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PRESCRIPTIONS
Hardly a month goes by during which some member of the family doesn't have a cold or upset stomach, earache or minor injury. Keep them all minor by consulting your physician first; and by having us fill his prescription in our fine pharmacy department.
HOWELL DRUG STORE

ARABIA NEWS

(Mrs. D. B. Traywick)

(This news was left out last week by error)
Mrs. Ellerbe Jackson is doing nicely now after undergoing an operation last week at Highsmith.
Ernest Davis and Clifford Bostic have started work on their new homes.

Brown Hendrix has completed a new store building below his service station on the Rockfish and Dundarrach highway.

Quite a few folks from Arabia are having their laundry done at the new laundry plant in Dundarrach.

Rufus Davis of Roxboro visited his sister, Mrs. Callie Bostic recently.

Mrs. S. P. Trawick had as her guests Sunday her niece, Mrs. Florence Clyburn and family, and Mrs. Kenneth McKeithan.

Mrs. Etta Cook has gone to Richmond to visit her husband in McGuire hospital.

Mrs. Edgar McGougan has accepted a position with the Mid-State rayon mill at Red Springs.

Mrs. Ada Jackson spent the week end with Mrs. Annabell Glisson and family at Raeford.

Cotton Insect Control To Be Discussed At Regional Conference

North Carolina growers lost \$13,000,000 last year because of damage done by boll weevils and other cotton insects, says J. A. Shanklin, Extension Agronomy specialist at State College.

"This is too great a loss," Mr. Shanklin said, "and effort must be strengthened to prevent such a loss from occurring in the future."

In view of the intense interest and priority of the problem in the Southeastern area of the cotton belt, the National Cotton Council has been requested to sponsor a Southeastern Cotton Insect Control Conference. This meeting will be held on December 8 and 9 at the Jefferson Hotel in Columbia, S. C. with the active support and full cooperation of the Agricultural Insecticide and Fungicide Association, the Bureau of Entomology and Plant Quarantine, U. S. Department of Agriculture, the Southeastern land grant colleges, vocational agriculture, and farm organizations.

One of the main objectives of the meeting is to stimulate an intensive coordinated cotton insect control program for 1948, Mr. Shanklin said. There will be representatives from Virginia, Alabama, North Carolina, South Carolina, Georgia, and Florida attending who will discuss the insect damages from a remedial standpoint.

Director I. O. Schaub of the State College Extension Service,

is scheduled to speak during the second day of the meeting on "The Extension Service's Responsibility in a Profitable Cotton Program." The results obtained from the use of various insecticides in cotton insect control in North Carolina will be discussed by Dr. Ralph W. Cummings, assistant director of the Experiment Station, and Dr. Walter M. Kulash, Entomologist with the Experiment Station.

The 1948 program for cotton insect control will be taken up in the form of a panel discussion led by V. V. Mitchell, secretary of the Alabama Farm Bureau Federation. Members on the panel from this state include J. A. Shanklin, Dr. Clarence Poe, and George T. Ashford.

Soil Conservation Is Valuable Asset Declares Banker

Soil is not listed as an item under a bank's inventory, but every banker knows that it is as much an asset to their business as if it were capital stock,

says G. C. Hunter, executive vice-president of the Peoples Bank of Roxboro and chairman of the Agricultural Committee of the North Carolina Bankers Association.

"History shows that nations built by soil mining economy always fade when the soil has been exhausted," Mr. Hunter said, "and no civilization is stronger than the food it eats."

Fifty million acres of this nation's most productive land has already been destroyed by erosion and an additional fifty million acres are threatened, he said. Almost one-third of our soil has been washed down the slopes into streams and into the ocean. Unless conservation measures are taken, we may live to see the day when it will be hard to produce enough food to feed the people in the United States, he declared.

For the third consecutive year the North Carolina Bankers Association is sponsoring a statewide Soil Conservation speaking contest. This contest will be open to all white school students in the State.

J. Frank Doggett, in charge of Soil Conservation for the State College Extension Service, says this is the first year the contest has been open to high school students in every county. Any high school student, boy or girl, rural or urban, may enter, Mr. Doggett said.

Commission Will Set Fishing Regulations

Raleigh, Nov. 25—The North Carolina Wildlife Resources Commission will meet in Raleigh on December 5 to consider fishing regulations for next year, it has been announced by Chairman S. B. Coley of Raleigh.

In keeping with its procedure for establishing hunting regulations, the Commission will act on the fishing rules only after a public hearing. This will be held in the Hall of the House in the State Capitol, starting at 10 a. m. and continuing until noon.

The Commission asks that those who appear at the hearing confine their comments to the fishing regulations; hearings at subsequent meetings will be given over to other matters.

