

# The Carbon Messenger

Volume 48

Carbon, Eastland County, Texas, Thursday, January 21, 1960

Number 44

## Personals

Mrs. Ray Evans of Fort Worth visited her father, Mike Morgan, and wife, this week, J. E. McDaniel and family were dinner guests in the home Sunday.

Ernest Burns and wife of Copperas Cove visited Zinn Phillips and wife last week.

Mr. and Mrs. Marvin Hays and son, Bryan Lee, spent the week end with their daughter, Mrs. Bill Cavanaugh, and family of Ozona.

Gene Butler and family visited relatives in Fort Worth last week.

Mickey Rogers and wife of Abilene visited his parents, Mr. and Mrs. Cullen Rogers, last week.

Mrs. Ray Welch of Eastland visited Mrs. B. W. Knight and Mrs. Fannie Welch Sunday.

Mr. and Mrs. Frank Stubblefield and Mack Stubblefield and family visited relatives in Fort Worth Sunday afternoon.

Hayden Greer of Abilene and Miss Betty Greer of Dallas visited their mother, Mrs. Mae Greer, this week.

Kenneth Snider and family and Jerry Bell and family of Abilene spent the week end with their parents, Mr. and Mrs. Collin Campbell.

Mr. and Mrs. Clifford Gilbert were in De Leon Tuesday afternoon where Mrs. Gilbert attended funeral services for Mrs. Zoella Spencer Haynes held in the First Methodist Church there. Mrs. Haynes taught school in Carbon a number of years ago.

Mr. and Mrs. Edgar White and sons, Scott and Bill, of Odessa visited his parents, Mr. and Mrs. Wade White, last week end.

A 3-s. Bryan L. Hays left Tuesday for Harlingen AFB after spending a 30-day leave with his parents, Marvin Hays and wife.

M. L. Gregg and wife of Kermit visited Ike Butler and wife this week.

## Rains Beneficial To Farms, Ranches

Oldtimers used to say that if the first 12 days of January are wet, we can anticipate a prosperous year ahead.

If this saying is true, and many of us are inclined to cling to it, we certainly should be in for a most successful year during 1960, for we have had soaking rains this month and stock watering tanks are brimming full and running over, which is a far cry from late 1959 when moisture was scarce and tanks were getting alarmingly low.

Farmers and ranchers are happy over the excellent condition of cover crops and grazing lands. Pecan growers are hoping for a better crop this year and if this works out all harvesters should wind up with more money in their pocket - and more for Uncle Sam!

With the sub-teen weather in some sections this week, we predict a lot of insects are going to have trouble surviving, which is another factor in the growers' favor. Makes one want to get the old garden tools in shape for early gardening, doesn't it? - Or maybe the more leisurely-inclined person's mind would wander to the good fishing places.

Anyway 1960 is off to a good start and lets keep it that way whatever our interests.

## Basketball News

The Carbon Wolverines played Olden here in their second conference games last Friday night. The Carbon girls won by the score of 43 to 40, Rasberry high scorer with 16 points and McDaniel and Been 13 each. Our girls have now won their first two conference games.

The Carbon boys also defeated Olden 47 to 39. This was one of the best games our boys have played all season. The high point men were May 19, Morrow 9 and Bryant and Taylor 8 each and Sardin 3.

Both teams will play Gorman tomorrow night, January 22, in the Gorman gym.

Mrs. Sebe Vaughn returned home Sunday from Jacksboro where she had been called because of the serious illness of her mother, Mrs. J. R. Turner. She reported her mother satisfactorily improved.

## Juniors To Present "Comanche Sun"

The Junior class of Carbon High School is presenting Arizona Dave and his famous educated horse, "Comanche Sun". There will be trick roping and whip cracking the whole family will enjoy.

The show will be presented Thursday, Jan. 28, at 2 p. m. in the high school gym. Admission will be 15c.

## College Making Plans To Begin 2nd Term Jan. 28

The class schedule for the 1960 spring semester at Cisco Junior College has been released, according to an announcement by Grady Hogue, president.

A total of 65 courses will be offered to day students, with 21 courses offered to students enrolled in the extension school at Dyess Air Force Base in Abilene. Courses for night school will be offered according to demand, Mr. Hogue stated, so students were urged to register now.

Formal registration on the campus will be held Monday and Tuesday, Jan. 25 and 26. Mr. Hogue revealed. Orientation tests for freshmen entering CJC for the first time will be held Wednesday, Jan. 28.

Referring to the annual loss of students between semesters due to failing grades or transfers, Mr. Hogue said that the gain in new students would probably offset the loss and so the enrollment will remain about the same as that of the fall semester.

## Mrs. Trapp Is Named Manager Of Butane Firm

Mrs. Pearl Trapp, well known local business woman, has been named manager of the Graves Butane Company, Inc., according to an announcement today. She has succeeded Al Fannin, who resigned for reasons of health.

