

# Home-Club News

By Mrs. MARY F. DARDEN, Home Agent

### Schedule

Wednesday, August 8, Pleasant Grove club plans to have a picnic.

### 4-H Clubs Members

4-H Club members attending 4-H Club Week at State College were proud of Dian Spruill modeling the dress she made in the State Dress Revue Wednesday night. Also we are proud of Rachel Peck and Larry Hopkins, health queen and king. They were in the health pageant on Thursday night. Helen Manning, Mary Margaret Atamanchuk, Emily Mizell and Henry Turner were the other members attending. They represented their clubs in an excellent manner.

### Program Planning

It is time for the club women in Washington County to study the problems and needs of their community and individuals so that the program of work can be planned to help solve the needs. Each club president is asked to work with the members to determine their needs and report to the home agent at the county council meeting in September.

### Freezing

Be sure to scald (blanch) vegetables before freezing. The lack of

proper scalding causes vegetables to toughen, lose flavor, change color, and drop in food value. After vegetables are scalded the correct number minutes, it is just as important to quickly chill them thoroughly. Remember that speed between leaving the garden and getting into the freezer makes for good frozen vegetables.

### Soil Bank Program Called Temporary by Mr. Benson

Secretary of Agriculture Ezra Taft Benson recently emphasized that the Government's new soil bank program was designed to bring farm production into balance with markets by 1959. He declared the program "is a temporary, emergency program to get farm production and our markets back in balance."

### Dog Pays Taxes on Legacy Given To Him For A Home

Auburn, Calif.—The pet dog of the late Mrs. Katherine Richter, who bequeathed him \$250 in her will, will have to pay \$14 in inheritance taxes to the United States Government. Mrs. Richter stipulated the sum should be used to find a suitable home for the animal.

## Best Soda of Summer Quick Home Feature



Fizziest fun of summer is a wonderful new soda quick to make at home. It has the lightest, most delicious chocolate flavor because it is made with quick cocoa powder that stirs into milk instantly. No beating is necessary. A scoop of ice cream makes it official that this is a real, soda fountain soda. For that bubbly, authentic finish, pour in sparkling water, or any favorite carbonated beverage. "Soda and a sandwich" is a summer custom strictly U.S.A. It has long been popular at commercial soda fountains. Now your family can enjoy the same lunch at home, and it's so easy on you. Just arrange the sandwich set-ups as in the photo for folks to make their own. Have your Quick Chocolate Soda makings handy, and mix each fellow a Quick Chocolate Soda on the spot. It's such an easy task, the youngsters will want to take it over from you.

### Quick Chocolate Soda

3 heaping teaspoons quick cocoa powder  
Small amount of milk  
1 scoop vanilla ice cream  
Chilled sparkling water, or any favorite carbonated beverage such as cream soda, root beer, ginger ale or cola beverage.  
Combine quick cocoa powder and milk in a tall glass. Add vanilla ice cream. Fill slowly with chilled sparkling water or other carbonated beverage.  
YIELD: 1 soda

## Skinner'sville

Mrs. Richard Lucas and daughters, Misses Gale and Donna Lucas, of Plymouth, spent Wednesday with Mrs. Lucas parents, Mr. and Mrs. Walter White.

Theron Johnson, of Smithfield, was here over the week-end as the guest of Mr. and Mrs. Tom White, Sunday Mr. and Mrs. Theron Johnson and Mr. and Mrs. Tom White visited relatives in Elizabeth City. Mr. and Mrs. Johnson returned to their home in Smithfield Sunday night.

Mr. and Mrs. Joe White, Miss Mildred White and Misses Eva and Alice White were in Creswell Sunday afternoon.

Mr. and Mrs. L. R. Gladson and Mr. and Mrs. Bobby Gladson attended the funeral of Mrs. Gladson's father, J. A. Elks, near Greenville on Wednesday.

Mr. and Mrs. Walter White accompanied Mrs. Mamie Tarkington to Nags Head Tuesday to spend the night at Mrs. Tarkington's cottage.



Use Cottage Cheese — Nutritionists tell us cottage cheese is a good food, not just a fancy "extra." It is a muscle-building food of the highest quality. It contains calcium for building and keeping bones, teeth, muscles and nerves healthy and strong.

Cottage cheese contains riboflavin—known as the "keep young" vitamin of the B family. It can be used in many ways to add variety and interest to good eating.

S. Virginia Wilson, extension nutritionist at State College, gives this recipe, Cottage Cheese Rabbit, which makes a delicious luncheon dish.

2 1/2 tablespoons butter, 3 tablespoons flour, 1-4 teaspoon dry mustard, salt and pepper, 3-4 cup milk, 2 eggs, slightly beaten, 1 1/2 cups cottage cheese, toast or crackers.

Melt butter in a double boiler, add flour and mustard, mix well. Add the milk gradually. Cook and stir until thickened. Add cottage cheese to the eggs and mix well. (If cottage cheese is in large curds, mash with a fork.) Add egg and cheese mixture to the white sauce in double boiler. Cook and stir until thoroughly heated. Season with salt and pepper. Serve on toast or crackers. Serves six.