Milk should be kept in a cold part of your electric refrigerator. Don't leave it on the table for long periods while cooking or eating.

CARD OF THANKS

I want to thank all my friends in Raeford and surrounding country for their kindness and generosity to myself and family during and since my recent illness. These noble deeds of love and loyalty have made life and living sweeter than ever. May Heavens blessings rest upon each of you. I feel now that I am well on the way to recovery. With love and best wishes for all. I am sincerely,
B. P. Robinson.

ASHLEY HEIGHTS NEWS

By Mrs. Ralph Cothran

Mrs. G. C. Wilson spent a few days last week in Winston-Salem visiting her sister and family.

Mr. and Mrs. N. F. Sinclair spent Sunday in Hamlet visiting their daughter and son-in-law, Mr. and Mrs. Warren Calloway.

Mr. and Mrs. L. R. Cothran left Sunday afternoon for Fuquay Springs to spend the night in the home of Mrs. Cothran's sister, Mrs. P. V. Sanders. Monday they spent the day in Durham.

T. O. Moses spent Monday in Durham.

J. D. Pickler is a patient at Moore County hospital.

Frazier Hare of Hamlet spent Thursday here.

Mr. and Mrs. B. F. Hardister had as their dinner guests Friday a cousin from Aberdeen.

Mr. and Mrs. E. J. Greene and family spent Sunday in the home of Mrs. Greene's mother.

Mr. and Mrs. Thomas J. Roberts announce the birth of a son, Tuesday, November 18, at Moore County hospital.

State College Hints To Farm Homemakers

Word from the nutrition scientists says that bacon broiled on a rack about four inches below the flame retained two-thirds of its original thiamine while that cooked in a frying pan held less than half.

Washing rice wastes not only time but also nutritive value.

Mushrooms, once thought to add only flavor and variety to the meal, have been found to contain perceptible amounts of B vitamins plus iron, copper and all of the essential amino acids.

Nutrition scientists also say meat is one of the most important natural sources of the B vitamins. It contains all of them—from the oldest, thiamine, to the newest B vitamin, folic acid. It supplies generous amounts of the three vitamins for which recommended allowances have been established—thiamine, riboflavin, and niacin.

In spite of the fact that several of the B vitamins are agected by heat, the retention during the cooking of meat is surprisingly good.

Have you a "make up" shelf in the pantry to supply garnishing materials—marshmallows, cherries, chopped nuts, parsley growing in a window box? Before desserts or salads go on the table give them the proper touch of "make up" to enhance their appeal.

Nylon sewing thread has desirable characteristics for many purposes, particularly in sewing nylon fabrics. Strength and size can be kept uniform. Being highly resistant to abrasion, it assures long-lasting seams. Be sure sewing machine needle is the right size for the thread. Most nylon thread is comparable in size to number 70 or 80 cotton thread. Select the needle accordingly.

North Carolina farmers are being asked to go all out in a fight to kill rats on the farms, and to control further infestations.

Quality PRINTING
The News-Journal

Church Directory

Raeford Presbyterian Church
W. B. Heyward, Pastor
9:45 A. M.—Church School
11:00 A. M.—Morning Worship
7:30 P. M. Evening worship.
Union Service at Methodist church with Rev. Lee preaching.
7:00 P. M. Wednesday Prayer Service.
7:45 P. M. Wednesday, Choir Practice

Raeford Baptist Church
J. D. Whisnant, Pastor
9:45 A. M.—Sunday school.
6:00 P. M. Training Union
7:30 P. M. Union Service at Methodist Church. Rev. Lee, pastor Methodist Church will bring the message.
7:30 P. M. Wednesday Prayer Meeting.
Building Fund Drive Sunday December 14th.

Raeford Methodist Church
Rev. P. O. Lee, Minister
9:45 A. M.—Church school.
11:00 A. M., Morning worship,
6:30 P. M., Meeting of the MYF.
7:30 P. M. Union Service, Sermon by The Rev. P. O. Lee.
7:00 P. M. Wednesday, Choir rehearsal

Spring Hill Baptist Church
J. D. Whisnant, Pastor
10:00 A. M.—Sunday School.
6:30 P. M. Training Union
7:30 P. M. Wednesday Prayer Meeting

Parker Methodist Church
Rev. P. O. Lee, Minister
11:00 A. M.—Sunday school.
12:15 P. M.—Regular worship services each first and third Sundays.

Shiloh Presbyterian Church
10:00 A. M. Sunday school.
Community Chapel Methodist Church
Rev. G. W. Crutchfield, Minister
Sunday School each Sunday afternoon at 2:00 o'clock, Mrs. H. W. Ellis, Superintendent.
Preaching services each second and fourth Sunday afternoons at 3:00 o'clock.

