IN CANADA, OVER 95% OF THE FURS ARE SECURED BY INDIANS AND HALF-BREDS WHO TRAP MOST OF THE ANIMALS!

MILK PRODUCED BY ALL THE COWS IN THE U.S.A. ANNUALLY IS ENOUGH TO FEED A BIRD 400 FEET AND 77 FEET - 2000 FEET FROM THE SUN TO THE CENTER OF THE EARTH!

BY COOPER'S AND ASSOCIATES, INC. MOUNT OLIVE, N.C.