

Beef, Pork Top List of Plentifuls

Along with warmer weather and spring flowers, homemakers can look forward to an abundance of red meats. Top quality beef and pork are plentiful now and the supply will continue through May.

Mrs. Ruby P. Uzzle, consumer marketing specialist for the N. C. Agricultural Extension service, says other foods which will continue on the plentiful list are carrots, canned freestone peaches,

canned ripe olives, milk and milk products.

Homemakers, who are always looking for good meat buys,

will be glad to learn that beef supplies will be even heavier the second quarter of the year than the first. As much as 10 to 15 per cent more fed beef will be marketed in April, May, and June of this year than during the same period last year.

To serve with these red meats, homemakers can add carrots to their menus. Carrots, one of the most versatile of vegetables, can be served hot and buttered, raw in strips and curls, or grated in salads. Carrot prices, too, will be relatively low at retail.

As for canned freestone peaches, there's still lots of them available and at favorable prices.

Now is the time to drink lots of milk, to use creamy cottage cheese in spring salads, and to serve ice cream as a refreshing dessert. Milk supplies are expected to be higher this year.

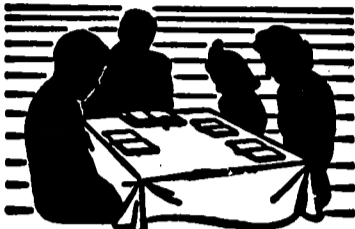
ROSES EVERY YEAR

San Francisco--Each year on February 21st, Mrs. Johannes Skytte gets a dozen roses. In 1949 she bought a pair of shoes, took home the wrong box and found \$2,000 in the box.

She returned the money to the manager Fred Dubeau who in gratitude sends her a dozen roses on this date.

Today's MEDITATION

from
The World's Most Widely Used
Devotional Guide



The Upper Room
THE UPPER ROOM, NASHVILLE, TENNESSEE

Read Romans 5:12-21
Where sin abounded, grace did much more abound. (Romans 5:20.)

While doing an intricate piece of embroidery, I made a mistake early in the work because I had not followed instructions carefully. I undid the work; but even though I was rid of the wrong stitches, holes were left in the linen.

When we do not heed God's instructions, we soon find ourselves far from following the way of life He has set for us as exemplified in the life of His Son. He forgives us when we confess to Him our wrongdoing, but oft-times there remains the damage of our wrongdoing.

One of the punishments of our sin is the knowledge that what we do affects others as well as ourselves. There is God's forgiveness, but there are also consequences, and, as George Elliot said in one of her novels, "Consequences are unputting." By God's grace and with His help, we can go on to follow the pattern and perhaps make amends for the wrong stitches.

Prayer: Dear God, our forgiving Father, we are sorry for our sins, for by our wrongdoing we have harmed others as well as ourselves. Help us to make restitution if possible and follow hereafter the way pointed out in the life and by the spirit of Thy Son. In His name we ask. Amen.

Thought for the Day:
Though our sins punish us, God's forgiving love redeems us from destruction. Elizabeth J. Briggs (Pennsylvania)

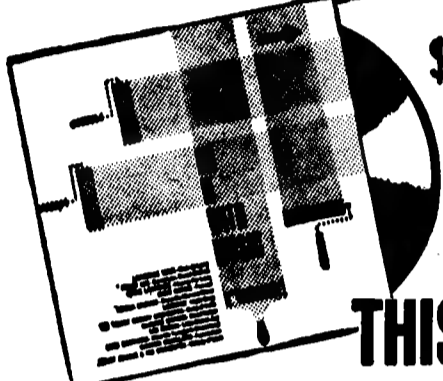
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