

# Agent Says Summer Time Means Cantaloupe Time

By L. C. COOPER

**Agri. Exten. Agent**  
A fine cantaloupe is characterized, not by its bouquet, but also by the bold netting covering the skin. This netting should be gray and coarse. The stem end of the cantaloupe should show a smooth, shallow depression - another sign that it was picked at maturity. Such symptoms are typical of the delicious cantaloupes produced in Warren County.

However, the appeal of cantaloupe is international. The English enjoy theirs sprinkled with sugar and salt. In India, it's served seasoned with ground ginger. The Italians make a little feast of the cantaloupe when they embellish it with a thin slice of ham, prosciutto, and garnish it with a wedge of lime. Most Americans like their cantaloupe "straight." Some salt it, a few salt and pepper it. There are so many ways to enjoy cantaloupe and for dieters it's a real treat. Although half a cantaloupe is 5 inches in diameter and contains a slim 37 calories, this luscious fruit provides more than the daily recommended allowance of Vitamin A for an adult, and 85% of the Vitamin C, plus minerals.

Do You Know The Answers? True? or False? One of the signs of ripeness in the cantaloupe is fragrance? True. The cantaloupe is a member of the muskmelon family? True. All cantaloupes are muskmelons, but not all muskmelons are cantaloupes? True.

The "true" cantaloupe variety of muskmelon is grown in

Europe and is not known in America. In America "cantaloupe" has become the generic name of the small, oval, heavily netted musk-scented melon. The muskmelon family includes, not only the succulent cantaloupe, but also the honeydew, cranshaw, Persian and casaba.

Between now and the end of September, with a peak season during August, cantaloupe will be in good supply. Melons are harvested when "firm-mature." This means that sweetness has been fully developed, but the flesh is still solid enough to withstand shipment. For this reason, it is best to buy cantaloupes a day or two before you plan to serve them. Keep two or three on hand at home, so that you can "condition" them. Let succulent and fragrance develop at room temperature, then, if necessary, refrigerate them until ready to serve. For best flavor, serve cantaloupe chilled.

### DECORATING MAGICIAN

Mrs. Greek Underwood of the Sunny View Community, Polk County, is a magician, reports Anna J. Fitzgerald, home economics Extension agent. For she can make a plain iced cake become a budding flower garden or a child's fairy land by using a quick twist of the wrist.

Recently Mrs. Underwood taught nine other homemakers some tricks of the cake decorating trade, the agent adds.



MRS. JACKSON

### Mrs. Jackson Holds Supervisory Job

A former Warrenton woman is now serving in a supervising capacity with the New York Housing Authority, it was learned here this week.

Among the duties of Mrs. Hermina Fitts Jackson, Warrenton native, is the supervision of 116 community centers, 109 nurseries, mental health clinics, several senior citizens centers, Headstart programs, health stations and community poverty programs.

Mrs. Jackson recently served as one of four panel speakers at the New York City's Board of Education's fifth commencement held at Columbia University, concerned with the Office of Continuing Education-Welfare Education plan. Also on the panel of speakers were Dr. Grace Howell, Senator Basil Paterson and Jackie Robinson, former baseball major league star.

Mrs. Jackson is a graduate of John R. Hawkins High School, and North Carolina Central University, Durham, and received a Master's Degree in Social Work from Atlanta University, Atlanta, Ga. She is the daughter of Mrs. Willie B. Anderson of Warrenton and Parker Fitts of Henderson and is the granddaughter of the late Mr. and Mrs. J. Baker Plummer of Warrenton.

### Governor's Wife Gives Her Favorite Recipe

The North Carolina Poultry Federation is happy to make available to the homemakers of North Carolina this delicious recipe which comes from the Governors Mansion in historical Richmond. This is a favorite poultry recipe from Mrs. Mills E. Godwin, Jr., wife of the Governor of Virginia. A lot of nice things come from our sister state, and good cooking is one of them. In fact, good cooking in Virginia dates back as far as 1607 the date of the first permanent English settlement in America.

