

## Freezing Vegetables

Fresh corn on the cob on a blustery, mid-winter day is not just a pipe dream for the homemaker who owns a home freezer. She can have better-looking, more delicious meals with green vegetables throughout the winter. The use of the home freezer is revolutionizing meal planning and mak-

ing it easy for the homemaker to provide her family with better balanced meals the year round.

The actual preparation of foods for freezing is easier than for canning, and all vegetables, except the "salad" vegetables, can be successfully frozen. Some varieties of vegetables, however, are better adapted to freezing than others. State agricultural colleges, county agents, or seed dealers can usually recommend varieties best adapted to local conditions.

Only top-grade, fresh vegetables should be frozen. Freezing does not improve the quality of foods, but it does retain full flavor and nutritional value.

If the homemaker raises her own vegetables, she should pick them for freezing early in the morning. If she buys them, she should arrange to get them within an hour or two after picking. Vegetables in prime condition for table use are considered best for freezing.

Vegetables are prepared for freezing in much the same way as for cooking. They should be wash-

## Need Home Food Gardens Now as Much as in War Says Secretary Marshall

Freedom gardens this year are as necessary to the national welfare as were Victory gardens during the war, Secretary of State Marshall told the National Freedom Garden Conference in Washington D. C. He said: "Food today is just as vital, probably more than during the war. No time in our history has the production and conservation of food been so important. Anything that can be done to stimulate the growing of food by individuals in local gardens should be done, and will be tremendously helpful to meet the great problem now before us. I don't speak theoretically from a desk in the State Department. I ordered my seeds and sets this year ten days ago. My problem is, do I negotiate or do I hoe, plant and weed. I propose doing both."

To prove his qualification as a "dirt gardener" the secretary told the following story, which may well become a classic:

"When Mrs. Marshall and I returned from China we brought with us a Chinese woman named Anna. She had a very definite belief in two things: one was the dominance of the male in the household, and the other was the fact that food was the greatest motivating force in our lives.

"The second day I was Secretary of State I managed to escape for a few hours and motor down to my house in Leesburg and was jubilantly greeted by Mrs. Marshall with the news that she had at last, after two or three years of effort obtained a truck load of, putting it politely, fertilizer. I was immediately put to work to distribute this great soil improver with a shovel and wheelbarrow.

"Anna spied me. I might explain that in China probably the lowest form of human life is the man with the wheelbarrow. She was profoundly shocked, rushed out of the house and we enjoyed in a genuine struggle over the possession of the wheelbarrow. "She said what I was doing was utterly repugnant to her in that, in her belief, it lowered and humiliated the position of the Secretary of State if it did not affect the general Government. My reaction was, I would enjoy doing it. I settled the argument by virtue of greater physical strength. But she remained fixed in that feeling. "We all, I think agree with her concept as to the relationship of food to the people of the



Secretary and Mrs. Marshall look over their Freedom Garden. World but there was a slight difference in the manner of implementation."

ed and carefully sorted to eliminate inferior vegetables. Sorting by size also makes packing easier.

To blanch—which should never be omitted except for freezing green peppers and pimientos—use a large kettle with about four quarts of boiling water and blanch about one pound of vegetables at a time. (Do not use an iron kettle for green beans or asparagus as it will discolor them.) Place vegetables in a wire basket or cheesecloth and immerse in the boiling water. Count blanching time from moment vegetables are immersed.

To blanch with steam, use a rack to hold vegetables above water. Place vegetables in wire basket or cheesecloth on rack. Place lid on kettle and begin to count the time when steam issues freely from around cover. Blanching time by steam increases by one-half over time for the boiling

water method. Leafy vegetables should be prepared for freezing only by the water method.

Chill quickly and thoroughly after blanching by plunging vegetables in iced or cold water. Drain on several thicknesses of absorbent paper toweling on a tray. Moisture clinging to the vegetables when packed will cause excessive ice crystals.

Pack in moisture-vapor-proof packages in sizes suited to the size of the family. Make packages airtight and seal with a warm iron or curling iron.

