

Home Hints

By Ruth Current
State Home Demonstration Agent

Do you eat the same things for breakfast each morning, buy the same cuts of meat each week? Let's get out of that menu-planning rut and use some of the other good foods. Too often we build our meals out of what's in the pantry rather than building our pantry out of what should be in our meals.

How many different vegetables have you eaten during the past week? Vegetables vary greatly in their food value and in the minerals and vitamins they contain. Let's not stick to three or four "old stand-bys" but try some new ones on our menus.

Many of the vegetables — tomatoes, cabbage, carrots, turnips, turnip greens, cauliflower, green peppers, beets, and spinach — which we ordinarily cook could be eaten raw to give variety and to preserve more of the food value.

Try a salad made of raw cabbage and raw spinach or other greens, with a good French dressing poured over it. Have you tried raw cauliflower dipped in cream cheese? Raw green pepper strips, turnip, parsnip and carrot sticks and curls, cauliflower flowerlets, and cabbage wedges make crunchy, interesting relish combinations and add zest as well as food value to any meal.

Fortunately most inks are washable. A good sudsing in warm water and soap is all that's necessary to remove ink stains from clothing.

Occasionally, however, you may have to apply vinegar or lemon

Demonstration Club Receives Letter From China

COLLEGE STATION, Raleigh — New Hanover county's home demonstration club members were pleasantly surprised recently when they received a letter of humble thanks from a Chinese family for clothing which they had received from contributions made by the club women in the county clothing drive.

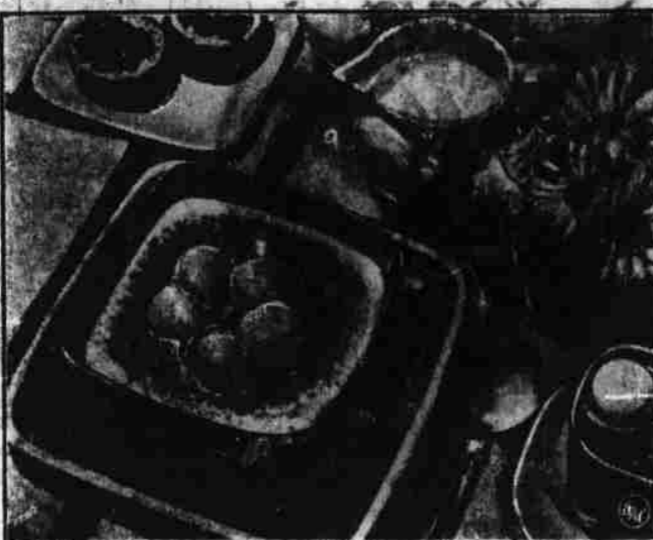
The letter, postmarked from Miryang-Up-Nae, South Kyong Sand, Korea, was addressed to Miss Ann Mason, home demonstration agent for the State College Extension service. It was signed by Sonhyuk, Park, a Korean minister of the Presbyterian church.

"There are three hundred people in my church," he wrote, "and we all were much gracious about your kindness. Please tell the people of New Hanover county that we all thank for that and when we open the bags we all pray for your loving kindness. Small clothes to the Sunday School children, big clothes to the grown up people."

juice. If clothes are white, bleach remaining stains with hydrogen peroxide. With colored clothes sponge clothes with warm glycerin and let stand for 30 minutes. Rinse well.

Most candy stains will wash right out. Chocolate is the only one that is a little difficult to remove. After washing the garment in lukewarm water, use hydrogen peroxide to remove the balance of the stain. Rinse well. If the stain is on a coat or jacket that can't be washed, sponge with carbon tetrachloride.

Here's Help For Little Folk To Breakfast More Quickly



FOR the mother who complains "My youngster simply doesn't have time to eat breakfast", here's a practical answer! Make things easy for those little hands by combining courses wherever possible, by eliminating the small time-takers that make breakfast seem a prospect to a youngster eager to get off to school, or play. Here the hot granular wheat cereal is topped with apricots, combining the fruit and cereal course in one easy-to-serve. The cornmeal muffin is split, buttered and spread with jam, all ready to eat. Cocoa's ready for drinking, and all together, this is streamlined a packet of nutrition for a child's morning meal as you could find.

Everyone needs a good breakfast, but a child especially suffers if he doesn't get a good start in the morning. Active play for those be-

low school age call on energy that must be furnished by food in the morning. School age children cannot help but falter in attention and study if they have not been sufficiently breakfasted with from a fourth to a third of their day's needed nutrients at the morning meal.

As shown in the picture above, a child's breakfast can be streamlined in serving so that it presents the food in a fashion easy to eat. Many fruit and cereal combinations that speed up the eating of these courses will suggest themselves. The bread course can be chosen for compact eating—a roll buttered—battered toast or easily-masticable pieces, etc. If juice is the fruit course, it can be drunk right along with the cereal course, instead of served separately.