Chuckatuck Baked Custard from Virginia's first family is quite tasty and yet very simple to prepare. Naturally, in hot weather housewives are not interested in spending long hours in the kitchen, so here is a recipe that will take only a few minutes and yet satisfies those appetites around the house.

So here goes Chuckatuck Baked Custard  
3 eggs  
1 cup sugar  
2 cups milk  
1 tsp. vanilla  
1 cup raisins  
nutmeg

Beat eggs and sugar together well. Add vanilla. Scald milk until it coats wooden spoon, stirring constantly. Add egg mixture to milk, continually stirring. Put in baking dish and add raisins. Cover top of custard heavily with nutmeg. Bake at 350 degrees F. until knife, when inserted, comes out clean - about 1 hour. Serves four.

### Youth Improvement Club Holds Meeting

The Norlina Youth Improvement club held its regular monthly meeting at the Norlina Baptist Church on July 14, at 7:30 p. m. The meeting was called to order by acting pres-

### Summer Program At Hecks

The summer recreation project at Hecks Grove School began at 10 a. m. on Wednesday of last week with 51 students participating, the publicity committee of the Summer Fun program, announced this week.

The program is planned to allow anyone from 3-18 to participate. On Monday through Wednesday the program has been arranged for children from the ages of three to 12. Thursdays and Fridays teenagers from 13-18 may attend. The hours are from 4 p. m.

Bus transportation is provided. The bus schedule is: Monday-Macon, 8:30; Snow Hill, 9; Ridgeway, 9:15.

Tuesday-Norlina, 8:30; Snow Hill, 9; Warrenton, 9:15.

Wednesday - Snow Hill, 9; Warrenton, 9:15; Baltimore Road, 9:30; St. Stephen, 10:15.

Thursday-Macon, 2:30; Snow Hill, 3; Ridgeway, 3:15; Warrenton, 3:30.

Friday-Norlina, 2:45; Warrenton, 3:15; Baltimore, 3:30; St. Stephen, 4:15.

Other communities interested in having their children attend or having a bus stop for them are asked to call 257-3384. The committee said that the cost is 10¢ a week for the recreational program if participants have it. If they don't have a dime they may come anyway and have fun.

Outdoor games include softball, badminton, horse shoe, Tetter ball and volley ball. Indoor games and summer reading is also provided. There are many interesting things to do, the committee said.

The program is being directed by volunteers. Mrs. Arthur Brown is director of activities and is being assisted by Miss Eleanor Wright and Mrs. Susie King. Mrs. Davis is director of food services with Mrs. Edna Wright assisting. The Neighborhood Youth Corps has assigned four young persons to the project, but the committee said that other volunteers are needed.

Civic organizations, the schools and churches have contributed to the project. The committee said that it wishes to thank all persons who have and will contribute assistance to the Summer Fun Project.

ident, Sandra Coleman.

After devotion the meeting was opened for business, with the reading of the minutes and roll call by Janet Forte. A discussion was held on things that we could do in 4-H.

Miss Sandra Coleman showed the 4-H members how to monogram. The leaders decided that we would do monogramming for next months activity.

The 4-H members who went to camp told the group about camp. Two of the 4-H campers won the inspection for the cleanest room in the girls cabin with two other 4-H campers. They were Janet Forte and Wilma Fields.

Refreshments were served by Ophia, Sterling, and Sebastian Cheston, and also their father to 24 members and two leaders, attending the meeting. - Wilma Fields, Reporter.

### Cards Of Thanks

We wish to thank our friends for the many acts of kindness extended us during the recent passing of our son and brother, George Lee Faulkner. Your cards, flowers, food, visits, telegrams and telephone calls helped so much to lighten our burden. May God bless each of you.

THE DANIEL R. FAULKNERS

The family of Mr. W. E. Thompson wish to take this opportunity to thank each and every one for the flowers, food, visits, phone calls, cards and many other acts of kindness shown us during the illness and death of our husband and father.

