

Use Cottage Cheese—Nutritionists tell us cottage cheese is a good food, not just a fancy "extra." It is a muscle-building food of the highest quality. It contains calcium for building and keeping bones, teeth, muscle and nerves healthy and strong.

Cottage cheese contains riboflavin—known as the "keeping you" vitamin of the B family. It can be used in many ways to add variety and interest to good eating.

B. Virginia Wilson, Extension nutritionist at State College, gives this recipe, Cottage Cheese Rabbit, which makes a delicious luncheon dish.

- 2 1/2 tablespoons butter.
3 tablespoons flour.
4 teaspoon dry mustard.
Salt and pepper.
1/2 cup milk.
2 eggs, slightly beaten.
1 1/2 cups cottage cheese.

Melt butter in a double boiler, add flour and mustard, mix well. Add the milk gradually. Cook and stir until thickened. Add cottage cheese to the eggs and mix well. (If cottage cheese is in large curds, mash with a fork). Add egg and cheese mixture to the white sauce in double boiler. Cook and stir until thoroughly heated. Season with salt and pepper. Serve on toast or crackers. Serves six.

Protect Family.—The State Board of Health offers hints to protect your family against poisoning.

Lock up all dangerous substances.

Be sure all poisons are clearly marked. This can be done by sealing with adhesive tape or using a

special marker. When you throw away drugs or hazardous materials, be sure the contents cannot be reached by children or pets. Warn small children not to eat or drink drugs, chemicals, plants, or berries they find without your permission. Insist on this.

Use cleaning fluids with adequate ventilation only, and avoid breathing vapors.

Protect your skin and eyes when using insect poisons, weed killers, solvents, and cleaning agents. Be sure to wash thoroughly after use of such things, and promptly remove contaminated clothing.

Do not allow food or food utensils to become contaminated when using insect sprays, aerosol mists, rat poisons, weed killers or cleaning agents.

Before measuring liquid medicine always shake the bottle thoroughly. Safeguard tablets which are candied, flavored, or colored, since children eat them like candy.

Weed out the left-overs regularly from your medicine chest—especially any prescription drug that your physician ordered for a particular illness.

Use a prescription drug only for the patient for whom the physician ordered it.

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"How kind of you," said the girl, "to bring me these lovely flowers. They are so beautiful and fresh. I believe there is some dew on them yet."

"Yes," stammered the young man in great embarrassment, "but I am going to pay it off tomorrow."

Notice Of Sale Of Real Property For Non-Payment 1955 Taxes

The undersigned, Sheriff of Perquimans County, will offer for sale at public bidding to the highest bidder, on Monday, July 2, 1955, at 12 o'clock noon, at the Court House door in Perquimans County, the following property for non-payment of 1955 taxes. The amount represents the amount of taxes due, plus costs.

J. K. WHITE Sheriff Perquimans County

Table listing property owners and acreage for HERTFORD TOWNSHIP - NO. 1, HERTFORD TOWNSHIP - NO. 2, and BELVIDERE TOWNSHIP - NO. 2.

Table listing property owners and acreage for BELVIDERE TOWNSHIP - NO. 1, BELVIDERE TOWNSHIP - NO. 2, and BELVIDERE TOWNSHIP - NO. 3.

Table listing property owners and acreage for BELVIDERE TOWNSHIP - NO. 4, BELVIDERE TOWNSHIP - NO. 5, and BELVIDERE TOWNSHIP - NO. 6.

Table listing property owners and acreage for PARKVILLE TOWNSHIP - NO. 1, PARKVILLE TOWNSHIP - NO. 2, and NEW HOPE TOWNSHIP - NO. 1.