

The NEW BERN

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New Bern adults, by an overwhelming margin, prefer eggs in some form for breakfast. Hundreds, cramped for time, settle for cereal or only a quick cup of coffee, but all the while they'd like to be dining on a serving of cackle berries.

Local housewives may have wondered which are better to buy, white or brown eggs, although they shouldn't. The color of the shell has nothing to do with quality or nutritive value. Different breeds of hens simply lay different types of eggs.

Contrary to popular belief, all eggs in a carton marked "large" aren't supposed to be identical in size. According to the U. S. Department of Agriculture, weight is the determining factor. If your carton of large eggs weighs at least 24 ounces, size variation won't matter.

Cartons marked extra large should weigh at least 27 ounces, mediums call for a minimum weight of 21 ounces, and eggs marked small should weigh at least 18 ounces. Clip this column and take it with you to the supermarket, if you plan to argue the point.

And every New Bern housewife should know that leftover egg yolks should be covered with cold water before they are stored in the refrigerator. As a further safeguard, place the yolks in a tightly closed container.

On the other hand, extra egg whites should NOT be covered with water, but they too should be refrigerated in a tight container. Keep in mind that both yolks and whites should be used within a day or two.

No matter what you've heard, eggs still in their shells shouldn't be considered inedible after a week in the refrigerator. The USDA agrees that such eggs will have a less attractive appearance, but says they usually retain their original flavor.

However, always remember that egg shells are porous. Don't store your supply of hen fruit in close proximity to cheese, fish, or other aromatic foods. Failure to take this precaution leads inevitably to some rather strange tasting eggs on your plate.

Billy Graham, who seems to welcome opportunities given him to make guest appearances on tv talk-shows, stands up well against the needling he gets from comedians. Possibly, the evangelist is more effective on such occasions than one might figure offhand.

New Bernians who saw him tangle amiably with Woody Allen last Sunday night on religious and other subjects couldn't help reaching the conclusion that Allen was badly overmatched. Woody, who smugly disbelieves the existence of God, demonstrated why he is at best, a third-rate comic. Away from his prepared gags, he thinks like a snail runs.

Speaking of television, the new season so proudly proclaimed by all networks is even worse than the old one, if such a thing is possible. Except for a few specials that, hopefully, will be outstanding, New Bern viewers can expect excellence only when they turn to sports

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ROUGH AND READY — Last week's front page featured the Lions and Rams, two of the four gridiron outfits gunning for the 1969 crown in New Bern's Midget League. Here, in the white jerseys, are the Colts, coached by John Baxter and Gerald Adams, and in dark jerseys the Bears, coached by Dr. Jim Menius and Jack Huddle. Thanks to this athletic

program, sponsored by the City Recreation Department, local small fry are gaining valuable experience that for some will eventually lead to High school and perhaps college and professional glory. See these kids in action, and you'll never sell them short.— Photos by Chick Natelle.