

### Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, County Negro Home Economics Agent

An Awards Program on Community Progress will be held at White Oak Consolidated School, January 23 at 7:30 P. M.

The contest was sponsored by the Peoples Bank & Trust Company of Edenton and they will present the awards to the communities that worked on the contest and entered scrap books of their results to be judged.

All families in the county and friends are asked to attend the Awards Program. There will be door prizes; prizes will be given to three communities having the largest attendance from age 15 and above; refreshments will be served. All of this is through courtesy of the Peoples Bank & Trust Company of Edenton.

The Peoples Bank & Trust Company of Edenton is sponsoring this contest again in 1959. It is hoped that each community in the county will enter the contest this year. Come to the program on January 23, hear the details then get organized and begin work.

We are grateful to the Peoples Bank & Trust Company of Edenton for their interest in our improvement.

This month our 4-H club girls studied "Cereals Cooked With Milk." There is no need for any child going to school without breakfast when a large bowl of whole grain or enriched cereal can be easily and quickly prepared and served. These cereals are inexpensive.

From the bulletin, "Cooking The 4-H Way," 4-H'ers learn that cereals belong to the group of foods which furnish energy to your body. They also provide minerals, vitamins, protein, and roughage or bulk. They combine very well with many other foods to make delicious dishes that are high in food value.

You may use either whole grain or enriched cereal products.

### Bray Attends N. C. Bandmaster Meet

On Friday and Saturday, January 9 and 10, Derwood Bray, director of the Edenton Junior-Senior High School Band, attended a meeting of the North Carolina Bandmasters' Association. The event was sponsored by the College Bandmasters and the feature was a band made up of eight participating N. C. College band students. The 120 band members were the best in each of the college bands represented, and the result was very successful.

Leonard B. Smith of Detroit, Michigan, was director and cornet soloist with the band. Mr. Smith is a world renowned cornetist, having been associated with the Goldman Band and many recording and radio bands. There was also a 125-piece band directors band composed of

Whole grain products contain more food value than refined or white cereals or breads. However, North Carolina has passed a law which requires the enrichment of all white flour and other wheat products milled or sold in the state. Enrichment means that most of the vitamins and minerals that were lost during the milling process are put back in the cereal flour. Since this law applies only to wheat, look on the label of other refined cereal products to see whether or not they are enriched. Buy the enriched product whenever you can.

Uncooked cereals need to be cooked slowly for a long time. This slow cooking makes them easier to digest and develops a better flavor. Cereals which you cook at home usually cost less than those you buy "ready-to-eat." You may want to include the ready-prepared cereals in your menus occasionally for variety in your meals.

#### Cereal Pointers

Breakfast cereals may be bought uncooked, partially cooked, or ready to eat. Directions for cooking are always on the box. Most cereals taste better if cooked longer than the time given on the package. In general, the steps to follow are:

1. Measure water and salt, bring to a boil. Use top of double boiler but place it over direct heat.
2. Pour cereal in gradually. Stir to keep it from lumping.
3. Keep cereal boiling rapidly for several minutes until it thickens.
4. Place over bottom of double boiler, which should be kept about one-third full of water. Cover, and cook without stirring until done.
5. Milk may be used instead of water to improve flavor and food value.

the visiting band directors. This band, through the courtesy of music publishers throughout the country, played through all new music which has been written and published during the past year.

#### JAMES ROTARY SPEAKER

Gerald James presented a very interesting program at last week's Rotary meeting, using as his subject the incentive plan for the operation of schools. Mr. James thoroughly explained the plan, pointing out the amount of state aid to each district or county.

Billy Wilkins and Claude Barnett, Edenton seniors, attended the meeting as junior Rotarians.

#### Laziness

An old New Englander was remarkably well informed, but so very lazy that the new pastor asked him how he had contrived to learn so much.

He replied, "I just heard it—here and there—and I was too lazy to forget it."



**FINEST QUALITY MEATS**  
Small Type Baking or Stewing Chicken

**HENS**  
lb. **25¢**

U. S. Choice Swift's Premium Chuck  
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**ESD MEMBER**

Gwaltney's Center Cut  
**Pork Chops**  
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U. S. Choice Swift's Premium  
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Gwaltney's Brand  
**Country Hams** **79¢**

Luter's Top Quality Pure Pork  
**Sausage** **39¢**

Luter's Fresh  
**Pork Liver** **33¢**

303 Rosefarm  
**SHOE PEG CORN**  
CAN **15¢**

52-Oz. Hanover  
**PORK and BEANS**  
CAN **31¢**

1-LB. GWALTNEY'S  
**PURE LARD**  
lb. **15¢**

1-Lb. Pillsbury's  
**PANCAKE MIX**  
2 PKGS **35¢**

400's Hudson  
**FACIAL TISSUES**  
box **17¢**

Quart Sunsweet  
**PRUNE JUICE**  
JAR **39¢**

SALE! THURSDAY, FRIDAY AND SATURDAY  
**GILL'S COFFEE**  
Reg. Bag lb. 67¢  
Golden Blend lb. 69¢

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tall CANS **7¢**

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2 CANS **23¢**

12-Oz. Swift's  
**PREM**  
CAN **47¢**

**PET EVAPORATED MILK**  
tall **60¢**  
small **45¢**

Baby Emerald  
**ENGLISH WALNUTS**  
3 LBS **\$1.00**

No. 1 Tall Tomah  
**Salmon**  
CAN **43¢**

303 DelMonte  
Halves or Slices  
**Peaches**  
CAN **21¢**

46-Oz. Orangeade  
**HI-C**  
CAN **29¢**

½-Lb. Country Pattie  
**OLEO**  
2 for **17¢**

No. 303 St. Elmo  
**MIXED VEGETABLES**  
2 CANS **25¢**

6-Oz. Kraft's  
**SALAD Mustard**  
jar **9¢**

Frozen Special  
10-Oz. DuLany  
Baby Lima Beans  
pkg. 21¢

**HEARTY HEADLINERS**

**CAKE OF THE WEEK!** each  
Reg. 35¢ Chocolate or Coconut  
**Layer Cake** **29¢**

Frozen Special  
6-Oz. S. State  
Orange Juice  
can **19¢**

U. S. NO. 1 LONG ISLAND  
**White Potatoes**  
**1029¢**  
pounds

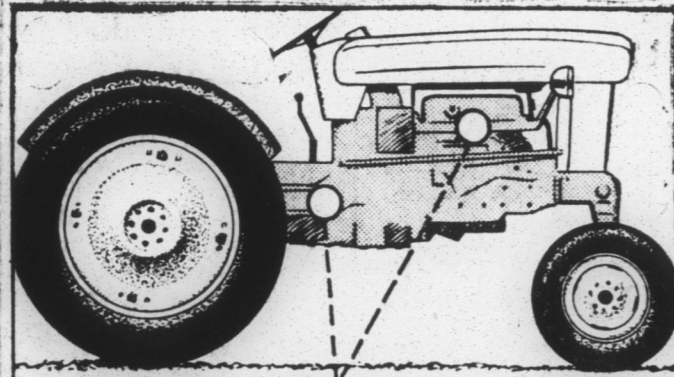
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**VEGETABLES**

Fancy Green Florida 4 Lbs.  
**Cabbage** **29¢**

Large Florida Pascal Stalk  
**CELERY** **10¢**

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