## North Carolina 4-H'ers Win Chicago Trips







Billy Sparrow

SUPERIOR records of achievement in National 4-H Clothing, Garden, frome Improvement and Poultry programs have won 1949 state championship honors for four North Carolina club members. Each received an all-expense trip to the 28th National 4-H Club Congress Chicage, Nov. 27 to Dec. 1. The winners, who were selected by the state club office, and brief outlines of their records follow:

A fitting climax in the National 4-H Clothing Achievement, program is to be chosen State winner. The 1949 honor went to Evelyn Waugh, 17, of White Plains. Her record shows she has made 121 new articles of clothing, remodeled 106 and mended 632. Rounding out a successful club-career, Evelyn has served her club in many offices and has been junior leader for five years. She held the offices of secretary, vice president in the county, and is president for 1949-50. She has won many awards on her exhibits, in-cluding \$90.25 in prize money. In recognition of her good work, Spool Cotton Educational Bureau provided the award of a trip to the 4-H Club Congress, Chicago.

Completing 22 projects in five years of 4-H Club work, Billy Sparrow, 16, of Gaston, was named 1949 state winner in the National 4-H Garden program. He tended 25 acres of garden. Billy experi-mented with new tested varieties of seed, and followed recommendations of the county agent. He has grown many varieties of vegetables, supplying his family and selling some to the nearby villages. Billy has made many exhibits and won high honors. He serves his local club as junior leader. For his efforts, Allis-Chalmers Mfg. Co. provided an all-expense trip to the National 4-H Club Congress in Chicago.

Though seven years in 4-H were filled with many exciting events for Pauline Howe, 18, of Gastonia, none climaxed the thrill of being chosen state winner in the 1949 4-H Home Improvement program. Among the many things she did was to refurnish her own room: All of these activities were conducted under the direction of the Ex-

All the furniture was made from her specifications, The furniture was made of birch wood, and painted. The beds are Hollywood style with two large drawers for storage space. Her window seat provides storage space, also. The dressing table compartment opens into a desk-like position and is used as a study unit. Bedspreads were made of blue and yellow chintz, while the headboards and window seat pillows were of plain yellow. Pauline's room exhibit won an \$85 cash prize at the state fair. Her reward of a trip to the National 4-H Club Congress was given by Sears-Roebuck Founda-

Twenty-six projects in eight years of 4-H work is a record worth crowing about. And that's just what Nancy Pritchett, 18, of Brown Summit, is doing because she won state honors in the 1949 National 4-H Poultry Achievement program. Altogether Nancy tended 9,970 birds, including New Hampshires and Parmenters. Knowledge and skill acquired in this project enabled her to realize enough of a profit to contribute toward financing a college education. Nancy won first, second and third prizes in poultry at the North Carolina State Fair in 1949. She has won numerous other awards for her poultry achievement and is actively engaged in marketing eggs and broilers. Even though many hours of hard work went into her projects, Nancy always found time to participate in club activities, serving as leader, junior leader and president. Her reward of a trip to the 4-H Club Congress in Chicago was provided by Dearborn Motors

tension Service of the State Agricultural College and USDA cooperating

## State College Hints **To Farm Homemakers**

By Ruth Current, State Home Denionistation Agent)

may be permanently spotted if tion. Almost naif a million farms stains are not removed before laun. have received electricity in the past dering. Hot water may set protein year. stains such as egg, blood or meat juice, and soapsuds may set other such as coffee, tea, or fruit stains. Be safe - remove all stains before laundering. Keep a simple kit of sup plies in a handy place so you can refer to it whenever a stain occurs.

General rules:T reat stains as soon as possible. Don't let stains dry because then they are very difficult tee for the Kings Mountain Building and sometimes impossible to re. and Loan Association to secure the move. If the stain is not greasy, try sponging it with cold water. Sugary stains are easily removed with clear water. If the stain contains grease, a dry-cleaning fluid or soapsuds may do. A fruit-flavored ice cream should be treated as a sugar, egg, grease, and fruit stain.

How to take out stains: Blood for fresh stain on white cottons or linens, sak in warm water. Wash in warm suds. For stubborn stain, use salt water solution (1.4 cup salt to 2 cups water.) Do not use hot water first; it may set the stain. For wash able colored or fine fabrics, sponge with warm water. Wash in luke warm suds. For non-washable fabrics, use absorbent first, sponge with warm water.

Chewing gum stains on white cottons or linens soak in cold water. scrape off gum. If stain remains, sponge with dry cleaning fluid. Use the same directions for washable colored or fine fabrics. For non-wash able fabrics sponge with dry cleaning fluid. If sugary stain remains, sponge with water.

Cream or ice cream on white cottons or linens - soad in cold water. If ice cream is fruit, berry, or chocolate, treat stain as such. Wash in warm suds. Rinse well. Cream or ice cream stains on washable colored or fine fabrics - sponge with cold water, Wash in lukewarm suds. Cream or ice cream stains on non-

washable fabrics - sponge with dry cleaning fluid to remove grease. Let dry; then sponge with cold water to remove egg or sugar stains.

