

### Recipes Of The Week

Home Service Director  
Virginia Electric and Power Company

#### Box Lunches From The Food Freezer

Is yours the daily task of packing a box lunch for a family member who will be away all day at work or school? Then lucky are you if you have a food freezer to help simplify this problem. For instance, instead of preparing lunches on a day-to-day basis, why not prepare for a week or so ahead all at one time? It will be

a little more work for one day, but the lunch problem will be taken care of for days ahead. Soups, sandwiches, pastries, and cookies may be frozen ahead of time. Then, in no time to speak of, you can put together your daily box lunch, just by opening the freezer and choosing what you want from the supply of packaged and labeled foods therein. When lunchtime rolls around, the foods will be thawed and ready for eating.

Here are some Do's and Don'ts to remember when preparing the frozen box lunch.

#### DO'S

During the fresh-fruit season, freeze some fruit in half-pint containers to include in the lunch box at a later date.

Sandwiches, cupcakes, pieces of cake, individual pies, a slice of pie, and just about all types of

cookies can be frozen individually and used as needed.

Wrap all items to be frozen in moisture-vaporproof material, label, and freeze as complete box lunch or individual items which can be quickly assembled when you are ready to fix a box lunch. Pack foods from freezer to lunch box leaving wrappings intact. They will thaw in 3 to 3 1/2 hours, just in time for lunch.

#### DON'TS

Do not freeze lettuce, celery, tomatoes, or carrots as they will lose their crispness when frozen. Add these to the lunch box after it has been taken from the freezer if you wish to use them. Diced celery may be added to the fillings in the sandwiches to be frozen provided you do not object to the fact that it loses its crispness when frozen.

Hard-cooked egg whites should be avoided in sandwiches as they develop off-flavors rapidly and become tough and rubbery in texture.

Since mayonnaise and salad dressings do not take favorably to freezing, it is better to spread bread for sandwiches with butter or margarine before adding filling.

Don't plan sandwiches for more than two to three weeks storage.

To add variety, if the luncheon carries a vacuum bottle, you may add something hot to his menus. Frozen soups can be heated quickly and placed in a hot vacuum bottle when the lunch is being assembled.

### Survival Secrets In Atomic Blasts

A pamphlet issued by the Department of the Army recently lists "six survival secrets for atomic attacks." The first three are under a heading: Always put first things first. The secrets are:

1. Try to get shielded. If you have time, get down in a basement or subway. Should you unexpectedly be caught out-of-doors, see shelter alongside a building or jump in any handy ditch or gutter.

2. Drop flat on the ground or floor. To keep from being tossed about and to lessen the chances of being struck by falling and flying objects, flatten out at the base of a wall, or at the bottom of a bank.

3. Bury your face in your arms. When you drop flat, hide your eyes in the crook of your elbow. That will protect your face from flash burns, prevent temporary blindness and keep flying objects out of your eyes.

The second three items or secrets are listed under the heading: Never lose your head and

4. Don't rush outside right after a bombing. After an air burst, wait a few minutes, then go help fight fires. After other kinds of bursts wait at least 1 hour to give lingering radiation some chance

she enrolled at East Carolina in June, 1950. She is the daughter of Mr. and Mrs. Ben Ira Hardison of Route 1, Jamesville, and a graduate of the Farm Life School.

### Feature Editor Of College Paper

A Martin County girl, Janice Hardison, junior at East Carolina College, has been appointed feature editor of the "Teco Echo", the college newspaper. Miss Hardison also writes a weekly column for the paper, "Who's Who at East Carolina", in which a local girl Lucy Robertson was recently featured.

Janice is serving on the YWCA cabinet as publicity chairman, a position to which she was elected in late September. She is one of twenty-two women students selected last year to live in Cotten Hall this year as student counselors to the freshman girls. Miss Hardison is also an alto in the "Womans' Chorus" at the college, and a member of the "Womans' Athletic Association."

Miss Hardison has made the honor roll every quarter since

to die down.

