

# Rotarians Hear Hornbake

Dr. Rodney Hornbake was the speaker for the Rotary Ladies Night held last week at Vera's Cafe. Dr. Hornbake brought a group of slides that he took while on a recent medical tour of Russia. He took the Rotarians and their

Rotary Anns on a scenic trip through some very picturesque parts of Russia. He explained the background history of each slide.

The presentation was interesting and very informative.



guidelines should go to the Department of Social Services located at 403 George Street and apply. Applications will be taken Monday thru Friday between 8:00 a.m. and 5:00 p.m. May 11, 1984 is the deadline for the May 17th distribution.

Those who already receive food stamps will be mailed the necessary information, please contact: The Department of Social Services at 633-0131.

\*\*\*

Let the Craven County Extension Service show you how to keep summer year round by drying flowers for winter bouquets. The Craven Extension Service will present a demonstration on drying flowers on Tuesday, May 15, from 10 to 11 a.m. The program will be held at the Extension Office 509 Broad Street in New Bern. According to Miss Susan Nobles, Home Economics Agent, ideas for using dried flowers as well as several drying methods will be shown. Please call 633-1478 by May 14 to register.

\*\*\*

West Craven High School had 15 students and two teachers visiting London during the Easter vacation. They returned Monday night. This paper plans to carry articles spotlighting each student's reaction to the trip and how they compare their communities with the communities and sights they saw abroad.

# Thawing Food

There are quite a few frozen foods that may cause food poisoning if thawed at room temperature.

Among the potential problem foods — meat, fish, poultry, combination main dishes, cream sauces, meringues, cream pies, and foods that contain these ingredients.

Because the outer edges thaw rapidly, any bacteria there will begin to grow even while the central portions of the food are still thawing. And two- to three-hours of bacterial growth can make these foods capable of causing illness.

First—you can thaw the frozen food in the refrigerator. The amount of thawing time needed will vary with the food and the size of the package.

An alternative is to wrap the food in plastic and place it under cold running water. Or you can take the plastic-wrapped food and immerse it in cold water, changing the water often.

Your third choice is to cook the food in the frozen state. Cooking time will be one-and-a-half times longer than if you were cooking the same food already thawed.

Of course there are some frozen foods that can be thawed safely at room temperature. They include frozen breads, cookies, cakes and fruits and vegetables without sauce.

**WANT ADS**  
the Inexpensive Way to Shop

16 Years of Dedicated Service

<p>VOLE for and ELECT</p>  <p><b>CHRIS BARKER</b> FOR YOUR State Representative CRAVEN — CARTER — PANICO ABILITY — INTEGRITY — ENTHUSIASM Elected, Previous May 4, 1968</p> <p>1968</p>	<p>RE-ELECT</p>  <p><b>BARKER</b> REPRESENTATIVE</p> <p>1974</p>	<p>KEEP CHRIS</p>  <p><b>BARKER</b> IN STATE HOUSE</p> <p>1984</p>
--	---	---

Will Be Graciously Appreciated

# For Your Information

The New Bern Jaycee-ettes will sponsor a Bike-A-Thon on Saturday, May 5, to benefit the Cystic Fibrosis Foundation. The ride will begin at 9:30 a.m. and will take place on Yarmouth Street, off Race-track Road in New Bern.

\*\*\*

The Craven County Extension Service will conduct a mini-workshop on pierced tin during Learn 'n' Lunch on Wednesday, May 16, from 12 to 1 p.m. at the Extension Office, 509 Broad Street, New Bern. Contact Miss Susan Noble, Home Economics Extension agent, by calling 633-1478 for

details on cost and supplies.

\*\*\*

Plans are now being made for the upcoming 64th Annual Farm Life School Alumni Banquet and Dance on May 11th.

\*\*\*

The Craven County Dept. of Social Services announces that surplus food will be given away to the low income residents of Craven County at the National Guard Armory on South Glenburnie Dr. in New Bern, North Carolina on Thursday, May 17, 1984 between 8:00 a.m. and 5:00 p.m.

To be eligible for the surplus food one must be a food stamp recipient or live on a low income. Those who feel that they will meet the low income

# The Lakeside Restaurant

We Love Our Senior Citizens (65 & Over)

To Show We Care We are offering a

10% Discount on All Meals!

on Lake Michelle

244-000