

Home Demonstration News

Eggs Help Cut Food Cost; Plan Your Easter Dinner

By FLOY G. GARNER Home Agent

Food costs and the over-all cost of living have risen to all-time highs despite current economic conditions and the unemployment situation.

The recent rise in the cost of living has been attributed largely to the over-all shortage of fresh fruits and vegetables along with a reduced supply of major red meats. Adverse weather conditions during the past several months have reduced the quantity of fresh fruits and vegetables available.

Chicago beef prices of last week marked a five-year high for most classes of cattle indicating reduced marketings of beef. Pork supplies have also been below normal. Prices of milk, bread and other processed foods have risen gradually over the past several months. Retail prices of these products are slow to drop, even in periods of slight recession. All these factors add up to record high food costs.

However, EGGS are a real bargain these days; they cost less than they have for a long time. The large size gives you the best value for your money. If you are going to hard-cook eggs for coloring and for eating later, you will find Grade A most satisfactory.

Buying Grade A eggs assures you that hard-cooked Easter eggs will have a well-centered yolk for most attractive eating appearance. White shelled eggs take dye better than brown shelled eggs, and give clearer, brighter colors. You can obtain unusual color effects with brown or speckled shelled eggs—these are often priced cheaper—for special decorating.

Easter Time calls for bright colors not only in clothes but in foods as well. Easter ushers in spring with all the fresh green growth of leaves and shrubs to multi-colored blooms of spring flowers. You can blossom forth at Easter time with new foods and new combinations of foods in good supply at the market.

Foods in good supply might be listed in food groups for making a food plan. Are you planning to have many guests for the holiday season or special-meals for your family? If so, a food plan is most important to insure good eating. A food plan always helps in stretching the food dollar.

As always, the wise food shopper and menu planner will take advantage of foods that offer the most money and still give plenty of meal satisfaction. So lets make plans around foods that are in good supply and noteworthy in price.

Among the most popular main dishes served at Easter are ham, leg of lamb, fryers, roasts and turkey. In view of current food price situations, food shoppers might consider choosing between the different types of food to avail themselves of the traditional Easter foods at the most economical cost.

Fryers are most economical and have held low price levels for the past month. In addition to fryers, large turkeys from storage will be specially featured. On a price per serving basis, poultry offers

the most economical protein food at this season.

A traditional Easter meat that remains a popular choice is ham. Key points in buying ham—read the label for type of ham and instructions for use. Select the one best suited for your need. (For safety's sake the first three hams listed below should be kept refrigerated.)

1. Uncooked or regular—cook before eating. These have been heated to an internal temperature of at least 137 degrees F. It is necessary to thoroughly cook before eating.

2. Ready-to-eat—in compliance with government regulations, have been heated to an internal temperature of at least 137 degrees F. and then further processed to make them palatably tender. This process insures "safe eating", but further cooking often improves the texture and flavor.

3. Fully cooked or cooked hams—these have been processed to an internal temperature of at least 148 degrees F. or above and may be served without further cooking.

4. Canned hams—completely cooked when purchased. To reheat bake to an internal temperature of 125-130 degrees F.

5. Country-style hams—these are heavily cured and require some soaking before cooking.

6. Fresh pork hams—fresh ham is sold whole or by the half as butt end or shank end. Fresh ham may also be retailed as boneless roasts: knuckle, inside and outside.

If ham is your choice for your Easter main dish, follow the instructions on the wrapper for cooking time and temperature. Many people do not care to glaze their hams, but for those who do like the glaze, here is a suggested one that is quick and easy and very good.

Half an hour before ham is completely cooked, remove from oven, remove paper and rind and score the fat. Make glaze with 1 cup brown sugar and 1/2 cup orange juice. Spoon part of mixture over ham, return to oven and finish baking, basting every 10 minutes with remaining glaze.

Serve on platter with Easter baskets cut out of whole oranges and filled with chilled fruit as an added attraction.

Fort Bragg Will Have Open House

The Commanding General, Fort Bragg, and the United States Army Recruiting Service cordially invite all persons in this area to attend an "Open House" at Fort Bragg on Armed Forces Day, May 17, 1936.

The Armed Forces Day celebration at Fort Bragg will include displays and demonstrations of equipment and weapons. Experimental material will also be shown.

Transportation while on the Fort Bragg Reservation will be provided by the United States Army. Meals will be available for purchase at the various cafeterias and troop dining halls; sandwiches and coffee will be available for purchase from concessionaries throughout the post.

Illinois and Pennsylvania have an annual railway payroll of more than 500 million dollars each.



37 Real Estate Transfers Recorded at Courthouse

(Editor's Note: In recording real estate transfers, the law does not require that the amount paid for the property be stated in the deed. A token amount, such as \$10 or \$100, may be stipulated. Attached to each deed, however, must be United States documentary stamps, the value of the stamps based on the price paid for the property.

Property which changes hands for less than \$101 requires no stamp, according to Irvin W. Davis, register of deeds. Property which brings a price between \$101 and \$500 must bear a stamp valued at 55 cents. From \$501 to \$1,000, the stamps affixed to the deed total \$1.10, and thereafter for each additional \$500 paid for the property the stamp value goes up 55 cents.

From the value of the stamps

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placed on a deed an estimation of the price paid for the property can be determined. In the transfers listed below, the value is listed first, the buyer second, and finally, the value of the stamp affixed to the deed.)

