

News About Clubs In Chowan County

By HATTIE SINGLETARY
Home Demonstration Agent

June is Dairy Month. The June Dairy Month theme for 1954 is "Dairy Foods—For Taste, Health and Economy."

Milk is nature's most perfect food. It contains more of the essential food nutrients than any other food . . . and you do need milk. You need one quart a day until you are 25 years old and one pint a day after that.

Why do you need to drink milk every day? It helps build strong bodies and keeps them in good repair. In one quart of milk you find 54 per cent of the protein needed for building and repairing muscles and other tissues.

It is almost impossible to get the required amount of calcium in our diet without drinking milk. One quart provides 116 per cent of the day's needs. Calcium is used in building strong bones, teeth, fingernails, aids in the clotting of blood and insuring normal responses of the heart, other muscles, and nerves. A lack of calcium over a long period of time causes the bones to decay easily.

Milk is also rich in riboflavin or Vitamin B2. This "keep young vitamin" preserves a healthy condition of the skin and hair, aids in children's growth, and in the digestion and nervous system. One quart of milk furnishes 141 per cent of the day's needs of riboflavin.

Would you like to have steady nerves? Milk has 43 per cent of the day's needs of Vitamin B or Thiamin which helps maintain steady nerves and aids digestion. A quart of milk contains 20 per cent of the day's needs for iron and this is in a readily digestible form. That's not all you will find in milk. Milk contains 40 per cent of the Vitamin A needed for good eyesight and prevention of infections. And there's more, too—niacin, calories, phosphorus and traces of others.

How can you get milk into your diet? Milk and milk products can be used as a beverage, on cereals, in soups, gravy, sauces, creamed and scalloped dishes, salad dressings, milk drinks, custards, cakes and pies. As cream on fruits and desserts, as cheese for breakfast, diner and supper and for between meals. There's no end to the many ways milk and milk products can be used.

Let's use more milk and milk products during June Dairy Month. Cook, tasty milk desserts will be ideal for the June Home Demonstration Club, Circle and other similar meetings.

Try some of these recipes at your June meetings:

Lemon Cocoanut Squares

½ cup sweetened condensed milk
3 T. lemon juice
½ t. grated lemon peel
½ 10 x 5 angel loaf cake
1 cup toasted, shredded cocoanut
9 peach slices, drained mint leaves
Combine the sweetened condensed milk and lemon juice. Stir until thickened. Add the grated lemon peel. Cut



FAMOUS BEAR—Looking at you from his home in the National Zoo at Washington, D. C., is Smokey, live counterpart of the famous forest fire prevention trademark. Says Smokey—"Each year millions of acres of forest and woodlands are lost through carelessness with fire. Please be careful, folks. Help stop America's most shameful waste." This message sponsored by:

angel cake into 1½ inch slices. Turn each slice on its side and frost with the lemon mixture. Sprinkle sides with cocoanut. Chill. Place 3 canned peach slices on each. Garnish with mint. Makes 3 servings.

Cheese Straws

¼ pound butter
1 pound sharp American cheese
2 cups sifted flour
½ t. salt
Dash of cayenne

Grate or grind cheese. Sift flour with cayenne and salt. Cut cheese and butter into flour until well mixed. Press together with hands until dough clings together. Roll out and cut as desired. Place on lightly greased backing sheet and bake at 400 degrees until slightly browned. Makes about 24 straws. Serve with a salad.

Lime Fluff

Dissolve ½ package Jello in ¼ cup boiling water. Add 1 cup light cream and mix well. Place in bowl of ice water and whip with rotary egg beater 5 to 7 minutes or until mixture begins to hold shape around the side of the bowl. Remove from the ice water. Stir gently with a spoon until smooth. Serve or store in refrigerator until needed. Stir before using. Serve with cookies.

Club Schedule

Wednesday, June 8 at 8:00—Gum Pond, with Mrs. Herman Nixon.
Thursday, June 3 at 3:00—Center Hill at Community Center.

Exactly The Same

Hunter—Henry, do you still act toward your wife the same as you did before you were married?
Henry—Just the same. I remember when I first fell in love with her. I would lean over the fence in front of her house and gaze at her shadow on the curtain afraid to go in. And I act exactly the same way now.

Banker-Civic Club Program Creating Interest In State

Rotary Club Scheduled To Arrange Meeting For Event

Regarding the Banker-Civic Club Program, arranged on a state-wide basis during the months of May and June, A. B. Harless, Chowan County Savings Bonds Chairman announced today that he received information from W. H. Andrews, Jr., State Chairman, U. S. Savings Bonds Advisory Committee, and Walter P. Johnson, State Director, announcing that bankers throughout North Carolina are cooperating in a special Banker-Civic Club Program in which local bankers have been asked to speak before civic clubs on the subject of "What Sound Money Means To You." The bankers' participation in this program is under the direction of Fred Greene, prominent Charlotte banker, who is chairman of the State Bankers Association Savings Bonds Committee.

Mr. Greene stated that the program was being carried on nationally with the full cooperation between the U. S. Treasury Department, the American Bankers Association and all national civic club organizations.

Mr. Harless stated that the Banker-Civic Club program is creating considerable interest and that the Edenton Rotary Club will arrange one of its meetings for the event.

Gurnie C. Hobbs, Jr., Graduate At Maryland

Among the group of graduates at the University of Maryland on Saturday, June 5, will be Gurnie C. Hobbs, Jr., son of Mr. and Mrs. Gurnie Hobbs of Edenton.

Mr. Hobbs will have finished a four year course in three and a half years and will receive his B.A. degree at the graduation exercises.

While at the University of Maryland Young Hobbs worked about 32 hours a week, part time, at a super market. His major subject was English and minor subject was philosophy. He intends to return to the University next fall to work on an M.A. degree.

Miss Inez White Dies Suddenly On Sunday

Miss Inez White, 78, died Sunday afternoon at 4 o'clock at the home of her niece, Mrs. H. V. Bass. While Miss White was in failing health for about six months, her death came unexpectedly. A native of Chowan County, she was a daughter of the late Watson White and Artimissa Riddick White.

Surviving are several nieces and nephews. She was a member of the Edenton Baptist Church.

Funeral services were held at the Williford Funeral Home Tuesday afternoon at 3 o'clock. The Rev. R. N. Carroll, pastor of the Baptist church, officiated and burial was in Beaver Hill Cemetery.

The things taught in schools and colleges are not an education but the means of education.
—R. W. Emerson.

Colonials Win Game From Colerain 10 To 5

In an exhibition game played on Hicks Field Saturday night the Edenton Colonials defeated Colerain by a score of 10 to 5.

The Colonials scored three runs in the opening inning and again in the third and fourth innings chalked up three more runs.

Manager Gashouse Parker used four moundsmen, Andrew Whitson, Henry Allen Powell, Gene Taylor and Bill Herman.

Fred Keeter, Edgar Rogerson, Ted Lassiter made two hits each while C. T. Wynn for Colerain led Colerain with two hits.

Rocky Hock Defeats Colerain By 2-1 Score

On Hicks Field Sunday afternoon Manager Palmer Tynch's Rocky Hock baseball team defeated Colerain 2-1 in a hotly contested game.

Franklin Hollowell, on the mound for Rocky Hock, allowed only two hits during the game.

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MEMORIAL DAY DANCE

Saturday, May 29

9 'TIL

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Music By

HERB CARTER and Orchestra

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pulling heavy wagon loads. The axle is designed to permit turning in an area no greater than required with the regular dual front wheels or single front wheel. What's more, you can now get the John Deere Quik-Tatch Cultivator for use with the tractor when equipped with wide front axle.

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