

Home**Extension News****Avoid Salty Picnic Foods**

When summer rolls around, it is a temptation to eat more salty foods, especially at picnics where you like to wolf down hot dogs and other processed meats, catsup, mustard, pickles and potato chips.

A picnic menu like that could easily provide 1,500 milligrams of sodium, and that's more than a person on a restricted sodium diet should have.

When you're a guest, there may not be much you can do except to cut back on the amount of food you eat. This means you might eat only one hot dog and omit the catsup, mustard and pickles.

But, if you are in control of the menu, there is a lot you can do. You can serve hamburgers and replace catsup with fresh tomato. And if you make potato salad, you can limit the amount of salt that goes into it. In addition, you could substitute fresh fruits and vegetables for the chips.

If you made all these substitutions, your meal would contain about 500 milligrams of sodium, or about one-third the amount the hot-dog chips meal contains.

So, if you want to keep an eye on the amount of sodium you are serving and still enjoy the family picnic, remember these suggestions: avoid processed foods, use fresh fruit and vegetables for snacks and salads, and add little or no salt during cooking or eating.

Daydreaming Is a Part of Growing Up

School-aged youngsters may just lie on the sofa

staring up at the ceiling for hours or maybe swing lazily or just walk up and down the sidewalk.

When you ask what they have been doing, they are likely to say, "Nuthin." But those hours could be important for daydreaming, an important part of growing up — a time for discovering and developing new ideas.

If your youngsters occasionally seem to be doing nothing or maybe even act a little bored, don't feel that you have to rush out and find busy work for them or enroll them in another class or program. Sometimes we over-program kids so they don't have time to ponder, to wonder, to get a feeling for how they fit in with the rest of the world.

Far from being non-productive, daydreaming can be time well-spent. It can help youngsters adapt in the future. And many futurists predict that today's children will have to be flexible and creative adults to live in the next century. They may have to change jobs several times and make many other changes in their lifetimes.

The seeds for flexibility and creativity to meet the challenges are sewn in childhood. So it is good for children to let their minds wander and dream some unusual ideas no matter how absurd or stupid they may seem to adults.

Lazy afternoons are a great time for a little daydreaming. Let your children enjoy that opportunity once in awhile.

Pickles Should be Processed

When you spend the time, energy and ingredients to make pickles, you want them

to turn out just right, and that is why the Extension Service suggests that you process pickles in the boiling waterbath canner.

There are three good reasons. First, when jars are filled with cucumbers and covered with a hot pickling solution, you may have a temporary seal, but there usually isn't enough heat to create a complete vacuum, the kind that will cause the lid to seal permanently.

Pickles that are not processed in the boiling waterbath may ferment and gas pressure may cause the lid to become loose.

There's a second good reason. When you transfer pickles and liquid from the kettle to the jar, there is always a danger of spoilage organisms entering the food. This can happen no matter how careful you are and the result could be spoiled pickles.

The third reason why pickles should be processed is that the processing drives air from the jar.

Processing times vary from 5 to 20 minutes depending on the type of pickles. So consult a reliable recipe to find out the amount of time needed for each type of pickle.

Kenansville News

Mr. and Mrs. Clyde Roller and two children of Mathews have been visiting her mother, Mrs. Phil Kretsch.

The Timothy Outlaws of Bristol, Va. visited his mother, Mrs. Carolyn Outlaw, who is a patient in Duplin General Hospital.

Mrs. Margaret O. Dail is visiting the Harold B. Wrights in Ohio.

The Kenneth Kings vacated last week at Long Beach.

Louise Boney and Pattie Loftin visited the T. J. Tolsons in Goldsboro Thursday.

Mrs. Eunice Shields and Miss Kerron Butts of Greensboro visited Miss Pattie Loftin Monday.

Mrs. Martha P. Sitterson and Mrs. Reba P. Green have returned from Cocoa Beach, Fla., after a visit there with their sister, Mrs. Sarah P. Neilson.

Mrs. Ida High of Wilson visited her aunt, Mrs. Elizabeth Ferrell Thursday. Mrs. Ferrell is still a patient in Duplin General Hospital.

Lucy Mullis of Greensboro is visiting her paternal grandparents, Rev. and Mrs. Troy D. Mullis.

The Gordon Kornegays attended the Faly Reunion Sunday at St. John's Church near Goldsboro.

The Elbert Longs spent last weekend at Morehead City.

The H.D. Taylors made a business trip to Raleigh on Tuesday.

Mr. and Mrs. Thomas Quinn of Hampton, Va. spent a couple of nights here recently with his mother, Mrs. Viola W. Quinn. The Jimmy Quinns of Riegelwood visited her on Saturday.

