

Yes, YOU CAN!

BY THOMPSON

You can make hearty Chef's Salad in minutes that will "stick to the ribs" for hours. This makes a fine main dish for luncheon or supper, and with a scrumptious hot dessert, adds up to a really fancy meal fit for last-minute guests who drop in.

1. Wash and crisp one large head of iceberg lettuce, and shred well. Add one cup of julienne-cut cooked chicken, one cup of julienne-cut cooked tongue (ready-cooked meats in cans

are a convenience for this), one cup of julienne-cut Swiss cheese, and one tablespoon of capers. Pour one-half cup of French dressing over the salad, and toss lightly to mix well. Serves six.



2. Now you can serve your favorite drinks fast with cocktails that come in chill-and-serve cans. There are nine varieties—martinis, whiskey sours, daiquiris, margaritas, vodka gimlets, and martinis, mai tais, manhattans and screwdrivers. Each 8-ounce can of Club Cocktails contains three drinks which, when chilled, are ready to serve. No need to add ice.

3. Here's how to make the dessert, a Hot Lemon Souffle, everyone's favorite: Beat six egg yolks until thick. Add 1½ cups of sugar, slowly, beating constantly. Add three table-

spoons of lemon juice; and grind the rind of one lemon and add it to the mixture, and one-half teaspoon of salt. Beat the egg white until stiff, and fold into the first mixture. Pile into a buttered souffle dish, and set the dish in hot water and bake 20 minutes in a 370° oven. Serve at once. While the dessert is baking open a can of rolls and pop them into the oven to bake also. There's nothing more appetizing with a salad than hot rolls.

Patronize TIMES Adv.

Eagle To Lecture At Louisburg H.S.

At one moment a magician—at another a juggler—even a hair stylist—then again a guide through a nuclear power plant!

Whatever his role before his high school audiences, North Carolina State University nuclear engineer Eugene Eagle aims for one goal—revealing the mysteries of the powerful, useful atom.

Eagle is traveling across North Carolina presenting an unusual, entertaining educational show called "This Atomic World."

He will lecture at Louisburg High School in Louisburg on September 23. To date, Eagle has presented programs at 300 schools to some 225,000 students. In addition, he has held special classroom sessions for approximately 40,000 physics and chemistry students.

He tells about the structure of atoms, radiation, nuclear reactors, and nuclear fusion. He describes the role of the engineer in today's technological endeavors and opportunities for education in N. C. State's School of Engineering ranging from highway construction to nuclear technology and aerospace engineering.

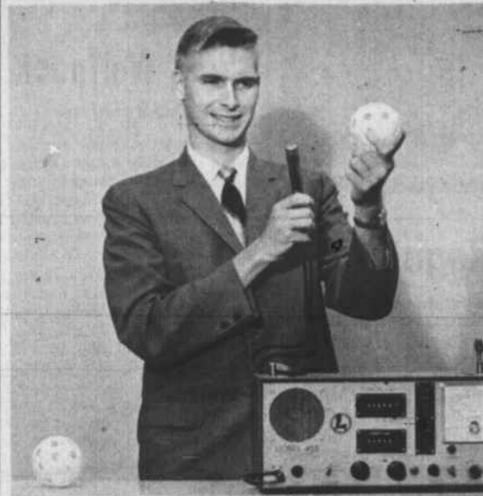
Eagle illustrates his lectures with specially designed electronic equipment from Oak Ridge showing sources of radiation, the harnessing of nuclear energy to generate electricity, and the use of radioisotopes in medicine.

The traveling exhibit is scheduled to visit some 70 high schools in North Carolina this fall and winter.

This is the third year the NCSU nuclear engineer has taken to the road with the

popular show demonstrating atomic energy and its many uses. The statewide tour is financed by the North Carolina Engineering Foundation, a private group that supports the NCSU School of Engineering.

The lecture-demonstration is co-sponsored by the Atomic Energy Commission, the Oak Ridge Associated Universities, and the NCSU School of Engineering.



Eagle Displays Plastic Ball

Eugene O. Eagle, Jr. of Greensboro, a nuclear engineering graduate of North Carolina State University, displays a plastic ball tagged with harmless tracer atoms as part of a statewide tour of Tar Heel high schools. Eagle is the exhibits manager for the lecture and demonstration that will visit high schools across North Carolina during the current school year.



Jerry Horton of Nationwide Insurance says:

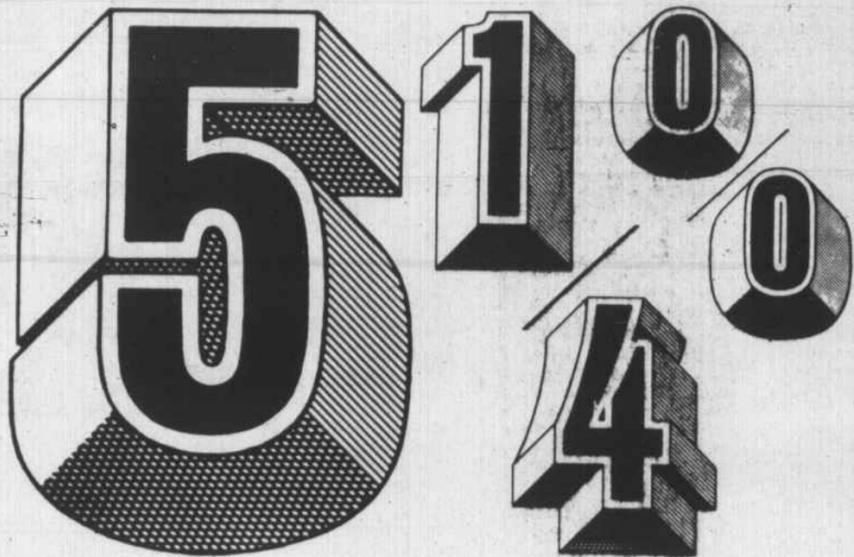
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Continued Price Rise

Consumer prices continued to rise during the month of June at a yearly rate of more than 6 per cent in the first half of this year. The Labor Department report stated the rise for the first half of 1969 was the greatest since the Korean War in 1951.

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