Pittman Grove Baptist Church
Rev. Taylor, Pastor.
10:00 A. M.—Sunday school.
11:00 A. M.—Worship service each 1st and 3rd Sunday.
7:00 P. M. Thursday—Prayer meeting.

Dundarrach Presbyterian Church
Rev. J. W. Mann, Pastor
2:30 P. M.—Sunday school.
3:15 P. M.—Preaching every 2nd and 4th Sunday.

Antioch Presbyterian Church
J. W. Mann, Pastor.
10:00 A. M.—Sunday school.
11:00 A. M. Morning Worship

Ashley Heights Baptist Church
Joseph F. Woodson, Pastor
10:00 A. M. Sunday School
11:00 A. M. Morning worship
6:00 P. M. Training Union
7:00 P. M. Evening worship.
7:30 P. M. Wednesday, Prayer Meeting.

Bethel Presbyterian Church
10:00 A. M.—Sunday school.
Ryan McBryde, Supt.

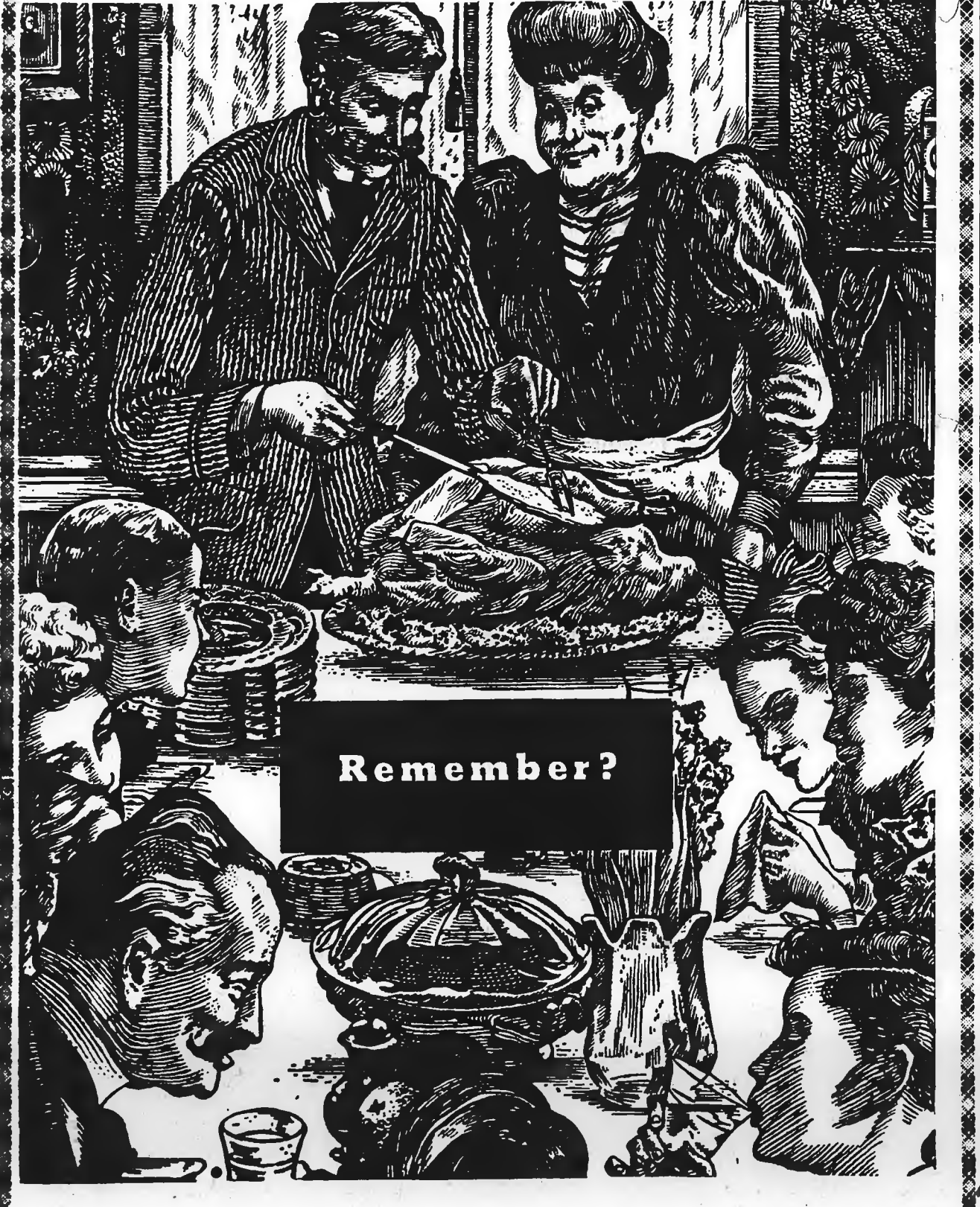
Lumber Bridge Presbyterian Church
10:00 A. M., Sunday School

Tabernacle Baptist Church
E. B. Booker, Pastor.
10:00 A. M.—Sunday school.
11:00 A. M.—Morning worship, 1st and 3rd Sundays.
6:00 P. M.—Training union,
7:00 P. M.—Evening Worship, 2nd and 4th Sundays.
7:00 P. M. Thursday—Prayer service.