USE A COASTER... Your hostess won't appreciate finding rings from wet glasses on her piano or her best coffee table.

LENNOXVILLE

Nov. 16 — Mrs. Julia Pake, Mrs. Monroe Simpson visited in Marshallberg last Monday.

Mr. and Mrs. Frank McIntosh spent a short while Sunday with Mr. and Mrs. Leroy McIntosh of Beaufort.

Mr. and Mrs. G. H. Jackson, Jr. and children spent Sunday and Monday with friends at Cherry Point, N. C.

Mrs. William Willis and baby spent Sunday with her mother, Mrs. Julia Pake.

Mrs. Woodrow Deil and son, of Reidsville, is spending the fall with her mother, Mrs. Roy Goodwin.

Mrs. Randolph Willis and children of Morehead City, spent Saturday with her mother, Mrs. Roy Goodwin.

Mrs. Julia Pake visited Mrs. Georgia Day of Morehead City Sunday afternoon.

Mr. and Mrs. James Willis and Mrs. Sophie Lupton visited Mr. and Mrs. Harvey Daniels, of New Bern and also attended the Golden

Wedding anniversary of Mr. and Mrs. John Goodwin.

Mrs. Fletcher Lawrey visited Mrs. Monroe Simpson Monday afternoon.

Mr. and Mrs. Frank McIntosh visited his grandmother, Mrs. Sadie McIntosh of Beaufort Sunday afternoon.

Mr. and Mrs. J. Preston Bell, of Morehead City, visited Mr. and Mrs. Dallas Willis Saturday.

Mr. and Mrs. Arthur Heilig, who have been spending a week with Mr. and Mrs. William Gordon, left Saturday for home.

Mr. and Mrs. William Gordon and children returned to Raleigh Sunday.

Mr. and Mrs. Guy Daniels visited Mr. and Mrs. John Goodwin of route 4, New Bern, Sunday afternoon.

The longest straight-line distance, north and south, in the United States run 1598 miles, from Canada along the 49th parallel of latitude to the southernmost point of Texas.

Cpl. H. T. Wilkins Serves In Fukuoka Hospital, Japan

KYOTO, Japan — Cpl. Hugh T. Wilkins, of Beaufort, is now assigned to the 118th Medical Station hospital, in Fukuoka, Kyushu, Japan.

The 118th Medical Station hospital maintains the health physical standards of occupation forces in the area. It is staffed by doctors, nurses, and enlisted technicians has established its reputation as one of the most efficient station hospitals in the Orient.

Corporal Wilkins entered the Army Oct. 12, 1940, at Fort Bragg, North Carolina and completed his basic training at Fort Bragg. He has been serving with his present unit since June 2, 1948 shortly after entering the service he attended Beaufort high school.

Corporal Wilkins' parents, Mr. and Mrs. S. B. Wilkins, reside at Beaufort.

FRESH CAUGHT

Sea Foods

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Phone M-401-1
M-402-1

Call on us today if you want information on fishing boats for charter or order of dressed fish.

OTTIS' MOREHEAD CITY FISH MARKET

SMYRNA

Nov. 16 — Mrs. Hettie Stead, who has been spending the summer months at her home in Gloucester and here with her sister, Mrs. J. B. Davis left Saturday for Fort Price and Tampa, Fla., to spend the winter with her sons, John and Edwin Stead.

Mr. and Mrs. V. A. Chadwick were visitors Monday in Morehead City with their daughter, Mrs. Eloise Adams and Mrs. Bessie Webb.

Mr. T. F. Taylor is employed in

BUY SMITH'S QUALITY BEANS IN PACKAGES at your grocer W. P. FREEMAN Wholesale Grocers distributors

Beaufort with the Quinn company.

Mr. Bobby Chadwick spent the past six days in Durham on business.

The Junior class of Smyrna High school had a pie and coffee party at H. R. Chadwick's store Saturday night.

The farmers in this vicinity have been quite busy for the past two weeks harvesting their sweet potato crop.

Mrs. E. H. Heady, who has been quite ill for some time, is much improved at this writing.

Mr. Edwin Piner, of Marshallberg, visited relatives here Monday.

Mr. and Mrs. Russell Spence and two sons, Russell, Jr. and Franklin, of Goldsboro, were guests of Mr. and Mrs. H. R. Chadwick, Sunday afternoon.

The Woman's Society of Christian Service met Thursday night with Mrs. Harry Lane Willis.

Mr. and Mrs. E. T. Piner, of Marshallberg, and Mrs. Maggie Hancock, of Smyrna, visited Mr. and Mrs. Russell Piner and Mr. and Mrs. Irvin Willis, of Williston Monday afternoon.

Miss Peggy Matthews, of Rocky Mount, spent the weekend here and at Marshallberg with relatives.