Start freezing immediately after the package is filled if possible. If it is not possible, place packages in the refrigerator and transfer to home freezer as soon as possible. Do not attempt to freeze too many packages at once. Spread packages evenly in the freezing compartment of the home freezer and leave for 24 hours. After this time,

## Davis Preaches Andrews Sunday

ANDREWS—At the morning and evening service at the Baptist Church on Sunday, May 2, Rev. F. M. Davis of Murphy will preach. The pastor, Rev. T. Earl Ogg, will fill the pulpit of his home church, the Broadway Baptist Church in Knoxville, Tenn.

Mr. Davis was formerly pastor of Cascade Baptist Church in Atlanta and is now residing in Murphy.

the packages may be transferred to the holding compartment.

All vegetables are not scalded the same length of time. Here are the scalding times in water for the more commonly frozen vegetables:

Asparagus - 4 minutes; snap beans - 4 minutes; lima beans - 4 minutes; young beets - 3 minutes; broccoli - 3 minutes for small, 5 for large; brussels sprouts - 4 minutes; carrots, whole - 3 minutes; carrots, sliced - 2 minutes; cauliflower - 3 minutes; corn, whole kernel (scald on the cob) - 3 minutes; corn on cob - same as for whole kernel corn; eggplant - 4 minutes; spinach, kale, swiss chard - 2 minutes; mustard greens - 2 minutes; mushrooms - 3 minutes for button size, 4 minutes for medium size, sliced, 3 minutes; okra - 2 minutes (by steam only); parsnips - 3 minutes; green peas - 1 minute; field peas - 1 minute; green peppers and pimientos - do not scald (cut in halves, slices, or dice; pack and freeze at once); pumpkin - cook, cool, and pack in containers; summer squash - 3 minutes; winter squash - same as for pumpkin; sweet potatoes - bake at 350° for one hour. Cool and remove skin. Cut in quarters, roll in granulated sugar. Package and freeze.

# Featured

For  
**SHOP IN MURPHY WEEK**

**Mola Washers**  
**Bendix Automatic Home Laundry**  
**Leonard Appliances**  
**Morton Kitchen Sinks and Cabinets**  
**Majestic Radios**  
**Eureka Vacuum Cleaners**  
**Electric Percolators**  
**Electric Irons**  
**Waffle - Irons and Toasters**  
**Lighting Fixtures**  
**Table Top Water Heaters**  
**Kaiser Dish Washers**

## Fowler Electric Shop

Phone 273      Murphy, N. C.

### THIS IS SHOP IN MURPHY WEEK May 1-8

### SPECIALS

- 5 Tube Philco Electric Radios      \$20.95
- A & B Radio Batteries      5.95

### WALTER COLEMAN

Phone 124-J      Murphy, N. C.

### YOUR VOTE APPRECIATED

For the past two years I have served you as

## Mayor of Murphy

to the best of my ability. I appreciate the nice vote of confidence given me in the election in 1946 and will appreciate your support again this year for the same office.

**GO TO THE POLLS AND VOTE ON TUESDAY, MAY 4**

## NEIL SNEED

Mayor of Murphy

# Specials

From Saturday the 1st thru the 8th we are offering attractive prices, don't fail to visit our store before buying.

- Ladies' Dresses ..... 10% off
- Ladies' Blouses ..... 10% off
- Ladies' slips ..... 10% off
- All Ladies' hats ..... 20% off
- Bags ..... 20% off
- Men's work pants Sale ..... \$1.98
- Men's work shirts ..... 1.79
- Men's high back overalls ..... \$2.39
- Men's low back overalls ..... 2.98
- Boys' pants ..... 1.98
- Children's sandals \$1.98 to ..... 2.98
- Ladies' sandals \$1.98 to ..... 4.98
- Ladies' moccasins ..... 3.98

Ladies', children, and men's work straws Sale 39c to ..... 79c

Men's overall jackets ..... \$1.98

Our prices are always right.

## Roy V. Lovingood

Phone 234      Murphy, N. C.

