

Plentiful Food Shows Big List

Everything gets equal billing on the U. S. Department of Agriculture's plentiful foods list for April. The list--with-



Many a famous writer has penned clever lines about eating, and right at the top of the list was a guy named William Shakespeare. It was the bard of Stratford on the Avon who observed "Unquiet meals make ill digestions."

To further emphasize his theory that you should do your dining in a pleasant atmosphere, Shakespeare also said, "Strive mightily, but eat and drink as friends." To which he added, on another occasion, this thought, "With eager feeding food doth choke the feeder."

Elsewhere in his writings, he reminded us that "They are as sick that surfeit with too much, as they that starve with nothing." New Bernians can do worse than remember these words, especially those of us who are overweight.

You've often heard it said that the way to a man's heart is through his stomach. Samuel Johnson undoubtedly had this in mind when he said, "A man seldom thinks with more earnestness of anything than he does of his dinner."

Lord Lytton expressed his views in rhyme with this:

We may live without poetry,
music and art;
We may live without con-
science, and live without
heart;
We may live without friends;
we may live without books;
But civilized man cannot live
without cooks.
He may live without books--
what is knowledge but
grieving?
He may live without hope--
what is hope but deceiv-
ing?
He may live without love--what
is passion but pining?
But where is the man that

out a special feature for the month--includes beef, canned corn, canned ripe olives, eggs, rice, dried beans and cottage cheese.

Miss Gaynelle Hogan, consumer marketing specialist for the Agricultural Extension Service at N. C. State, says beef supplies during the first three months of 1964 have run as much as 6 per cent above a year ago. They are expected to continue large during April. So let the aroma of roast beef--or, better yet, a steak--greet the man of your house when he comes home from a hard day's work. Even the more expensive beef cuts are expected to be offered at attractive prices at weekend sales.

Egg prices also will be down slightly; supplies up. If you haven't tried all of the Lenten egg dishes in your recipe box, use a few during April. And here's your chance to send your

can live without dining? All these quotations have made us hungry. It's time to bring this week's What's Cooking column to a close and raid the refrigerator for a snack.

The year 1964 has gotten off to a very "bad start" from the standpoint of deaths from accidental causes, according to a report just received from the Public Health Statistics section of the North Carolina State Board of Health. In January a total of 273 accidental deaths occurred in North Carolina compared to 207 deaths in January in 1963.



GEM QUEEN . . . Daphne Solomon, no relation to King Solomon who sent emissaries to Ceylon in biblical times for gem stones for the Queen of Sheba, is Ceylon's gem queen. This city is the East's best-known center for precious and semi-precious stones mined here. Miss Solomon wears tiara, earrings, collar piece, bracelet and ring, set with star sapphires, rubies, cat's eyes, all worth a fortune.

family off to work and school with a really good breakfast of eggs--poached, boiled, scrambled--any way they like them. Milk production this year

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probably will reach 125 billion pounds, the same as in 1963. Although a billion pounds short of the record output of 1962, lots of milk will be available this year.

Wonder what makes it taste so good?



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