The Graves Butane Company is owned by Thomas Graves of Midland, Theron Graves of Farmington, New Mexico, and Miss Martha Graves of Cisco. The new manager took over January 11. The company has been in operation here for 16 years and is located at 1300 Avenue D.

A resident of Cisco since 1948, Mrs. Trapp worked for seven years at the Graves company. Her husband passed away in 1951. She has one son, Roy Trapp, an employee of Magnolia Petroleum Company at Midland.

## HOME MAKERS

### Views and News

Editorial Board: Mrs. D. M. Agor, Mrs. W. W. Agor, Mrs. J. R. Agor, Mrs. M. L. Agor, Mrs. S. L. Agor, Mrs. T. L. Agor, Mrs. U. L. Agor, Mrs. V. L. Agor, Mrs. W. L. Agor, Mrs. X. L. Agor, Mrs. Y. L. Agor, Mrs. Z. L. Agor.

With pork so plentiful, there's no reason why you can't make your own sausage, seasoned to your family's taste. You can make up a pound, for example, on Saturday for Sunday breakfast. All the equipment needed is a sharp trimming knife and a food chopper. Start with a small amount, so you can see how the seasoning pleases the family. If it isn't exactly right the first time, you can adjust the seasoning next time.

To make the sausage, buy a rib-end pork loin roast - a cut that has the right proportion of fat and lean for good sausage. (Generally, this is about a third fat and two-thirds lean.) Trim the meat from the bone except for the leanest portion which may be saved for pork chops if desired. Cut the meat in pieces small enough to go into the food chopper conveniently and then weigh it.

If you like high seasoning, Continued on last page

## Officers Elected, Show Date Picked

Members of the Eastland County Pecan Growers Association elected new officers, set the date for their 1960 pecan show and transacted other business matters at their annual winter meeting Monday night at the Chamber of Commerce offices in Cisco.

H. W. (Hank) Sims of Eastland was elected president for the coming year, succeeding Oscar Schaefer of Cook, who had held the office three years. Doss Alexander of Pioneer was named vice president, and Charles Underwood of Gorman was elected secretary.

C. T. Barton of Pioneer and J. W. Sifton of Cisco were elected directors of the organization to serve two-year terms. Hold-over directors are C. E. Smith of Rising Star and Wade Thurman of Cisco.

December 9 and 10 were the dates selected for the 1960 Eastland County Pecan Show. The city will be picked by a vote of the membership next fall, it was decided.

The annual spring pecan tour will be held in May, and President Sims appointed his board of directors as a committee to meet with a committee from the Cisco Chamber of Commerce to work out a date and details of a dedication ceremony at the site of the First Burkett pecan tree on the Gus Brandon farm near Putnam. This event will be a part of the spring tour program.

B. B. Freeman of Chaney, the retiring secretary, reported that the organization had a total of 81 members last year and that some 35 had paid their 1960 dues of \$1.

Mr. Schaefer gave a report on the annual pecan show held here last December. He added that the Chamber of Commerce paid out \$290 to finance the event in its entirety. The association voted to extend to the Cisco organization an expression of appreciation for making the show a success from all standpoints.

Misses Loretta Whitehead and Susie Hurley, 1959 pecan queen and runnerup, respectively, attended the meeting and were introduced. Mrs. C. L. Carmichael of Gorman, winner of a contest last year to guess the amount of pecans on a tree, was also present. She contributed the sum of \$16, which was raised as a prize fund in the contest, to the association.

The rules of the county show were discussed and recommendations for changes were taken under advisement. Plans for the annual state convention in Brownwood next summer were discussed. It was reported that San Saba's county pecan queen would be the 1960 convention queen as that county won the most points at the state pecan show recently.

Mr. Sims, the new president, has an orchard of some 400 pecan trees on the Leon River, near Mangum. His trees include 100 of improved varieties. He is a

## Deadline Is Set For Nominations To USMM School

WASHINGTON, D. C. - Congressman Omar Burleson announced today that the deadline of January 31, 1960, has been set for accepting nominations of candidates for the next school year, of the U. S. Merchant Marine Academy, Kings Point, New York. Congressman Burleson is entitled to nominate 10 qualified applicants from the 17th Congressional District and he will receive applications for such nominations up to the deadline.

The U. S. Merchant Marine Academy, one of five Federal Academies, has as its mission the education and training of qualified young men for careers as officers in our Merchant Marine. Its four year college level program leads to a B. S. degree, a U. S. Coast Guard license as a third officer or a Third Assistant Engineer in the Merchant Marine, and a Commission in the Naval Reserve.

Congressman Burleson further advised that constituents seeking more detailed information about the educational and career opportunities afforded by the program of the U. S. Merchant Marine Academy, should contact his office, 1531 New House Office Building, Washington 25, D. C.

