

# Raising Meat-Type Hogs Means More Farm Income

Every North Carolina farmer knows that housewives (who spend the money) are demanding more meat and less fat for their pork dollars. But many of these same farmers think raising meat-type hogs is too expensive.

About the only extra expense involved, according to Jack Kelley, in charge of animal husbandry for the N. C. Agricultural Extension Service, is the cost of the boar. And the farmer can even get this back

through feed savings and better prices received from companies who buy on a value basis.

Suppose the meat-type boar costs \$100 more than the usual type, says Kelley, and that you use this boar on 20 sows twice a year. If losses average one pig for each eight-pig litter, you would market 280 pigs. This way the meat-type boar cost only 36 cents more for each hog.

What do you get back? If a 200-pound meat-type hog brings 50 cents per hundred above what the packer calls a base price, you make an extra dollar. If these meat hogs get from weaning to 200 pounds on 31 pounds less feed, as tests have shown, you save 84 cents on your feed costs (figuring the cost of feed at 2.7 center a pound).

Greater selling price and savings on feed come to \$1.84 per pig. Deducting 36 cents (the cost of having a meat-type boar) leaves you a net gain of \$1.48 per hog marketed.



**SUGGESTIONS FOR GOOD GROOMING**—Every woman wants to be attractive. And why not? A desire to be pleasing to others, our family, our friends, even to strangers is a perfectly worthy ambition, one that needs no apologies.

Attractiveness is not just one specific quality. It is a summing up of such characteristics as health, manners, figure, posture, clothes, make-up, hair and above all, basic cleanliness. A beautiful face with a sullen manner is not permanently attractive, nor does the most gorgeous hair seem glamorous if the eye must adjust to a muddy complexion or slovenly dress. Poise, grooming, radiance and attractiveness make for appreciated beauty.

Take a look at yourself in a full length mirror. Are you dumpy, shapeless; is your hair a mess; your sweater soiled; your lipstick smeared? Be honest with yourself. Note your good and weak points and start right in on a corrective program.

Limit those between-meal snacks to fruit juice, milk, ices or sherberts and small glasses of soft drinks. Diet should be simple and well-balanced. Eat plenty of fruit roughage foods, fresh vegetables, meat and milk. Avoid eating excessively greasy foods and too many sweets, such as chocolate and soft drinks.

**VACATION GOOD "COOK TIME" FOR CHILDREN:** Vacation time, when children are always hungry, can be a happy, learning-to-cook time. With recipes geared to your children's skills and appealing to their youthful tastes, they can spend many hours creating their own meals. These tested recipes give excellent results.

**Cookies (Pressed Variety)**—the of their disability, and the spouse of the disabled worker who qualifies under the dependency rules may now receive monthly benefits if the disabled worker is getting payments.

Benefits to the dependents of disabled workers may be retroactive to September, 1958. The Raleigh social security office has announced that in order to receive these benefits, an application must be filed; and the application should be filed before September 30, 1959, in order to avoid possible loss of one or more back monthly payments.

Dependents who are newly eligible for benefits because of the 1958 amendments to the social security law may make application at the Raleigh social security office. The dependent may speed up payment of his claim if he brings with him his birth certificate or other good evidence of his age and relationship to the disabled worker.

kind to make when it rains and the hours seem long.

- 1 cup soft butter
- 2/3 cup sugar
- 3 egg yolks
- 1 teaspoon vanilla
- 2-1/2 cups sifted enriched self-rising flour

Preheat oven—400 degrees. (1) Cream butter and sugar. (2) Add egg yolks and vanilla. (3) Work in flour with hands. (4) Force dough through cookie press on ungreased baking sheet, using the shapes you like best. (5) Bake 7 to 10 minutes, until set but not brown. (6) Remove to cooling rack, using metal spatula. (Makes 6 dozen).

**One-Dish Dinner**—made of drop biscuits cooked on top of canned beef stew. Serve with a tossed salad on Mom's night off.

- 1-1/3 cups sifted enriched self-rising flour
  - 1/3 cup self-rising corn meal
  - 1/4 cup shortening
  - 1/2 to 1/3 cup milk
  - Large can beef stew
- Preheat oven—425 degrees. (1) Pour beef stew into a casserole dish and place in oven to heat. (2) Mix flour and corn meal together in bowl. (3) Cut in shortening with pastry blender, until mixture is crumbly. (4) Add milk to make a thick batter. (5) Drop spoonfuls of this batter on top of beef stew. (6) Bake about 25 minutes.

**SALT HELPS "BEAT THE HEAT"**—Today every homemaker has a ready means of helping her family withstand hot humid days by using a bit more salt in the preparation of meals and by serving salty nibbles with cool summer drinks.

Few foods with flavor as distinctive as cranberries are versatile enough to appear so well in so many varieties of dishes. But if cranberries were good only with meat and nothing else, that would be excuse enough for their existence. Ham Balls and Cranberry Sauce served with buttered noodles will be welcome fare anytime.

- Ham Balls with Cranberry Sauce**
- 1 pound ground cooked ham
  - 1/2 cup enriched bread crumbs
  - 1/8 teaspoon pepper
  - 2 eggs, beaten
  - 1/4 cup water
  - 3 tablespoons shortening
  - 8 ounces of broad noodles
  - 1/4 cup granulated sugar
  - 1/4 cup brown sugar
  - 1 cup water
  - 1 cup raw cranberries
  - 2 tablespoons cornstarch
  - 2 tablespoons water
  - 1 teaspoon grated orange rind
  - 1/2 cup butter or margarine, melted

Combine ham, crumbs and pepper. Mix eggs and 1/4 cup water. Add to ham mixture and mix thoroughly. Shape mixture into balls. Melt shortening in large skillet.

Add ham balls and cook until browned on all sides, about 20 minutes. Meanwhile, cook noodles. Add 2 tablespoons salt and noodles to 3 quarts boiling water. Boil rapidly, stirring constantly, for 2 minutes. Cover, remove from heat and let stand 10 minutes. For sauce, combine sugars and 1 cup water and bring to boiling. Add cranberries and cook until skins pop, about 5 minutes. Combine cornstarch and 2 tablespoons water and stir into cranberry mixture. Add orange rind and cook sauce until thickened, stirring constantly. Rinse noodles with hot water and drain well. Add noodles to melted butter or margarine and toss lightly to coat noodles. Serve buttered noodles hot with Ham Balls and Cranberry Sauce. Makes 4 servings.

We all profit by our own mistakes, but prefer to profit by the mistakes of others.

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## New Benefits Available to SS Recipients

The Raleigh social security office is attempting to contact beneficiaries who are receiving disability payments, in order to notify them that some of their dependents may now receive benefits also.

Changes made in the social security law last year make it possible for dependents of disabled workers to qualify for benefits under the same rules as the family of a retired worker. This means that children under 18, children who were disabled before age 18 and can't support themselves because

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