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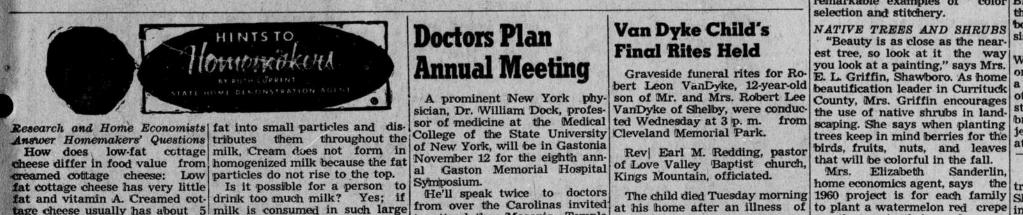












fat cottage cheese has very little and vitamin A. Creamed cot-drink too much milk? Yes; if He'll spea tage cheese usually has about 5 milk is consumed in such large from over the Carolinas invited at his hour per cent fat and therefore furnishes more calories and vitamin important foods.

Temple in the masonic Temple in the meeting.

How is milk homogenized? wer food value than red? Milk is homogenized by a me-



LUMBER COMPANY 204 W. Ridge St. Phone 25 or 54 of vitamin C.

RESERVES

YOUR NEW

BULOVA

UNTIL CHRISTMAS!

Get the JUMP

Does white cabbage have a lonecessarily. Some varieties chanical process that breaks up white cabbage have as much vibrings an outstanding physician lemily tamin C (the main nutrient) as here for lectures and discussions home. red cabbage. The amount present Hundreds of invitations have

Is tomato juice a good source edge of Vitamin C? Yes. One-half cup thods of tomato juice will supply about one-fourth of the daily allowance

You don't have to

get in the RED

to play Santa!

Doctors Plan

As in the past, this year's symNot posium is again sponsored by brothers, Billy Dean and James
Sunrise Dairy which annually brings an outstanding physician

Other survivors include two brothers, Billy Dean and James
Michael Van Dyke and a sister, Emily Ethel Van Dyke, of the

red cabbage. The amount present depends in part upon conditions under which cabbage has been stored and length of storage period. The method of cooking also affects the final value.

Is there any difference in food value between green and yellow dried peas? Food values of green and yellow dried peas are very similar.

Hundreds of invitations have gone out to physicians of the two states. They'll gather at the Masonic Temple at 3:45 p. m., November 12, to hear Dr. Dock discuss "The Internist's Role in Deciding on Surgery for Valvular or Coronary Heart Diceases.

The afternoon session promises to be highly technical as Dr. Dock reveals some of the latest knowledge.

reveals some of the latest knowl- ty. dge acquired in diagnostic me-

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TERRIFIC VALUE! TREMENDOUS SAVINGS!

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Regularly \$29.95

ONLY

\$19.75

With Expansion band

Van Dyke Child's **Final Rites Held**

from over the Carolinas invited at his home after an illness of

He has made many distinguish ed contributions to the science

With The Farm Women

BY MAIDRED MORRIS CARE OF HOUSEHOLD

LINENS

ing sheets, look for thread count, breakage strength, finish size, weight, workmanship, and price.
Miss Verna Belle Lowery, home members on buying less expeneconomics agent, gave these five tips for helping to prolong life of sheets; never yank sheets from beds because hard pulling HOME GROUNDS is damaging to a fabric; reverse sheets; remove spots and stains before laundering; do not fold a slightly damp sheet because mildew may form which weakens Granville County. the fabric; and rotate sheets for longer wear.

QUICK BLOCK EXHIBIT le, home economics agent, the ex-hibit will show favorite old patterns of the Home Demonstration women. Some of the blocks are pieced and quilted and all are

NATIVE TREES AND SHRUBS "Beauty is as close as the nearest tree, so look at it the way

to plant a watermelon red crepe myrtle tree in their yard.

BETTER MEALS FOR YOUR

MONEY
If your budget is limited would you buy calves liver at \$1.39 per pound, beef liver at 49 cents per pound, or pork liver at 39 cents per pound?

All persons indebted to said es tate will please make immediate payment.

This the 28th day of October,

Charlotte, N. C. - A bevy of famous beauties will appear in power of sale contained in a deed the 13th annual Carolinas' Car- of trust given by Edna M. Jenthods.

A question-and-answer session will follow.

After dinner, at 8 o'clock, Dock

After dinner, at 8 o'c

in the Carolinas' oldest parade. An All-Star Carrousel Show has been scheduled at 8:30 p. m.

at the Charlotte Coliseum immediately after the parade and will feature the famous "Gunsmoke Trio" starring "Miss Kitty," Chester, and Doc from the nation's leading television show. The gigantic parade will fea-

and will include 130 units, fifty professional floats, 25 high school bands, 36 princesses and 23 special costume units.

