## The Tar Heel Kitchen

Is the tomato a fruit or a vegetable to you? According to the dictionary and botanically it is a fruit. Among the fruits, the tomato is a berry being pulpy and containing one or more seeds that are not stones. Once one little boy spoke to me in concern when tomatoes were not discussed with vegetables for he had been growing them in his garden. Whether fruit, berry, or vegetable, Tar Heels enjoy tomatoes.

What better time is there for you to indulge in our luscious fresh tomatoes than right now! Be sure to ask for and use North Carolina tomatoes while at their peak. The tomato growing business has increased greatly in recent years and in the western part of the State there are approximately 2000 acres of trellis tomatoes. According to one of our men specialists, eastern Carolina tomatoes are best for canning and western are possibly best for table use.

If you have to shop for tomatoes, look for firm, well formed, plump, smooth fruit with good color. Allow underripe tomatoes to ripen indoors at cool room temperatures, but not on a hot sunny windowsill before placing in your refrigerator. The cold stops the ripening process thus only ripe tomatoes should be refrigerated.

Enjoy tomatoes often, especially raw in salads, with sandwiches, or cold plates and relish trays. Tomatoes are high in taste appeal while being low in calories and high in essential Vitamin C which is not stored in the body but necessary daily

Some tempting recipes are as follows:

MEDITERRANEAN BEDROOM SUITE

As Shown: In green or pecan finish. Triple dresser, framed

5 - Piece Maple Dinette

WAKE UP REFRESHED!

NO MORE MORNING BACK ACHE

WHEN YOU RELAX AS YOU SLEEP ON A

Sealy

**Posture Form** 

AND BOX SPRING

H.C.

HAR DWARE FURNITURE

mirror, 5 - drawer, 2 - door chest, double - size bed, night stand \$ \\

4 Piece Suite .....

Round Table With Leaf,

Formica Top &

Four Chairs.

SPECIAL!

Tomato-Egg Supper Dish

tablespoons butter tablespoons flour

11/2 cups milk SalT and pepper ½ cup shredded Cheddar

6 hard-cooked eggs, slic-3 large tomatoes, peeled

and thickly sliced 3 cooked carrots, cut in cup fine cracker

crumbs Melt 3-tablespoons butter and blend in flour. Gradually add milk and cook, stirring, until thickened. Season to taste with salt and pepper and

stir in cheese. Arrange a layer of egg slices in 11/2-quart cas-Reserve 6 tomato slices for top and put remainder in a layer in casserole. Cover with some of the sauce. Add carrot strips and remaining eggs and sauce. Arrange

reserved tomatoes on top and sprinkle with crumbs. Dot with remaining butter. Bake in moderate oven (375 F) about 30 minutes. Makes 6 servings.

Tomato-Cheese Bake

tablespoons butter tablespoons flour

cup milk Salt and pepper

4 tomatoes, peeled 1/2 cup shredded Cheddar

Melt butter and blend in flour. Gradually add milk and cook, stirring constantly, until thickened. Season to taste with salt and pepper. Put a tablespoonful of sauce in each of 4 individual casseroles. Put a tomato in each and sprinkle with salt and pepper. Cover with remaining uce. Bake in moderate oven (350 F.) about 25 minutes. Sprinkle with cheese. Makes 4 servings.

SUPER SAVINGS

## Franklin Mem. **Hospital Notes**

The following were patients in the hospital or Thursday morning.

PATIENTS: Hazel McGee Allen, Franklinton; James Alston, Kittrell; Myrtle W. Ayscue, Louisburg; Gladys Jane Beasley, Louisburg; Dora King Blake, Louisburg; Dur-wood C. Carter, Louisburg; Hillman Jacob Cash, Louisburg; Ben Davis, Louisburg; James Graham Dickerson Louisburg; Lucy Smith Dillard, Henderson; Alyan S. Barnhardt, Louisburg; Clarence Jackson Gresham, Youngsville; Bessie Hardy, Louisburg; Zebulon Vance Harrell, Louisburg; Judy Den-ton Holmes, Louisburg; Joseph John Horton, Louis burg; Margaret H. Howard, Louisburg; Raford Hunt, Louisburg; Rheba Harris May, Louisburg; Tessie P. Medlin, Morrisville; Esther Mae Wood Mendenhall, Franklinton; Louisburg; Mary Ila Mullen, Louisburg; Fannie Y. Mun-ford, Louisburg; Adrian Munsy, Zebulon; Chick Murray, Louisburg; Delores Jean Neal, Spring Hope; John C. Parker, Louisburg; Annie Fuller Parrish, Louisburg; Ida Faulkner Pergerson, Rocky Mount; Joseph John Rans-dall, Louisburg; Cornelia Howell Richards, Louisburg; Mary Lambert Stainback, Louisburg; Mildred H. Wheeler, Franklinton; Percy Williams, Louisburg; Bessie Williams, Louisburg; Bessie Wil-liams, Louisburg; Alice Swan-son Wood, Louisburg; James W. Woodlief, Louisburg; Robert Wright, Louisburg; George Spencer Gilliam, Louisburg; Harold Layton Bullard, Henderson; Charlotte Frazier McGraw, Louisburg; Jimmie Thomas Strickland Louisburg.

### Seven Paths

Mrs. Julia Yeabower and Miss Penny Yeabower of Silver Springs, Md. spent some time with Mr. and Mrs. W. H.

Mr. and Mrs. W. H. Lartz, Mrs. J. S. Collie and Alton Smith were in Washington, D. C. during the weekend to attend the wedding of Miss Susan Blagman. Mrs. Lartz stayed on for an extended

Mr. Ernie Mizelle of Merry Hill was a visitor in the community Saturday.