## Canned Peaches Good Year-Round Food for Table

During the summer season each year, the homemaker's thoughts turn to ways she can conserve summer surplus foods for enjoyment during the non-productive months.

Fruits and vegetables always find welcome space on the pantry shelves. With the peach season well underway, Lola Pritchard, extension economist in food conservation and marketing, recommends the hot and cold pack canning method.

First of all, peaches should be ripe, but firm, and have a good flavor. In the hot pack method, they should be washed thoroughly and sorted-as to color, ripeness, and size.

For easy peeling, put the peaches in a wire basket or cheese cloth and dip for a minute or two in boiling water. They should then be dipped quickly into cold water.

After they have been dipped, they are easily peeled. Slip the skins off, cut in halves, and take out the pits. To keep them from darkening, drop them into a gallon of water containing two tablespoons of salt and two tablespoons vinegar and then drain.

If the fruit is juicy, add one-half cup sugar to each quart of raw fruit and heat to boiling. For less juicy fruit, drop halves into thin

to medium syrup, boiling hot, and heat thorough.

The hot peaches should then be packed into hot jars and covered with boiling syrup. Adjust lids and process pint and quart jars 20 min-

utes in boiling water bath.

In the cold pack method, the peaches are prepared the same way as hot pack up to the point of cooking. The raw fruit is packed one-half inch of the jar top and

covered with boiling liquid (thin syrup or juice), leaving one-half inch head space. Adjust lids and process pint jars 25 minutes and quart jars 35 minutes.

### Soybean Plantings

Farmers' intentions as of early March indicated as new high in soybean plantings and some increase over last year in flaxseed

**Special!**  
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**Luncheon Meat**  
3 12-Oz. Cans **85c**

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# Awaken appetites...

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JANE PARKER APPLE  
**Pie**  
**39c**  
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JANE PARKER GIANT  
**Jelly Rolls**  
**49c**  
Each

- LA-CHOY PRODUCTS -  
VEGETABLE CHOP SUEY 1-Lb. Can 30c  
SOY SAUCE 5-Oz. Bot. 17c  
CHOW MEIN NOODLES 3-Oz. Can 17c  
BEAN SPROUTS 1-Lb. Can 15c  
BEEF CHOP SUEY 1-Lb. Can 53c

**BURRY OXFORD CREAMS** 12-Oz. Pkg. **27c**  
**CHICKEN OF THE SEA CHUNK TUNA** 6 1/2-Oz. Can **29c**  
**A&P SLICED PINEAPPLE** No. 2 20-Oz. Can **27c**  
**MEL-O-BIT CHEESE SLICES** Processed 8-Oz. Pkg. **25c**  
**A&P SLICED SWISS CHEESE** 8-Oz. Pkg. **35c**

Northern Toilet Tissue 3 Rolls **23c**  
Wrisley Soap 8 Ear Bag Assorted **56c**  
Silver Dust Large Package **32c** Giant Package **79c**  
Breeze Large Package **32c** Giant Package **79c**  
Surf Powder Large Package **31c** Giant Package **75c**  
Modess Sanitary Napkins 2 Pkgs. of 12 **77c**  
Blue White Flakes Pkg. **9c**  
Sweetheart Soap 2 Regular Bars **17c**  
Babo Cleanser 21-Oz. Can **15c**

HEADLESS & DRESSED  
**Whiting**  
1 1/2-Lb. Box **21c**  
A&P's Famous Quality  
**"Super-Right" Meats**

"SUPER-RIGHT" MILK FED VEAL  
**Shoulder Roasts** - Per Lb. **39c**  
"SUPER-RIGHT" FRESH LOIN END  
**Pork Roasts** - Per Lb. **39c**  
"SUPER-RIGHT" SLICED  
**Bologna** - 1-Lb. Pkg. **39c**

Swift's Jewel Oil  
Pint Bottle **30c** Quart Bottle **55c**  
Swift's Jewel Shortening  
1-Lb. Carton **25c** 3 Lb. Carton **73c**

ANN PAGE BLACKBERRY  
**Jelly**  
**25c**  
12-Oz. Glass

IONA CUT  
**Green Beans** 2 No. 303 16-Oz. Can **23c**  
**Green Limas** - No. 303 16-Oz. Can **17c**

Deviled Ham  
**Underwood** 4 1/2-Oz. Can **30c**  
Shortening  
**Dexo** 1-Lb. Can **31c** 3 1-Lb. Can **83c**  
Dog Food  
**Dash** 2 1-Lb. Can **29c**

CALIF.  
**Plums**  
**19c**  
Per Lb.

CRISP ICEBERG FRESH  
**Lettuce** - 2 Lg. Heads **25c**  
PERFECT FOR MAKING COOL LEMONADE  
**Lemons** - Per Lb. **15c**

LARGE SIZE CUBAN  
**Avocados** - Each **10c**

**Rinso White**  
Large Package **31c** Giant Package **75c**  
**Rinso Blue**  
Large Package **31c** Giant Package **75c**

BRIGHT SAIL  
**Liquid Blueing** - Pt. