

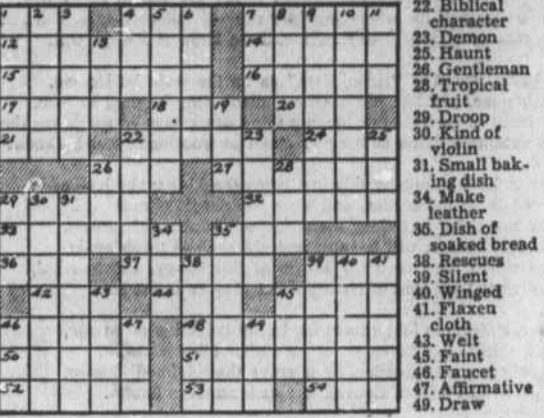
Crossword Puzzle

- ACROSS
1. Allow
4. Charge
7. Drive away
12. Beasts
14. Yawning
15. Green gem
16. Water wheel
17. Angered
18. Chop
20. Pouch
21. Grow
22. Engaged
24. Unexploded shell
26. Our mutual uncle
27. Previously
29. Thin cotton fabric
32. Shrew
31. Biblical mountain
35. Swine
36. Muffin
37. Of the nose
39. Hindu cymbals
42. Cat's cry
44. Pale
45. Sp. painter
46. Kind of grape
48. Pope's palace
50. Old-womanish
51. Descendant of Esau
52. Sheets of glass
53. Carpenter's tool
54. Twice five



Solution to Tuesday's Puzzle

- DOWN
1. Rabbit
2. January: Sp.
3. Weary
4. Hobby
5. Hebrew word for God
6. Compound ether
7. Operated
8. Selves
9. Seeming contradiction
10. Gourmet
11. Meadow glass
13. Among
19. Gossamer fabric
22. Biblical character
23. Demon
25. Haunt
26. Gentleman
28. Tropical fruit
29. Droop
30. Kind of violin
31. Small baking dish
34. Make leather
35. Dish of soaked bread
38. Rescues
39. Silent
40. Winged
41. Flaxen cloth
43. Well
45. Faint
46. Faucet
47. Affirmative
49. Draw



Home Demonstration News

This is Month to Let Eggs Brighten Meals

By FLOY G. GARNER Home Agent

"Eggs Are Right — Morning, Noon or Night" is more than a slogan for March Egg Month. They can be served at any meal of the day—to home folks and company. Get over the habit of thinking of them only as a breakfast food. Use them in main dishes, in combination with vegetables, as a salad, or in sandwiches, sauces, salad dressings and desserts.

Spring is the traditional time to go on a diet. Back in the good old days, it was sulphur and molasses. . . Now in every popular magazine you read a different theory about what you should eat. . . But one thing that all the scientists and nutritionists agree upon is that we all should eat a properly balanced diet, not too much and not too little.

To a man they all agree that we should eat better breakfasts. . . breakfasts that contain a fair share of our day's ration of protein. . . complete protein, such as we find in Nature's little masterpiece—the Egg.

So, if you want to feel better and look better. . . whether you want to shed a few pounds or add a few curves. . . the Poultry and Egg National Board reminds you to start the day right with a proper breakfast of fruit, eggs, toast and milk, with tea or coffee if you wish.

Breakfast built around eggs is recommended as a "tone-up" for health at any time, but particularly at this end-of-winter season. Besides it's both the flush production season and National Egg Month—an excellent time to enjoy the abundance of high quality eggs.

Do you have a finicky eater in your house. . . a small child who must be tempted? Here are a couple of suggestions from the Poultry and Egg National Board to make it easier for you to get your child to eat that egg a day which nutritionists say the small child should have.

Beat the egg with a little milk and then whip, with butter, into a hot mashed potato. . . Children love it. Used as a border

around other vegetables or meat or arranged in mounds, then oven-browned to a golden color, this is known on the finest tables as Duchess Potatoes.

Pound for pound, eggs are one of the best protein buys in the market. A dozen large eggs must weigh at least 24 ounces (a pound and a half), according to the United States Department of Agriculture. The protein of eggs is so superior that it is used by scientists as a standard to measure the proteins from other sources.

Eggs contain Vitamin A, which makes us see well, the Vitamin B complex, which puts verve in our nerves, and Vitamin D and phosphorus which team up with calcium to build sturdy bones and teeth.

Eggs excel among foods because they can be cooked so many ways, so quickly and tastily, and they are low in calories and high in appetite satisfaction. This is a real boon to the many people who are dieting (as so many are this spring) because eggs are both good eating and good nutrition. . . and a top value in today's market.

With hard-cooked eggs on hand in your refrigerator, your meal is half prepared. Everyone can learn



Floy G. Garner

to cook eggs so that they retain their flavor, tenderness and attractiveness if a few simple rules are followed. As a reminder, the most important rule is to cook eggs at low to moderate temperatures. There are two recommended methods for hardcooking what are sometimes called "hard-boiled" eggs.

Cold Water Method: Cover eggs in pan with water to come at least 1 inch above the eggs. Bring rapidly to boiling. Turn off heat, cover and let stand for 15-20 minutes. Cool promptly and thoroughly in cold water. This makes the shells easier to remove and helps prevent dark surface on yolks.

Boiling Water Method: Bring water in pan to rapid boiling, using enough water to come at least one inch above the eggs. To avoid cracked shells, place refrigerated cold eggs first in a bowl or separate pan of warm water. Transfer eggs to boiling water with spoon. Reduce heat to keep water below simmering and hold 20 minutes. Cool promptly and thoroughly in cold water.

Some menu suggestions and recipes using hard-cooked eggs. Speedy Casserole: Quarter hard-cooked eggs into greased, shallow casserole. Cover with condensed Cream of Mushroom Soup. Sprinkle with buttered bread crumbs or grated American cheese. Bake uncovered in 425 degree F. oven about 10 minutes or until bubbly. Serve with rice.

Salad Dressing 3 hard-cooked eggs, sieved 6 tablespoons salad oil 2 tablespoons white vinegar

2 tablespoons lemon juice 3 tablespoons minced onion 1/4 teaspoon ground black pepper 1/4 teaspoon crushed oregano 1/4 teaspoon salt 1/4 teaspoon sugar Combine all ingredients and beat with rotary beater until blended or use electrical blender. Especially good on salad greens.

Speed, speed, speed and still more speed. Americans are known to be speed maniacs. Even when it comes to cooking and eating. . . everything today seems to be pre-prepared, packaged ready to heat and eat. . . all to save minutes, seconds. . . but all this usually costs extra money and the risk of lost nutrients.

Not so with the egg—it has come ready to heat and eat since earliest times, and there's no extra charge for its pre-packaging. And speaking of the "packaging" of the egg. . . shell color may vary from white to deep brown. Color is a breed characteristic.

Shell color does not affect the flavor, the nutritive value or cooking performance. Neither is it a guide to yolk color. There is no advantage to the consumer to pay more for brown or white eggs of the same quality and size. Dark colored yolks do not signify poor quality but indicate that the producing hen has been fed lots of greens and yellow corn.



News from SOUTH RIVER

March 11 — Mr. and Mrs. Melvin Morris and Mrs. Eva Morris and daughter, Kathy, of Atlantic, visited her sister, Mrs. Nannie J. Pittman, Sunday afternoon.

Mr. and Mrs. Gaston Hill and children spent the weekend at Atlantic with his mother, Mrs. Julia Hill, and other relatives.

Mr. and Mrs. Elijah Dixon went to Norfolk Sunday to see their son, James. He had an operation. Hope he will soon be better.

Mr. and Mrs. Marvin Fulcher and children of Baltimore spent Saturday evening with her parents, Mr. and Mrs. Monnie Norman.

Mr. and Mrs. Tinker Wallace and baby of New Bern spent the weekend with their parents, Mr. and Mrs. Luke Lewis and Mr. and Mrs. Rone Wallace.

Mrs. Mary Pittman visited Mrs. Thelma Pittman Saturday afternoon.

Mr. and Mrs. Ernest Courtney of Russells Creek spent Sunday with her mother, Mrs. Ruth Eubanks.

Miss Betty Norman spent Saturday night with Miss Marsha Hill. Mr. George Wallace spent Sunday afternoon with his sister, Mrs. Ivey Pittman.

Iva Marie Pittman is over the measles and is back in school.

Mr. and Mrs. John Wallace visited Mr. and Mrs. Rone Wallace Friday night.

Mr. Monnie Norman went to Beaufort to see an eye specialist to have glasses fitted.

Mr. and Mrs. Charlie Wallace of Beaufort spent Sunday with her parents, Mr. and Mrs. William Cannon.

The Rev. Charlie Rice of New Bern filled his regular appointment here Sunday morning and Sunday night.

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Boy Advertises Mouse '\$1 Cash or Will Trade' Milwaukee (AP)—The Milwaukee Sentinel, which annually runs free classified ads for children, received this one from a 10-year old boy: "Pet mouse, cute, adorable, pretty, champagne color. \$1 cash or will trade."

