

Hints To Homemakers

HELP NATURE REBUILD THE BLOOD YOU GIVE

As long as hostilities continue in Korea, there'll be an unusual need for blood for distribution by the Red Cross. In addition to the fresh whole blood flown daily to the fighting front, and plasma used for shock, needs for disaster relief at home continue.

Considering what a sturdy life line your life stream can be to the boys overseas, it's a miracle that blood donation is so easy and so painless. If you decide to "give that pint to save a life," you will be carefully screened by nurses and doctors. You must be between eighteen and fifty-nine, have had no recent serious illnesses or operations, and be in good health at the time of donation. You'll be asked to avoid fats in the meal just before you give your blood. Giving is easy. A pin prick in your arm, and in a short time, you're ready for a bit of refreshment—

and then back to work again. Nature quickly rebuilds the blood you give. But you can help Nature do the job more quickly. Attention to diet is important especially to women. Make sure your diet is rich in the elements that help your body make new blood: (1) Liquid. Drink more water and other liquids. (2) Protein. This is found in milk, meat, fish, eggs and cheese. (3) Iron. Which is used to make red blood cells. The two best sources of iron the body can use are liver and New Orleans molasses.

A drink that gives you all three elements is the molasses milk shake—and nothing could be easier to make. The simplest version is to stir two tablespoons of New Orleans molasses into a glass of milk. But you can beat or shake the milk drink to make it foamy, or add a variety of flavoring. Here are seven delicious ways to make a milk shade so good you'll want to make it a daily habit.

Molasses Milk Shade—In seven delicious flavors; each makes one serving.

BASIC DRINK: Stir 2 table-

spoons New Orleans molasses into 1 glass milk.

FOR A SHAKE: Beat with a beater or shake until foamy. Serve at once.

SPICY SHAKE: To basic drink, add few grains allspice and 1/8 teaspoon cinnamon, beat or shake until foamy.

MOLASSES MALTED: Place 2 tablespoons malted milk powder in bowl. Add 2 tablespoons New Orleans molasses; blend well. Gradually add 1 cup milk, beating constantly until foamy. Serve at once.

BANANA LASSES SHAKE: Peel 1 well-ripened banana and place in bowl. Mash with fork. Add 2 tablespoons New Orleans molasses. Gradually add 1 cup milk. Beat constantly until foamy. Serve at once.

MOLASSES FROSTED: Mash 1 small ice cream (4 tablespoons) with fork. Add 2 tablespoons New Orleans molasses and 1 cup milk and beat until foamy. Vanilla, chocolate, coffee or banana ice cream are all delicious.

HOT MOLASSES TODDY: Place 2 tablespoons New Orleans molasses in small saucepan, add 1 cup milk, and combine. Cook over low heat until hot. Serve sprin-



They might be "corn dogs" to some folks, or French fried frankfurters to others, but in our card file of recipes this hot dog dish consists of delicious Corn Covered Wieners.

Your favorite corn meal does the trick of combining corn and meat to make something entirely new out of a hot dog. With or without the convenient skewers, they make easy eating for the entire family.

Mother likes them, particularly, because corn covered wieners are easy and quick to prepare, and something the entire family likes. They will delight hearty adult appetites and bring a demand for extra helpings from hungry youngsters. Typical of all corn bread, the "doggy" covering does not become soggy during cooking, and it holds the heat in the meat for extra satisfaction in hot-meal serving. Try them soon for lunch when the children come home from school, or the main meal of the day when the entire family can enjoy them. They are easy to make and fun to eat.

CORN COVERED WIENERS

1/2 cup corn meal
1 cup plain flour
1 1/2 teaspoons baking powder
1 teaspoon salt
2 tablespoons fat
1 egg, beaten slightly
1/2 cup sweet milk
1 lb. wieners
Deep fat

If self-rising corn meal and flour are used, omit baking powder and salt. Combine first four ingredients. Cut in fat to resemble fine crumbs. Combine egg and milk; add to first mixture, and stir well until mixed. Insert wooden skewers into wieners; spread wieners with corn meal mixture and fry until brown in deep fat which has been heated to 325°F. Serve with chili sauce.

And incidentally, if you're turned down because your blood shows you to be anemic, see your doctor. He may say that you are suffering from nutritional anemia, and will probably recommend that you eat lots of iron-rich foods. Don't forget this same molasses milk shake is tops to help your body rebuild your blood.

Sharing Farm Duties Makes Happier Life

Shared responsibilities make life easier and happier for everyone. Planning together creates a spirit of interest and cooperation according to Corinne Justice Grimsley, State College Extension Specialist in Family Relations.

Quoting a 4-H girl, Mrs. Grimsley says: "We have found that by planning and working together we get much more done and it is easier that way. Mother, Daddy, and I talk over the jobs to be done, deciding upon the jobs for the week and plan the easiest fairest way of doing our work day to day."

"Our work varies because of the seasonal jobs that have to be done, but with the regular weekly and daily work, we each know what our own job is and assume the responsibility expected of us. For instance: Mother and I always do the milking while Daddy does plan together the work to be done. I have taken care of my own bedroom. We understand that Daddy plows and gets the ground ready for the garden; then Mother and I put in the seeds and plants and do the hoeing."

"I cannot imagine what it would be like to live in a home where the family did not discuss and plan together the work to be done."

Mrs. Grimsley explains that many times children will complain because they can't have all of the things their friends have. Many families discuss money matters with their children so that they will understand the family circumstances.

Frequently when children object to helping, it is because they have the same job over and over again with no prospects of taking turns.

High School News

By FAYE DARK

On Tuesday morning during assembly Mr. Gibson outlined policies of school and explained principles under which the school is governed. After assembly the pupils went to their home rooms where they were given copies of the 1952-1953 handbook.

Last year the Student Council offered a prize to the pupil submitting the best name for the student handbook. Dixon, a last year's senior, gave the name "Hoke Hi-Ways" which was judged to be the best.

"Hoke Hi-Ways" is attractively bound in school colors. It is a booklet of information about Hoke High School and is published for the use and convenience of the students. A copy is given to each student at the beginning of the year. Parents who are interested in the activities of the school are urged to read the handbook.

Approximately thirty pupils have registered for band this year.

Eighteen are in the beginners' class. Mr. Renn, band director, is predicting a good year.

Girls' basketball practice started Tuesday afternoon with 40 coming for the initial tryout. A good team should be selected from this group.

Miss Cook has been teaching a unit of study in biology on the grasshopper. The science room has literally been hopping with the little insects. After all, school seems to be a horrible place for the poor grasshopper.

Mrs. Calhoun, who is replacing Mrs. H. C. McLaughlin in the teaching of piano, has her studio at the high school building. She teaches on Tuesday and Friday.

According to Mrs. Austin, public school music teacher, 150 pupils have registered for Glee Club this year. Fall and spring concerts are usually presented by the members of the Glee Club.

On Monday during activity period the Beta Club met in Mrs. McLean's home room. The program was presented by Pat Lamont, Shirley Marn, and Mary Guin. The program committee also served refreshments.

North Carolina farmers appear to be heading for their first billion-dollar cash income in history in 1952.

Corn, pasture, small grain and cotton occupy over half of North Carolina's cropland, but together they do not account for as much cash income as tobacco which oc-

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