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**CLARENCE OTIS TRUE**

Funeral services were held yesterday at the Trinity Episcopal Church for Clarence O. True, who passed away last Friday. The Rev. A. H. MacDonnell was in charge of the services.

Mr. True was born July 5, 1901 in Pierre, South Dakota. He had lived in Ashland for a year and a half.

Survivors include his wife, four children, Clarence True, Jr., Camp Walters, Texas; Jerald, Stanley, and Jacqueline of Ashland, his mother, Mrs. Anne True, Ashland, one brother, B. K. True of Ashland and five sisters in other places.

**Suggestions For Cooking Vegetables**

Bridgeport, Conn.—The composition of a cooking utensil has no effect on the vitamin content of the food prepared in it, according to laboratory tests conducted by Dr. Jennie McIntosh of the Food Research Laboratory of the General Electric Consumers' Institute. She revealed the results of her experiments when she spoke before a Farm and Home Week audience at the University of Maine.

Glass, stainless steel, aluminum and enamel utensils have no effect on the loss of Vitamin C during the cooking process, she revealed. But, the food specialist continued, the cooking method does account for the color, flavor, texture and nutritive value of cooked vegetables.

Because Vitamin C is more easily destroyed than almost any other, this vitamin is used, as is Dr. McIntosh's experiments, for standard test work. Here is Dr. McIntosh's vegetable cooking procedure which assures the conservation of the most Vitamin C: Cook the vegetables in a tightly covered utensil; cook as quickly as possible, using the least amount of water without actually burning the vegetables; when cooked serve the vegetables immediately.

In order to retain as much of the vitamin content in cooked veg-



Now, more than ever, it is necessary to protect your bedding. Protectors can be made inexpensively, easily, by using the material from laundered cotton bags—bags such as those coming into your home daily as containers for flour, sugar, feed, and other products.

The sturdy cloth from cotton bags can be used in making springs covers to protect the mattress from rust stains and to keep dust from accumulating in the springs them-



selves; mattress covers to keep the mattress from soiling or fading; quilted pads to shield the mattress from wear, help keep it clean, and make it a softer, smoother bed. The cleaning problem for such items is simply one of soap and water.

Many money-saving sewing ideas are illustrated and explained in the new booklet, "Bag of Tricks for Home Sewing," which you may obtain without cost by writing to National Cotton Council, Box 18, Memphis 1, Tennessee.

**"Lend Me Your Ear"**



**PRIVATE JOE MADEIROS**, winner of the Purple Heart and Silver Star, has accidentally started a fashion fad that's beginning to sweep the country. After 22 months overseas, he is convalescing in an Army hospital in Atlantic City from wounds received in the African campaign. In spite of a cast on his legs, Private Madeiros comes to the craft room of the USO club where wounded soldiers are learning to make jewelry, leather belts and other articles for fun. Here he is clipping his bright idea—an earring made from an Army button—on the ear of pretty Suzanne Cope, assistant director of the club. Madeiros' pals are copying the fad. The girl friends back home like it fine.

As more service men come home from the war, the National Young Women's Christian Association and the other five USO agencies find increasingly they can help the boys in their adjustment to a new life. One of the ways this can be accomplished is through the happy, normal companionship of junior hostesses. But the role these girls play for the returned soldier demands sensitivity and understanding as well as gaiety. Therefore, many clubs are giving their junior hostesses special training courses where the girls learn to be neither over-sympathetic nor indifferent in their attitude toward the boys, while still making them feel welcome, needed and useful.

etables as possible, Dr. McIntosh said timing the cooking was of great importance. The vegetables should be put on to cook just long enough before serving so they will be crisp yet well done. The vegetables should be served immediately or the color, texture and nutritive value of the vegetables will be affected.

If you want to save as much of the Vitamin C as possible, the first rule in cooking vegetables for families of ordinary size is to boil or cook the vegetables in the smallest amount of water to keep the food from burning. Dr. McIntosh recommends from one-quarter to one-half a cup of water, unless the cooking time is longer than 10 minutes, and then slightly more water should be used to allow for evaporation. The

liquid left at the end of the cooking period should be served with the vegetables.

Another vegetable-cooking rule is the use of utensils with tight-fitting lids which allow the vegetables to steam in the small amount of cooking water, rather than boiling them completely immersed in cooking water.

**SCIENCE "FEAST" READY AT SIXTH OSC MEETING**

Educators and others throughout the state who attend the sixth annual biology colloquium here April 22 will get a condensed picture of the recent advances in, and the close relationships of the biological sciences, says Dr. S. M. Zeller, chairman of the committee in charge for Phi Kappa Phi, the sponsoring body.

**HERE'S LUNCH WITH PUNCH**



Sandwiches are the mainstay of the carried lunch and meat fillings are favorites for warding off between-meal hunger. To stretch the lunch meat ration try this filling made with ground cooked liver, or other meat, hard cooked egg, onion, and mayonnaise. Include a beverage or soup, crisp snack or salad and dessert for the lunch box that goes to school or to work.

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