Congressman Burleson points out that, being rather far removed from a seaport, few young men in West Texas really become aware of the opportunities afforded by the U. S. Merchant Marine Academy.

"It is only natural that boys seeking entrance to the Service Academies are interested in the Air Force, West Point and the United States Naval Academy because they are familiar with these institutions. The Merchant Marine Academy is an excellent institution and affords opportunity for young men who seek this type of career."

charter member of the association.

Construction foreman for the Texas Electric Service Company at Eastland, Mr. Sims has lived there nine years. He previously was at Graham 14 years with the company. Mr. Sims was born at Pleasant Hill, southeast of Cisco.

Mr. Sims is active in the First Baptist Church at Eastland where he teaches a men's Sunday School class and has served as chairman of the board of deacons for two years. He has served as a Cub Scout leader, a Boy Scoutmaster and as a neighborhood commissioner.

Mr. and Mrs. Sims have three children. Their son, Henry, is a graduate of Cisco Junior College and is employed by TESCO in Eastland and plans to resume his college training next year. Their oldest daughter is Sarah Sims, who is now attending Cisco Junior College, and their other daughter is Lois Ann Sims, 12, a student in Eastland.

## HARDWARE

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Household Ware, Electric Supplies

Nails, Tools, Paints, Glass

Pipe Fittings Bolts, Etc.

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## Friday and Saturday

## Specials

Crisco 3 lb can 79c

Kimbell Oleo lb 19c

Folgers Coffee lb can 75c

Frozen Mexican Dinner 69c

Sniders Catsup, Bottle 19c

Carbon Trading Company



**Farm Facts**



We have never been so well fed for so little despite more people in the U.S. and fewer farmers to feed them.

**Farm Facts**



A U.S. farmer produces enough to feed himself and 23 others. In Russia a farmer produces enough to feed himself and one other.

**Vets Questions And Answers**

**Q** — Can a disabled Korean veteran getting military retired pay receive vocational rehabilitation training from VA?

**A** — Yes. Receipt of military retired pay does not affect the eligibility of a Korean veteran with a service-connected disability to take vocational rehabilitation training. He must, however, need the training to overcome his handicap; his discharge must have been under conditions other than dishonorable; and his disability must be such as would entitle him to VA compensation if he were not receiving military retired pay.

**Q** — I am a registered plumber. As a Korean veteran, could I take a brush-up course in plumbing under the Korean GI Bill?

**A** — No. The law prohibits veterans training for objectives for which they already are qualified. And you certainly would be considered qualified as a plumber.

**Q** — When I took out my GI insurance I named an aunt as beneficiary. I have since married and naturally want my wife to be the beneficiary. Do I have to notify my aunt I am taking off her name?

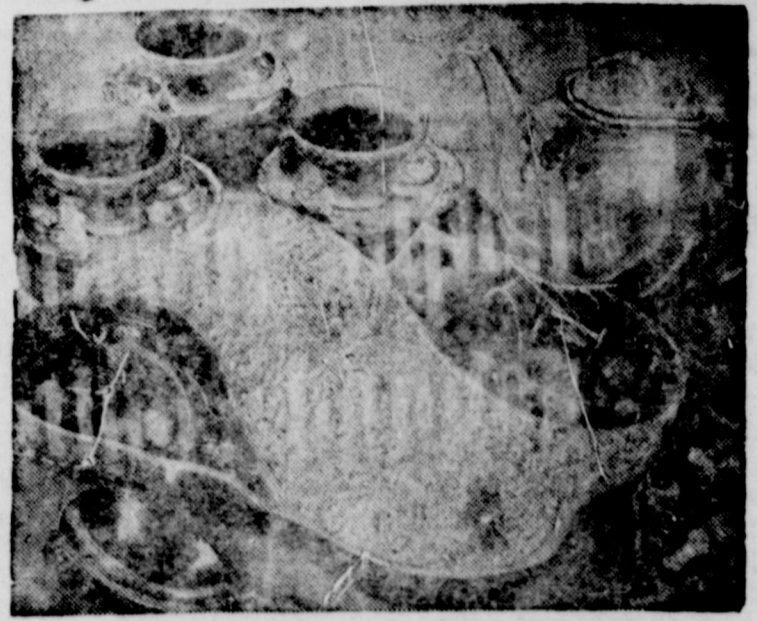
**A** — No. In making a change of beneficiaries you need not notify anyone already so named. Selection of beneficiaries for your GI insurance is entirely up to you.

**Q** — I get a retirement check each month from the armed forces. Will the Government deduct the amount of my monthly GI insurance premium from my retirement pay to save me taking care of it myself?

**A** — Yes. If your policy has the letters "RS" before the policy number, you may convert to any one of six VA permanent plans. You are also eligible to exchange your policy for a lower-priced term policy.

