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State College Hints To Farm Homemakers

(By Ruth Current, State Home Demonstration Agent.)

The fresher foods are when we use them the higher the vitamin content will be. Raw fruits and vegetables, particularly those which are not very acid, gradually lose their vitamin C.

Loss of vitamins can be retarded by storage in a refrigerator. This is especially true of the fresh, raw fruits and vegetables on which you depend for vitamin C.

Water dissolves not only many vitamins but minerals as well. Amounts of water used in cooking fruits and vegetables should be small. Foods that need to be washed should be washed rapidly and not soaked.

Dry cooking, such as baking vegetables and roasting and broiling meats, lowers and in some cases entirely prevents loss of vitamins by water solution. Any drippings from broiled or roasted meat and juices from baked fruits and vegetables should be used, preferably as a part of the dish prepared, for they are high in soluble vitamins and minerals.

Some of the most popular herbs for salads are parsley, tarragon, chives, sweet basil, mint, thyme, and marjoram. Try one at a time. And why not grow these in your own herb garden? With a tossed green salad, add a combination of chopped fresh or powdered basil, tarragon and thyme.

For cheese balls to garnish salads mix the cheese with powdered caraway or dill seeds. Try tarragon vinegar for tossed green salads, or for marinating chicken, lobster or crabmeat salad.

Use garlic vinegar for French dressing or in potato salad dressing.

All Farms Need First Aid Kits

"First aid kits are essential equipment on every farm," declared Ben Jenkins, county agent for the State College Extension Service, here this week. Facilities for prompt treatment of injury may save a life or prevent serious infection, he asserted.

According to recommendations of the National Safety Council, Mr. Jenkins said, good first aid kits need not be expensive or difficult to provide. Homemade kits containing the essential medications, drugs, and dressings may serve equally as well as the more costly prepared kits on the market, he added.

The Extension agent recommended the following materials for assembling a good first aid kit:

A tight box, preferably metal such as a small cash or fish tackle box; rolls of adhesive tape of varying widths, sterile cotton, swabs and sticks, sterile white cloth for bandages and tourniquets, matches, ointment for burns, tincture of iodine, boric acid, tincture of meriolate, tincture of benzoin, liquid green soap or benzine, and rubbing alcohol.

Negro News

By Mrs. Jessie G. Costner

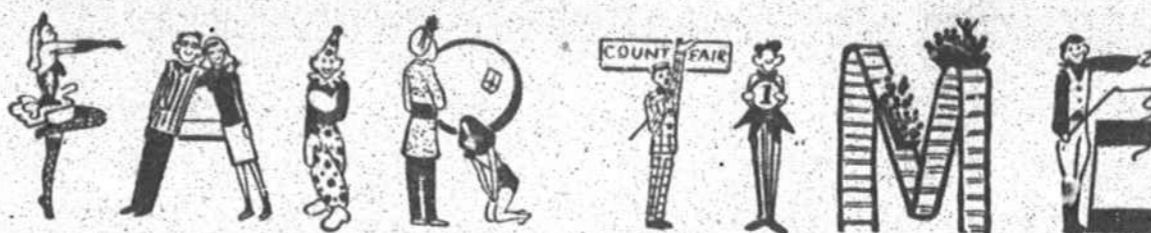
Funeral services were held for John Surratt, war veteran of World War II, Sunday, Sept. 12, at Bynum Chapel A. M. E. Zion. The Rev. L. J. Cochran conducted the funeral.

The Rev. Stroude is conducting the revival at Bynum Chapel A. M. E. Zion church this week.

Driving is a privilege conferred upon those who qualify by proper tests to operate a motor vehicle. Driving is not an inalienable constitutional right. Those who seriously flout the recognized traffic laws invite the threat of losing their driving privileges for a time through revocation or suspension of license.

LET COURTESY CHARACTERIZE YOUR DRIVING!

Cleveland County



5 Days 25th ANNIVERSARY 5 Nights

DAILY FAIR PROGRAM

TUESDAY—Rural School Day

Gates Open at 8:00 A. M.
Exhibit Building Open at 10 A. M.

WEDNESDAY—Thrill Day

Jack Kochman's Calvacade of Thrills
Grandstand Opens at 12:30 P. M.
Parade of Tractors and Latest Farm Equipment Before Grandstand.

THURSDAY—Horse Races

Racing Program Begins at 2:00 P. M.
Free Attractions at 2:15 P. M.
Mule-Pulling Contest

FRIDAY—School Day—Junior Club's Day

Shelby-Kings Mtn. Pupils Admitted Free.
FFA and 4-H Members Wearing Emblems.
Sale of Baby Beef in Front of Grandstand

SATURDAY—Auto Race Day

Grandstand Opens at 12:30 P. M.
Midway Open Daily and Evening.

SPECTACULAR NEW FIREWORKS DISPLAYS EACH EVENING AT 9:30 P. M.



U. S. Trotting Assn. Sanctioned
HORSE RACES

at 2 P. M.

TUESDAY—THURSDAY—FRIDAY

Time Trials
12:30 p. m.

AAA Sanctioned
AUTO RACES
Saturday Only

Race Starts
2 p. m.

ON THE MIDWAY
ALL NEW
James E. Strates Shows

\$10,000 IN
PREMIUMS

THE LEADING AGRICULTURAL AND EDUCATIONAL COUNTY FAIR IN THE SOUTHEAST

Tuesday, Sept. 21 thru
Saturday, Sept. 26

Grandstand Show

Afternoons at 2 P. M.
Evenings at 7:30 P. M.

George A. Hamid
Productions



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