

HINTS FOR HOMEMAKERS

By Miss ORA E. FINCH, Home Service Director Virginia Electric And Power Company

MEAT DISHES City Chicken Legs

1 slice fresh ham 3-4 inch thick; 1 slice veal steak 3-4 inch thick; 2 eggs beaten; finely rolled cracker crumbs. Trim fat from ham and cut the meat in pieces 1 1-2 inches square. Cut veal in pieces 1 1-2 inches square. Place 4 pieces of the meat squares on a wooden meat skewer (the pointed end of skewer run through the center of square) beginning with a piece of pork first, then veal, pork and veal again. The last piece of veal should come to the pointed end of skewer. Press the pieces firmly together using the palm of your hand. Salt and pepper the chicken legs, roll in cracker crumbs, dip in the beaten eggs and roll in crumbs again. Brown on all sides in frying pan, and place in open roasting pan. Add enough water to cover the bottom of pan to the depth of 1-2 inch. Bake at 400 degrees from 1 to 1 1-2 hours.

Meat And Spaghetti

1-2 lb. meat, ground 1 cup spaghetti broken in inch pieces; 1 small onion, finely chopped; 1 cup catsup; 1 1-2 cups strained tomatoes; 1 teaspoon salt 1-4 teaspoon pepper; 2 table-spoons lard or butter. Add lard to frying pan, when melted add ground meat and onion and spread evenly over the bottom. When this is cooked on one side turn and cook the other. Add salt, pepper, uncooked spaghetti, catsup and tomatoes. Set lid on frying pan, turn switch to off and finish cooking on retained heat in the unit. This requires 1 hour cooking time from the minute the pan is placed on the unit. Do not lift off the lid during the cooking period.

Pork Chops And Rice

6 pork chops; 3-4 cup rice; 3 cups strained tomatoes; 3 tablespoons chopped onion; 3 tablespoons chopped green pepper 1 1-2 teaspoons salt; 1-4 teaspoon pepper; 2 tablespoons fat. Trim the bone from the chops, salt and pepper and roll in flour. Add the 2 tablespoons fat to frying pan and brown the chops on both sides. Combine the uncooked rice, tomatoes, salt, pepper, onion, and green pepper. Pour mixture over the chops. Set lid on frying pan and cook for 1 hour.

What Shall We Have For Dinner? Dinner is more of a family event than other meals, more leisurely and dignified. It is usually the main meal, and is likely to be heavier than others. All members of the family must be considered while planning the menu. If the rules below are followed, the menu will be one that is sure to please: Food should be well cooked; Prepare each food in such a way as to capitalize its best flavor. Serve a few foods at a time — prevents monotony. Include surprises — these are enjoyed. Be on the look out for the earliest seasonal foods. In introducing a new food, prepare it in a familiar and well-liked way. Introduce only one strange food, or one new dish at a time. Do not have two foods prepared the same way at same meal. Utilize the contrasts in food as: soft and solid textures, mild and strong flavor, sweet and acid flavor, mild and tart flavor, hot and cold temperatures, definite and indefinite shape, small sizes and large sizes, colorful and colorless food, scalloping and boiling foods. Never serve the same food, except such staples as bread or milk, twice in the same day. Do not plan too many courses for a family dinner, but change the type of courses occasionally. Remember, a good rule is to have something tart, something spicy, something bland, plus something sweet. Check, too, on textures; have a crisp bite, something chewy, and at least one tongue-melting combination. Last but not least, the menu must meet the various body needs for food. Body-building and repairing foods— proteins as lean part of all meats, eggs, milk and cheese—minerals and vitamins from fruits and vegetables. These foods make us grow. Fuel foods — fats as butter, cheese and nuts, Carbohydrates as sugars and starches, and proteins. These foods makes us go. Regulating and protecting foods — Vitamins and minerals from leafy and uncooked vegetables, fresh uncooked fruits and water. These foods keep us growing healthy, and going.

Range Shelter Addition to Development of Poultry

The poultry range shelter is a recent addition to the development of practical poultry production and, as the name implies, supplies shelter for the birds during the developing age. The greatest value of the shelter is cheapness of construction. Due to the way it is built it can be readily moved from range to range thus reducing the hazard of soil infection.

Plans for building these shelters may be secured by writing the Poultry Department at State College, Raleigh.

