



NEW OFFICE BUILDING—W. J. P. Earnhardt, Jr., local attorney, has renovated the old theater building on West Eden Street, constructing an attractive front of Colonial design. In addition to law offices, a firm has already rented some space and other office space will be rented in the near future. This is but one of the improvements and new construction here reported in a \$2.27-million building report from Sam Long, inspector with the Town of Edenton.

Vegetables Season Good For Farmer In State

RALEIGH—North Carolina vegetable producers have entered the 1970 season with generally good prospects in spite of unfavorable weather conditions. This assessment was made by N. C. Agriculture Commissioner James A. Graham. "I have been pleasantly surprised at the conditions of vegetable crops as I have traveled across the state in recent weeks," Commissioner Graham said, "some areas were slowed by cold weather early and now dry conditions, but I believe this segment of North Carolina agriculture will have a good year. "I am hopeful that strong prices will compensate for the yield reductions caused by unfavorable weather conditions."

Fred Hockaday, in charge of fruit and vegetable marketing with NCDA, gave a crop-by-crop rundown on prospects for the season just getting underway. According to Hockaday, late spring snap bean acreage for fresh market in North Carolina was estimated to be approximately 3,000 acres. The market opened at approximately \$6 per bushel and held an average price of about \$5 per bushel for two weeks before falling to \$2.50 per bushel. Spring cabbage was estimated to be about 1,400 acres in Eastern North Carolina and most of the cabbage sizes ran small because of dry weather but sold for a very good price, ranging from \$3 to \$5 about the first of June with a price of \$3.50 per hundred weight and has strengthened somewhat to approximately \$4 to \$4.50 per hundred weight. Spring cucumbers for the fresh market was estimated at about 6,000 acres, which was about the same as last year. The price opened at approximately \$3.50 - \$4 on the market and has ranged from \$1 to \$4.50 on the markets since the June 1 starting date. Cucumbers were damaged some by dry weather. Late spring Irish potatoes in North Carolina are approximately 10,000 acres for the fresh market, which is about the same as last year. There was some damage to stands due to inclement weather. However, most of the crop is in excellent condition. The market opened about the first of June with a price of \$3.50 per hundred weight and has strengthened somewhat to approximately \$4 to \$4.50 per hundred weight. Early summer green pepper acreage is estimated at approximately 8,000 acres over last year's 7,700 acres. The crop is in good condition with some effects from dry weather. Markets opened at approximately \$7 per bushel and has leveled off at about \$3 to \$4 for No. 1 green peppers. Spring squash has been an excellent crop this season with the price ranging from \$3 per bushel to as high as \$9 per bushel on our North Carolina markets.

Food for Thought

By Mary Lee

It's summertime, and the outdoor eating is great—picnics at the beach, barbecues in the backyard, or dinner on the porch. But refreshing as alfresco dining may be, it does call for extra care in food handling by homemakers.

Hot food must be kept hot and cold food cold to maintain flavor and wholesomeness. And if you are taking food any distance from home, you should plan on a menu that travels well. Eatables that can be heated upon arrival or kept icy cold en route are the safest.

For example, foods never to hold for over three hours at room temperature include all creamed dishes, fish, ground meat, eggs and mayonnaise dressings. For storage of such perishable foods, a temperature of 42 degrees should be maintained. Cooked foods should not stand out after they have cooled, either. Cover them tightly and refrigerate or freeze immediately. When possible, divide a large quantity into small containers to hasten cooling. Store gravy and stuffing separately.

In spite of our vastly improved hygiene practices and sanitation procedures, hot weather is the time when food poisoning reaches its peak because people forget the proper handling of perishables.

It's essential to keep the kitchen immaculate, and to wash all poultry and vegetables carefully. After you prepare raw meat or poultry, be sure to sanitize the cutting board or surface before handling other foods. Washing hands often when preparing food is another good health practice.

Never use any food, home-canned or commercially processed, that has a bulging cap or lid, that leaks, has a rancid odor, or foams or spurts when opened. Home economists also discourage freezing ground meat. The meat has already been exposed to possible contamination, and the higher the percentage of fat in the meat, the more rapidly bacteria grows. Then, if the meat is allowed to thaw on a kitchen counter rather than overnight in the refrigerator, it is still more susceptible to contamination.

College students begin their studies when the football season ends.



TRAINEE AT WORK—A rising senior at University of North Carolina at Greensboro is a summer trainee in the Chowan County Extension Department. She is Miss Mary Kay Seaford of Concord. Miss Seaford is shown at right with Mrs. Gladys White as she begins her six-weeks of training in the department. The trainee will be working in all phases of the extension program. She plans to become a home agent when she completes her education.

State Launches Attack On Tensions

RALEIGH—The weather and "tensions" are two topics almost everyone talks about. And, although there is still not a great deal one can do about the weather, there are a few things one might do to help him live with his tensions.

There is no "miraculous cure," extension family relations specialists, N. C. State University, note. But here are some suggestions that have been helpful to others for controlling or getting rid of their tensions.

First, talk out the concern. Talking about a problem can be a great release. Select a person to talk with whom you trust, who is understanding and who will keep the confidence.

Second, express feelings. Let someone know your warmth and love. Hostility also should be expressed in some constructive manner.

Third, select some satisfying recreation. Such diversion can focus your attention on other things.

Fourth, do something for someone else. This will usually provide you with a warm inter-action with someone else.

Fifth, take a break from work or take a vacation. No vacation should be too full of plans. It should be a time to relax.

Sixth, develop a hobby. Everyone needs a hobby in which to forget himself.

Seventh, review your work schedule. Re-evaluation of vocational or homemaking goals is an occasional necessity if we are to find a degree of self-satisfaction.

Eighth, be less critical of self and others. Sometimes we demand too much of ourselves and others. Instead be realistic about strengths and weaknesses and learn to live with them.

Ninth, loaf a little. Just to feel one has nothing pressing to do can be relaxing.

Then, seek professional help if you feel that you are in a state of tension, that your feelings about yourself and

your relationships with family and friends are affected or if your physical health is affected.



GROWING PAINS—To illustrate the staggering federal debt, Cong. H. R. Gross (R-Iowa) said that when the foreign aid program was launched in 1947 its promoters said that it would be only a 5-year program and the total cost would not exceed \$5 billion. He added that with the current legislation approved the cost of foreign aid since it was launched in 1947 will come to more than \$200,000,000,000—(two hundred billion dollars.)



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