

N. McL. Cranford Dead At Asheboro Former Resident

N. McLaurin Cranford, 61, president of the McLaurin hosiery mills of Asheboro, died at Bowman Gray hospital in Winston-Salem Tuesday following an operation.

Services are to be held today at the Asheboro Methodist church at five p. m.

Mr. Cranford lived in Raeford for a number of years and was the popular agent for the A and B Railroad prior to moving to Asheboro some years ago to found the hosiery mills of which he was president. Both Mr. and Mrs. Cranford were active in the civic religious and social life of Raeford.

Recognition Needed For Food Production

There should be some method of giving credit to farm girls and boys for outstanding food production records and to farm people generally for their patriotic efforts in helping win the war, says N. B. Nicholson, assistant county agent of the State College Extension Service in Union county. "No one stops long enough to say 'well done,' and give the deserving ones a pat on the back," he explains.

"Let's take the record of Ethel Morgan, fifteen-year old daughter of the B. C. Morgans of Monroe, N. C., for example," Nicholson says. "She is the first girl to report on her poultry activities in 1945. She had some trouble with her first 1,000 chicks and raised only 895 to broiler size, but she is learning. Her expenses were \$150 for chicks, \$456 for feed, and \$51.92 for fuel. Her labor income after meeting these expenses was \$191.58 and the broilers marketed weighed 2,740 pounds.

"Is Ethel stopping on the road to Berlin? No, she is bringing in reinforcements and will have another batch of 1,600 broilers ready for market about the first of May.

"Many boys and girls in the Fairview school district are being given encouragement by the excellent record of Ethel Morgan. There are more than 80,000 4-H club members in North Carolina who are now busy in various food production activities. Let's at least give them a pat on the back since no one has suggested a method of giving them real recognition."

Lemon Juice Recipe Checks Rheumatic Pain Quickly

If you suffer from rheumatic, arthritic or neuritis pain, try this simple inexpensive home recipe that thousands are using. Get a package of Ru-Ex Compound, a 2 week's supply today. Mix it with a quart of water, add the juice of 4 lemons. It's easy, pleasant and no trouble at all. You need only 3 tablespoonfuls two times a day. Often within 48 hours — sometimes overnight — splendid results are obtained. If the pains do not quickly leave and if you do not feel better, Ru-Ex will cost you nothing to try as it is sold by your druggist under an absolute money-back guarantee. Ru-Ex Compound is for sale and recommended by REAVES DRUG STORE—Raeford



POST-WINTER PLANS for fun in the summer sun bring forth a sleek, beach girl's designs on a farmhand's overalls. Laraine Day, star of RKO Radio's "Those Endearing Young Charms," selects these blue denim shorts for a lithe, leggy look plus maximum freedom of movement. Wear them with a white shirt or blouse and a pair of suspenders or suspenders to suit. Trouser cuffs, and a high, rounded waist are ladies' aids to a flattering shore line silhouette.

State College Hints To Farm Homemakers

(By Ruth Current)

Avoid loss of juice in preparing meat, poultry and fish by never soaking in water. Meat may need to be wiped off with a clean moist cloth, and poultry or fish may need to be rinsed after cleaning, but none of these foods should be submerged or left standing in water.

Save all drippings and serve with the meat or in gravy. Save excess fat for future cooking.

Juice from oysters and clams has especially fine flavor, and is often served hot as broth, or added to stew and chowder. Never wash oysters and clams because this means a loss of juice.

Soaking fresh vegetables, especially after they are cut, draws out juice that contains both food value and flavor. If vegetables need freshening, wash and put them in a covered container in the refrigerator. If potatoes are to be peeled before cooking, peel them just before they go on the stove. The common method of peeling ahead of time and then keeping potatoes soaking in water

"Release Cutting" For Farm Woodland

"Release cutting" is important in many instances to get the best growth of timber, says H. E. Blanchard, farm forester of the State College Extension service at Whiteville. On most of the cutover land there is a residue of undesirable trees. These trees are usually badly diseased or of such poor form that the sawmill could not use them. There are also many trees of some species that are not in demand for lumber. These worthless trees have furnished the seed for the present stand of trees with the better trees coming in gradually and usually underneath the undesirable trees.

"The only way to release the good trees is to kill those you don't want for crop time," Blanchard says.

This killing can be done by cutting the smaller and girdling the larger trees. Of course, any of these that are to be removed should be utilized as fire wood or in some other way. Large bushy topped trees often take up enough land for 10 good trees. If these big trees are denuded, they will soon die and good trees will take their places.

Another form of release cutting is the destruction of vines that may destroy an otherwise valuable tree. This can usually be done by cutting the vines near the roots.

"One farmer keeps his woods vine-free by merely carrying a bush axe every time he goes into his woodland," Blanchard explains. "If he sees a vine climbing a tree, he cuts it. The result was that in the hour I spent in his woods, I saw no vines that were damaging trees although

to prevent darkening means a loss of food value.

To save the juice of strawberries, wash them before (not after) hulling. Hold juicy fruits like oranges and cherries over a bowl when slicing so none of the juice will be lost as it drips.

