

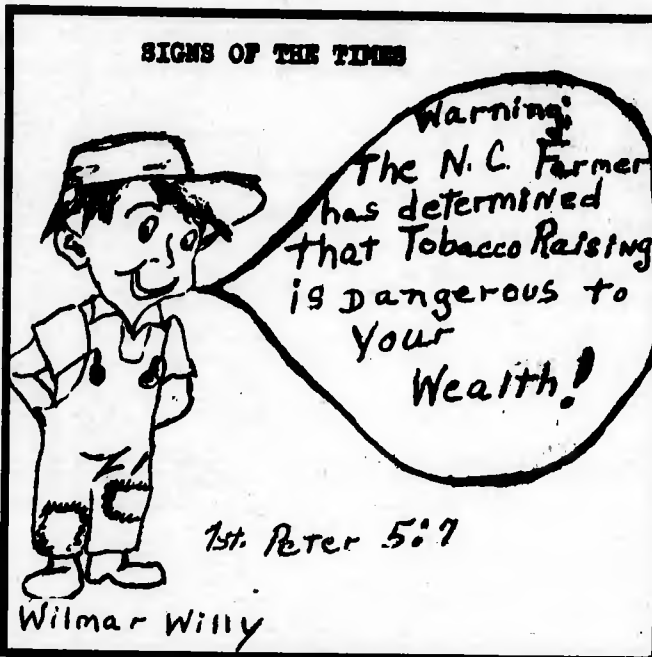
## Vegetable Quiche

1 (9-inch) pie shell \*  
 6 eggs, beaten  
 ¾ to 1 c. drained, cooked mixed vegetables  
 ½ c. (2 oz.) shredded Cheddar cheese  
 1 c. half and half or milk  
 2 T. instant minced onion  
 ½ t. salt  
 ½ t. oregano, crushed

Brush pie shell with small amount of the beaten eggs. Prick bottom and sides with fork. If using metal pie pan, bake shell in preheated 450 degree F. oven until gold brown, about 5 minutes. If using pie plate, bake shell at 425 degree F. Cool on wire rack. Reduce oven temperature to 375 degrees F. for metal pan or 350 degrees F. for pie plate.

Sprinkle vegetables and cheese into pie shell. Beat together eggs and remaining ingredients until well blended. Pour over vegetable—cheese mixture. Bake in preheated oven until knife inserted near center comes out clean, 30 to 35 minutes. Let stand 5 minutes before serving.

\* You may use a thawed frozen deep-dish style pie shell. Pre-bake shell in preheated 450 degree F. oven for 5 minutes. Bake filled quiche at 350 degrees F. for time given in recipe.



## VJWC

By Barbara Forrest

The Vanceboro Junior Woman's Club met Thursday evening, September 2. Secretary Gwendolyn Morris and Treasurer Angie Piner made their monthly reports.

Several decisions were discussed and decided upon by the club members. Among those decisions voted upon was the idea to support the volunteer program in the New Bern-Craven County school system by joining the Adopt-A-School Program. The club also decided to raffle an item on Junior Day and donate the money to the State Arts Fund. A yard cleanup for the clubhouse was set for October 16 and October 23. The date for the Bike-A-Thon was set for October 30 with plans for a Halloween Party for club member's children following immediately afterwards. Also voted upon was the decision to purchase a Junior Woman's Club road sign and have erected at one of the town's entrances.

The VJWC will be hosting Junior Day, September 18, at Vanceboro Farm Life Elementary School. Each member will buy their own ticket and the club will pay for the food. The theme is space-oriented, so Junior Woman should come dressed accordingly.

Committees for Fireman's Day activities were reminded to start preparing and planning. A Constitution Committee was established and will make their reports during the November meeting. Also during the November meeting, the board will present a new state of officers to be voted upon in December.

A fun and interesting "plant-swapping" program was carried out by the Conservation Department at the end of the business meeting.



Dr. Ben Quinn, Superintendent of the New Bern-Craven County Schools

## Quinn Speaks To Rotary

Dr. Ben Quinn was the speaker at the Vanceboro Rotary Club last week. His first comment was to commend the Vanceboro Rotary Club for adopting Farm Life Elementary School as the sponsor of its Volunteer Program. He said this type program blends in with the present effort of the Board of Education to encourage the communities to use the school facilities for events taking place for community activities. Non profit groups may use the facility free of charge. A money maker for other groups would mean a small charge.

