

## Kitchen Safety Requires Certain Amount Effort

By MARY G. COWPER  
Home Ec. Ext. Agent

Chowan County Home Demonstration Club members have been discussing better management in their kitchens during their January meetings. And, better management includes managing a safe kitchen. For safety in the kitchen is no accident; it requires careful planning. Good work habits are basic, say home management specialists of the Agricultural Extension Service. Here are their tips on how to stay safe in the kitchen.

To avoid falls, a prime accident hazard, wipe up all fat spatters and spills as soon as they occur. Avoid excess wax. Buff the floor well following waxing.

Start the new year with a steady stool for reaching high objects. Never trust a rickety one. If tightening all screws and bolts does not make the stool firm and steady, it's time to replace it.

Many burns, another cause of serious accidents, can be prevented. Store lifting tongs close to the cooking center. Pot-lifters for handling hot utensils should be kept close to the oven. Mitts serve well for this; just be sure they are well padded. Keep utensil handles and tea-kettle spouts turned toward the back of the stove and out of all traffic lanes where they might get upset. Tighten all utensil handles regularly. A loose handle or one that turns is a frequent cause of burns.

Cuts can be avoided by safe storage and careful use of knives and can openers. Guard against fatigue. Too much haste makes people more accident prone.

Store sharp knives separately, and preferably in a holder. Use a cutting board whenever possible. Establish the good habit of cutting away from yourself.

Check all electric cords, plugs and switches regularly, and repair or replace as needed.

Another January activity in the Home Demonstration Clubs has been candy making. Peanut and chocolate candies have been featured. Here is some basic information on chocolate which should make shop-

ping for chocolate more interesting. All chocolates are made from the small dark brown cocoa bean. It's the variety that makes the differences and how it's roasted and what it's combined with, which it appears on your grocer's shelf.

**Unsweetened chocolate**, made from shelled cocoa beans roasted and ground. It is more than 50% fat and is used primarily for cooking.

**Semisweet chocolate**, unsweetened chocolate with sugar, cocoa butter (a fat of cocoa bean) and vanilla (a vanilla type flavoring) added.

**Sweet chocolate**, made of the same ingredients as semisweet, but in different proportions. It is sold in square and bar form for cooking and for eating.

**Milk chocolate** contains the ingredients found in sweet chocolate plus milk solids. Other ingredients are added to make various candy bars.

**Semi-liquid or premelted chocolate** is unsweetened cocoa combined with vegetable oil and packaged in foil or plastic envelopes.

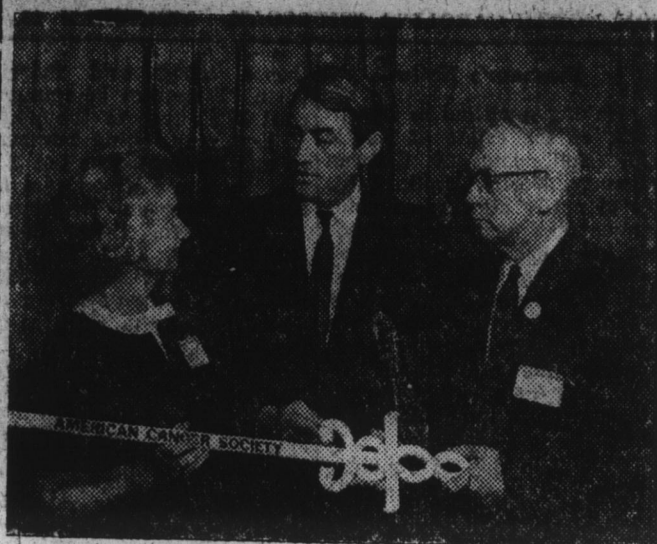
**Cocoa Powder** is unsweetened chocolate with most of the cocoa butter removed. The two basic types are: American processed and Dutch processed. To the Dutch an alkali is added during processing to produce a darker color and stronger flavor. Dutch processed is not necessarily imported. Some instant cocoa contains dry milk solids and sugar.

**Chocolate syrup** is made of unsweetened cocoa, sugar, glucose, salt, vanilla and water.

**Chocolate sauce** contains the same ingredients as the syrup, plus milk, cream or butter.

To substitute cocoa for 1 ounce of chocolate, use 2 tablespoons of cocoa plus 1 tablespoon of shortening. To substitute unsweetened chocolate for sweet or semisweet add 1 to 2 teaspoons of sugar per ounce of chocolate. Specialists at the U. S. Department of Agriculture say this will work with most recipes but it is best not to substitute.

Next week we will share some of our candy recipes with you.



WITH ACTOR — Mrs. Robert Scott of Haw River, and Clifton Blue, right, state Cancer Society officials, are pictured here with Gregory Peck, 1966 National Crusade Chairman of the Society. They recently attended a meeting in St. Louis.

