

Office for Food and Food Conservation Suggests:

A "PEACE PLATE" FOR TODAY
Save Wheat! Save Meat! Save the Peace!

FRIDAY PEACE PLATE

It's like an old-fashioned fish fry—when this baked fish cohes golden brown and crusty from the oven.

And the oven baking saves fat and saves you trouble. For it takes less fat than frying. And there won't be a fat-spattered stove top to clean afterwards.

You can use economical fish filets—or fish steaks if they're cheaper. Inlanders may choose frozen fish for this recipe.

Filets and steaks at 30 cents a pound are better buys than the economy cuts of meat at the same price—for there's less waste.

And for a tangy salad—so good with the fish—cook celery hearts until tender, cool, and serve with French dressing, generously seasoned with onion.

CRUSTY-BROWN FISH
1 lb. fish filets
Salt and pepper
1/2 teaspoon dry mustard
1/2 teaspoon Worcestershire sauce
1/2 cup milk
1 cup finely crushed bread crumbs
2 tablespoons fat
Mix salt, pepper and mustard. Add Worcestershire sauce and milk (fresh or evaporated). Dip fish in milk mixture, then in crumbs. Place on greased baking sheet. Dot with fat and bake in a moderate oven (350° F.) for 20 minutes or until brown and tender. Serves 4.

Give a "new look" flavor to the spinach with a few fried green onion tops or a sprinkling of nut meg. The rest of the menu follows:

- Crusty-Brown Fish Filets
- Paralled Potatoes
- Fresh Spinach
- Hearts of Celery Salad
- Spiced Cup Cakes

BUYING TIPS: Knowing potato grades and sizes helps you compare prices and so get the best buys.

So learn what your food dealer means when he advertises potatoes as U. S. No. 1 grade, Size A.

Grades are based on shape of the potato, cleanliness and freedom from defects.

U. S. No. 1 is not the highest grade—but it's the best grade you usually find in your grocery store.

U. S. Fancy grade and U. S. Extra No. 1 are higher—but a comparatively small proportion of the potato crop falls in these grades.

Size A potatoes are larger than Size B, which run 1 1/2 to 2 inches in diameter. Many new potatoes are small, you know, especially if they come from your own garden.

Farm Women Find New, Useful Hobby

COLLEGE STATION, Raleigh—Making beautiful and lasting wool hooked and braided rugs is a new hobby Halifax county farm women have found, says Miss Florence Cox, home demonstration agent for the State College Extension service.

As neighbors and friends visit in other homes and see the finished rugs, they become inspired to start rugs for their own homes, Miss Cox said.

The charming thing about rug making, the home agent said, is that one uses old wool garments, blankets, and other household wools materials. It does not matter how worn or torn the original article may be, it can be washed and dyed, and cut into strips with the thread, not on the bias.

When the strips of wool are cut, they are hooked into burlap or other sturdy materials.

Win compliments with this! For Looks—this et casual has slenderizing lines, a new wide color. For Sewing—Pattern 9225 takes almost any fabric to a beautiful finish!

This pattern gives perfect fit, is easy to use. Complete, illustrated Sew Chart shows you every step.

Pattern 9225 comes in sizes 34, 36, 38, 40, 42, 44, 46, 48, 50, 52. Size 36 takes 4 1/4 yards 39-inch fabric.

Send TWENTY-FIVE cents in coins for this pattern to the Carteret County News-Times, Pattern Dept., 232 West 18th St., New York 11, N. Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

ONE HUNDRED AND THIRTY-EIGHT illustrations in the NEW MARIAN MARTIN Pattern Book for Summer! Twice as exciting as ever, this catalog of news-making fashions is yours for FIFTEEN cents more. Printed right in the book, a FREE pattern and directions for a beach-utility bag!

Dr. Herrington and daughter, Zora, visited friends in Newport on Thursday.

Mr. and Mrs. Geo. E. Carraway and son, Charles, of Bachelor, spent the week end with his parents, the P. F. Carraways. They also attended the Emmer-Carraway wedding on Friday night.

Chief and Mrs. Harry Hardy returned to Norfolk on Friday night after visiting their parents for a week.

Dr. and Mrs. Marvin Herrington and children were guest of her sister, Mr. and Mrs. John Felton of Beaufort, RFD, on Wednesday night.

Mrs. G. M. Carraway, Rufus Carraway, Mrs. Howard Walton and son, Phil Carraway visited in Oriental on Sunday.

