

# Teen Topics



IN NEW BERN TODAY

Mrs. Helen Smith of our New Bern High school faculty is still glowing with happiness over that long distance call she got from Washington, D. C., on her birthday.

Members of her class who were attending the National Citizenship Conference took time out from their exciting round of activities to place the call and chat with her. It was a nice gesture, and showed how thoughtful some students can be.

Thoughtfulness is a wonderful habit, and if you work at it you'll discover that bringing joy to others is the best way to bring joy to yourself. Look around you, and see if you don't agree that the happiest teen-agers on our campus are the ones who aren't self-centered.

Rarely is it necessary to make a long distance call from a distant city to indicate your thoughtfulness. You can usually do it with a get-well card, a visit to a sick room, a surprise letter to an old friend who hasn't heard from you in a long time, or even with a smile when some acquaintance or stranger crosses your path.

Speaking of letters, the ability to write an interesting letter is something we should all strive for. Not only is it a big help in our personal correspondence, but is a real asset when you're writing a business letter.

If we're writing to a stranger, the only way they can judge us is by the letter we have written. Be

careful to avoid misspelling, and of course be very neat. Many applicants for jobs are turned down because their written applications revealed unattractive characteristics.

Just as important of course is the use of good English in our conversations with others. All of us are judged by our English, just as we form unfavorable opinions ourselves when we hear someone mispronounce words or use a word improperly.

Talk well, write well, and whatever you do be sure to be thoughtful.

## Apples Are Food With Eye Appeal, Specialist Says

Apples are eye-catchers as well as appealing to the taste. Whether red, green, or yellow, they are a food with eye appeal.

According to Mrs. Ruby P. Uzzle, consumer marketing specialist for the N. C. Agricultural Extension Service, apples are a versatile fruit that may be eaten raw and in combination with other foods. Apples are low in calories and make good between-meal snacks.

To get the most in apple enjoyment, look for variety that suits family tastes and uses you have in mind. Many varieties are good for all purposes—general cooking, baking whole, eating raw. Late summer apples are likely to be juicy, tart, quick-cooking and especially good as applesauce and in pies.

When you buy apples, you should know what you are buying. Kind of apples and the quality you buy depends upon two factors: Storage facilities and the use you plan to make of them.

Keep these facts in mind when you shop:

One pound provides three medium apples; one pound of apples yields 1½ cups applesauce; three pounds provide nine medium size apples, just right for nine-inch pie; and one peck provides 24 to 36 medium apples.

When you buy apples, look for good color for the variety. This will indicate full flavor. Look for firmness, which is the sign of good condition.



ALL SMILES—This jovial New Bern High school junior sees the bright side of everything. She is Betty Ipock, and makes an attractive addition to our Mirror Maids. One of the cutest things about her is her turned-up nose, and, we might add, she is a smart young lady with her books.—Photo by Billy Benners.

## Top Ten Tunes In New Bern This Week

1. Mack The Knife—Bobby Darin.
2. I'm Gonna Get Married—Lloyd Price.
3. Sleep Walk—Santo & Johnny.
4. Three Bells—The Browns.
5. Put Your Head On My Shoulder—Paul Anka.
6. 'Till I Kissed You—Everly Brothers.
7. Red River Rock—The Hurricanes.
8. Broken Hearted Melody—Sara Vaughan.
9. Toon Boat—Sandy Nelson.
10. Just Ask Your Heart—Frankie Avalon.

## MARRIAGES -

(Continued from Page 1)

Under existing laws, an applicant for a marriage license in Craven county can be as young as 16 and still obtain the license with a parent's consent. Occasionally, someone other than the parent will impersonate the mother or father, but succeeding in the perpetration of such a hoax is something else.

Unless you have ample identification to prove you're actually the parent, you've gotten yourself into real trouble. And, if you succeeded temporarily in the deception, you would be in an even more serious predicament since the phoney parent is held directly responsible rather than the bride and groom.

Of course, the bride and groom, regardless of age, may in good faith be bargaining for trouble too, for years to come.

programs to fit them for jobs which they are capable of performing.

VA said the experience of the agency has been that "it's ability that counts—not disability."

## National Employ Physically Handicapped Week Oct. 4-10

The Veterans Administration is joining a number of other public and private agencies to promote the annual observance of National Employ the Physically Handicapped (NEPH) Week, from October 4-10.

VA officials generally are taking active parts in the planning for the observance by committees at the local and state levels, as well as nation-wide.

The aim of the movement generally is to focus attention on the fact that it's good business to hire the handicapped and that in all tests of job performance disabled persons have demonstrated that they can perform as well or better than unhandicapped persons in job situations for which they are train-

ed. With special emphasis on job training and placement of disabled veterans, VA said a total of 675,000 disabled veterans have received vocational rehabilitation under VA

programs to fit them for jobs which they are capable of performing.

VA said the experience of the agency has been that "it's ability that counts—not disability."

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## Skillet One-Dish Meals Save Time

Quick, one-dish meals save the homemaker time in preparation, serving, and washing dishes. The one-dish pattern is simple and can usually cook while you are doing other chores.

A protein food, which is the basis of the true one-dish meal, is necessary for building and keeping strong muscles. Starchy foods add bulk and energy at comparatively low cost. Succulent or watery vegetables supply health protecting minerals and vitamins.

On your next busy day, try this Cheese and Corn Skillet Dinner:

- 2 tablespoons butter
  - 1 lb. ground beef
  - 2 tablespoons chopped green pepper
  - 1/4 cup chopped onion
  - 2 tablespoons chopped celery
  - 1/3 cup tomato catsup
  - 2 cups whole kernel corn (fresh, canned or frozen)
  - 1 teaspoon salt
  - 1 cup shredded cheese
- Melt butter in skillet. Add ground beef, green peppers, onion, celery and cook until meat is slightly browned. Add catsup, corn, chopped dill pickle, and salt. Cover and simmer about 10 minutes or until corn is tender. Remove cover, add shredded cheese. Serve hot on toast, rice or whipped potatoes.

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