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81-inch Unbleached Sheeting **25c**

North Carolina Flyer Who Taught Lindbergh Recalls His Early Career

Winston Left University To Seek Pilot's Wings, Wake County Birdman Tells Story.

(C. J. Parker in News & Observer) If it hadn't been for Lucky Lindbergh's Paris flight and Oliver Smith's golf it is most unlikely that Lieut. Bill Winston's flight ever would have been yanked front under its bushel.

Like most good birdmen, the young man who taught the youth whose flying the whole world is talking about how to fly, has mighty little to say—about himself.

But golf sometimes draws fluency from the unloquacious, especially when the drives are going straight and putts dropping right. So it was on the course of the Carolina Country Club that Oliver Smith, himself wearer of the D. S. C. for bravery in France, learned that Bill Winston, of Wendell, North Carolina, taught Charlie Lindbergh how to fly.

Modesty exacts no premium of those who sing the praise of another and Warrior Smith told Flyer Winston's story. Winston, engaging Wendell's best at checkers during lapses in reports on Lindbergh's progress, reluctantly admitted that most of it was so.

One thing he corrected. Report had it he had 4,000 hours in the air to his credit.

"Really it is only about 3,700—I haven't done much flying this year. When I left the army air service I had more flying time to my credit than any one else in the service, but I am sure somebody has passed me since then," he explained.

Aviation enthusiasts here shook their heads, 3,700 hours in the air is a long time. They doubted if there are many records to surpass it. Army fliers do about 600 hours a year if they are lucky. It would take a long time to roll up anything approximately Winston's record, all certified in black on white in his pilot books.

Winston is a native of North Carolina—born 31 years ago at the ancestral Winston home about two miles this side of Wendell. His father, J. P. Winston, is a double first cousin of the noted Judge Winston, of North Carolina. He has been flying ten years.

Contrasting quiet of the Winston home place to roaring airplane motors was chosen by the Tar Heel flyer for his vacation when he left off piloting the big Fokker passenger planes between Philadelphia, Washington, and Norfolk. With him are his wife, who was Miss Katherine Cosby of Richmond, and their daughter, Elizabeth Avery, aged 1.

In the summer he is going to the mid-west for another fling at passenger flying, but that is leaving the real story.

Like Lindbergh, Winston avoided a life on the farm by taking up flying, but under different auspices. He had put in his time at Wake Forest and moved over to Chapel Hill for a fling at medicine when the war broke out.

That was a signal for Bill Winston to drop his books and hie over to Raleigh, where he applied for admittance into the naval aviation corps. The examiners turned him down. Over at the Army recruiting headquarters they did the same. A lad of slight frame then, he failed to impress the hurrying medical men.

But the aspirant for pilot's wings was undaunted and knocked on the doors of the Army recruiting station at Greensboro. Accepted, he learned flying himself to such an extent that he was assigned to Brooks Field, Texas, as flying instructor with rank of mas-

ter sergeant. Brooks is the elementary school, and it was there that he had as his pupil young Lindbergh.

In addition to Brooks he saw service at Kelly Field, San Antonio, Texas, where advanced flying is taught, and at Carlstrom Field, Arcadia, Fla. While in Florida he flew over the entire state photographing and mapping landing fields.

Out of the air service with a reserve commission, he went in for commercial flying in the United States after deciding the future of aviation was brightest here instead of in the South American countries, from which he had offered.

Last year when the Mittie interests in Philadelphia decided to establish an air and mail passenger line between the Quaker City, Washington and Norfolk, they picked Winston to pilot one of the big Fokker ships—the same type that Byrd used to fly over the North Pole.

All during the Sesqui-Centennial Exposition he winged his way between the National Capital and the airline terminals without an accident to a single passenger.

During this period he carried many notables, but none he remembers more vividly than Will Rogers, who rushed straight from an interview with President Coolidge to catch Winston's Philadelphia bound Fokker.

During the flight the famous humorist passed up a note to the pilot. "I wonder," it read, "why anyone should be hurrying to Philadelphia?" It amused Winston mightily.

He has at least two hobbies, long conversation and witnessing the search through his possessions for the "Lindbergh" pilot book showed. They are stamp collecting and "crack-up" collecting. The laymen call it a "smash" when an airplane falls, but the birdman calls it "cracking-up."

In only one serious accident during all his ten years of flying, Lieut. Winston has gathered an imposing array of photographs of comrade's mishaps.

"Wasn't that a beauty," he commented over a picture of two wrecks that had been airplanes before they collided in mid-air. "Nobody hurt."

Pilots in other planes hadn't been so fortunate, it was revealed. There was a picture of a ship and an ambulance in mortal embrace. "Knocked our new 'meat-wagon' over first day we had it," Winston commented on the abilities of some student flyer.

"Had an awful fight here," he commented, as a picture of one airplane landed square on top of another came to light. "Fellow trying a 'dead-style' landing. Other one waiting to take off. Both pilots jumped out and started fighting because the other had not gotten out of the way."

"Good friend," he observed, fingering a photograph of the charred frame of a ship in which the burned body of the pilot was quite visible. "Some of the best flyers we trained got killed—others quit."