More than three fourths of the nation's farms are now connected to Spots, out, management specialist electric power lines, according to the Valuable linens and clothes Rural Electrification Administra.

## NOTICE OF SALE

Under and by virtue of the power of sale contained in a deed of trust given by T. Kenneth Green and wife, Rachel W. Green, on the 22nd day of July, 1949, now on record in the ReRgister of Deeds Office for Cleveland County in book 351 at page 95 to the undersigned as trusindebtedness therein mentioned and default having been made in the payment of same and at the request of the Kings Mountain Building and Loan Association, I will sell for cash at the courthouse door in Shelby, Cleveland County, North Carolina, on Monday, January 9, 1950, at 10:00 o'clock A. M. or within legal hours, the following described real estate:

Being lot number 3 in Block E of that certain subdivision known as Midpines, it being a subdivision of the Calvin Howell property located about two miles south of Kings Mountain, a map or said subdivision being duly recorded in the Office of the Register of Deeds for Cleveland County in book of plats No. 5 at page 15. There is reserved from the above described property that certain right of way for light and power purposes. Being the same land conveyed by H. R. Parton and wife, to T. Kenneth Green by deed dated 9th of July, 1949, as will appear on record.

This the 5th day of December,

B. S. Nelll, Trustee. J. R. Davis, Atty.





ON ALL OCCASIONS CHEERWINE IS GOOD TASTE

## Hadacol Helps Textile Workers Stay On The Job

The great textile mills of the Carolina's are booming again with shifts working day and night to turn out the nation's finest materials, and HADACOL is doing its part to keep folks on the job.

Many textile workers have re-

ported the wonderful relief which has been brought them by HADACOL with its five B vita-blood stream so that it can go mins and four important minerals.
Two of these workers, a young father employed by the great Cannon Mills at Kannapolis, N.C.,

and a mother. working at a mill in nearby Salisbury N. C., recently told how HAD-ACOLhad helped keep hem on the Job. Jay W. Barnhardt, Route 3,

Box 343, Ean-napolis, N. C., is 30 years old Mr. Barnhardt and the proud father of two chil-dren. His work in the Cannon Mills calls for a great deal of standing up.

"I had been ill for several years," said Mr. Barnhardt as he explained how close he came to having to give up his work. "I suffered with a weak stomach. It became worse and worse with gastric disturbances. I just could not hold food and no food agreed with me. I could not sleep and finally I became so sick that my legs got weak as I worked in the mill each day."

HADACOL I began to feel better and to regain the weight I had lost," said Mr. Barnhardt. "My digestion became normal again and today I am as well as ever. My legs no longer bother me. I eat and enjoy my food. I sleep well and have plenty of energy."

Mr. Barnhardt has taken several bottles of HADACOL and mow takes the famous vitamin and mineral preparation to help stay well. He has had his wife take it with wonderful results and has recommended it to his friends in the mill.

HADACOL a trial. Don't go on suffering. Don't go wifering. Don't go wardering. Don't continue to lead a miserable life. Many persons who have suffered and waited for 10 to 20 years or even longer, are able now to live HADACOL supplied the vitamins and minerals which their systems needed. Be fair to yourself. Temporary relief is not enough for you. Give HADACOL a trialt Insist on the genuine HADAGOL. Don't be misled. Accept no substitute.

Sold at all leading drug stores.

and has recommended it to his friends in the mill.

Mrs. Maggie H. Poole. 1503
Caroline Avenue, in Salisbury, N. C., had become so ill that she was forced to give up her work but soon after hearing the wonderful news about HADACOL she derful news about HADACOL she was back on the job and her been and when the postman brings.

was back on the job and he been bloing swell ever since.

"I was tired, weak and nervous," said Mrs. Poole. "I suffered indigestion and food didn't agree with me. I also had headaches. After taking five bottles of HAD-ACOL I felt good and was back on the job at the mill. I had tried so many things that the HADA-COL news was a real blessing to

ances . . . Your food will not agree with you You will have an upset stomach You will suffer r o m heartburn, gas pains and your food will sour on your stomach and you will not be able to eat the things



Mrs. Poole you like for fear of being in misery afterwards. Many people also suffer from constipation. And while these symptoms may be the results of other causes, they are surely and certainly the signs of lack of B vitamins and minerals which HADACOL contains. And if you suffer from such a deficiency disorder, there is no known cure except the adminis-tration of the vitamins and min-eral, which your system lacks. It is easy to understand, there-

fore, why countless thousands have been benefited by this amazing tonic, HADACOL. Mr. Barnhardt, like so many sufferers, had tried many preparations without relief, when he heard about HADACOL.

"After the second bottle of HADACOL I began to feel better and to regain the weight I had on suffering. Don't continue to



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