Scott Autry was returned to his home near here after

spending a week recently with his cousin in Tarboro.

Mr. and Mrs. Charlie Cannon of Roanoke Rapids have been visiting their daughter and son-in-law, Mr. and Mrs. W.M. (Gene) Autry. Mrs. Autry's grandson, Joshua Jarman of Greenville, S.C. has also been visiting them.

Mr. and Mrs. V.H. Reynolds and daughter, Ruth, spent last week at Sugar Mountain with his sister, Bea Hardie.

Mrs. Gene Jackson and Miss Ann Carter of Raleigh spent the weekend with the Woodrow Brinsons.

Mrs. Sheldon Swann spent the weekend with Mr. and Mrs. Gene English and

family in Garner.

Kontrakt Klub

Mrs. Sheldon Swann was hostess for the Kenansville Kontrakt Klub in the home of Mrs. Stuart Hall on Thursday. Mrs. Ellis Vestal substituted for an absent member. Between progressions the hostess, assisted by Mrs. Hall, served a refreshing salad course with tea or coffee. Club high score was won by Mattie W. Barbee. Mrs. Vestal was also given a gift.

Hundreds of Used Kitchen Cabinets, Doors, Windows, Ranges, Bathroom Fixtures, Furniture, Shelving, Display Counters, Floor Tile, Lots More.

F & J Salvage
2717 W. Vernon Ave.,
Kinston
5222-0806

ROSES Doz. in paper \$12.50

Carnations \$7.50

Doz. in paper

Fri. Afternoon Special
Bouquet Flowers \$5.00
1-5:30 p.m. only
No Delivery
Cash only on Bouquet

Ellenberg's Florist
Flowers & Gifts

FLOWERS FOR ALL OCCASIONS

108-C W. College St.
Steed Building
Warsaw
293-4071

Play Your Cards Right And Stay Ahead Of The Game.



look at the chart on the left.

With one of our cards for credit and one for banking, you'll get more convenience than you can with any four or five credit cards.

Second, in most cases we'll match the credit you get now with several cards in one card. (Say your limit is \$1,000 on Visa, \$1,000 on MasterCard. We'll give you a \$2,000 limit on one and save you \$18 a year in fees.)

Third, both our new World Card™ and Visa offer all the travel convenience of Diners Club and American Express. So, if you carry both of those cards, we can save you \$40 to \$55 a year in fees.

Finally, if you'd rather not use credit, you can use Checkmate, the plastic check. At over 3 1/2 million places, it's a lot easier than paper checks.

So, for any situation, we have a card that works. Plus something else most banks don't have.

The First 24-Hour Banking Coast-To-Coast.

With the new Plus System, you can use any of

our cards to bank 24 hours a day at machines all over the country.

So, any time of day, almost anywhere you're traveling, you'll never be far away from your money.

NCNB DeLuxe Banking: The Ultimate Bargain.

You've just read some good reasons to bank with us. But probably the best is DeLuxe Banking.

Just keep \$2,500 or more in regular savings (or \$10,000 in a certificate). Get interest on checking, NCNB

Checkmate and a standard-size safe deposit box at no charge. Get special rates and reduced fees on loans and credit cards. Plus other services.

Come see us. Nobody else in the neighborhood is offering you this many ways to stay ahead of the game.

NCNB
Member FDIC

Duplin Duplicate Bridge Club

Rose Hill and Kay Autry of Kenansville.

Bridge players are invited to play duplicate bridge every Monday at 10 a.m. at Kay Autry's house, Route 1, Box 127AA on Highway 11 North of Kenansville and every Thursday at 7 p.m. at The General Store in Kenansville.


Lyndon B. Johnson was the first President to be sworn into office on an airplane.

\$50.00 REWARD Offered for anyone caught littering, stealing or vandalizing in Pink Hill. Get license number or names and call 568-3181 day or night.

Birth**Announced**

Mr. and Mrs. Paul Edward Dail Jr. of Route 1, Kenansville, announce the birth of a daughter, Shannon Victoria, on July 22, 1983 in New Hanover Memorial Hospital at Wilmington. The grandparents are Mr. and Mrs. John Bennett West of Warsaw and Mr. and Mrs. Paul Edward Dail of Kenansville.



For all your life insurance needs, call:



D.L. Scott
Rt. 2, Scott's Store
Mt. Olive, NC 28365
Phone: 658-5222



Ethro Hill
Highway #11
Pink Hill
568-3310

NATIONWIDE INSURANCE
Nationwide is on your side

Nationwide Mutual Insurance Company • Nationwide Fire Insurance Company • Nationwide Life Insurance Company • Home office: Columbus, Ohio