

**Oven Meals Give Time Off For Other Things**

"There may not be much time saved in preparing oven meals, but everything is done ahead with little to do at the last minute," says Virginia Wilson, extension nutritionist at State College. "Oven meals do give time off to do other things while the food is cooking. They keep well, and are a good choice for entertaining or when

exact meal time is not known." Like any other meal, oven meals must have variety in food value, flavor, color, and texture to rate as "good." Miss Wilson explains that you should select foods for oven meals that cook at the same temperature. You should use utensils that fit into the oven without touching each other, or the sides of the oven. When several foods are being cooked and two racks must be used, arrange dishes so they are not directly over each other.

Miss Wilson warns that foods to be put in an automatic oven ahead of time must be selected with care. She points out that there is danger of food poisoning from dishes containing meat, fish, poultry, eggs, and milk that are left at room temperature for several hours.

It's best to choose the meat or main dish for your oven meal first, since it determines the temperature of the oven and cooking time. Any cut of the meat suitable for roasting, braising, or cooking in water may be used, also meat in combination with other foods. Tender cuts of meat are cooked in an un covered pan. Less tender cuts need a covered pan and some moisture, Miss Wilson adds.

Oven cooked fruits and vegetables require longer cooking time and more liquid than surface cooking. Covered vessels are used for steaming fruits, vegetables and desserts.

Since some steam escapes from foods in cooking oven meals, says Miss Wilson, you should select puddings or other desserts that are not harmed by the extra moisture.

**Production Increase Of Eggs And Milk In State**

Production of eggs on North Carolina farms during February totaled 138 million, a new high for the month and one million more than the 1956 previous record high production, according to the North Carolina Crop Reporting Service. The increase in egg production for February is attributed to an increase in number of hens and pullets of laying age totaled 9,231,000 with 9,099,000 a year earlier. Production per 100 layers is estimated at 1,492 and compares with 1,508 in February 1956.

Milk production on North Carolina farms during February totaled 134 million pounds, according to the North Carolina Crop Reporting Service. Production for the month set a record and exceeded the previous February 1956 record by 8 million pounds. Milk production per cow in herd on March 1, 1957 averaged 16.9 pounds compared with 15.0 pounds a year earlier and 12.3 pounds for the 10-year average. The percent of milk cows milked on March 1, 1957 was 75.5, compared with 73.2 a year ago.

**BUSY DOING SPRING DECORATING** — These attractive teenagers, Ruth Bates, Grace Townson and Mary Kephart are very proud of the Teen Age Center and are enjoying adding a woman's touch, by hanging pretty new curtains which they made.

**Grape Creek HD Club Meets With Mrs. Herbert Griffith**

The Grape Creek Home Demonstration met March 6, at the home of Mrs. Herbert Griffith.

Mrs. E. J. Greer, president, presided. Miss Wheeler, Home Agent led the song "Church In The Wildwood."

The Club read the Home Demonstration Club member creed. Minutes were read and the roll called by Mrs. Robert Whitener. Ten members and two visitors, Mrs. Carl West and Mrs. Howard Kephart, were present.

Mrs. West gave an interesting talk and showed slides of her trip to the United Nations.

A hint on home management was given by each member and Miss Wheeler gave a report on Home Management and land sliding.

A pot-luck dinner was served following the meeting.

**Murphy Hi Students To Participate In State Essay Contest**

High school students in Cherokee county will be eligible to participate in the 1957 high school essay on "Vision and Highway Safety", sponsored statewide by the North Carolina Optometric Society. This was announced today by Dr. William R. Gossett, who is serving as contest chairman in this area.

More than \$1,000 worth of U. S. Savings Bonds will be awarded on the local, district and state levels.

Winner of the state contest will receive a \$500 U. S. Savings Bond and will receive an all expense paid trip to the North Carolina State Optometric Society's annual banquet at the Sir Walter Hotel in Raleigh, May 27, 1957.

Dr. William Fugate of Reidsville, state contest chairman, today revealed that the contest will get underway immediately and close May 11.

All public, private and parochial high school students in North Carolina may enter the contest. Students may obtain information and submit entries to their English teachers for local judging.

One winning essay will be selected from each high school in the state. These essays will be entered in a district contest, and one winner will be chosen from each of the six districts of the North Carolina Education Association. The winning essay in each district will receive a \$50 saving bond and will be considered in the state contest.