Mr. Elvin Thomas Hancock, of New Bern, N. C., spent the weekend home.

Mr. and Mrs. Roosevelt Robinson and son returned home last week from Miami, Fla.

Mr. Reuben George, of Norfolk, Va., was home for the weekend.

Mrs. Harry Fulcher returned from the Morehead City hospital Sunday.

Mrs. Walter Mason, of Atlantic, N. C., spent Wednesday here with her sister, Mrs. Walker George.

Mrs. Augustine Piner and children, of Morehead City, N. C., spent Saturday here with Capt. and Mrs. Charles Piner.

Rev. and Mrs. R. N. Fitts, and daughter, of Seven Springs, arrived here Friday. He will be our new pastor.

Mr. Jimmie Piner, U. S. C. G. of Norfolk, Va., was home for the weekend with his parents, Mr. and Mrs. Norwood Piner.

Mr. Dallas N. Hill, of U. S. C. G. of Norfolk, Va., was home for the weekend with his mother, Mrs. Jennie Hill.

Mrs. Roy Brown and son are visiting in Hatteras with her parents, Mr. and Mrs. Chas. Ballance.

Mr. Ellis J. Bedworth, of Greenville, N. C., was home for the weekend with his parents, Mr. and Mrs. Ellis Bedworth.

Mr. and Mrs. Kernie Guthrie and baby, of Norfolk, Va., have returned home after visiting her father, Mr. L. S. Wilson, pastor of Marshallberg Methodist church.

Mrs. Clyde Gillikin and Mrs. Jennie Hill returned home last week from New York where Mrs. Gillikin visited her husband who is receiving treatment in the hospital.

Mrs. Albert Joyner, RN, is now a member of the Morehead City Hospital staff.

Mr. Hedrick Moore, of New Bern, N. C., spent Sunday at home.

Mr. Quentin Lewis, of New Bern, N. C., was here for the week end.

Mr. and Mrs. Reginald Willis, of New Bern, attended the organ recital here Sunday afternoon.

Mrs. Ellis Bedworth, Mrs. Stiles Moore, and Miss Margie Willis attended the Youth Fellowship conference held in Greenville, Nov. 6.

Mr. and Mrs. Sigmund Butler, of Whiteville, N. C., spent the weekend here with her parents, Mr. and Mrs. Sanders Lewis.

A tornado is a wind storm whirling at speeds up to 500 miles per hour.

