

Rural Health Leader Praises Work Done In North Carolina

"In North Carolina you have done what must be done if we are to bring better standards of health to the rural communities," commented Mrs. Charles W. Sewell, member of the advisory committee on the rural health council of the American Medical Association.

Mrs. Sewell was one of the keynote speakers at the sixth annual Rural Health Conference, Wednesday at N. C. State College.

Also participating in the day's program were some North Carolina 4-H Club members who have gained state and national recognition for their health improvement achievements. Serving as moderators of the "Accent on Youth" panel was Harold Langdon of Johnston County, 1922 state health improvement king, Langdon introduced the other panel members, Norma Jean Short, 1953 health queen from Catawba County, Loree Keen of Wayne County, and Bill Bryan, 1953 health king from Bladen County.

Bryan began discussion on 4-H health improvement projects by explaining how club work helped him to overcome osteomyelitis, an infectious disease of

State Gives Hints to Home-maker

BY RUTH CURRIE, State Home Demonstration Agent

ONE THING AND ANOTHER
To prevent powdered sugar from becoming in a tightly covered glass container.

Use of oil is preferable to butter for greasing pans. The salt in butter causes the batter to stick to the pan.

Jelly which has become sugary can be used to sweeten and flavor puddings or dried prunes.

the bones. Following Bryan on the panel was Miss Short who explained how she had been able to help her family practice better eating and health habits because of her interest in health improvement.

Appearing last on the discussion was Miss Keen who showed how her health improvement activities had become international in scope. Miss Keen corresponded with a Chinese student, told him of her 4-H health improvement projects and interested him in helping his family build better health.

dried peaches or other fruits.

A coating of lemon juice prevents tomatoes, peaches and apples from discoloring after they have been sliced.

Lemons are juiced if heated before being squeezed.

A small amount of sugar added to olive oil will prevent it from becoming rancid.

If you have honey which has sugared, try placing the honey jar in a pan of water and boiling it.

A dressing of two parts honey to one part lemon juice is delicious over fresh fruits.

Obstinate spots on chromium plated hinges on refrigerators often may be removed with ammonia water.

Dry baking soda sprinkled over scorched food stuck to the pan will soften it and make it easy to remove.

Placing heavy pans or dishes on the open door of a range will cause the hinges to sag.

Baking soda may be used to remove grease and discoloration from a waffle iron.

Often chicks started in the fall and winter pay the highest profits.

AMBULANCE

Equipped With Emerson Resuscitator

With this equipment LIFE MAY BE SAVED from auto-accidents, heart attacks and all emergencies.

EDWARDS FUNERAL HOME

702 N. QUINN ST. KINSTON, N. C. 28501

HOOKER and CO. STOCKYARDS

AUCTION SALES of Livestock on Tuesdays

We Buy Hogs Every Day

PHONE 3624

KINSTON, N. C. ROUTE 2

Our Great America ☆ by Woody

THE FIRST TOWER WAS LOCATED IN THE UNITED STATES IN 1792 ON THE EAST COAST OF MASSACHUSETTS. TODAY THERE ARE THIRTY-SEVEN TOWERS IN THE U.S. MANY OF THEM ARE BUILT BY THE U.S. NAVY.

THE FIRST BRIDGE WAS BUILT IN 1791 IN MASSACHUSETTS. TODAY THERE ARE THIRTY-SEVEN BRIDGES IN THE U.S. MANY OF THEM ARE BUILT BY THE U.S. NAVY.

THE FIRST RAILROAD WAS BUILT IN 1825 IN MASSACHUSETTS. TODAY THERE ARE THIRTY-SEVEN RAILROADS IN THE U.S. MANY OF THEM ARE BUILT BY THE U.S. NAVY.

THE FIRST AIRPLANE WAS BUILT IN 1903 IN MASSACHUSETTS. TODAY THERE ARE THIRTY-SEVEN AIRPLANES IN THE U.S. MANY OF THEM ARE BUILT BY THE U.S. NAVY.

THE FIRST MOTOR CAR WAS BUILT IN 1885 IN MASSACHUSETTS. TODAY THERE ARE THIRTY-SEVEN MOTOR CARS IN THE U.S. MANY OF THEM ARE BUILT BY THE U.S. NAVY.

THE FIRST TELEPHONE WAS BUILT IN 1876 IN MASSACHUSETTS. TODAY THERE ARE THIRTY-SEVEN TELEPHONES IN THE U.S. MANY OF THEM ARE BUILT BY THE U.S. NAVY.

THE FIRST RADIO WAS BUILT IN 1895 IN MASSACHUSETTS. TODAY THERE ARE THIRTY-SEVEN RADIOS IN THE U.S. MANY OF THEM ARE BUILT BY THE U.S. NAVY.

THE FIRST TELEVISION WAS BUILT IN 1927 IN MASSACHUSETTS. TODAY THERE ARE THIRTY-SEVEN TELEVISIONS IN THE U.S. MANY OF THEM ARE BUILT BY THE U.S. NAVY.

THE FIRST SPACE SHUTTLE WAS BUILT IN 1968 IN MASSACHUSETTS. TODAY THERE ARE THIRTY-SEVEN SPACE SHUTTLES IN THE U.S. MANY OF THEM ARE BUILT BY THE U.S. NAVY.

Produced by AMERICAN EXPRESS PUBLISHING CORPORATION, N.Y.

For A Complete Banking Service

— SEE —

First Citizens Bank & Trust Co.

Member
Federal Deposit Insurance Corporation

KINSTON, N. C.

CENTURY CLUB

230 FL. OZ.
3 1/2 GAL.

4 YEARS OLD

STRAIGHT BOURBON WHISKEY

THIS WHISKEY IS 4 YEARS OLD
NATIONAL DISTILLERS ASSOCIATION
CORPORATION, N. Y. 10017