**Q** — Can a World War One veteran with less than 90 days' service ever be eligible for a VA pension?

**A** — If the veteran had been discharged sooner, for a service-connected disability, that would be possible, yes. He could be eligible for pension.



**Almond Chicken With Rice**

**Chinese Chicken Almond With Rice**, a delightful delicately flavored dish with chicken, celery topping, is sure to please your family. It makes an attractive "one main dish type meal" and is easily served to a crowd. Fresh or canned mushrooms may be used for making Chinese Almond Chicken.

- INGREDIENTS**
- 1 cup uncooked rice
  - 1 cup sliced mushrooms (canned or fresh)
  - 1/2 cup almonds — blanched
  - 2 tablespoons salad oil, to be used 1 tablespoon at a time
  - 1 clove garlic, cut in half
  - 1 teaspoon salt
  - 1 cup cubed bamboo shoots (canned)
  - 1/2 cup thinly sliced water chestnuts (canned)
  - 1/2 cup thinly sliced celery
  - 1 cup diced, cold chicken (fresh or canned)
  - 1/2 tablespoons liquid (1 tablespoon each, from bamboo shoots and water chestnut cans)

- INGREDIENTS FOR GRAVY**
- 2 teaspoons cornstarch
  - 1/2 teaspoon sugar
  - 4 tablespoons water
  - 4 teaspoons soy sauce

**GARNISH**

1/2 cup sliced green onion

**PREPARING THE FLUFFY WHITE RICE**—To make 3 cups fluffy rice: Put 1 cup of uncooked rice, 2 cups of cold water and 1/2 teaspoon of salt in a two-

quart saucepan and cover with a tight-fitting lid. Bring to a vigorous boil. Then reduce the heat as low as possible and steam for 14 minutes or until all the water is absorbed, leaving the separate rice grains with their full nutritional value. This makes very firm rice grains. (If you prefer more tender rice grains, add 1/4 cup more water and increase the slow cooking time 4 or 5 minutes.) Remove the lid, permit the rice to steam dry to the desired consistency and the grains will be separate and fluffy. Never stir rice; lift gently with a fork.

**METHOD:** Brown almonds in 1 tablespoon oil. Set aside. With table fork, mash garlic into salt in sidlet. (Be sure there is a tight-fitting cover, which can be used later.) Add 1 tablespoon oil, then add chicken. Brown lightly. Add 1/2 tablespoon oil and then bamboo shoots and mushrooms. Brown lightly. Add liquid, drained from canned bamboo shoots and water chestnuts. Cover tightly. Cook over low heat 5 minutes. Add water chestnuts, celery and 1/2 of the almonds. Just heat through. Celery and chestnuts should remain crisp. For gravy... shake up in small jar, cornstarch, salt, sugar, water and soy sauce. Stir into mixture. Cook until liquid thickens and is smooth. Sprinkle over dish, green onions and rest of almonds. Serve with hot fluffy cooked rice. This will serve 6.

**Farm Machines**  
**Spring Clearance**  
**SALE**  
**Saturday Jan. 23**  
**Sale Starts Promptly at 10 A. M.**  
**Reed**

**Implement Co. Rising Star**

Our lot is overflowing with Good Used Equipment, which MUST go! Breaking plows, Disks and Moldboards; one-ways; 2 and 4-row Planters and Cultivators; A good variety of Used Tractors. Anyone wishing to add to this sale may do so at regular commissions! Not responsible for accidents! If you want a BARGAIN, be here!

**EASTLAND NATIONAL BANK**  
**"On The Square"**  
 Member F. D. I. C. Eastland, Tex

**Be Sure To Get Our Prices On**  
**Admiral Freezer**  
**Serviceable And Dependable**  
 Several sizes to choose from  
 Come in and see these new  
 Freezers and Refrigerators.  
**And Get Our Low Prices**  
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**Automatically adjusts**  
**to weather changes**



to assure you home-wide perfect  
 comfort... all year round  
**ALL-ELECTRIC HEAT PUMP**

Now you can enjoy the indoor climate you like best all year round, regardless of outside temperature changes. The Heat Pump does it automatically... does it electrically... with one setting of the thermostatic controls.