## Leaders Plan Cancer Crusade

RALEIGH — Mrs. Robert Scott, honorary chairman, and Clifton Blue, chairman, have just returned from the National Volunteer Meeting for Education and Crusade of the American Cancer Society in St. Louis. They represented the North Carolina Division, and participated with Gregory Peck, 1966 National Chairman of the Society.

More than 500 volunteers met January 13 and 14 in preparation for the Society's 1966 April fund-raising and educational Crusade. April is Cancer Control Month by Presidential proclamation.

Peck presided, and speakers included Dr. Charles Heidelberger, American Cancer Society Research Professor at the McArdle Memorial Laboratory for Cancer Research, University of Wisconsin; Steve Allen, TV star and National Chairman of Celebrities Against Cancer of the American Cancer Society; Bob Considine, newspaper columnist; V. J. Skutt, Chairman of the Board of Mutual of Omaha; Richard H. Amberg, publisher of the "St. Louis Globe-Democrat"; William Gargan, former TV and movie star; and Nan Wynn, singer.

Emphasis was on greater hope, pointed up by the 1,400,000 Americans now alive who have been cured of cancer.

## J. R. Rogerson Seeks Position

Hertford Jaycees proudly announced this week that Joseph R. Rogerson, president of the Hertford chapter, will be a candidate for the office of State Vice President from the First District. The First District is composed of Jaycee chapters in Elizabeth City, Edenton, Ahoskie, Plymouth, Windsor, Murfreesboro, Rich Square and Hertford.

The election will be held in April.

Rogerson has been a member of the Hertford Jaycees for six years and has served as chairman of five important committees. He served as State Director during 1964 and was elected President in 1965. Under his leadership the local chapter has increased membership and has made progress in all phases of community service. His activities have not been confined to Jaycee work alone. He is an active member of Anderson Methodist Church. He has served as Sunday School superintendent, chairman of the board of trustees, Sunday School treasurer, chairman of the Building Committee, president of Sunday School class and has been a member of the church choir.

Rogerson has also found time to serve as Perquimans County chairman of the Heart Fund. He was a mem-

ber of the Christmas Parade Committee, helped to promote the countywide development tax program and served as a local courier during the Stop Polio Campaign. He is a member of the Perquimans County Recreation Commission, member of the Chamber of Commerce and holds the rank of E-6 or sergeant in the National Guard. He is a member of the Loyal Order of Moose and also has membership in the Grain Elevator and Plant Superintendents Club, Southeastern Chapter, which is composed of North Carolina, Virginia, Maryland and Delaware. Rogerson is 27 years old, is married to the former La-Claire Winslow. They have three children. He is employed by Hertford Livestock and Supply Company.

**Not Now**  
Gruff Father (to son)—Why don't you get out and find a job? When I was your age I was working for \$5.00 a week in a shop, and at the end of five years I owned the shop.  
Son—You can't do that nowadays. They have cash registers.



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SPECIAL VALUES!



BELK-TYLER'S OF EDENTON

## Jean-Pierre Filipinetti, driver of a \$14,000 Mercedes, test-drove a '66 Ford.

His opinion: Ford rides quieter.



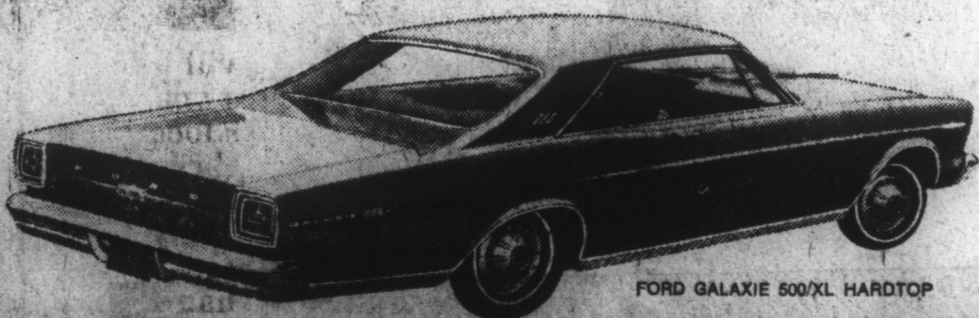
Ford's Quiet Men here he discusses a '66 Ford 4-Door LTD with Jean-Pierre Filipinetti at the castle which houses the famed Filipinetti collection of over 80 classic autos.

"It's incredible," said M. Filipinetti, "the Ford is quieter."

"The quiet, it's tremendous," continued M. Filipinetti, "it's incredible that you could build a car so luxurious as this at such a price." Ford's amazing quietness is the result of deep-down quality and engineering excellence.

And Ford for '66 offers more engineering magic: Optional new Stereoscopic Tape System that turns your Ford into a concert hall. Exclusive Magic Doorgate for wagons swings out like a door for people and down

like a tailgate for cargo. Safety/Convenience Control Panel option—one button locks all doors, lights warn when fuel's low or a door's ajar, and remind you to fasten seat belts. Quiet test a '66 Ford soon.



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