Beaufort

Last Times Today

Tab Hunter THE SHOWPLACE OF CARTERET COUNTY BIGGEST DOUBLE FEATURE EVER... FRIDAY AND SATURDAY

OUTLAWS SON SAL JAMES MINEO WHITMORE J. CARROL NAISH THE YOUNG DON'T CRY

Brothers With Guns Who SADDLE THE WIND ROBERT TAYLOR JULIE LONDON

UNDER FIRE MARLON BRANDO SAYONARA

RAW EDGE

Swift Referee

Romance, Action Featured In Movie, Saddle the Wind

Robert Taylor and Julie London share top billing in Saddle the Wind, scheduled to play Sunday through Tuesday at the City Theatre.

The story tells of two brothers who come into conflict on two scores: first, when the older brother (Robert Taylor) attempts to suppress the trigger-happy violence of John Cassavetes in running off squatters on their cattle ranch; second, when both brothers fall in love with dance-hall girl Julie London.

Playing Sunday through Wednesday at the Morehead Theatre will be The Missouri Traveler, starring Brandon Wilde.

Essentially, The Missouri Traveler is a heart-warming story, richly spiced with humor, of a small Missouri town and its people, just before America's entry into World War I with its catalytic influence upon American life.

It is also the inspiring story of a fine 14-year-old boy, a runaway from an orphanage whose struggle to become a farmer and to earn his own way, as pictured in heart-rendered fashion, profoundly affects the lives of a number of people in the community of 1500 souls. His arrival in Delphi, Mo., sets off a chain reaction of happenings which turn the place upside down, giving it its greatest excitement since the Spanish-American War. Paths of Glory will play the last

three days of the week at the Morehead.

Kirk Douglas is cast as a colonel in a battle-weary battalion whose troops are given the impossible task of capturing a German stronghold on the Western Front in 1915.

When they wither under the German firepower, the French General (George Macready) orders that three men be selected and court-martialed as disciplinary examples for the rest of the men.

Douglas is abhorred at the action, and elects to defend them at the trial.

Henry Fonda and Lee J. Cobb will star in 12 Angry Men Wednesday and Thursday at the City.

A double feature program is set for Friday and Saturday. Brian Donley stars in one feature, Escape from Red Rock. Richard Eyer stars in the second movie, The Invisible Boy.

One-to-One Formula Makes Strong Coffee

Hominy, Okla. (AP)—Fellow Masons aren't sure they're to let J. H. Jacobs do any more cooking at their meetings.

He made the coffee, which turned out a little strong. After several gulps and screams members found Jacobs' formula was a pound of coffee to a gallon of water.

G&W SEVEN STAR \$2.50 PINT BLENDED WHISKEY, 90 PROOF. STRAIGHT WHISKEYS IN THIS PRODUCT ARE 5 YEARS OR MORE OLD. 37 1/2% STRAIGHT WHISKEY, 62 1/2% NEUTRAL SPIRITS. DISTILLED FROM GRAIN. . . GOODERHAM & WORTS, PEORIA, ILLINOIS.

morehead "TRULY CARTERET'S FINEST THEATRE" Box Office Opens Daily at 12:30 P.M. LAST TWO DAYS — FRIDAY — SATURDAY COLOSSUS OF SHOCKERS! GINA LOLLOBRIGIDA ANTHONY QUINN THE HUNCHBACK OF NOTRE DAME CINEMASCOPE TECHNICOLOR \* STARTS SUNDAY — One great big happy CARNIVAL of fun! All the crackling action... All the rousing romance... of America's brawlin' growing-up days! THE MISSOURI TRAVELER TECHNICOLOR COMING SOON!!! THE PICTURE YOU'VE HEARD SO MUCH ABOUT! MONTGOMERY CLIFT ELIZABETH TAYLOR EVA MARIE SAINT RAINBOW COUNTY NIGEL PATRICK LEE MARVIN TECHNICOLOR

City THEATRE "THE SHOWPLACE OF CARTERET COUNTY" BIGGEST DOUBLE FEATURE EVER... FRIDAY AND SATURDAY A little past 17... nearly past saving! SAL JAMES MINEO WHITMORE J. CARROL NAISH THE YOUNG DON'T CRY A COLUMBIA PICTURE \* STARTS SUNDAY — Brothers With Guns Who SADDLE THE WIND ROBERT TAYLOR JULIE LONDON M-G-M FILMED IT IN THE COLORADO ROCKIES IN CINEMASCOPE AND METROCOLOR

OAKY DOAKS

Comic strip OAKY DOAKS (Read Across, Left to Right) Swift Referee. Panels show a king and his subjects in a castle, with humorous dialogue about a conspiracy and a swimmer.