Did you know you can

speed your cleaning chores

by first listing jobs to be

done room by room? Com-

Swimming uses more mus-

cles at one time than any

other exercise. Join a swim

clubthis summer. The water

treatment also relaxes mus-

Those who are allergic to

molds should beware of

molds which thrive on books,

especially old books, during

long spells of damp weather.

cles and tense persons.

plete one task at a time.

Winfall Home Demonstration Club Meets With President

The Winfall Home Demon- extra treat, a scoop of vanilla stration Club met at the home of ice cream. their president, Mrs. Mattie Modlin, recently.

The meeting opened with canning or preserving foods. devotion led by Mrs. Modlin. A She explained the method of The meeting opened with Hymn, "My Faith Looks Up To Waterbury canning and was followed by The Lord's Prayer repeated in

Mrs. Lamb, Club Secretary, ready the minutes of the last meeting which was held at Mrs. Rosie Felton's home. After Roll Call and completion of the business session, Mrs. Ida Norman gave a wonderful demonstration on "Follow The Canning jars. We decided to continue this debate at the next meeting, Guide." She showed a bulletin on how to balance meals for a family and how essential it is for school children. She demonstrated how to get children to like milk, by using a quart of milk and McCormick food coloring. The milk was tested by each member.

It was also stated that a fruit juice could be used and for an

Miller-McGoogan Wedding Invitation

The Miller-McGoogan wedding will take place in the First United Methodist Church on Saturday, July 1, at 2:00 p.m. Reception follows in the church Fellowship Hall. Friends are invited to attend.

ONE MINUTE SPORTS QUIZ

- 1. Who won the Belmont
- 2. What driver was killed recently at Le Mans?
- Who won the IVB Philadelphia gold classic?
- 4. Who won the recent Le Mans classic?
- 5. For whom does Dick Drago pitch?

Answers to Sports Quiz

- 1. Riva Ridge.
- Joakim Bonnier. 3. J.C. Snead.
- 4. Graham Hill & Henri Pescarolo.
- 5. The Kansas City Royals.

FOOD PLANTS

The total number of food manufacturing plants in the U. S. has dropped from 42,000 in the early 1950's to fewer than 27,000 today.

Mrs. Taylor told the members about the proper methods of pressure canning to inactivate bacteria and botulism in foods. The members had a good argument on whether preserves and pickles will keep in Mayonnaise or Salad Dressing jars as well as regular Mason Canning jars. We decided to

plate consisting of chicken salad, sliced tomatoes, cookies, and crackers.

Helen Gaither Club Meets

Helen Homemakers Club met Thursday night, June 15, with Ars. Fred Matthews as hostess. The president, Mrs. Maude Lane, presided. "Onward, Ever Onward," was sung. Mrs. Matthews gave the devotional, reading the 24th Psalm. The Lord's Prayer was repeated in

Mrs. Paige Underwood gave the demonstration on "Sewing." She showed the members how to bind arm holes and put in sleeves. This was

enjoyed by all. Mrs. Clifford Perry gave a talk on "Dairy Month." She urged each one to drink milk and get it in our food.

Mrs. Lane conducted the business session. The Rummage Sale was announced, which would be held June 21 at the County Building.

The Nominating Committee gave the following report: President, Mrs. Warner Madre; Vice President, Mrs. John Corprew; and Secretary, Mrs. Clifford Perry.

After the Collect was repeated and the meeting adjourned, the group was delightfully entertained by two of Mrs. Matthews' music pupils, Karen Lane and Gywn Trueblood, who rendered several piano selections.

Delicious refreshments were served by the hostess to the twelve members and three visitors present.

What could be more refreshing during this hot weather than chilled desserts using fresh fruit? Try this refreshing and cool dessert some hot night.

Peach Pie

- 1 c peach syrup 1 pkg lemon flavored gelatin
- 1/2 c cold water 1 pt vanilla ice cream 1/8 t almond extract
- Fresh sliced peaches about 2 to 21/2 cups 1 9-inch baked pastry shell

Whipped cream

Heat syrup to boiling. Remove from heat and add lemon gelatin. Stir until dissolved. Add cold water. Cut ice cream into six pieces and add to hot liquid. Stir until melted. Add almond extract. Chill until mixture begins to thicken and mound when spooned-about 40 minutes. Fold in 2 cups of peaches. Pour into cooled, baked pastry shell. Chill until firm. Garnish with whipped cream and peach

Women Police

More and more women are joining the nation's police forces and it's an encouraging trend. With crime at an all-time high and steadily rising, any change in law enforcement procedure which produces results is

There are, of course, some jobs only men should be asked to do. Other than these women are right to expect equal consideration, if they offer equal performance and capability.

Interestingly, in some fields of police work they are reportedly better than men. They provoke fewer violent reactions in some forms of arrest, it's said. Women undercover agents are said to perform at least as well as men in apprehending drug sellers. They have excelled in other forms of police work.

But as for sending in a 110-pound beauty (or two or three) to wrestle with bank robbers, gang toughies.