NOTICE OF FORECLOSURE SALE OF LAND

State of North Carolina, County of Washington. The Federal Land Bank of Columbia, vs. A. R. Watson, Loula Watson, T. J. Swain, Trustee, J. B. Stillman and Buchanan Motor Company. Pursuant to a judgment entered in above entitled action on the 6th day of May, 1935, in the Superior Court of said County by the Clerk, I will on the 6th day of June, 1935, at 12 o'clock noon, at the County Courthouse door in said County sell at public auction to the highest bidder therefor the following described land, situated in said County and State in Plymouth Township, Washington County, comprising 190 acres more or less, and bounded and described as follows: All that certain piece, parcel or tract of land situate, lying and being on the Washington - Plymouth Main Road, about 5 miles South of the town of Plymouth, in Plymouth Township, County of Washington, State of North Carolina, having such shape, metes, courses and distances as will more fully appear by reference to a plat thereof, made by Wilmer M. Stubbs, Surveyor, September, 1921, which said plat is now filed with Federal Land Bank of Columbia, the said tract of land being bounded on the North by Jerry Hollady, Lovie Ann Boston and Levi Ange, on the East by Levi Ange and Charlie Ange, on the South by port and Mary J. Davenport, his wife the undersigned Z. V. Norman, Trustee on the 28th day of April, 1928, and recorded in the office of Register of Deeds in that certain deed of trust executed by Sansberry Davenport the Washington - Plymouth Public Road, and on the West by said Jerry Hollady and the Hoff Land, containing 190 acres, more or less, and being the same land conveyed by A. L. Owens et ux to Wm. H. McNair by deed dated Jan. 2, 1919, and recorded in Deed Book 70, page 88, and being

Tract No. 1 as fully described in that deed from Zeb Vance Norman, Commissioner, to the Federal Land Bank of Columbia, dated May 4, 1926, and duly recorded in Deed Book 90, page 539, both of which said deeds are now of record in the Register of Deeds' office for Washington County, North Carolina, and reference to both of said deeds is hereby made for a more particular description of the property hereby conveyed. The terms of sale are as follows: One-half of the accepted bid to be paid into Court in cash, and the balance on credit, payable in ten equal annual installments, with interest thereon from date of sale at the rate of six per centum per annum. All bids will be received subject to rejection or confirmation by the Clerk of said Superior Court and no bid will be accepted or reported unless its maker shall deposit with said Clerk at the close of the bidding the sum of ten percent of his bid as a forfeit and guaranty of compliance with his bid when accepted. Notice is now give that said land will be resold at the same place and upon the same terms at 2 o'clock P.M. of the same day unless said deposit is sooner made. Every deposit not forfeited or accepted will be promptly returned to the maker. This the 6th day of May, 1935. Z. V. Norman, Commissioner. M10 4tw

NOTICE OF SALE

Under and by virtue of a power of sale embraced in a certain deed of trust executed by E. H. Harris and wife on the 1st day of August, 1932, to the undersigned H. D. Bateman, Trustee, and recorded in Washington County in Book 110, page 73, and the holder of the bonds secured thereby having directed the undersigned Trustee to sell the property hereinafter described for the satisfaction of the balance due on said bonds, the said H. D. Bateman, Trustee will expose at public sale at the saw mill plant of E. H. Harris located on the south side of the Town of Plymouth in Washington County, to the highest bidder for cash, on the 15th day of June, 1935, at 11 o'clock a.m., subject to all unpaid taxes, the following described property: Each and every article of personal property consisting of machinery, belts, lumber, etc., now on hand or hereafter purchased during the life of this instrument and owned by said Getsinger in connection with the operation of his saw and planing mill situate near the corporate limits of the Town of Plymouth, Washington County, and all equipment used in connection with the operation of said mill now owned or which may be hereafter purchased until this instrument is fully paid and discharged. Said property will be offered for

sale subject to all unpaid taxes, and the highest bidder at said sale will be required to deposit ten per cent of his bid as evidence of good faith, and to be forfeited to the holder of said bonds in the event his bid is not complied with upon demand by said Trustee. This 15th day of May, 1935. H. D. BATEMAN, Trustee, By Z. V. Norman, Atty. m17 4tw

chinery, and upon which said machinery is now operated by J. A. Getsinger, as a saw-mill; planing - mill; redrying plant, and for the general manufacture of lumber. Each and every article of personal property consisting of machinery, belts, lumber, etc., now on hand or hereafter purchased during the life of this instrument and owned by said Getsinger in connection with the operation of his saw and planing mill situate near the corporate limits of the Town of Plymouth, Washington County, and all equipment used in connection with the operation of said mill now owned or which may be hereafter purchased until this instrument is fully paid and discharged. Said property will be offered for

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