

TODAY'S meditation

The Upper Room
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THE WORLD'S MOST WIDELY USED DEVOTIONAL GUIDE

Rejoice in the Lord, O ye righteous: for praise is comely for the upright. (Psalm 33:1.) Read Psalm 33:1-9 or Timothy 4:6-11.

Many of us are like the girl who was gently scolded for her tears of discontentment. She was reminded of the many things for which she should be grateful. But the discontented girl sobbed, "It isn't what I've got but what I haven't got that I am crying for."

All too frequently we are inclined to stress what we do not have instead of rejoicing over the many good things that are ours. The psalmist says, "A little that a righteous man hath is better than the riches of many wicked." Paul writes to Timothy, "Godliness with contentment is great gain."

It is always more wholesome and healthful to stress personal benefits and blessings received

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and to be thankful to God for them than to be ceaselessly thinking about the things denied us. To strike the cheerful, grateful note enriches both ourselves and others.

PRAYER

Grant us grace, dear Father, to make the best of what we have and to be thankful to Thee. Turn our thoughts away from the things denied us and so dispel the misery and discontentment of our hearts. In our Master's name, Amen.

THOUGHT FOR THE DAY
Praise and thanksgiving turn gloom into glow.

"Kitchen Clatter"
By Eloise Jenkins
Home Economist Lumbee River Electric Membership Corporation

Frozen fruits from the home freezer, served out of season, are one of the freezer's most delightful advantages. High quality fruits that freeze well, properly prepared, provide a nutritious and attractive touch to every meal. They retain their original color, flavor, and texture perfectly when carefully selected and properly prepared.

Selection is important—firm ripe, freshly-picked, tree ripened fruit in perfect condition. Over-ripe fruits are too mushy; those not quite ripe lack natural flavor and sweetness. Work with only a small amount of fruit at one time. Sort and wash quickly in cold water, being careful not to bruise the fruit. Prompt freezing is important, but should there be unavoidable delay in placing the filled containers in the freezer, keep them cool in the refrigerator. The most common methods used in packing fruits are the dry su-

gar and the syrup pack. The dry sugar pack works well with juicy fruits. It draws the juices from the fruits and forms a syrup that fills air spaces. Simply pour sugar over the fruit, fold over and over until the sugar is dissolved and there is sufficient syrup to completely coat the fruit. Use 1 cup of sugar to 4-6 cups of fruit.

The syrup pack is desirable for most fruits. It coats all pieces of fruit with the least handling and helps stop deteriorating processes instantly. It also fills up air spaces and reduces drying to a minimum. Personal taste or the character of the fruit determines the per cent of syrup to use. To make syrup, add sugar to cold water in proportions given below. Stir until dissolved and chill thoroughly before using.

Syrup	Cups Sugar	Cups Water
30%	2	4
40%	3	4
50%	4	4
60%	6	4

Some fruits, such as peaches, pears, and apples, tend to discolor when peeled and exposed to air. To prevent this place the fruit, as peeled, in citric acid solution (5 T. lemon juice to one gallon water). Add ascorbic acid to the sugar or syrup just before adding it to the fruit.

Hints To Homemakers

Last week we found out how to wash a blanket, now for the drying.

Dryer: Preheat dryer for 5 minutes with 5 or 6 large bath towels (use high heat setting if your dryer offers a choice). Then mix hot towels into blankets, place it in the dryer, and dry for 15 to 18 minutes at high heat. Blanket should be removed while damp, never allow to completely dry. Complete drying in the dryer

causes excessive shrinkage. Blanket should show little or no shrinkage.

Stretch and pull blanket vigorously while still damp. To raise the nap and make blanket look like new—brush well with a nylon hair brush or a pet brush (steel bristles set in rubber). If blanket does not feel dry after brushing hang over line to complete drying.

Line drying: Cover line with folded sheet. Place blanket lengthwise across line. With hems together stretch blanket by pulling downward.

When partially dry turn blanket over. While damp, remove and brush and press binding as suggested for dryer drying.

Satin bindings, if sponged and pressed with a cool iron or a steam iron, will look almost as they did when the blanket was new.

By following this method blankets have generally been found

to be of approximately the same dimension after washing as when new.

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GO TO CHURCH SUNDAY

HICKORY GROVE FREE WILL BAPTIST
Rev. C. P. Hopkins, Pastor
11:00 A. M.—Morning Worship
7:30 P. M.—Evening Worship every 1st and 3rd Sunday.

PITTMAN GROVE BAPTIST
Rev. Taylor, Pastor.
10:00 A. M.—Sunday School
11:00 A. M.—Worship service each 1st and 3rd Sunday.

RAEFORD METHODIST
Rev. P. O. Lee, Minister
9:45 A. M.—Church School
11:00 A. M.—Morning Worship
6:30 P. M.—Intermediate and Senior Fellowship
3:15 P. M.—Wednesday, Children's Choir Practice
7:30 P. M.—Wednesday, Mid-week service
8:00 P. M.—Wednesday, Senior Choir Practice

SANDY GROVE METHODIST
Rev. N. P. Edens, Minister
9:45 A. M.—Sunday School
Each third Sunday preaching at 11:00 A. M.
Each first Sunday morning at 9:45 A. M.