Philippi Presbyterian Church
3:00 P. M. Sunday School
3:45 P. M. Worship Service

A STITCH IN TIME
Bring your tractor tires to us for ANTI FREEZE SERVICE.
By our new method we can give additional weight and anti freeze protection at low cost.
EXAMPLE
11-24 tire—376 pounds solution per tire—cost only \$7.52
WALKER TIRE SERVICE
435 Russell St. Fayetteville N. C.

MARKETING with Marjorie
No matter how delicious a Thanksgiving dinner is, or how much everybody eats, there always seems to be a lot left. That's all to the good these days... especially if you know how to stretch your left-overs. And here's how:
GLAMORIZE YOUR GOBBLER!
Turkey rates cheers when it reappears in this glamorous get-up: Melt 3 tbsps. fat, stir in 3 tbsps. flour, 1 tsp. salt and 1 tsp. dry mustard. Gradually add 2 cups milk. Cook over low heat, stirring constantly till smooth. Add to 1 slightly beaten egg. Place 2 cups sliced turkey in sauté a real blessing, cube it and sauté a cup (more or less) with 1 medium onion (sliced) in fat until lightly browned. Add a #2 can of thrifty IONA TOMATOES from the A&P, and heat.
DRESS UP THAT DRESSING!
To turn left-over poultry dressing into a delicious dressing for Sunday's salad? Simply whip ½ cup thoroughly chilled evaporated milk, add 1 cup cranberry sauce and blend well. Extra good with salad made like this: Dissolve 1 pkg. orange gelatin in 1½ cups boiling water; add 1 tsp. of salt, a dash of cayenne, 1 tsp. of celery salt and 2 tbsps. of ANN PAGE VINEGAR—the pure cider vinegar sold only at the A&P. Cool till partially thickened; add 1 tsp. grated onion and 1 cup grated raw carrot. Turn into 4 individual molds and chill.
ADD SAUCE TO YOUR SALAD!
Want to make the remains of Thursday's cranberry sauce into a delicious dressing for Sunday's salad? Simply whip ½ cup thoroughly chilled evaporated milk, add 1 cup cranberry sauce and blend well. Extra good with salad made like this: Dissolve 1 pkg. orange gelatin in 1½ cups boiling water; add 1 tsp. of salt, a dash of cayenne, 1 tsp. of celery salt and 2 tbsps. of ANN PAGE VINEGAR—the pure cider vinegar sold only at the A&P. Cool till partially thickened; add 1 tsp. grated onion and 1 cup grated raw carrot. Turn into 4 individual molds and chill.
GIVE 'EM THE BIRD . . . SO!
Say "aloha" to your Thanksgiving turkey in true Hawaiian fashion by serving slices of white meat and broiled pineapple on buttered MARVEL CRACKED WHEAT BREAD. This oven-fresh bread from the A&P is not only good, but good for you, so enjoy it soon . . . and often!



REMEMBER Thanksgiving at Grandma's? Remember the lordly turkey, crisp and brown, richly lined with two kinds of stuffing? Remember the gravy, too good for a king—and the mountain of mashed potatoes, crowned by a crater of melted butter? Remember the vegetables from Grandma's own preserve shelf—and the flaky hot biscuits—and the pumpkin pies freckled with nutmeg? Remember Thanksgiving at Grandma's? Getting that dinner was a giant's task. No watchful electric oven to brown the bird to toothsome perfection—no electric mixer to foam the mashed potatoes to airy lightness—no home freezer to capture the green goodness of vegetables at their flavor-peak. No faithful electric clock to mark the passing hours—no electric switch to flood the table with gay light—no washing machine to churn up suds for the damask cloth—no vacuum cleaner to whisk up crumbs. Yes, and no time-saving dishwasher, either. Remember Thanksgiving at Grandma's? Grandma remembers!

• Listen to the Electric Hour—the HOUR OF CHARM. Sundays, 4:30 P. M., EST, CBS.

CAROLINA POWER & LIGHT COMPANY