FINEST THINGS THAT GROW

WESSON OIL

Pt. Can 41c

SNOWDRIFT

3-Lb. Can 1.19

Woodbury Facial SOAP

3 Bars 30c

Iona PEAS

2 No. 2 Cans 22c

Campbell's Tomato JUICE

2 14-Oz. Cans 25c

CARROTS, 2 bunches 17c

ORANGES (200s-216s) 2 doz. 35c

IDAHO RUSSET POTATOES, 10 lb. bag 57c

GRAPEFRUIT (46s-54s) 5 for 29c

RED EMPEROR GRAPES, 2 lbs. 23c

CHESTNUTS, lb. 25c

CRANBERRIES, lb. 23c

ROSC RUSSET PEARS, 2 lbs. 23c

SUPER RIGHT MEATS

LET US RESERVE YOUR HOLIDAY TURKEY

PORK LOIN END

Roast, lb. 45c

FRESH CORNED Hams, lb. 59c

SHOULDER VEAL

Chops, lb. 65c

DRESSED AND DRAWN Hens, lb. 59c

DRESSED AND DRAWN Fryers, lb. 67c

LONG ISLAND Ducks, lb. 49c

SMOKED HOCKLESS Picnics, lb. 49c

MORRELL PRIDE SKINNED Hams, lb. 63c

SWIFTS SELECT CHUCK Roast, lb. 69c

TOPPING LINKED COUNTRY Sausage, lb. 63c

Cooked Ready To Eat BONELESS AND SKINLESS Hams, lb. 89c

MILD & MELLOW COFFEE

8 O'CLOCK

1-Lb. Bag 40c

3 Lb. Bag 1.15

SWIFT'S Bland Lard

SWIFT'NING 1-Lb. Can 40c

Swift PREM 12-Oz. Can 49c

A&P Fancy California TUNA FISH 1/2 Size Can 43c

Ann Page Salad DRESSING Pt. Jar 31c

Packers Label TOMATOES 2 No. 2 Cans 29c

Iona Stringless GREEN BEANS 2 No. 2 Cans 27c

Campbell's Tomato SOUP 2 10 1/2-Oz. Cans 21c

Ocean Spray Cranberry SAUCE 16-Oz. Can 20c

ANN PAGE BEANS

With Pork and Tomato Sauce

16-Oz. Can 10c

A&P Whole Peeled or Halves Unpeeled PEACHES No. 2 1/2 Can 29c

Iona Sliced or Halves FLOUR 10-Lb. Bag 78c

Sunnyfield Self Rising APRICOTS No. 2 1/2 Can 31c

A&P APPLE SAUCE 2 No. 2 Cans 27c

Packer's Label Grapefruit SECTIONS No. 2 Can 19c

A&P Grapefruit JUICE 3 No. 2 Cans 27c

Mild American CHEESE Lb. 48c

Golden Maid MARGARINE 1-Lb. Pkg. 29c

Iona AGP PEAS No. 2 Can 27c

QUALITY FOOD STORES

PENDER

QUALITY FOOD STORES

OLD GLORY WITH BACON

BLACKEYE PEAS, No. 2 can 19c

EASY TO USE

SNOWDRIFT, 1-lb. can 42c

WHITEHOUSE

COFFEE, full bodied, 1-lb. pkg. 51c

STOKELY'S TENDER SMALL

GREEN LIMAS, No. 303 can 33c

RED MILL

MINCE MEAT, 20-oz. jar 35c

ARMOURS TASTY

CORNED BEEF, 12-oz. can 49c

DOWN PRODUCE LANE

EXTRA LARGE CALIF. PASCAL CELERY, 2 stalks 15c

CALIFORNIA RED EMPEROR GRAPES, 2 lbs. 25c

FANCY VA. RED WINESAP APPLES, 2 lbs. 25c

SELECTED PORTO RICAN SWEET POTATOES, 5 lbs. 39c

PEAS GREEN GIANT 2 No. 303 Cans 41c

OCEAN SPRAY 1-Lb. Can 20c

Cranberry Sauce

2 PERSONAL CAKES 15c

Ivory Soap med. cake 11c

PURE AND MILD Ivory Flakes large pkg. 35c

LANGS DELICIOUS MIXED Sweet Pickles, qt. jar 27c

COMSTOCK SLICED Pie Apples, 2 no. 2 cans 35c

SOUTHERN MANOR Fruit Cake, 1-lb. 79c

FOR BISCUITS — SELF RISING TRIANGLE FLOUR, 5-lb. bag 40c

ADD TO FOWL — McCORMICK POULTRY SPICE, 1-oz. ctn. 10c

DEL MONTE EARLY GARDEN ASPARAGUS, No. 2 can 47c

CROSSE AND BLACKWELL DATE AND NUT BREAD, 8-oz. can 23c

NABISCO PREMIUM CRACKERS, 1-lb. pkg. 25c

SWIFTS CLEANSER, can 12c

STOKELY GOLDEN CREAM CORN, No. 303 can 21c

FOR THAT IVORY LOOK IVORY SOAP, 4 large cakes 37c

STOKELY HONEY POW PEAS, No. 2 can 23c

JUNKET FUDGE MIX, 12-oz. pkg. 30c

GUARANTEED MEATS

PREMIUM SWIFT HAMS, lb. 61c

CENTER CUT PORK CHOPS, lb. 67c

RED OR LOIN PORK ROAST, lb. 45c

PLATE and BRISKET STEW, lb. 41c

MARSHALLBERG

Mr. and Mrs. Jim Valentine are in Portsmouth, Va. where Mrs. Valentine is nursing her sister, Mrs. Bill Pierce.

Rev. and Mrs. H. G. Cuthrell and son, Glenn left Friday for Maxton, N. C. where he will be pastor of the Methodist church there.

Mrs. Jessie McCotter, of Willow Springs, left Friday after spending a week here with her sister, Mrs. H. G. Cuthrell.

Mr. and Mrs. Leon Lewis, Jr., of Morehead City, spent the day here with his parents, Mr. and Mrs. Leon B. Lewis, Sr.

Mrs. Norvie Day and baby, of Beaufort, N. C., spent the weekend here with her mother, Mrs. Dora Davis.

Mrs. Sam Harris has returned home after spending two weeks in Marco, Fla. with her parents, Mr. and Mrs. Harry Dostie, Sr.

Mr. and Mrs. Ira T. Willis were shoppers in New Bern, N. C. Saturday.

Mr. E. R. Willis was in Raleigh, Monday on a business trip.

Mr. Grant Lewis, of Norfolk,

The Top for Quality and Value!

TWICE AS MUCH IN THE BIG, BIG BOTTLE!

Buy Six at a Time and Save Even More!

NO FINER COLA IN ANY BOTTLE!

Bottled by: Greenville Bottling Co., Greenville, N. C.
Under appointment from Pepsi-Cola Company, N. Y.

MILD & MELLOW COFFEE

8 O'CLOCK

1-Lb. Bag 40c

3 Lb. Bag 1.15

UM-M-M More than 2/3 Nuts and Fruits Jane Parker

FRUIT CAKES

3-Lb. Cake 2.45

5-Lb. Cake 3.85

These Prices Apply to Stores in Beaufort & Morehead