PEOPLES METHODIST
Luther Wesley, Pastor
10:00 A. M.—Sunday School
11:00 A. M.—Morning Worship
6:30 P. M.—Young People's service
8:00 P. M.—Evening Worship
1:00 P. M.—Friday, Prayer Meeting and Bible Study

COMMUNITY METHODIST
Rev. C. L. Ledford
Sunday School each Sunday afternoon at 2:00 o'clock, Mrs. H. W. Ellis, Superintendent.
Preaching services each second and fourth Sunday afternoons at 2:00 o'clock.
6:30 P. M.—Sunday, Methodist Youth Fellowship

PARKER'S METHODIST
Rev. N. P. Edens, Minister
10:00 A. M.—Sunday School
11:00 A. M.—Morning worship 1st and 3rd Sundays.

CHURCH OF GOD
C. O. Carter, Pastor
10:00 A. M.—Sunday school.
11:00 A. M.—Morning Worship
6:30 P. M.—Y. P. E.
7:30 P. M.—Evangelistic Service

EPHESUS BAPTIST
Rev. E. C. Taylor, Pastor
10:00 A. M.—Sunday school
Worship every 1st and 3rd Sundays at 7:30 p. m. Every 2nd and 4th at 11:00 a. m.
B.T.U. at 6:30 p. m.
Prayer Service Sunday Night at 7:30.

RAEFORD BAPTIST
Rev. Judson Lennon, Pastor
9:45 A. M.—Sunday school
11:00 A. M.—Morning Worship
6:30 P. M.—Training Union
7:30 P. M.—Worship Service
1:00 P. M.—Wednesday, Prayer service

ROCKFISH TABERNACLE BAPTIST
Rev. D. E. Miller, Pastor
10:00 A. M.—Sunday school
11:00 A. M.—Morning worship
7:30 P. M.—Evening worship
6:30 P. M.—B. T. U.
7:30 P. M.—Tuesday, Prayer service.

ASHLEY HEIGHTS BAPTIST
W. Ray Gosnell, Pastor
Worship Services
Second and fourth Sundays at 11:00 a. m.
First, third and fifth Sunday at 8:00 p. m.
Sunday School, 10:00 a. m. Thad Lower, Supt.
Prayer Meeting, Thursday, 7:30 p. m.

RAEFORD PRESBYTERIAN
P. B. Heyward, Pastor
9:45 A. M.—Church School
11:00 A. M.—Morning Worship
8:00 P. M.—Pioneer Vesper
7:30 P. M.—Wednesday, Adult Choir Practice

ANTIOCH PRESBYTERIAN
Rev. Gower Crosswell
10:00 A. M.—Sunday school,
11:00 A. M.—Morning Worship
SHILOH PRESBYTERIAN
S. A. Ewart, Pastor
10:00 A. M.—Sunday School
11:00 A. M.—Morning worship, every first and third Sunday.

LUMBER BRIDGE PRESBYTERIAN
C. M. Downing, Pastor
10:00 A. M.—Sunday School
11:00 A. M.—Morning Worship 1st and 3rd Sundays.

BETHEL PRESBYTERIAN
10:00 A. M.—Sunday school
11:00 A. M.—Every second and fourth Sunday, Morning Worship services with sermon by the Rev. S. A. Ewart.

DUNDARRACH PRESBYTERIAN
Rev. Gower Crosswell
2:30 P. M.—Sunday school.
7:30 P. M. Preaching every 1st and 3rd Sunday night.

PHILIPPI PRESBYTERIAN
11:00 A. M.—Sunday School
Preaching every 2nd and 4th Sundays at 12:15 P. M.
7:00 P. M.—Prayer Meeting
7:30 P. M.—Tuesday, Pioneer Fellowship

GALATIA PRESBYTERIAN
B. O. Shannon, Pastor
10:00 A. M.—Church School.
11:00 A. M.—Morning Worship.
Every Sunday except the 5th Sunday.
Choir Practice 7:30 P. M., Wednesday

THE CHURCH OF GOD OF PROPHECY
Floyd B. Haywood, Pastor
10:00 A. M.—Sunday School
11:00 A. M.—Morning Worship



GOD and the City

You may not think about it while crossing the ferry, but God plays a mighty part in the life of a city!

A city is coldly impersonal. Its millions jostle one another in the subways and crush each other in the elevators, yet everyone is a stranger. You never get to know the fellow who has his elbow in your face or the lady on whose toe you are standing.

But under the hustle and confusion flows a stream of human and divine love. Sympathy and kindness and understanding express themselves in a million unnoticed acts. Prayer and faith unite multitudes in a bond of reverence and hope.

God is in the city! He is the One who is a stranger to no one . . . and to Whom no one is a stranger.

That's why in the city, just as in your town and mine, folks turn to the Church to satisfy that universal longing to be Known . . . and Understood . . . and Loved!

THE CHURCH FOR ALL . . . ALL FOR THE CHURCH

The Church is the greatest factor on earth for the building of character and good citizenship. It is a storehouse of spiritual values. Without a strong Church, neither democracy nor civilization can survive. There are four sound reasons why every person should attend services regularly and support the Church. They are: (1) For his own sake. (2) For his children's sake. (3) For the sake of his community and nation. (4) For the sake of the Church itself, which needs his moral and material support. Plan to go to church regularly and read your Bible daily.

Day	Book	Chapter	Verses
Sunday	Psalm	46	1-11
Monday	Isaiah	1	21-31
Tuesday	Matthew	23	24-30
Wednesday	Luke	13	31-35
Thursday	I Cor'nth's	13	1-13
Friday	Revelation	3	7-13
Saturday	Revelation	21	1-9

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