

this week's patterns...

BY AUDREY LANE



2897
SIZES
10 - 20



2796
6 MOS.
4, 2, 3, YRS.

No. 2897 is out in sizes 10 to 20. Size 10, 3 1/2 yds. fabric, or 3 1/2 yds. 30-in. fabric. No. 2796 is out in sizes 6 mos., 1, 2, 3 yrs. Sizes 2, smock and pants, 2 yds. 30-in.

Send 50c for EACH pattern with name, address, style number and also to AUDREY LANE BUREAU, Box 301, Madison Square Station, New York 10, N. Y.

DALE CARNEGIE

AUTHOR OF "HOW TO STOP WORRYING AND START LIVING"

ELMER L. ANDERSON, 50 West Washington Street, Chicago, Illinois, found what he declares the most effective way to banish worry. He was so worried about thirty years ago that he almost had a nervous breakdown. His father had creeping paralysis and palsy and had been sick for a year. He had been to a specialist and was advised that the medical profession could do nothing to relieve him of his pain and misery. Elmer was then 23 years of age. He sat with his father and mother in the kitchen one evening as his father repeatedly said, "What shall we do? What shall we do?" Elmer promised that he would stay with his parents and help in every way possible. His father in relief shook his hand and thanked him profusely; then placed his other hand on top of Elmer's and his wife's and thanked Elmer again.



CARNEGIE

The next three years of his illness that father was helpless and slept only fifteen to thirty minutes at a time during a twenty-four hour period. Elmer and his mother took care of him day and night until the last year when they had to hire a woman to help them.

They overcame their worry by doing the best that they could each day, putting in approximately nineteen hours of work out of every twenty-four. By doing this, worry seemed to disappear and they agreed that God took care of them, for their income was small. Their money seemed to stretch far enough to provide for necessities and even at his father's death they still had their property clear of any encumbrance and had to ask for no outside financial help.

His bulwark now if worry rears its ugly head is to pitch in and work the best he can and he has learned that if he does his worries always disappear.

Reuben Sutton To Return This Week

SAN DIEGO, CALIF.—(FET-NO)—Scheduled to arrive here in late June aboard the attack aircraft carrier USS Valley Forge after seven months of combat duty in Korean waters is Reuben M. Sutton, hospitalman, USN, son of Mr. and Mrs. Harold M. Sutton of La-Grange.

The veteran flat-top has completed its fourth tour of duty in the forward area.

Planes of Carrier Air Group 5 aboard the Valley Forge carried out daily bombing and strafing missions over North Korea.

While operating with fast carrier Task Force 77 off the eastern coast of Korea, attacking aircraft from the Valley concentrated on supplies, troops, bridges and military installations near front line positions.

In the three years from 1949 through 1951, U. S. wheat exports accounted for 37 per cent of the nation's production. Currently, wheat exports are running about 30 per cent below last year.

VISITS BIRTHPLACE . . . Theodore Lee Berg, 14, of Eugene, Oregon, saved \$200 by raising pigs, picking beans and selling newspapers for trip to Sweden where Lee was born while parents were on tour.

Office Supplies
Let One Stop Do For All
Kinston Office
Supply Co.
111 E. Caswell Dial 4317

THE BAFFLES

By Mahoney



United States industry annually spends more than \$2 billion and employs some 230,000 people in scientific research programs. Last year, half the money was spent under government contract, and 55 per cent was devoted to three major fields — electrical, chemical, and aircraft.

In an effort to eliminate noxious fumes and gases from the atmosphere, as well as to reduce smoke, U. S. industry spends about \$120 million on air pollution control equipment each year.

The U. S. Bureau of Mines reports that bituminous coal makes up 63.3 per cent of the competing fuels and power used in this country.

EASY to Use!
SURE to Seal!

HOME CANNERS' FIRST CHOICE



No Guesswork!
DOMED DOWN
Jar Sealed!

Look! A Full-Size
KELVINATOR
Automatic
Electric Range



FULLY AUTOMATIC COOKING! A full-size range! New design, new style, new beauty for your kitchen! Here's the big value you've been looking for! Come in! Ask to see it!

- COOK BETTER, EASIER, FASTER!**
- Automatic Clock Control and tap light. Built into range backward.
 - Shut Oven. Cooks complete dinners of one time automatically.
 - Oven Preheats to 350° in 5 minutes. Broiler gets red hot in 10 seconds.
 - Versatile Scotch Kettle. Holds 6 quarts. Ideal for deep frying, high-or-low heat cooking, stir-frying, stewing.
 - Extra-Fast Surface Units. Each has an inner and outer ring for different-sized pans.
 - 7 Exact Measured Heats on surface units, instead of the usual 5. An exact heat for every cooking need.
 - Handy Appliance Outlet. Plug in your toaster, coffee-maker, mixer, or other electric cooking appliances.
 - Oven-size Storage Compartment (to the left of oven). Space galore for storing pots and pans of all sizes.
 - Full-Width Roller Drawer. Easy space for cooking utensils of all kinds. Nylon rollers, quiet operation.

IT'S TIME TO GET **Kelvinator**

BAKER FURNITURE CO.

GREAT OAK
BLENDED WHISKEY

Austin Nichols
6 Cases, Inc.

\$2.00 pint
\$3.20 fifth

86 proof, 70% Grain Neutral Spirits.

ELECTRIC FANS
ASSORTED SIZES
HEILIG-LEVINE
OF KINSTON, INC.