Mr. Tom Carraway spent the week end at Oriental.

Mr. W. B. Martin was in Beaufort on Saturday.

Rev. Walter Jernigan will start a revival here Sunday night, June thirteenth. Everyone is cordially invited.

Friends regret to know little Terry Garner, who has been sick eight weeks, is still in Sidberry's hospital.

Those who celebrated birthdays last week were Mrs. H. A. Taylor, sixty-one; Larry David Hall, fifteen; Mrs. Adam Meyer, forty-three.

Mr. and Mrs. Linwood Hall and son, Regil, were the dinner guests of Mr. and Mrs. Maney Thomas Salter Sunday.

Mrs. Clifton Ward visited her parents, Mr. and Mrs. Guy Garner at Newport Sunday.

Mr. and Mrs. Roy Mann visited his parents, Mr. and Mrs. Roy Mann Sunday.

Mrs. Minnie Sharp visited Mrs. Willie Pellittier Sunday.

Mrs. Willie Page and children attended Sunday school here Sunday.

Mr. and Mrs. Liny Nixon, of Broad Creek, visited Mr. and Mrs. D. J. Hall Sunday.

Mr. and Mrs. Cecil Hall, who has been living at Cherry Point about four years, moved in their new home at Gales Creek Saturday.

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Mr. and Mrs. Cleon Fulcher, Mr. and Mrs. Clyde Fulcher and son, Donnie were the guests of Mr. and Mrs. Harry Taylor Sunday.

Lester Hall, Jr. and girl friend, Claudie Willis visited his parents, Sunday.

Winning Ways



9225 SIZES 34-52. Marian Martin

Women, Too, Use Carpenter Tools

COLLEGE STATION, Raleigh—Men aren't the only ones who can use a saw and hammer, says Miss Katherine Millsaps, home demonstration agent for the State College Extension service.

For proof of her statement, Miss Millsaps tells of the work recently done by two Alamance county farm women, Mrs. Lloyd Anderson and her daughter, Mrs. Grace Thompson, of Burlington, Route 4.

Following a demonstration on kitchen planning at the Highland home demonstration club, Mrs. Anderson and her daughter decided to go home and improve their own kitchen. They began their project by installing a sink under the windows and building a cabinet around the sink which extended across one end of the kitchen. Two wall cabinets were built on either side of the sink. The top of the cabinet was covered with linoleum and metal strips were used to fasten it around the edges.

Mrs. Anderson did all of the work in building the cabinet with the exception of the doors which were bought.

Other work consisted of placing doors on the kitchen side of a china cabinet in the dining room so that dishes could be removed from either the kitchen or dining room side. They installed glass in two outside doors to give more light in the kitchen. The walls and ceiling were painted a light yellow, giving the kitchen a very cheerful appearance, Miss Millsaps said.

In addition to being good carpenters, both Mrs. Anderson and Mrs. Thompson are excellent cooks, Miss Millsaps declared.

New Drug Discovered To Treat Scrub Typhus

MANILA (AP)—A drug from the penicillin family has shown favorable results in treating scrub typhus—the so-called Japanese river bed fever which so far cannot be prevented by present typhus vaccine. This report was made by a 13th Air Force observer with an army medical research team conducting tests in Kuala Lumpur, Malaya.

The drug is chloromycetin. Army doctors so far have treated 25 patients with it and none has developed complications or died.

Some electric eels grow to be eight feet long and weigh 50 pounds.

CEDAR ISLAND

Rev. Maurice Roach of Durham filled his regular appointment here at the Free Will Baptist church Saturday night, Sunday and Sunday night.

Mr. Luonel Lupton left Sunday night for Tamaqua, Pa., where he is employed.

Mrs. Sophia Lupton and Mrs. Julia Pake spent the weekend here visiting relatives. They returned to their homes at Lenoxville Sunday.

Mrs. William Bennett and children of Arapahoe are here visiting her sister, Mrs. Leslie Garner.

Mrs. J. G. Barco and daughter, Norma Faye, of Coinjock, arrived here Monday to visit her parents, Mr. and Mrs. Walter Goodwin.

Mr. and Mrs. Arthur Goodwin and two daughters, Guelda and Faye, left Sunday night for Tamaqua, Pa., to visit Mr. and Mrs. Sylvester Goodwin.

Mr. and Mrs. Hugh Salter and son, Jeffrey, of Beaufort, spent Sunday afternoon here with her mother, Mrs. Janet Daniels.