### COMMISSION OF BANKS, STATE OF NORTH CAROLINA RALEIGH, N. C. REPORT OF CONDITION OF CITIZENS BANK & TRUST COMPANY OF ANDREWS, HAYESVILLE, MURPHY AND ROBBINSVILLE IN THE STATE OF NORTH CAROLINA AT THE CLOSE OF BUSINESS ON APRIL 12, 1948.

ASSETS	
Cash, balances with other banks, including reserve balances, and cash items in process of collection	\$ 756,560.82
United States Government obligations, direct and guaranteed	2,561,448.72
Obligations of States and political subdivisions	22,648.72
Corporate stocks	500.00
Loans and discounts (including \$ None overdrafts)	668,305.34
Bank premises owned \$30,274.68, furniture and fixtures \$12,570.44	42,845.12
Other assets	20,619.81
<b>TOTAL ASSETS</b>	<b>4,072,928.53</b>
LIABILITIES	
Demand deposits of individuals, partnerships, and corporations	2,349,708.47
Time deposits of individuals, partnerships, and corporations	928,837.81
Deposits of United States Government (including postal savings)	50,913.77
Deposits of State and political subdivisions	353,541.57
Other deposits (certified and officers' checks, etc.)	17,571.33
<b>TOTAL DEPOSITS</b>	<b>3,700,572.95</b>
Other liabilities	62,023.93
<b>TOTAL LIABILITIES (not including subordinated obligations shown below)</b>	<b>3,762,596.88</b>
CAPITAL ACCOUNTS	
Capital *	200,000.00
Surplus	101,000.00
Undivided profits	9,331.65
<b>TOTAL CAPITAL ACCOUNTS</b>	<b>310,331.65</b>
<b>TOTAL LIABILITIES AND CAPITAL ACCOUNTS</b>	<b>4,072,928.53</b>

\* This bank's capital consists of: Common stock with total per value of \$200,000.00

#### MEMORANDA

Assets pledged or assigned to secure liabilities and for other purposes ..... 340,100.00

I, W. D. Whitaker, Vice President, of the above-named bank, do solemnly swear that the above statement is true and that it fully and correctly represents the true state of the several matters herein contained and set forth, to the best of my knowledge and belief.

Correct—Attest: W. D. WHITAKER

W. Frank Forsyth      Directors.  
Z. L. Whitaker  
Percy B. Ferebee

State of North Carolina, County of Cherokee, ss:

Sworn to and subscribed before me this 26th day of April, 1948, and I hereby certify that I am not an officer or director of this bank.  
SAM W. JONES, Notary Public.

My commission expires May 13, 1948.

# BARGAIN DAYS

Shop in Murphy Week May 1-8  
Check These Special Values We Offer You:

- NEW SHOES**
- Tennis Shoes 1.98 to . . . 2.98
- Women's Cool Sandals . 1.98  
2.98 - 4.98 - 5.98
- Women's Arch Support  
Oxfords . 4.98 - 6.50 - 6.98
- Children's Sandals, all  
colors and sizes, . . . 1.49 -  
1.98 - 3.48 - 3.98
- Young Men's Dress Shoes -  
Two-tone colors, . . . 5.98 -  
6.98 - 7.98 - 8.98 10.50
- Men's Work Shoes . . . 4.98 -  
5.98 - 6.98
- Men's Hats, new styles  
straws and felts . . . 1.98 -  
2.98 - 3.98 - 6.50 - 7.50 7.98
- Boys' Slack Suits 4.98 value  
2.98
- Men's Slack Suits 7.50 value  
5.98
- Men's Dress Pants . . . 3.98 -  
6.98 - 7.50
- SUITS**
- Men's suits . . . 28.00 - 37.50
- Boys' suits . . . . . 12.98
- Men's Dress Shirts . 2.98 -  
3.98
- Sport Shirts 3.98 value 3.48
- Polo Shirts for children,  
sizes 2 to 16, . . . . . 98c
- Work Shirts . . . . . 1.98 - 2.98
- Many other values you  
will find when you visit us.
- Men's Handkerchiefs 25c -  
50c
- Bandanas . . . . . 15c

## Carringer's Dept. Store

D. V. Carringer, Prop.      Phone 166      Murphy, N. C.