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THE SWEETEST
VALENTINE
OF ALL!

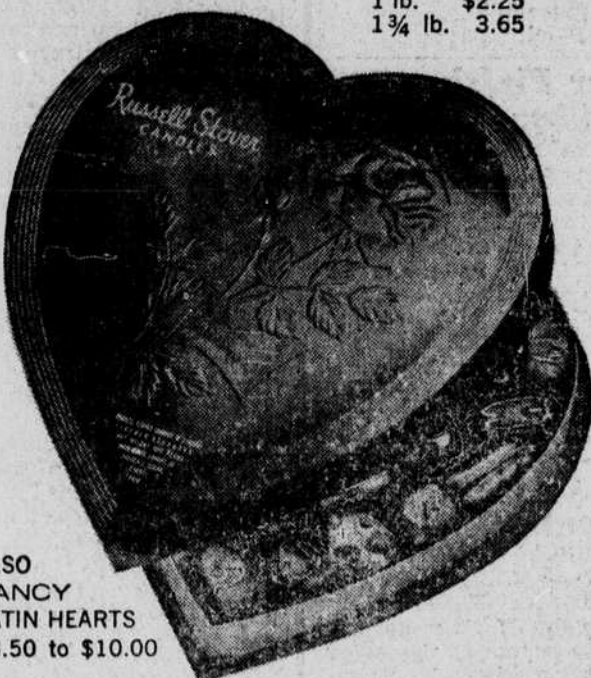
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VALENTINE'S DAY IS TUESDAY FEBRUARY 14

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Garden Time

This column should be of general interest to all readers but more specifically to our mountain folks who produce rhubarb in their gardens.

Strangely enough, and I do not know the reason for it, but the word "rhubarb" has long been associated with heated arguments and heckling that develop during the playing of athletic contests. This is not the kind we will discuss here.

Rhubarb is a member of the buckwheat family and related to the docks and sorrels. Some 50 species are distributed naturally from Asia Minor to Central Asia and Siberia. About half of the species are to be found in the area of Tibet.

Rhubarb was first used as a drug plant (the roots) then as a pot-herb (the leaves). History has it that a cook was about to throw the stalks away, having already put the leaves to boil, when he decided to taste the raw stalk. He found the taste to be pleasing so he made a pie, with pleasing results. Today, it is customary in America to use the stalks with the leaves cut off. There may also be some people who still prepare the leaves as you would spinach.

When I was a youngster we always had rhubarb in our garden. Come spring, rhubarb sauce was a must to get things regulated after a long, hard snowy winter. We did not have Scrutan in those days.

Certain species of rhubarb are still used for medicinal purposes. These species originally came from China. Now that the Chinese supply has been cut off, Indian rhubarbs are being supplied from the Himalaya region.

The roots are dug in the fall, cleaned, peeled and cut into pieces. These pieces are dried in a kiln or in the sun. Sometimes holes are punched in the root slices and they are hung up to dry.

Medicinal preparations are used primarily for children. As an infusion, rhubarb acts as a stomach bitter and improves the appetite. Small doses of the root are used to arrest diarrhea. In larger doses or when combined with other purgative botanicals, it acts as a cathartic. When the volatile purgative is boiled out, the burned root is said to be useful as an internal astringent.

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From A Jaycee

Thursday and Friday
Nights

Ice Capades
Open Thursday
In Charlotte

Charlotte, N.C. Nine years ago a ten year old California lad faced on a pair of ice skates for his first walk on ice. "Right then and there," says Billy Chapel, "I decided I wanted to be an ice show skater." So today Chapel is the big new of Ice Capades which plays the Charlotte Coliseum Thursday January 26th through Tuesday, January 31st.

A spectacular, dazzling skater today, Chapel does a spectacular solo routine highlighted by high leaps and spins. His style is somewhat similar to that of Ronnie Robertson, who skated with Ice Capades for a number of years.

Chapel, who stands five feet, eight inches and weighs 185 lbs., competed in the world skating championships last year and finished in 12th position, but he won first place in the international skating competition at Megeve, France. The Ice Capades scouts signed him to a contract here.