With most home canners, tomatoes top the vegetable list, because they are easily and safely canned in a boiling-water-bath canner. The canned tomatoes store up vitamins A and C for winter, and they may be used many ways for variety in your meals.

When estimating amounts to be canned, see how far these will go toward providing nourishment, appetizing, and varied meals. The Home Demonstration Department at State College will be glad to send you a canning budget.

an adjoining area was almost a jungle. This farmer is growing a crop of valuable trees. The adjoining owner was growing a crop of rattle snakes and brush."

LEGAL NOTICES

EXECUTOR'S NOTICE
Having qualified, this 19th day of March, 1945, as executor of the estate of E. B. McNeill, deceased, late of Hoke County, N. C., this is to notify all persons having claims against said estate to exhibit them, duly verified according to law, to the undersigned at his home in Raeford, on or before the 22 day of March, 1946, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.
J. L. McNeill, Executor Estate of E. B. McNeill. 42-46c

EXECUTOR'S NOTICE
Having qualified as the executor of the estate of W. C. Brown, deceased, late of Hoke County, North Carolina, this is to notify all persons having claims against said estate to exhibit them, duly verified according to law, to the undersigned at Alexandria, Va., on or before Feb. 22, 1946, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.
This 22nd day of February, 1945.
Lamont Brown, Executor Estate of W. C. Brown. 39-44-c

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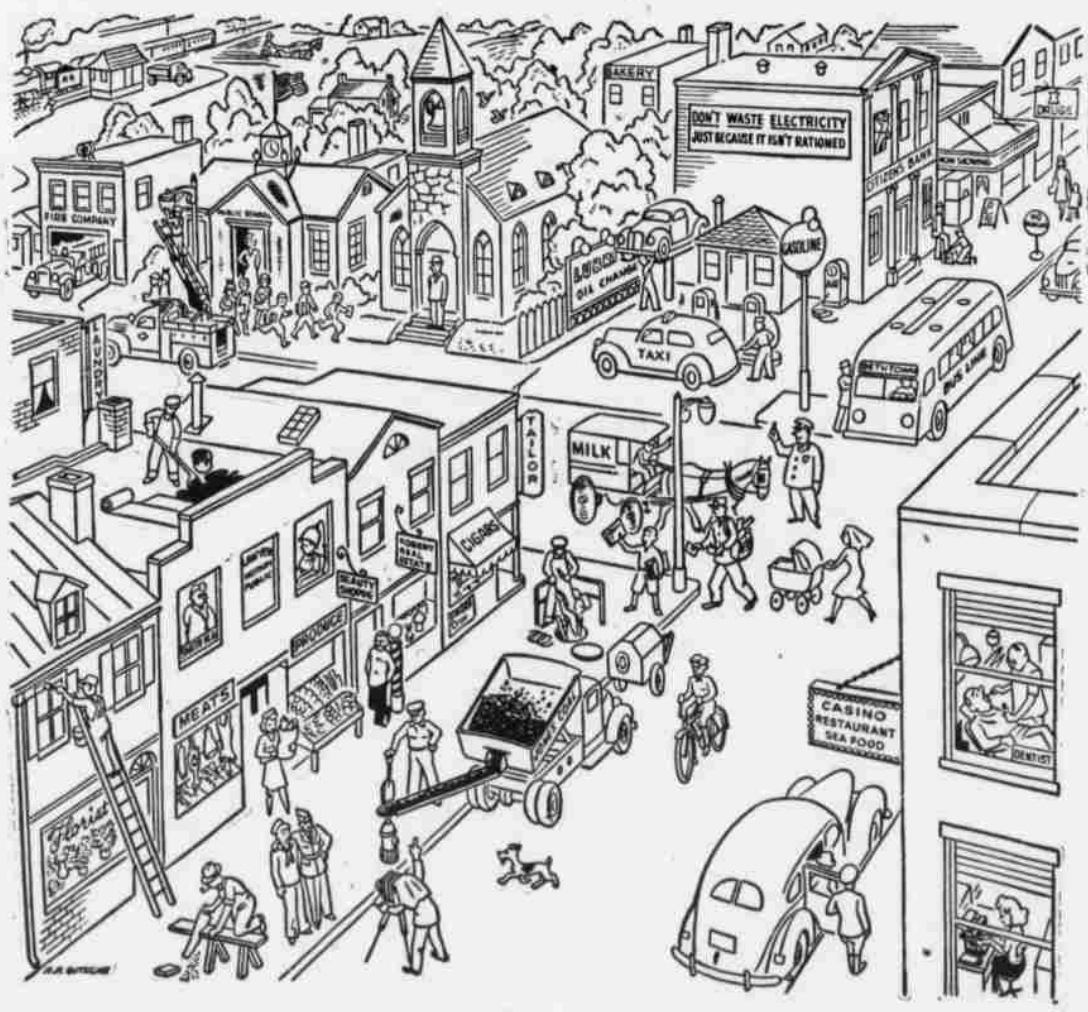
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