Mrs. R. H. Wheeler has just been to Asheville for a visit with daughters, Verna, and her family, the Leonard Or-

Mr. Phillip Wilder and family of Richmond, Va. arrived Tuesday for a visit with Mr. and Mrs. Rufus Wilder.

Mrs. Ellen Moore and children visited last week with Rev. and Mrs. Walter Hill and son in Asheville, N.

Mrs. L. S. Gay, Millard and Jenny Gay visited in the home of Rev. Guy Moore of Raleigh, saw Mrs. Pauricia Brock in Wake Memorial Hos-pital and then went on to Lexington and spent the night with Mr. and Mrs. W. C. Gay and daughter. The next day they toured places of interest in the mountains.

Mrs. Jimmy Wilder and children of Raleigh brought Mrs. Lena Wilder home Fri-

Mr. and Mrs. Kenneth Clay and children of Enfleid, Mr. Grady Fisher of Nashville, Mr. and Mrs. David Fisher and children of Rocky Mount visited M. E. Fisher and Carolyn Sunday.

Mrs. Rachel Brown, sons Charles and Ernest, of Enfield; Mr. and Mrs. Vernon Pittman and daughter Lias of Whitakers, Mr. and Mrs. C. D. Driver of New Hope, Mrs. Joseph A. Perry, Mr. and Mrs. E. R. Moore visited Mr. E. B. Moore Sunday.

Rev. and Mrs. James A. Wood and children spent the weekend in Gatlinburg.

Mrs. Eula Wilder of Tar-boro with Mrs. L. S. Gay of Spring Hope visited Mrs. Lee McGregor Tuesday afternoon.

# Morris, Sturges Pledge Vows



MRS. BRAXTON H. MORRIS

## The Lamm **Family** Reunions

Mr. M. T. Lamm had all of his children at home Saturday for a family reunion. Present for the occasion were Mr. and Mrs. Elbert Lamm and two sons of Rocky Mount, Mr. and Mrs. Dean Lamm and family of Norfolk, Va., Mr. and Mrs. June Chewning and two sons from Goldsboro, Mr. and Mrs. Paul Lamm and two children of Washington, N. C., Dr. and Mrs. Wilbur Lamm and three children of Nashville, Tenn.

Others attending included Mrs. W. E. Beddingfield of Raleigh, Mrs. Pattie Justice and Mrs. Harriett Moore of Louisburg, Rev. Guy Moore of Raleigh, Mrs. Edith Harrison, a daughter and Mrs. Ma-bel Moore of Rocky Mount, Mrs. K. S. Lester, Mrs. Elsie Gay and Jenny of Spring

His son Wilbur, who had spent a week with his father

# Patchwork's The Craze



RUSTIC MOOD - Geoffre Beene creates a peasant style dirndl jumper in a patchwork of pumpkin velveteen and cal-ico inlaid with yellow cotton braid. For compound interest he adds a peasant shirt and apron in a patchwork-printed cotton.

after teaching a course at Ridgecrest for Associational Missionaries, was joined by Missionaries, was joined by his wife and two children who had been visiting in Bluefield with her relatives. Many people visited with them while they were here in the community and Mr. Lamm and Wilbur had dinner on the previous Monday evening with Mrs. B. R. Moore and Mrs. Lena Wilder as co-hostess. (M.E.F.)

Miss Frances Virginia Stur-ges and Mr. Braxton H. Mor-ris were united in marriage Sunday at 5:30 p.m. in Clyde's Chapel Baptist Church, Wendell, N. C. Rev. Robert White, pastor, of-

The bride is the daughter of Mr. and Mrs. Alfred T. Sturges of Route 2, Louis burg. The groom is the son of Mrs. Clarence V. Brady of Smithfield and the late Mr. Hubert B. Morris.

A program of nuptial music was presented by Mrs. Thomas Gallagher of Wilson, organist.

Given in marriage by her father, the bride wore a floor length gown of organiza with an overlaid top of lace embroidered with seed pearls The skirt, featuring lace ap-pliques and pearls, ended in a scallopee edged train trimmed with lace. Her veil flowed from a headpiece of clustered roses and lace. She carried a bouquet of white wedding

Miss Pam Davis of Wendell was her cousin's maid of honor. Her bridesmalds were Miss Lysbeth Chamblee of Zebulon, Miss Amy Painter and Miss Renay Painter, both of Wendell, cousins of the bride. Honorary bridesmaids were Misses Lisa and Jackie Alford of Raleigh and Misses Jerri and Margo Hamlet of Louisburg. H. Titus Painter of Wen-

dell was his nephew's best man. Ushers were Ivy D. Lanier of Wallace, brother-inlaw of the bride, and Alfred T. Sturges, III and Timothy C. Sturges, brothers of the

Following a wedding trip the couple will reside in Florence, S. C.

#### REHEARSAL PARTY

given Saturday night in the Fellowship Hall of the

the bride.

## VACANCY AT THE PINES REST HOME

FOR ONE RETIRED AMBULATORY WOMAN Surroundings, attractive; rooms are modern, clean, comfortable; hospitality, warm and friendly; three delicious hot meals daily; cheerful aid and maid service. We make you feel at home. Visitors are always welcome.

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STATEMENT

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We stand for the verbal inspin-sity of Christ, His blood atoness curity of the believer, New Testan Ralph E. Clogg, Par

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395

595

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FIRST QUALITY SPECIALS

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100% CONTINUOUS FILAMENT

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