Ice Capades will make its annual appearance at the Charlotte Coliseum Thursday, January 26th through Tuesday, January 31st. Ticket priced at \$2.00, \$3.50 and \$4.00 are now on sale at the Coliseum and the Charlottetown Mall. Children under sixteen will be admitted for half price Thursday, Monday and Tuesday nights.

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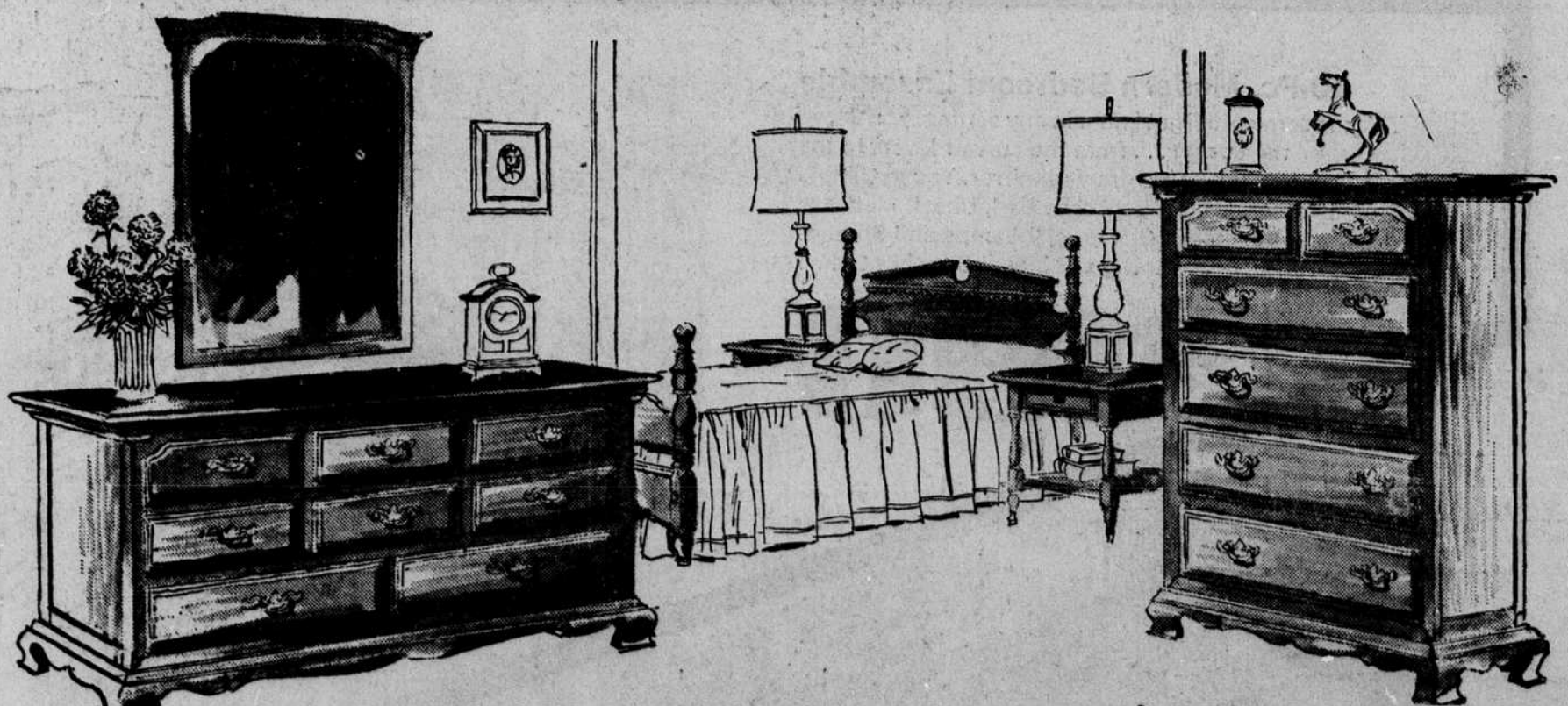
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