Permanent Care Labels Will Arrive July 3

RALEIGH -- Consumers can look forward to more convenient information and added protection when they purchase wearing apparel. A ruling by the Federal Trade Commission (FTC) will require all articles of clothing, with a few exceptions, must bear permanent labels that clearly and simply disclose the washing and cleaning instructions. says Harriet Tutterow. extension clothing specialist, North Carolina State University.

The new rule goes into effect July 3. It means that all articles of clothing manufactured after July 3 must have labels with washing or cleaning instructions permanently attached to them rather than on throw-away tags that can easily be misplaced.

The consumer then always will have at her fingertips the correct information to insure that she will not ruin clothing by using the wrong method of cleaning.

Home sewers will benefit from the new rule, too. All textiles and fabrics that are sold for the making of wearing apparel must be accompanied by similar care labels that the home sewer can attach permanently to her finished article.

Manufacturers of both home sewing fabrics and wearing apparel are responsible for providing the labels for their products. The FTC specifically states that all labels must be designed to last as long as the articles they are attached to and must remain legible for the life of the garment. Hoisery is included

under the new rule. Exceptions are shoes, gloves, and items used exclusively as headwear. The Commission also is considering exempting some low-priced items-probably those selling for \$3 or less--but these must be completely washable in order to qualify for an exemption.

check the average number of hours the bulb will burn as well as the wattage.

(Practical Hints For The Modern Woman)

You can have almost instant doughnuts by cutting the centers from prepared canned biscuits and fry in hot oil. Glaze or roll in sugar. Don't forget to fry the

HEALTH

A good cream rinse will do wonders for your hair which will probably take a beating from sun, wind and swimming this summer.

Take along several lemons on your camping trip. They're good for removing the smell of fish, onion and other strong odors from the

Even though it's summer. remember that plunging into extremely cold water can cause sudden cramps that account for the drowning of many expert swimmers.

If you have small children, there's nothing handler than bags made out of net for socks and other small articles. Sweaters hold their shape better when washed in a net bag. The bags are inexpensive--make several from one yard of net.

When buying light bulbs

One of innovations of the new Postal Service, longer under congressio control, is the elimination of localities from postmarks Instead, the receiver finds only "U.S. Postal Service" printed on the outside of his

The Postal Service offers several reasons why this represents progress, why this is necessary, etc. White ever the justifications, however, they are outweighed by the very obvious fact that this system hides from the addressee the point of mailing and the exact time, the traditional means by which he can trace postal

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TWIN BED SIZE

Boy's Basketball Shoes LOW TOP -WHITE

Reg. 1.99 SALE 11.54

PRODUCT QUALITY FACTS

163.0"	160.2"		
	100.2	157.5"	161.8"
69.4"	61.4"	59.3"	82.4"
50.1"	55.9"	54.1"	62.4"
41.0"	39.2"	39.2"	39.3"
52.5"	49.8"	49.6"	46.2"
31.4"	32.6"	31.7"	30.7"
51.6"	49.8"	46.0"	48.6"
Rack-and-	Recirculat-	Recirculat-	Roller
Pinion	ing Ball	ing Ball	Steering
	50.1" 41.0" 52.5" 31.4" 51.6" Rack-and-	50.1" 55.9" 41.0" 39.2" 52.5" 49.8" 31.4" 32.6" 51.6" 49.8" Rack-and- Recirculat-	50.1" 55.9" 54.1" 41.0" 39.2" 39.2" 52.5" 49.8" 49.6" 31.4" 32.6" 31.7" 51.6" 49.8" 46.0" Rack-and- Recirculat- Recirculat-

PERFORMANCE FACTS

PRICE FACTS

Pinto \$1960*

Datsun PL 510 \$2306*

Toyota Corolla 1600 \$2109*

VW Super Beetle 113 \$2159*

Pinto is up to \$346* less than leading

When it comes to performance, Pinto is right up there. It has an engine with power to handle American expressways with ease...yet has remarkable gas economy. Its sporty rackand-pinion steering makes for smooth, precise handling . . . turns in a tight 31.5 ft. circle! Its lower/wider stance gives good stability. Pinto's roomier interior gives you and your passengers lots of driving and riding comfort.

FORD DEALER SERVICE FACILITIES

Over 5,600 dealers are conveniently located everywhere in the country. No matter where you go, or where you're at, you'll find a Ford Dealer ready to offer you fine, fast, friendly service. His up-to-date electronic diagnostic equipment, factorytrained mechanics, and well-stocked parts department all help serve you with better ideas in service, too.

SERVICE REQUIREMENTS

In maintenance matters, Pinto was designed to save you money and time. Many of Pinto's service requirements are engineered for easy do-it-yourself maintenance. Don't forget, when buying a small car, to be sure to take into consideration such things as normal oil changes, major chassis lube intervals and brake adjustments . . . all cost factors in the economy of operating a subcompact. For instance, Pinto requires normal oil changes only after 6,000 miles. And it normally goes an average of 3 years (36,000 miles) before a major chassis lube is needed. As for brake adjustments, Pinto's brakes are self-adjusting. When you get back to basics, you get back to Ford.



*Based on a comparison of sticker prices for base 2-door models. Dealer preparation, if any, destination charges, title and taxes are extra.

Spend 15 minutes with the Ford Team ... see your Ford Dealer!