A splintered fragment of propeller blade told the story of the sad end of another "buddy."

Ten years of flying can make a man calloused where the ordinary mortal's blood would run cold, but it failed to rob the Tar Heel veteran of his modesty and natural charm—yet if it hadn't been for "Lucky" Lindbergh flying and Oliver Smith's golf, Bill Winston's candle probably would have remained under the bushel.

Pupils don't think; they just memorize.—Ida Mockrin.

PAY CITY TAXES BEFORE JUNE 1ST
Property owners in Shelby who have not paid their city taxes are urged to do so before June 1st. Take due notice of this warning.
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A. P. WEATHERS, Mayor

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Cooking Charts with 6 Famous Cooks
(Courtesy of the Domestic Science Department, Perfection Stove Company)

VEGETABLES FOR VITAMINES
Vitamin! What are they? We hear about them on all sides. "They are necessary for normal nutrition, necessary for growth," it is said.
Their chemical nature is not known. But it is an established fact, that when they are lacking in the diet, health suffers. Certain diseases are attributed to this lack—outstanding rickets.
Vegetables, fruits and milk are rich in vitamins. Spinach and tomatoes contain a higher percentage of vitamins than any other foods.
The Year Around
Can we have plenty of vitamin in the diet of the year around? Certainly. And very easily, too. It can be obtained from many other things (though containing less the vitamin content, some what).
Mrs. Sarah Tyson Rorer, the Philadelphia cooking expert, gives us a few simple rules for getting vegetables.
"Wash your vegetables first. Put a wash boiler filled with water on a burner, a teakettle on another, and a large pan of water on the third."
"Prepare vegetables by washing and skimming where this is necessary." Mrs. Rorer says. "Wash the glass jars, adjust rubbers on them, and screw on the tops to seal them."
Scald Quickly
"Then open jars, but do not move the rubbers. Put them, with the lids, in a pan, and dip over them from the boiler enough water to scald."
"Put the vegetables in a square of cheesecloth, and lower into the pan of boiling water for 15 minutes. Lift, drain, and put into the jar at once."
"Add a teaspoon of salt to each quart of water, and enough boiling water to fill jar (after vegetables are in). Screw on the tops, give jar a turn back, and place at once on the rack in the wash boiler or canner."
"Individual wire holders cost, but little and are more easily managed than a solid rack. When the boiler is filled, cover, wait until the water again boils and turn down to low heat."
Mrs. Rorer's Table for Blanching
Spinach 10 minutes
Tomatoes, to skin 3 minutes
Asparagus 3 minutes
Green Beans 15 minutes
Beets 25 minutes
Peas 15 minutes
Corn, on cob 3 minutes
Table for Sterilizing
Spinach 2 hours
Tomatoes 1 hour
Asparagus 1 1/2 hours
Green Beans 1 1/2 hours
Beets 2 hours
Peas 2 hours
Corn 3 hours
Chicken 3 hours
What a comfort it is to have a stove which needs no watching. One of the modern long-chimney oil stoves has this advantage. Once you set the flames, they will not vary. You can leave the kitchen, and forget all about this stove.

Fiesta String Beans
Mrs. Belle DeGraf, San Francisco home economics counselor, suggests a new and pleasing way of cooking string beans. String beans are very rich in vitamins. Mrs. DeGraf's recipe follows:
String and cut beans in two lengthwise. Cook in a boiling salted water in an uncovered saucepan about 25 minutes. Use only enough water to barely cover beans. Drain and season with 1/2 teaspoon salt and a dash of pepper and 1 tablespoon of butter. Set beans aside until sauce is made.
Put 2 egg yolks in a small saucepan, add 2 teaspoons of flour and 1 tablespoon of lemon juice; mix them and add 1 cup of stock. The stock can either be canned consommé, a bouillon cube dissolved in warm water or strained soup stock. Cook over a very low fire until sauce has thickened, then add to hot beans. Too fast or too long cooking will make this sauce curd.
Beans Au Gratin
Another good dish is one recommended by Miss Lucy G. Allen, principal of the Boston School of Cookery, string beans au gratin.
"Drain a can of stringless beans, and place them on a clean cloth to absorb all moisture," Miss Allen says.
"When well dried, put half of them into a shallow baking dish, season highly with salt and cayenne, sprinkle over the beans three tablespoons of grated cheese, and pour over three tablespoons of heavy cream. Repeat making two layers, and put into the oven to heat and brown about ten minutes."
Glazed Carrots
Miss Allen also gives a recipe for glazed carrots. Carrots also have a high vitamin content.
Wash, scrape and cook five medium carrots. Cut in thin slices, salt two tablespoons of butter in a omelet pan, and add two tablespoons of sugar. Add slices of carrots, and stir well until browned.
Every home with a kitchen pump, an now have running hot water. The manufacturer of kerosene water heaters has perfected a simple system of connecting the kitchen pump and the heater. By means of a live connection with hot or cold water can be pumped.
Be sure to read next week's cooking article. If the American spirit fails, what hope has the world?—President Coolidge.

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