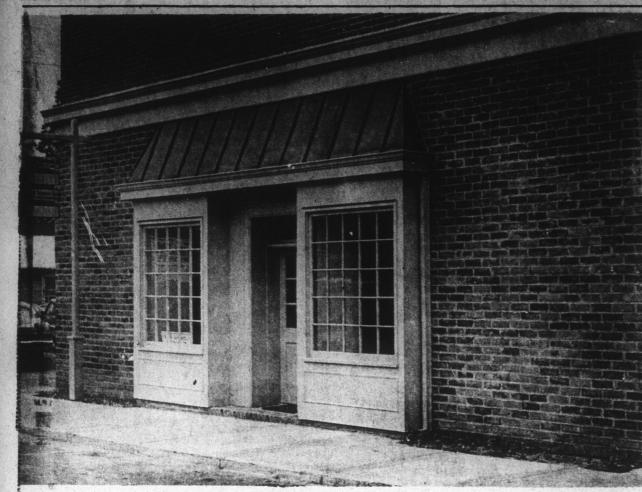
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THE CHOWAN HERALD, EDENTON, NORTH CAROLINA, THURSDAY, JULY 16, 1970.



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 tions." regetable producers have en- Fred Hockaday, in charge, for a 50-pound crate.

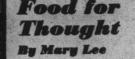
missioner James A. Graham. spring snap bean acreage for the market and has ranged approximately 8,000 acres "I have been pleasantly fresh market in North Caro- from \$1 to \$4.50 on the mar- over last year's 7,700 acres. surprised at the conditions of lina was estimated to be ap- kets since the June 1 starting The crop is in good condition regetable crops as I have proximately 3,000 acres. The date. Cukes were damaged with some effects from dry raveled across the state in market opened at approxi- some by dry weather. recent weeks," Commissioner mately \$6 per bushel and Graha said, "some areas held an average price of were slowed by cold weather about \$5 per bushel for two barly and now dry conditions, weeks before falling to \$2.59 proximately 10,000 acres for but I believe this segment of per bushel. Late spring Irish potatoes approximately of per bushel for two but I believe this segment of per bushel. Late spring Irish potatoes approximately of per bushel for two bushel for two areas held an average price of in North Carolina are ap-bushel for two bushel for two for two for two for two for the ecent weeks," Commissioner mately \$6 per bushel and

pects for the season just get- was about the same as last weight.

price, ranging from \$3 to \$5 about the first of June with a price of \$3.50 per hundredered the 1970 season with fruit and vegetable market- Spring cucumbers for the weight and has strengthened pite of unfavorable weather by-crop rundown on prcs- at about 6,000 acres, which \$4 to \$4.50 per hundred-conditions. Dects for the season just cet generally good prospects in ing with NCDA, gave a crop- fresh market was estimated somewhat to approximately

This assessment was made ting underway. by N. C. Agriculture Com-According to Hockaday, late approximately \$3.50 - \$4 on per acreage is estimated at weather. Markets opened at

"I am hopeful that strong in Eastern North Carolina and stands due to inclement with the price ranging from counter rather than overnight Let someone know your with them. rices 16 ill compensate for the most of the cabbage sizes ran weather. However, most of \$3 per bushel to as high as nfavorable weather condi- but sold for a very good dition. The market opened Carolina markets.



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.

carefully. After you prepare not a great deal one can do else.

raw meat or poultry, be sure about the weather, there are Fifth, take a break from to sanitize the cutting board a few things one might do to work or take a vacation. No or surface before handling help him live with his ten- vacation should be too full of other foods. Washing hands sions. often when preparing food is There is no "miraculous relax.

another good health practice. cure," extension family rela- Sixth, develop a hobby. Never use any food, home tions specialists, N. C. State Everyone needs a hobby in

canned or commercially pro- University, note. But here are which to forget himself. cessed, that has a bulging cap some suggestions that have Seventh, review your work or lid, that leaks, has a rancid been helpful to others for schedule. Re-evaluation of odor, or foams or spurts when controlling or getting rid of vocational or homemaking opened. Home economists also their tensions. discourage freezing ground First, talk out the concern. sity if we are to find a de-

meat. The meat has already Talking about a problem can gree of self-satisfaction. been exposed to possible con- be a great release. Select a Eighth, be less critical of tamination, and the higher the person to talk with whom self and others. Sometimes percentage of fat in the meat, you trust, who is understand- we demand too much of our-the more rapidly bacteria ing and who will keep the selves and others. Instead be North Carolina agriculture Spring cabbage was esti- about the same as last year. will have a good year. mated to be about 1,400 acres There was some damage to spring squash has been an grows. Then, if the meat is confidence. realistic about strengths and excellent crop this season allowed to thaw on a kitchen Second, express feelings. weaknesses and learn to live

in the refrigerator, it is still warmth and love. Hostility Ninth, loaf a little. Just to ield freductions caused by small because of dry weather the crop is in excellent con- \$9 per bushel on our North more susceptible to contami- also should be expressed in feel one has nothing pressing some constructive manner.

> College students begin their ing recreation. Such diversion if you feel that you are in a studies when the football sea- can focus your attention on state of tension, that your \$200,000,000,000 (two hun-son ends. other things. feelings about yourself and dred billion dollars.)



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. Glady 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 Fourth, do something for your relationships with fam-It's essential to keep the "tensions" are two topics al- someone else. This will usu- ily and friends are affected or kitchen immaculate, and to most everyone talks about. ally provide you with a warm wash all poultry and vegetables And, although there is still inter-action with someone if your physical health is af-

plans. It should be a time to

goals is an occasional neces-

to do can be relaxing. Third, select some satisfy- Then, seek professional help

fected.

GROWING PAINS-To illustrate the staggering federa debt, Cong. H. R. Gross (Ry 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 legisla tion approved the cost of foreign aid since it was launched in 1947 will come to more than



nation.

Greetings:

I personally wish to invite you to come to the NORTHSIDE SHOPPING CENTER in Edenton, N. C., to visit our new store.

Our new store is beautifully furnished and carpeted throughout for your comfort. It is air cooled, has color TV, drinks and food snacks. We have an attendant on duty at all times to serve you.

You already may be a customer of ours, but if not, we are looking forward to serving you the best possible way we can. As we are new and need your aid to stay in business, all we ask of you is to tell your friends of our good services. If you are not completely satisfied with our service, bring it to our attention immediately.

I am enclosing a brief resume of our professional dry cleaning prices for you to compare and take full advantage of. Also please watch THE CHOWAN HERALD for weekly specials. Remember, we need your business now in order to build and survive.

Thank you,

KORETIZING franchisee owner G. E. Stephen

All Beautifully Dry Cleaned and Pressed

Pants, Trousers, Slacks, Skirts, Sweaters, Jackets, Sport Coats,	Vests59c
Men's and Ladies' 2-piece Suits, 1 and 2-piece Dresses, Heavy I	
Jackets, Lightweight Coats, Raincoats, and Robes	
(Skirts and Dresses with Pleats, add 2c each pleat)	Film -
Heavy Coats or Coats with Lining	\$1.50
3-piece Suits (Men's or Ladies)	\$1.68
Evening Dresses, Formals	.\$3.00 and up
Draperies, Rugs, Bedspreads, Blankets.	50c per lb.
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We Do Alterations And Have Odorless Box Storage Facilities. For Additional Information Please Call 482-4750.