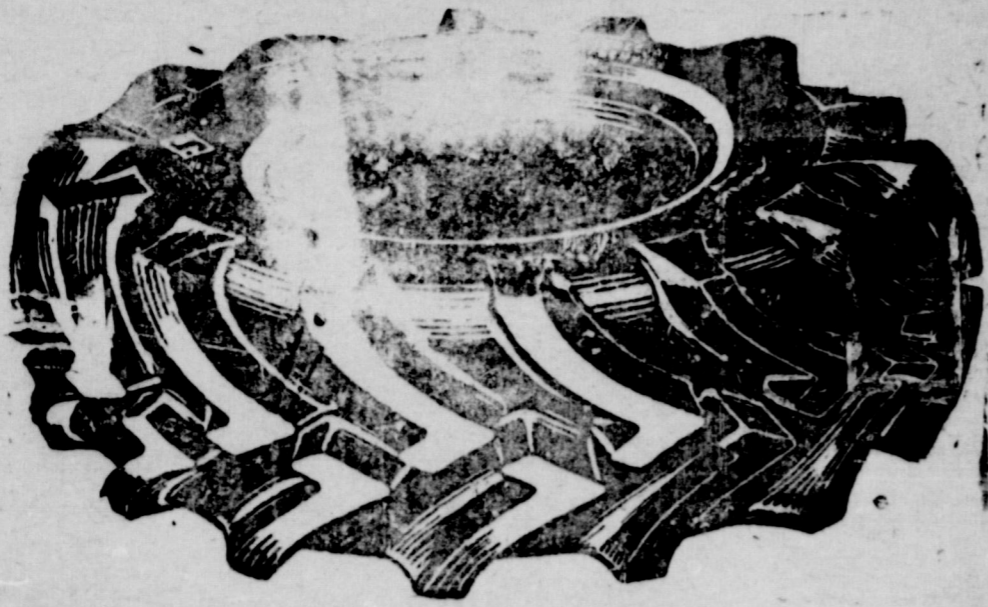
Using only electricity and air in its operation, the Heat Pump provides heating when it's needed and cooling when it's needed from the same central system unit. During changeable weather it switches automatically from heating to cooling or back again, as needed, to maintain the temperature you select.

With the Heat Pump there is no seasonal start-up or shut-down of heating or cooling equipment — no discomfort from unseasonably warm or cold days. And because it's all-electric, it's clean, modern, healthful. Phone, write or visit our office for addition information today.

**TEXAS ELECTRIC SERVICE COMPANY**  
 T. J. HALLMARK, Manager



## Tractor Tire Buys



Plenty of New Tractor Tires in Stock  
To Fit Most Wheels

We Can Repair Any Size Tractor Tire & Tube  
24 Hour Service At Reasonable Prices

Right Now We Have About 20 High Tread Used 12x38 6 Ply Tractor Tires Ready To Go A

**25.00 Each**

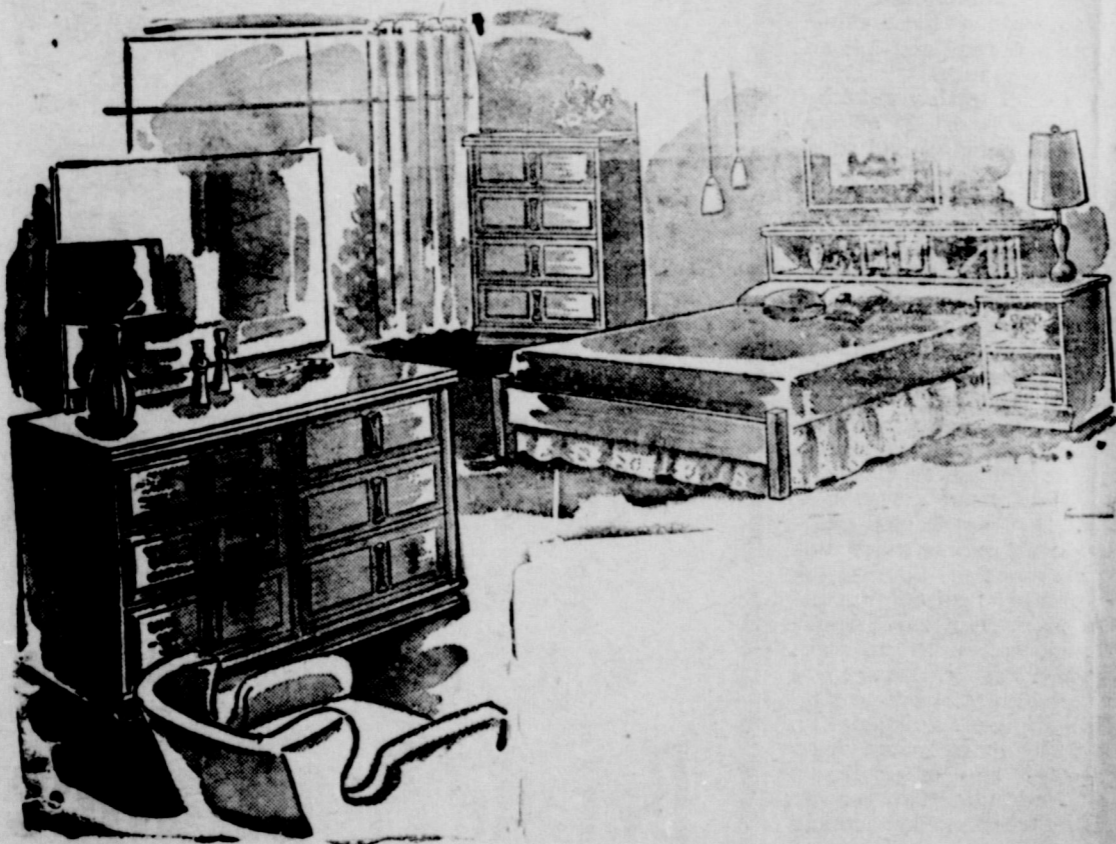
**Jim Horton Tire Service**

Your Seiberling Dealer

East Main St.