**Miss Edith Willis Becomes Bride Of John C. Thompson**

Miss Edith Willis and John C. Thompson announce their marriage of March 17, at the home of Rev. Fred B. Lunsford. Only the family and close friends were present.

The bride wore a white linen suit with navy accessories and a pink corsage. She is a graduate of Memorial Mission Hospital School of Nursing and has been employed as Supervisor of Nurses at the District Hospital of Andrews.

The groom is presently employed with Lockheed Aircraft Corporation in Marietta, Georgia.

The couple will make their home in Marietta.

**Classified Ads**

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**FARMING TIPS**

**QUESTION:** When and how should gladiolus be planted?

**ANSWER:** Gladiolus may be planted from January to July. By making plantings every two or three weeks you can have flowers for a long period of time. Space the corms three to six inches apart, either in the bed or in rows, depending on the method of cultivation. If the corms are large, place them four to six inches deep. Plant medium-sized corms slightly shallower.

The county winner will receive a \$25 saving bond.

In addition to a first prize of \$500 and an expense paid trip to Raleigh in the state contest, the North Carolina State Optometric Society also is offering a \$100 Saving Bond as second prize, and a \$50 Saving Bond as third prize.

**New Films At Murphy Library**

**FOLKLORE RESEARCH** 25 minutes - sound - black and white  
This film presents the story of an intriguing hunt through the backwoods districts of the Ozarks for elusive, centuries-old English folk tunes, pointing out that the history of such songs parallels the early growth of our country and reflects the origins and migrations of early settlers.

**LUMBER STATES (USA - PACIFIC NORTHWEST)** 20 minutes sound  
The Pacific Northwest has the finest forest of our country. The tall trees of this area are excellent for lumber, and we learn how the people work in this greatest of our lumbering sections. We see them engaged in safeguarding the forest to prevent this rich lumber supply from becoming exhausted. We learn how young people are taught to prevent forest fires and to keep young trees growing to replace those that are cut down. Washington and Oregon are prosperous because of their rich natural resources.

**MARCO POLO'S TRAVELS** 19 minute-sound-black and white.  
Recreates adventures that Marco Polo described in his book about his travels, and indicates the impact upon medieval Europe of his detailed account of life in other lands.

**NIGHT MAIL** 25 minutes - sound black and white

Pictures the journey of the "Postal Special" from London to Scotland, a fast express carrying no passengers but manned entirely by post office workers. Mail is sorted on board and at various railway centers on the way mail bags are received or dispatched. The train also picks up or drops mail en route while traveling at high speed.

**THE PILGRIMS** 22 minutes sound black and white  
Recreates one of the most significant episodes in American history. Authentic sets and period costumes are combined to bring alive the Pilgrims; adventures include their religious persecution in England, their poverty in Holland, the terrible North Atlantic crossing, the signing of the Mayflower Compact, the heroic efforts to survive the bitter New England winter, and the historic first Thanksgiving.

**PLAIN GOOD MUSIC — THE STRING QUARTET** 14 minutes sound - black and white  
The performance techniques of the Fine Arts Quartet illustrate bowing, fingering, team work, and the ways in which musical ideas and leadership are passed from player to another. Closes with a portion of the Finale movement in Mozart's quartet in G major.

**Highway-Home Lead Sites For Accidental Deaths**

The highway and the home rank as the leading sites for accidental death in North Carolina, it was revealed today in a report entitled "Accidents and Health in North Carolina, 1956" released by the Accident Prevention Section of the North Carolina State Board of Health.

The report revealed that an analysis of death certificates on file with the State Health Department showed a total of 2,481 accidental deaths in 1956 with motor vehicle accidents taking 1,210 lives and home and farm accidents claiming 784 lives.

Dr. Charles Cameron, accident epidemiologist for the Board of Health, writing in the report, cited the high incidence of home and farm accidental deaths among the children of the state.

"Home and farm accidents are the leading cause of accidental death for infants and children in North Carolina," Dr. Cameron states "and account for a greater share of their accident fatalities than do motor vehicle accidents."

The physician stressed that the key to accident control lies in recognizing the age groups which are likely to experience different types of accidents. In addition to the high incidence of accidental deaths in the home among infants and children, the report showed that those past 50 years of age are most likely to fall prey to an accident death within their own homes.

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