5. Don't take chances with food or water in open containers. To prevent radioactive poisoning or disease, select your food and water with care. When there is reason to believe they may be contaminated, stick to canned and bottled things if possible.

6. Don't start rumors. In the confusion that follows a bombing, a single rumor might touch off a panic that could cost your life.

The department urges all citizens to memorize these secrets of survival for atomic attacks.

### Grain Insects Cause Big Loss

Don't wait until your horse is stolen to lock the stables. And don't wait until your garden or bin is full to do something about protecting it from insects.

That's the advice of George D. Jones, insect control specialist for the State College Extension Service, who says insects attacking stored grain cause huge losses on North Carolina farms each year.

If grain is stored in a place where fumigation cannot be carried out satisfactorily, says Jones, there's little the farmer can do except sell it. The fumigation will be wasted unless all four sides and the floor of the storage area are gas-tight.

It isn't too early, says the specialist, for farmers to begin thinking about corn storage. All storage bins should be cleaned of old corn and the walls sprayed with DDT. The old corn may be shell-

ed and stored in a tight place. If it is infested it can be treated with a fumigant.

"After the crib is filled, it's too late to do much about killing insects," Jones cautions. "Most of the work has to be done in advance." A thorough farm clean-up, he adds, is one of the most effective weapons to use in fighting insects of any kind.

A commercial dust form of insecticide mixed with the grain, known as "grain protectant," is being studied by insect control specialists at State College. Tests have been under way for two seasons but thus far corn heavily infested and placed in storage has not been fully protected by the material. Further tests are being conducted. The work thus far indicates the material has some value in reducing insect buildup if the initial infestation is not too high, but the length of period of

### Farmer Produces Good Crop Of Hay

Most Alamance County farmers made a short hay crop this year. But Sherman Cohn, Negro farmer of the Pleasant Grove community, Route 3, Burlington, is an exception to the rule.

According to Plesie Corbett, Negro county agent in Alamance for the State College Extension Service, Cohn has about three acres of alfalfa that he seeded two years ago. He has followed recommended practices and top-dressed with 0-9-29 fertilizer with borax.

Cohn had his barn full of alfalfa hay and is wondering where he is going to put his lespedeza hay. He must either use his tobacco effective control must still be worked out.

barn sheds or else stack it on the outside in the weather.

The Alamance farmer also has 3 1/2 acres of Ladino clover seeded two years ago and has prepared the seedbed to sow three acres or more this fall.

Cohn sells \$48 worth of milk per month on a local milk route.

### NOTICE OF ADMINISTRATION

North Carolina, Martin County. Having this day qualified as the Administrator of the estate of Mrs. H. H. Cowen, deceased of Martin County, this is to notify all persons having claims against said estate to exhibit them to me on or before the 27th day of September, 1951, or this notice will be pleaded in bar of any recovery thereon.

All persons indebted to said estate will please make immediate settlement.

This the 27th day of September, 1951.  
Robert H. Cowen,  
Administrator of the estate  
of Mrs. H. H. Cowen.  
se 27 oc 4-11-18-25 no 1

## Guaranty Bank & Trust Company

Member of Federal Deposit Insurance Corporation

### PRESENTS

INTERESTING FACTS ABOUT NORTH CAROLINA



STATE FLAG

The first legislation on the subject of establishing and recognizing a State Flag was in the year 1861. The present model of the Flag was adopted in 1885. It consists of a blue field with a white star in the center. The letter N, in gilt, is on the left of the star and the letter C on the right. The fly of the Flag consists of two equally proportioned bars, the upper red, and the lower white. The two dates symbolize the signing of Mecklenburg Declaration of Independence and the date North Carolina concurred with the other delegates in declaring independence.