Mrs. Gladys Lupton who has been sick was taken to Beaufort Saturday to Dr. Moore. She is improving some now.

Rev. Maurice Roach held prayer services at the home of Mr. and Mrs. James Downing Sunday afternoon.

Mrs. Earl Daniels and Mrs. Earl Day visited Mrs. Leslie Garner Monday afternoon.

Mrs. Calvin Sterling and daughter, Elizabeth Joan returned to their home at Melfa, Va., last Tuesday after spending a month here with her parents, Mr. and Mrs. J. W. Smith.

Mr. Eldridge Daniels visited his brother, Cleveland Daniels, who is ill, Monday.

Mrs. Blakely Wade of Beaufort is here visiting her mother, Mrs. Rittie Day.

Fresh oysters from waters which are not polluted can be eaten in all months, though they are rather thin and stringy during the spawning season which is May, June, July and August in northern latitudes.

GLOUCESTER

Norman and Jimmie Whitehurst and sister, Mattie, of Elizabeth City, spent the weekend at their summer home on Stewart Point.

Mr. and Mrs. Ingram Lockey and daughter visited Mrs. Lockey's mother, Mrs. Sabra Chadwick over the weekend.

Mr. Richard Whitehurst and wife, Mr. and Mrs. Monroe Whitehurst spent Sunday with the Misses Leyvina, Georgia, and Mary Whitehurst.

Mr. and Mrs. Robert Lowe, Jr., and family have moved to Morehead City where he is employed by the Chamber of Commerce.

Mr. and Mrs. Ernest Watson and family of Kinston were guests of relatives here Sunday.

Mrs. O. W. Chadwick spent the weekend at Williston with her parents, Mr. and Mrs. Cully Piner.

Mr. and Mrs. Jules Willis and family, of Morehead City, were guests recently of the Misses Whitehurst.

Mr. and Mrs. Kenneth Bates were shopping in Beaufort Saturday.

Mr. Clifton Nelson has been coming in by plane to visit his parents, Mr. and Mrs. John Nelson.

The funeral of Mr. George Whitehurst was held at the Straits - Gloucester Methodist church Sunday at 3 p.m. A good many out of town people were among the large group who attended. Rev. Haywood Harrell officiated.

Mrs. Frank Chadwick spent the weekend in Williston visiting her parents.

Mrs. L. A. Pigott entertained visitors Sunday at her home on the waterfront.

Mr. and Mrs. L. R. Whitehurst of Morehead City called on Capt. Nelson and wife Sunday.

Mr. D. Pigott and sister, Mrs. Monroe Willis who had birthdays last week were entertained at dinner, and all the family were present.

Mr. and Mrs. Leslie Chadwick and son spent Sunday with his parents, Mr. and Mrs. Henry Chadwick.

MERRIMON

Dr. and Mrs. Marvin Herrington and two children, Anna Marie and Zora, of Norfolk, Va., left for their home on Sunday afternoon after spending last week with Mrs. Herrington's parents, Mr. and Mrs. P. F. Caraway.

Mr. and Mrs. Fred Beaver and little daughter, Diane, Mr. and Mrs. L. C. Eubanks and daughter, Bettie, of Morehead City, spent the weekend with Mr. and Mrs. J. A. Wallace.

Mrs. Bill Campton and two children and Miss Nan Rogers, of Graham, returned home on Saturday after visiting their aunts, Mrs.

TOBACCO FARMERS

We Have a Good Stock Of

— TOBACCO SPRAYERS

— TRUCKS — DUSTERS

— WHITLEY HILLING

SWEEPS & PLOWS

J. C. WHITTY & CO.

Craven & South Front Sts.

NEW BERN, N. C.

OLD Mr. BOSTON BRAND ROCKING CHAIR BLENDED WHISKEY. \$1.85 FINE \$3.00 4/3 Overt. Produced and Bottled by BERKE BROTHERS DISTILLERIES, INC. BOSTON, MASS.

Happy Jack MANGE MEDICINE. CHOICE OF COLE BROS. CIRCUS. Mange cases thought hopeless responded to new formula 64—Penetrating vegetable oils with IMPORTED CLAY. DOGS: Heals any mange, moist or dry eczema and promotes hair growth or your money back. LIVESTOCK: Sores heal on POL-LITRY HUMAN USE: Positive relief for dandruff, itchy scalp, dry falling hair. At drug and feed stores or write Happy Jack, Inc., Dept. W, Snow Hill, N. C. \$1.50, 24 oz. \$3. Postpaid.