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## Furniture



3 Bed Room Suites Triple Dresser Book Case Bed  
Regular 149.50 Now 129.50

Dining Room Suite China Closet 6 Chairs Blond  
Walnut Drop Leaf Table Reg. 219.50 Now 169.50

**Higginbothams**

Gorman, Texas

### Church Of Christ

Bible Study 10:00 a. m.  
Preaching 11:00 a. m.  
Lord's Supper 11:40 a. m.  
Preaching 7:30 p. m.  
Wed. Bible Class 7:00 p. m.  
You are invited to be with us at these services.  
Milton Underwood, Minister

### Methodist Church

Rev. Royce Gilmore, pastor  
Services 1st, 2nd and 3rd Sundays  
Sunday School 10:00 a. m.  
Morning Worship 11:00 a. m.  
Youth meeting 6:00 p. m.  
Evening Services 7:00 p. m.  
W.S. C.S. 2:30 p. m. Men  
Prayer meeting 8 p. m. Wed.

### First Baptist Church

Rev. Roger Butler, Pastor  
Sunday School 10:00 a. m.  
J. E. Jackson, Superintendent  
Morning worship 11:00 a. m.  
Training Union 6:30 p. m.  
Evening worship 7:30 p. m.  
W. M. U. Monday 2:00 p. m.  
Prayer meeting Wed. 7:30 p. m.  
Note: The Brotherhood will be glad to take the elderly people home from church

### Watch Repair

Let me repair your watch or jewelry. Parts for most any make of watch, also a large selection of jewelry.

The Time Shop  
Oran Justice, Owner Gorman

### Village Hotel Coffee Shop

Eastland, Texas  
E. R. Overstreet, Mgr.  
Invites you to visit them when in Eastland. Newly remodeled! Open daily from 5 a. m. to 9 p. m. "Our specialty is good food at all times."

### Barber Work

See us for satisfactory barber work. Courteous service at all times and your business appreciated.

Codye Carter at Village Hotel in Eastland

Alexander the Great wept because he had no more worlds to conquer.

Fanning the horse with a hat used to be considered spectacular at rodeos, but modern rodeos forbid quiring, fanning or even touching the animal with the hand.

**Complete Modern Funeral Home**  
Including New Chapel  
Available Day or Night

**Higginbotham Funeral Home**

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Gorman, Tex

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Truing and Balancing — \$2.00 per Tire  
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Highest trade-in allowance for your old tires  
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**O. K. Rubber Welders**  
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Buy In Town

Also expert mechanics in our Shop  
**Hood King Motor Company**

Eastland, Texas



**Friday And Saturday  
Groceries & Meats**

# Specials

Fresh Frozen Fryers lb	30c
Seminole Bacon lb	45c
Pork & Beans, Van-Camp	14c
Kimbell Biscuits can	10c
Sweet Potatoes Diamond can	25c

**We Appreciate Your Business**

## Hogan's Grocery And Market

Visit Our Softgoods Display

It is only 18 miles across the English Channel from Dover, England to Calais, France.

Loggerin' is the term cowboys use for riding out of the chute at a rodeo with the hand, or hands, gripping the saddle horn.

### For Your Tractor

A complete stock of front and rear tires at lowest prices plus over 100 used tires

Jim Horton Tire Service

High School Basketball Schedule

- Boys and Girls:  
District play starts Jan. 12  
" 19, Carlton here, non district  
" 22, Gorman there  
" 26, Rising Star here  
" 29, Desdemona here  
Feb. 2 Olden there  
" 9 Gorman here  
" 12, Rising Star there

### Steel Cisterns

We have steel cisterns and water pumps. Get our prices before you buy.—Waverly Massengale, phone 755-W 2, Eastland.

