



At Open House

Dining room suite manufactured by Cochrane Company was on display during open house at Cochrane Eastern on Sunday afternoon (upper picture). At left unidentified man is enjoying refreshments in plant canteen. At right, Mrs. Gene Woodruff and children, Desiree and Adam, of Henderson tour Cochrane Eastern plant.

The Tar Heel Kitchen

By MISS YORK KIKER N. C. Dept. of Agri. Marketing Home Economist

Do you have trouble planning meals for your family daily? Imagine how it would be to serve lunch to approximately 812,000 children daily with a potential of over one million customers? Visualize the difficulty in planning nutritious, attractive meals, ordering and preparing foods, having everything ready on schedule, and pleasing that many appetites—all on a very limited budget.

You may well ask who has such a tremendous task. The dedicated school food service staff in North Carolina are working daily to feed those thousands of school children.

Children, and adults sometimes question how meals are planned and why certain foods are included. You remember that in school an "A" was given for good work. Perhaps it is significant that most schools serve a type "A" lunch, meaning a good lunch of carefully chosen foods to furnish approximately 1/3 of the child's daily food needs. Requirements are for milk, protein foods, vegetables and fruits and cereal products.

The type "A" lunch is unquestionably one of today's best food buys. The total cost of North Carolina's school lunch program in 1970 will be over \$72 million, but children's payments will only be approximately \$47 1/2 million of the total. The low cost of lunches to children is possible due to federal food donations and reimbursements, and state and local contributions.

It would be interesting for you

to figure how much it costs to serve the same lunch at home that your child eats at school. Doubtless you will have a greater appreciation of the school lunch program. Join the North Carolina Department of Agriculture in a salute to all school lunch workers and let's give them an "A" for their fine work in feeding children.

Below are given some of the school lunch menus you will wish to try. You will notice that many delicious Tar Heel favorite foods are included.

Oven fried chicken, green peas, crisp coleslaw, hot biscuits, butter, oatmeal raisin cookie, milk.

Hot turkey sandwich with gravy, sweet potato fluff, broccoli, sandwich buns, brownie, milk.

Vegetable beef soup, peanut butter sandwich, baked apple, gingerbread, milk.

Deviled eggs, potato salad on lettuce, green peas, hot biscuits, butter, gingerbread with hot lemon sauce, milk.

Pork chop susey on buttered rice, cabbage-pineapple salad, bran muffins, chilled peach slices, cookie, milk.

Mrs. Avery Fowler and Mrs. Harry Williams, Jr., of Inez attended the choral concert in Raleigh Wednesday night.

Mr. Hart Pinnell of Charlotte was overnight guest of Mrs. Alice Southerland Tuesday.

Some 8,125 farmer cooperatives are functioning in the United States.

Financial report table with columns for item name and amount. Includes items like Marvin K. Aycock, Social Services Board Meeting & Travel (11.44), Traylor's Hardware (4.60), Storr Sales Co. (42.29), etc.

Bells (Continued from page 1) state in the Union. In joining with the citizens of nations around the world, we demonstrate our common support of the principles and objectives for which the UN was founded.

many other ways, we seek to cooperate in building a world in which all nations, large or small, can feel secure. We seek to build a world in which all nations will have the opportunities and the skills and the knowledge needed for economic development and social progress.

Report of A. P. Rodwell, Jr., County Auditor, Showing General Fund Receipts and Disbursements For The County of Warren For September, 1970

GENERAL FUND & OTHERS RECEIPTS FOR SEPT. 1970. Table with columns for item and amount. Total Receipts: \$27,117.36; Total Disbursements: \$42,711.23.

GENERAL FUND & OTHERS DISBURSEMENTS FOR SEPT. 1970. Table with columns for item and amount. Total Disbursements: \$42,711.23.

FOR THE BEST FURNITURE VALUES IN TOWN SEE US Satterwhites HENDERSON, N. C.

New Shipment Just Received PRINTED JERSEY TRICOT - PRINTED TERRY KNIT VELOURS, WET LOOK AND FLEECE PLUS COOL WEATHER SPECIALS DOUBLE KNIT, WOOLENS, CORDUROY AND BONDED ACRYLICS. SOUTHERN MILLS FABRIC SHOP 1630 Parham St. HENDERSON, N. C.

SHOP IN WARRENTON AND SAVE MORE! ROSES N. M. HILLIARD, Mgr. BLOOMIN PRESTONE Anti-Freeze Reg. \$1.99 - SAVE 30¢ \$1.69 BARGAIN. LUNCH KIT AND PINT BOTTLE \$2.24 BARGAIN.