There were 37 real estate transfers recorded in the register of deeds office March 11-24. They follow:

Morehead City — E. D. Jones and wife to Pender Nolan Smith and wife, 55 cents; Pender N. Smith and wife to Pender A. Smith and wife, no stamps; Pender A. Smith and wife to Gibson Smith and wife, no stamps; Ralph J. Boyd and wife to Floyd W. Stewart and wife, \$1.65.

James L. Baldwin and wife to M. L. Mansfield and wife, no stamps; Gerald D. Piner and wife

to Ernest S. Riggs and wife, \$1.65; H. G. Edwards and Prentess Garner, trustees, to George W. Stillway and wife, \$5.50.

Eldridge M. Beacham and wife to Frank L. Nance and wife, no stamps; Harvey Hamilton Jr. and wife to V. T. Farris, \$4.40; Joseph Morton and wife to S. W. Humley Jr., \$1.70.

G. T. Cherry and wife to J. P. Cherry, \$1.65; E. L. Scott and wife to Percy L. Teague and wife, \$13.20; J. V. McElroy and wife to John Nelson Jr. and others, \$2.20; State of North Carolina to Ottis Purifoy, no stamps; Robert K. Montague and wife to Walter R. Mann and wife, no stamps.

Ernest J. McFeters and wife to Atlantic Beach Improvement Corp., \$2.75; Wheatie W. Willis to Shirley Lucas, no stamps; and Bernard L. Bonner to Crystal W. Bonner, no stamps.

Atlantic — John W. Lupton and wife to John C. Lupton and wife, 55 cents; Roby L. Fulcher and wife to Delmas Willis and wife, \$1.10; and Mitchell Fulcher and wife to

Julian Lupton and wife, 55 cents. White Oak — Dorothy K. and Arthur Saunders to Sarah E. Koonce, no stamps; Adams and H. C. Westbrook to N. W. Clark, \$1.10; Cape Carteret Inc. to David F. Strole and wife, \$1.65; Bayshore Park Inc. to J. Frank Parrish, 55 cents; and M. C. Norris and wife to Haevy Norris, no stamps.

Newport — Cherry Point Mutual Housing Association to Thomas C. Rafferty and wife, \$1.10. Merriam — Alex Cuthrell and wife to J. L. Tolar and wife, \$2.20.

Straits — Martin W. Lawrence and wife to Donald Styron and wife, no stamps; and Sterling Arthur and wife to Douglas Arthur and wife, 55 cents.

Beaufort — Clyde P. Owens to Derwood C. Owens, 55 cents; and William T. Lewis and wife to Donald Taylor Willis and wife, \$1.10.

Marlowe — Rossie L. C. and A. L. Oldaker to Safrit Lumber Co., \$2.20. Harkers Island — Earl C. and Mary Davis to Alton Willis and wife, 55 cents. Township Not Stated — Wilbur

Wild Rabbit Discovers Home Life is Better

Enid, Okla. (AP)—Glenn Oakley found a baby cottontail rabbit one day and fixed it a home in his basement.

For a year, the Oakley family fed it well but one day the rabbit escaped.

However, it didn't take long for the rabbit to find out which side his carrot was buttered on. The rabbit hopped back home for his regular feedings.

The loss of a tree killed by insects or disease cannot be deducted on your income tax return, says the Internal Revenue Service. But, if it is destroyed by a storm, lightning or some other unexpected happening, it can be deducted.

King and wife to C. F. Israel and wife, \$7.70; Elmer Salter and wife to John W. Fulcher, no stamps; and John W. Fulcher to Ethel P. and Elmer Salter, no stamps.

Cross-Out game advertisement with a grid of numbers and instructions. The grid contains numbers like 0, 4, 8, 10, 12, 18, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100.

Stokely-Van Camp advertisement for various canned goods. Items include Lima Beans (2 cans for 55c), Cream Corn (2 cans for 35c), Green Peas (2 cans for 35c), Ping Juice (2 46-oz cans for 59c), Beans (4 16-oz cans for 49c), Green Beans (2 cans for 23c), Lima Beans (2 cans for 29c), Party Peas (2 cans for 31c), Golden Corn (2 cans for 37c), and Cocktail Sauce (13-oz bot for 37c).

Colonial Stores advertisement for various food items. Items include Rice (21c), Corn (27c), Beans (29c), Carrots (25c), and Whole Spinach (19c).

Large advertisement for HAM, priced at 45c per lb. Includes a sub-section for SHANK PORTION at 55c per lb.

Pillsbury Mixes advertisement. Features Pillsbury White, Yellow, or Chocolate mixes. Items include Biscuits (4 cans for 49c), Cheese (8-oz wedge for 49c), Easter Cake (32-oz cake for 89c), Broccoli (2 10-oz pkgs for 47c), Puffin (2 cans for 25c), and Shortening (3-lb can for 91c).

Swift's and Reynolds' food products advertisement. Items include Swift's Bologna (6-oz pkg for 27c), Swift's Franks (1-lb cello for 59c), Swift's Sausage (8-oz pkg for 59c), Reynolds' 25-ft roll (59c), and various other meats and cheeses.

Large advertisement for BEANS, priced at 19c per lb. Includes the text 'FRESH GREEN STRINGLESS' and 'NEW POTATOES 5 lbs. 39c'.

Advertisement for SOLITE masonry units. Features the text 'FROM DO-IT-YOURSELF TO BIG BUILDING' and 'TOP 'EM ALL BECAUSE THEY'RE LIGHT • EASY-TO-HANDLE DURABLE • ECONOMICAL SELF INSULATIVE • HEAT AND FIRE RESISTANT • UNIFORM IN TEXTURE • RUST AND STAIN PROOF • BEAUTIFUL FOR INTERIORS AND EXTERIORS'.