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LOOK TO YOUR FRIENDLY A&P FOR FRESH DAIRY FOODS. MILD AMERICAN RICH MELLOW CHEESE Lb. 55c. SHARP TANGY WISCONSIN CHEESE Lb. 65c. Other Delicious Cheese: MEL-O-BIT American 2-Lb. Loaf \$1.15, MEL-O-BIT Pimento 2-Lb. Loaf \$1.15, BORDEN'S RINDLESS Cheddar 1-Lb. Calif. Pkg. 67c. CHEESE FOOD SPREAD Ched-O-Bit 2 lb. loaf \$1.05 BUTTER Lb. 93c. SUNNYFIELD CREAMERY IN QUARTER LB. PRINTS. Leave it to A&P to search the nation for the finest of dairy foods. And strictly fresh eggs; golden cream leave it to A&P to price its selections as low as possible. Come see the wide variety of cheeses, mild, mellow and nippy; high-score butter; and rich milk in A&P's Dairy Center. You'll want to make A&P your headquarters for the finest in dairy foods now—and always!

Super Right MEATS. MORRELL'S PRIDE Sliced Bacon lb. — 73c. SMOKED HOCKLESS Picnic Hams lb. — 49c. WAFER SLICED Boiled Ham lb. — 99c. FRESH GROUND BEEF lb. — 53c. Select Ground CHUCK ROAST, lb. 63c. Thick White FAT MEAT, lb. 25c. Fresh Fancy FRYERS, lb. 69c. HENS, lb. 57c. SQUASH 2 lbs. 15c. WATERMELONS, lb. 6c. TOMATOES, lb. 25c. ORANGES (176's) 2 doz. 55c. STRING BEANS, 2 lbs. 29c. CORN, 5 ears 35c.

CASHMERE BOUQUET SOAP 2 Bars 23c. OCTAGON POWDER Lgs. Pkg. 23c. LIFEBOUY SOAP 2 Bars 21c. LUX TOILET SOAP 2 Reg. Bars 21c. VEL Pkg. 32c. LUX TOILET SOAP 2 Bath Bars 29c. BLU WHITE FLAKES Pkg. 9c. SWEETHEART SOAP 2 Reg. Bars 21c. OLD DUTCH CLEANSER Pkg. 9c.

PEAS Fine Flavor Iona 4 No. 2 Cans 35c. TOMATOES Stud. Pack Packer's Lab. 2 No. 2 Cans 27c. SPARKLE Ann. Page Gelatin Dessert 3 Pkgs. 20c. GRAPE JUICE A&P 1 Pt. Bot. 19c. SUGAR Fine Granulated 5 Lb. Bag 43c. MAYONNAISE Ann. Page 1 Pt. Jar 45c. TOMATO JUICE Iona 3 No. 2 Cans 27c. CORN FLAKES Sunnyfield 8-Oz. Pkg. 12c. NECTAR TEA Rich and Flavorful 1/4-Lb. Pkg. 29c. WESSON OIL 1 Pt. Bot. 51c. SNOWDRIFT 1-Lb. Can 46c. EVAP. MILK White House 3 Tall Cans 42c. RITZ CRACKERS Nabisco 1-Lb. Pkg. 31c. CAKE FLOUR Soft Astik Pkg. 41c. BEANS Port. & Tom. Sauce 2 16-oz. Can 25c. PRESERVES Ann. Page 1-Lb. Jar 23c. SALAD DRESSING Ann. Page 1 Pt. Jar 35c. PIE CRUST MIX Pillsbury Pkg. 17c. RICE GEMS Sunnyfield Pkg. 13c. PEACHES Iona Sliced No. 2 1/2 25c. or Halves Can 25c. AJAX CLEANSER Pkg. 11c. MILD AND MELLOW 8 O'CLOCK COFFEE 3 Lb. Bag \$1.15. 1-Lb. Bag 40c. HOME STYLE - SANDWICH REGULAR PAN MARVEL BREAD 1 1/2-Lb. Loaf 18c.



DO YOU REMEMBER... THE FISH YOU CAUGHT?

Silvery fresh, just out of the water... so savory in the pan... a-bubbling with the appeal of all outdoors! Ah, those were the days! Today is the day to enjoy this golden-crusted bread... baked to the very moment of its most alluring, flavory goodness... a loaf proudly to offer your family and guests as one of the finer foods you choose for your table.



Say Bamby to your Grocer