Dr. Quinn stated that the dedication of the new facility, Farm Life Elementary, will be held during the month of October.

He reported the 10th day enrollment for the New Bern-Craven County schools was 12,998 students. This figure shows an increase of over 200 students. This will mean additional teachers from state allotted funds. He asked if parents are uneasy about their child being in a crowded situation, this will receive relief in the very near future.

At present the county has 445 teachers allotted to be paid from state funds. There are 20-22 teachers employed by local funds. The schools follow basic state instructional programs. The Board requires 20 units for graduation while the state requirement is only 18. His explanation of this—"We feel the student needs the extra two units because of the large number of courses offered in our high school."

In speaking of the personnel of the New Bern-Craven County schools, Dr. Quinn expressed that Ms. Ruth Hoyle, assistant superintendent, has put together the finest instructional staff in North Carolina.

There is still a \$16.2 million need for the school system in capital improvements according to Dr. Quinn. This would mean schools being replaced, additions made, and better ground equipment. His present goals are to enhance and continue to improve the curriculum, to have new roofs on all schools that need them by the end of the year, have better maintenance, and have better looking school yards throughout the county. Dr. Quinn encourages any responses from the community for help in yard maintenance or volunteer service.

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## Dyer's Garden

used for dyeing, but not always. With geraniums one uses the leaves; with daffodils, yarrow, and Queen Anne's lace, the whole plant.

It takes quantities of heads, leaves or plants to make a batch of dye. And one must think big from the beginning of a project, because beautiful as natural dye colors are, they are equally unpredictable. Second dye lots never repeat the first exactly (a big reason why the shift to chemical dyes was made during the last century).

If you decide to begin a dyeing project, have the following on hand: unbleached wool, which must be washed with real soap and water to remove the lanolin and then loosely re-wound in small skeins; alum (potassium aluminum sulfate) and cream of tartar (potassium bitartrate), both more reasonably priced at craft stores than groceries; two large glass or enamel pots, never to be used for any other purpose since some dyeing processes leave poisonous residues; three or four bowls; and glass or wooden spoons or sticks for stirring.

Fresh <b>Ground Beef</b> 3 lb. or more (Lb.)		<b>\$1.09</b>	Family Pack Purdue <b>Legs, Thighs &amp; Drumsticks</b>		<b>69¢ lb.</b>
Whole <b>Rib Eye</b> Cut & Wrapped Free (Lb.)		<b>\$3.29</b>	Family Pack <b>Chuck Steak</b> Boneless (lb.)		<b>\$1.69</b>
			Boneless <b>Chuck Roast</b> lb.		<b>\$1.59</b>
			<b>Chicken Livers</b> 5 lb. box		<b>\$1.89</b>
			<b>Beef Liver</b> lb.		<b>69¢</b>
			Family Pack Purdue Fryer Parts <b>Breast</b> (no back-no wing)		<b>79¢</b>
			Family Pack Purdue <b>Wings</b> lb.		<b>69¢</b>
			Frosty Morn <b>Bacon</b> 5 - 12 oz. pkgs.		<b>\$7.99</b>
			Frosty Morn <b>Sausage</b> 5 - 12 oz. pkgs.		<b>\$6.89</b>
			Frosty Morn <b>Franks</b> 5 - 12 oz. pkgs.		<b>\$5.59</b>
			Frosty Morn <b>Bologna</b> 5 - 12 oz. pkgs.		<b>\$5.99</b>



## All Sports Season Ticket

For West Craven High School Athletics

Family: **\$30.00** (School-age plus parents)

Single: **\$15.00**

**Above Includes:** Membership in Booster Club, Admittance to all Home football & basketball games and wrestling & volleyball matches.



Signature \_\_\_\_\_

Address \_\_\_\_\_

Names of Family Members \_\_\_\_\_

Mail with check or money order to: **Don Hughes, Athletic Director, West Craven High School, Rt. 2, Box 163, Vanceboro, N. C. 28586.**