# NOTICE!

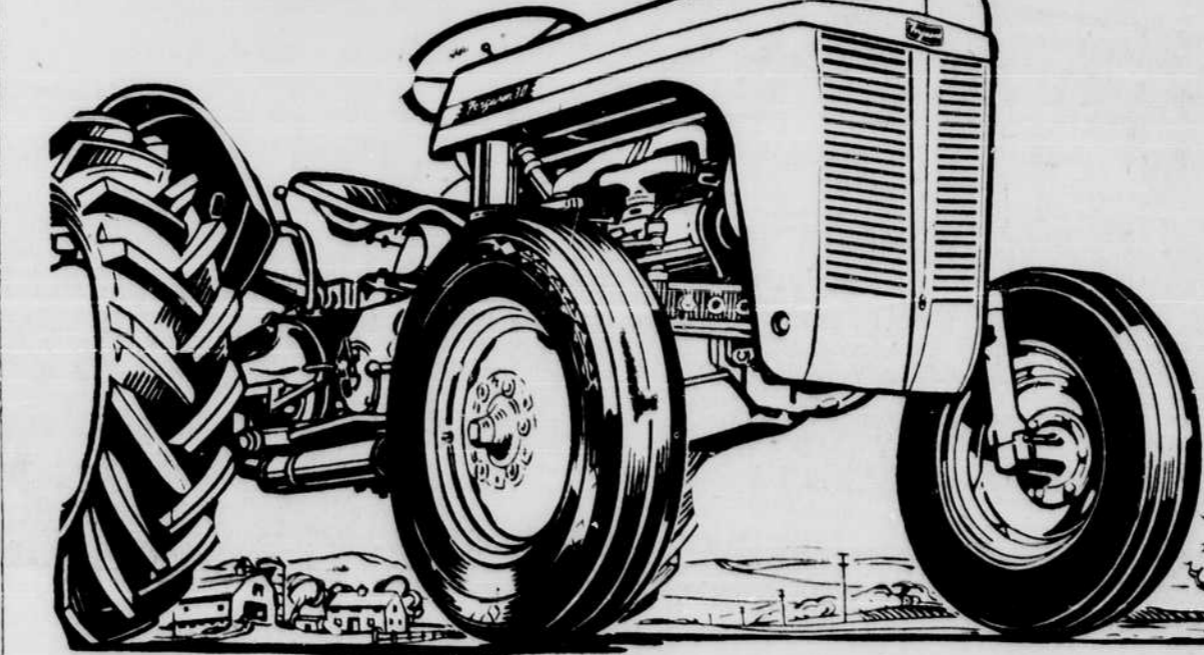
## The 1951 Tax Books Are Now Open

## PAY EARLY AND SAVE DISCOUNT

# M. L. PEEL

Martin County Tax Collector

# HERE IT IS... in a Class by Itself... the NEW FERGUSON "30"



Look at it. Get that feeling of size and power... weight and traction. Here's a tractor that has everything you've always wanted in a tractor. Abundant power for the toughest jobs. Lugging power that keeps you going where other tractors quit. Come in today and arrange for a demonstration on your farm. Take the wheel yourself and put the "30" through its paces.

**A host of great engineering advancements including**

- A GREAT NEW ENGINE**  
Develops over 20% more power to handle your biggest jobs... lugging power like you never saw before.
- A NEW AIR-FUEL SYSTEM**  
Provides a cleaner, cooler fuel mixture for longer engine life and maximum power.
- HEAVIER, STRONGER GEARING**  
Gives even greater durability and longer rear-end life to balance the greater power and torque of the new engine.
- VALVE ROTATORS**  
Keep exhaust valves at top efficiency and give up to 800% increase in exhaust-valve life.
- BETTER LUBRICATION**  
Prolongs life of camshaft, crankshaft, connecting rod, overhead valves, wrist pins and other bearing surfaces.
- Rus** an impressive list of other important features that we want to tell you about. These features of the Ferguson "30" mean far longer life and far greater operating economy. Come in and ask us to give you "The Inside Story."

Come in today and ask for a demonstration  
**Williamston Tractor And Implement Co.**  
Jamesville Highway Williamston, N. C.  
**FERGUSON TRACTOR AND 63 FERGUSON SYSTEM IMPLEMENTS**