May God bless you all.  
WIFE AND CHILDREN OF  
W. E. THOMPSON

### In Memoriam

In memory of Mrs. Mary Carroll Hunt, who died on July 7, 1969, and whose funeral took place at Mt. Alry Baptist Church, Washington, D. C., with interment in Laurel, Md., on July 11.



MRS. MARY CARROLL HUNT

The late Alfred and Sallie Russell Carroll gave birth to their ninth child, on April 19, 1922. The Carrolls named their blessing, Mary Alfred. Mr. Carroll felt that his name, Alfred, was an appropriate name for a very welcomed daughter. Indeed, it was an appropriate name because Mr. Carroll had only a few years to know Mary, since he too passed at the age of forty seven.

Nonetheless, Mary developed splendidly in a Christian atmosphere. Mrs. Sallie Carroll's demeanor inspired Mary to the completion of elementary, senior high and the DeSchaaz Beauty Culture School, in Durham, North Carolina. But the mother's inspiration did not stop short at the attendance to secular training alone, for Mrs. Carroll knew that Mary was not complete as a person until she received God's training. And Mary came to know that God awarded the highest degree when she gave and accepted God's love through baptism. Her work in the Sunday school can yet be recalled.

On October 24, 1944, Mary began a new life as Mrs. George Lee Hunt. Mr. and Mrs. Hunt resided in Montclair, New Jersey, for a brief period before moving to Washington, D. C. in 1946.

It was here in Washington, D. C., that Mary and George were blessed with two children: Mr. Blake McQuinn and Miss Brenda Ranola Hunt. It was also here in Washington that Mary exhibited a sense of civic-mindedness and actively participated in organized neighborhood efforts to improve her community.

With a timely sense of equanimity, diligence and love, Mary shared her energies with all who knew her. Undeniably, Mary contributed beauty and well-being to others about her. Both qualities reflecting, as it should be God's love for man.

There never was, there is not now and there never will be any question as to why Mary was the center of admiring interest. It is clearly a matter of record that Mary's life was without extraordinary incident but enveloped in an effort to enjoy the world about her through sharing with others. It is clearly a matter of record that Mary's life candidly examined, reveals modesty, dignity, elevation of ideals and of character. It is clearly a matter of record that Mary exemplified that joy and hope are ideals which are necessarily fairer than reality, as the flower is fairer than the soil from which it springs. Mary knew that

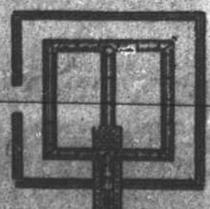
this vale of earth is not without issue. However gloomy, since it does in fact guide man to a happiness that exist only on a higher level than that of this earth. It is clearly a matter of record that Mary knew that disease as well as health has its relation to our fortunes. That man's weakness is an organic part of his strength, that the world is no more all light than it is all shadows; and all human life, with its suffering as well as its happiness, is one, and every sincere human experience bears its own weight. That as Dr. Martin Luther King asserted: "Nothing is gained in hate: love or perish." Thus, it is clearly a matter of record that Mary will never perish in our hearts as she too carried the banner of love.

And so, just as there is a time to experience laughter, there is a time to witness mourning. The language of Keats seems so appropriate, where it is said:

"Come then, sorrow, sweetest sorrow  
Like an own babe I nurse thee  
on my breast  
I thought to leave thee  
But now of all the world, I  
love thee best"

We are here and Mary is gone, but who is the most fortunate? Is it not true that Mary has put some things behind her? We yet face these matters. New, universal and more liberal concepts have established themselves around and within Mary and she now lives with the license of the divine will. You and I have yet to get that license. And in that new life, is it not true that solitude is no longer solitude, poverty no longer poverty, weakness no longer weakness, but strength of character is now ever greater strength of character. The valley of the shadow of death is no more to Mary.

We are here and Mary is gone, but who is the more fortunate?  
Mary passed on July 7, 1969 at Providence Hospital, Washington, D. C. Leaving to mourn her absence in a loving husband, daughter and son, seven sisters, two brothers, three nieces and a host of relatives and admiring friends.  
HER FAMILY



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