Horses and mules are expected to decrease another 8 per cent Davis & White, Attorneys. during the 1959-60 feed year. 11:12—12:3

As the dollar value decreases and food cost increases, it 'becomes more important to plan and buy carefully to keep Homemakers in New Hanover family well fed and stay within the budget. According to Miss buy and care for linens. In buymics agent in Alamance County, suggestions were given recently sive items with high food value

> BEAUTIFICATION Mr. and Mrs. Luther Currin are beginning to beautify the surroundings of their new home in

Mrs. Dorothy G. Wilkinson, home economics agent, reports that the Currins have graded the grounds and located and gravel-Have you ever seen a quilt ed the drive in readiness for block exhibit? Well there will be foundation and screen planting. one in Clay County at the Fall They have a complete diagram of Federation meeting in November.

According to Mrs. Mena Woodle have accompanies agant the ex-

BETTER BREAKFAST

"Five Minutes More And Your remarkable examples of color Breakfast Will Score" was the selection and stitchery. theme of a Stanly County fair booth this year. The booth consisted of two breakfast tables. According to Miss Elizabeth Watson, Home economics agent one table was set correctly with a nutritious breakfast menu. The other table featured a jar of instant coffee, pot of hot water, bread in a wrapper and a jar of jelly. How does your table look

at breakfast time?

ADMINISTRATRIX NOTICE Having qualified as adminis tratrix for the estate of Sidney Short, deceased, all persons hav-ing claims against the estate will please file same with the undersigned on or before October 28, 1960, or this notice will be pleaded in bar of any recovery. All persons indebted to said estate will please make immediate

1959. DORIS O. SHORT, Administratrix for Sidney Hood Short Estate. Davis and White, Attorneys.

10:29-12:3

Under and by virtue of Miss America, 1960, Lynda Lee ing been given to the undersign-Mead; Miss North Carolina, 1960, ed as Trustee to secure the indebt-Judi Klipfel; and Miss South edness therein mentioned, and Carolina, 1960 Tootsie Dennis default having been made in the will appear as honorary queens payment of same and at the request of the holder of the note, I will sell for cash at the Court house door in SHELBY, CLEVE LAND COUNTY, NORTH CAR OLINA, ON MONDAY, DECEM-BER 7, 1959, at 10:00 o'clock a following described real estate:

Being lot No. 2 in Block J, sitted between Third Avenue and Railroad Avenue of the Midpines tion and Adventure" this year plat made by I in The map or plat made by L. B. Falls, in June 1950, now on record in the Register of Deeds Office for Cleve land County in plat book 6 at page 32, Being the same land con-A new section, known as the veyed by H. R. Parton and wife, "Fancy Costume" division will to Roy F. Jenkin and wife, by be added to the Carrousel this deed dated 27th of September, year.

The "Frontier Boys" and Joannie, a musical group, will appear
Cleveland County in book 6-M at

This the 4th day of November

B. S. NEILL, Trustee

Yours # with Purchase of "FABULOVELY" with the television stars in the All-Star Show. BRIDAL DUET Precious, Treasured Bridal Lock-Set Pair. BRILLIANT CUT CENTER DIAMOND. Magnificently Mounted in Matched 14K Yellow or White Gold Die-Struck Settings. "Spectacular. MEN'S 17-JEWEL Lifetime mainspring shockproof and waterproof — Regularly \$29.75 Written Guarantee

Rippy's Jewelry Phone 131

Plenty of Free Parking Space

on Christmas!

your Bulova NOW!

Across From Southern Depot

SEE-THRU HOLIDAY WRAP! **FANCY-FRONT SHIRT DRESS** 3.99 10-18

Fits right into her busy life! Easy unpressed pleated skirt, casual roll-up sleeves! - Choice: lace-edge center placket or baby, tucked bosom front. Cruise pastels!

Check Your Insurance Policies

Get them out today and see how adequately you are covered. Do you have enough to protect you from serious loss? If you aren't sure, come in and see us.

The Arthur Hay Agency



SUNRISE DAIRY, INC.

Phone UN 7-6354

Gastonia, N. C.



HER CHRISTMAS WISH IS MORE THAN JUST LINGERIE ... SHE WANTS HEIRESS UNDERTHINGS

Our own lovely Heiress gift lingerie . . . her choice for luxury, for fit, for sensible price! So many sty-les to choose from: embroidered bodices, lace and net inserts, wide Alencon-type lace over shadowy sheer! All with that superb Heiress fit that's so skin-smooth, it's flawless!