**NOTICE**—Save up to 50 percent on renovating your old mattress at the bedding headquarters. If they're Western-Bilt they're guaranteed. Bedding at Factory To You prices. Western Mattress Co., San Angelo, Texas. Call 2461 Carbor, and leave address

### Laundry Service

Automatic coin operated washers and dryers open 24 hours every day  
WASHERS 20c per load  
DRYERS 25c for 2 washer loads

### LAUNDROMAT

In Old Tip Top Cafe Bldg. Eastland, Texas

### Political Announcements

The Carbon Messenger has been authorized to announce candidates for public office in the Democratic first primary election May 7 as follows:

- For Sheriff:**  
J. B. Williams, re-election  
Lee Horn  
W. E. (Bill) Reid
- For Tax Assessor-Collector:**  
J. C. Allison, re-election
- For State Representative 76th District:**  
Paul Brashear, re-election
- For State Senate 22nd Dist.**  
Tom Creighton  
Palo Pinto County

The first Postal Savings Bank in America was opened in 1911.

Queen Victoria of England reigned from 1837 to 1901.

Jade is a green material found in talc, or mabnesium silicate.

A crab's teeth are in its stomach.

Bamboo is a grass which grows to a height of 50 or 60 feet.

The English Channel lies between Great Britain and France.

There are approximately 5,000 honey bees to the pound.

A person married legally the second time is a digamist.

Cairo, Egypt is called the "Mother of the World."

Honey bees are sold by the pound.

### Dr. G. M. Cleveland

OPTOMETRIST

First Door So. of Postoffice  
Cisco, Texas

### Notice

You will find the largest stock of Seiberling tires at the Jim Horton Service Station in Eastland to be found between Abilene and Fort Worth. Whatever kind of vehicle you drive, regardless of make or model, when in need of tires drive by his tire store and they will fix you up with new or used tires. The re-capping department is of giant size and tires of most any size may be handled. If ts tires you need, see Jim Horton

**See Us For Your  
Cleaning & Pressing  
Needs**

**Expert and Courteous  
Service At All Times**

## Pool

**Dry Cleaners**  
EASTLAND, TEXAS

The Carbon Messenger  
Dated Thursday At Carbon  
Eastland County, Texas  
Entered as second class matter at  
the Post Office at Carbon, Texas  
as under the act of Congress  
March 3rd 1879  
W. M. Dunn, publisher

### Homemakers

Continued from first page

here's a mixture for one pound of meat: Mix thoroughly 2½ teaspoons salt; ¾ teaspoon black pepper; 2½ teaspoons rubbed sage; ½ teaspoon sugar. For milder seasoning, use half this mixture. Some people like to add a little clove, nutmeg or mace and cayenne pepper. One caution in varying seasonings: Never taste the raw sausage. Wait until thoroughly cooked. Mix meat and seasonings well. Put through the food chopper, using the medium blade. Cover and let stand in the refrigerator overnight so the seasonings and meat will "blend." Form into patties.

To cook, place patties in a cold pan with no added fat and cook over low heat until thoroughly done. Meat should have no trace of pinkish color.

Keep winter woollens fresh looking by proper care when pressing. Remember that steam does the job. To keep fabric from looking old and smoothed down, leave a little steam in the cloth so that tiny fibers on the surface of the material will stand up after pressing.

A steam iron can be very handy for pressing wool garments. Never use it on the right side of the garment. The hot metal of an iron tends to overheat the soft surface of the cloth, making the fibers brittle.

If the steam iron does not give enough steam for pressing heavy materials or for shrinking out fullness, place a wet cloth over the material and touch the cloth with a hot iron.

When creating steam this way, put the iron down so that it just barely touches the wet cloth, then lift it straight up. For best results in making the material look soft, use this patting-type motion instead of ironing back and forth.

A wool pressing cloth is another useful aid in giving wool a soft look instead of a hard, shiny one. Place the cloth next to the right side of the garment during pressing. The wool cloth spreads the steam and its own soft surface protects the soft surface of the cloth being pressed. When the wool pressing cloth is lifted, static electricity helps raise soft surface fibers of the fabric being pressed.

Are you kind to vegetables when you cook them? There are some rights and wrongs for cooking vegetables. A good cook is a vegetable's best friend because she cooks and serves the vegetable so that it retains the largest possible amount of food value, tastes fresh and good and has an attractive appearance.

Refrigerate all fresh vegetables except potatoes, dried onions, winter squash, parsnips and rutabagas, as soon as possible after purchasing or harvesting. Wilted and exposure to air and light cause a great deal of loss of essential nutrients. All leafy vegetables and broccoli, cauliflower, peas, beans, carrots, celery, green onions, radishes, and cucumbers should have moist cold. Store them in the crisping pan of the refrigerator in moisture-vapor-proof wrapping, such as aluminum foil, cellophane or plastic.

Wash and clean vegetables carefully. Dirt may hasten spoilage. Drain off excess water, but store while moist for better crisping. Trim away bruised or spoiled areas to prevent rapid spoilage. Do not pare or cut up vegetables before storing. Do not buy more vegetables at one time than you can refrigerate satisfactorily.

Do not buy more frozen vegetables — or any other frozen foods — at one time than you can store in the freezing compartment of your refrigerator or home food freezer. Frozen food should be stored at 0°F. or lower.

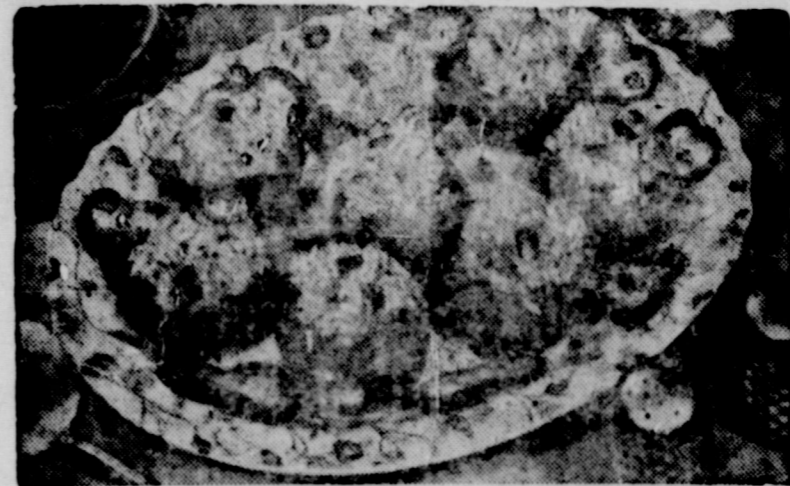
Some cooking rules to follow are: Never allow pared vegetables to soak in water. Nutrients that are soluble will be lost. Use a minimum amount of water that will cook the food without sticking. The loss of vitamins and minerals is held to a minimum. Begin fast and cook quickly. Reduce cooking time by bringing the foods to a cooking time quickly. This protects vitamins by limiting the time they are exposed to water, heat and air. Avoid violent boiling to keep vegetables whole and decrease the loss of water-soluble substances. After food boils, reduce heat to maintain steam. Cook in covered utensils without stirring. Stirring puts in extra air and air destroys certain vitamins. Cooking in covered uten-

sils keeps green vegetables natural color. Use the cooking liquid. It contains vitamins and minerals. Vegetables retain more food value, flavor and have more eye appeal if served while they are firm and colorful. Do not use soda, as it destroys vitamins. Serve potatoes and carrots with skin for maximum food value. Shred cabbage or salad greens only just before serving to preserve the vitamins. If you must prepare ahead of time, store in a

plastic bag, in crisping pan of refrigerator or tie loosely in a clean, wet towel.

Use saucepans with tight covers to retain steam, flat bottoms that fit heating unit so that they will be more efficient, and straight-sided pans to utilize heat for cooking and use less water.

People suffering from aleurophobia have an unreasoning fear of cats.



### Curried Rice and Tuna Make a Tasty and Thrifty Filling for Luscious Tomatoes

Rice brings together the deep sea goodness of tuna fish and the Oriental excitement of curry in this versatile main dish. The curry powder contributes exotic flavor and intriguing color enhanced by the bits of green pepper and the brilliant red of the tomatoes.

Served piping hot from the oven or cold and refreshing on a bed of greens, this "something special" for the family is also something quick and easy for Mom to fix.

**INGREDIENTS:**  
8 medium sized ripe tomatoes  
4 tablespoons minced onion  
2 tablespoons minced green pepper  
4 tablespoons butter or margarine  
1 7-ounce can tuna fish  
2 cups cooked rice  
1 teaspoon curry powder  
¼ teaspoon salt  
¼ teaspoon pepper  
½ cup water

**PREPARING THE FLUFFY WHITE RICE:** To make 3 liberal cups of fluffy rice, put 1 cup of uncooked rice, 2 cups of cold water and 1 teaspoon of salt into a 2 quart saucepan and bring to a vigorous boil. Turn the heat as low as possible. Cover saucepan with a lid and leave over this

low heat for 14 minutes. Do not remove lid nor stir rice while it is cooking. Turn off the heat. Use exact measurements of uncooked rice and water. Time the cooking accurately.

For real convenience and economy of time and effort, keep unused rice in the refrigerator in a covered container at all times. Use it for many quick, delicious and inexpensive soups, salads, casserole dishes, hot breads and desserts.

**METHOD:** Peel tomatoes easily by scalding, plunging into cold water and then peeling. Slice off stem end of tomatoes. Carefully scoop out pulp. Cook onion and green pepper in the butter or margarine until tender. Add the tuna fish, rice, curry powder, salt, pepper and water. Mix thoroughly. Fill the tomatoes with the tuna and rice mixture and bake at 350° F. about 15 minutes or until the tomatoes are tender. Serve hot. Garnish with green pepper rings if desired.

For a cool and refreshing salad, chill the tomatoes after they are stuffed and serve on salad greens. This recipe makes 8 servings or 3 cups of the curried tuna and rice mixture.

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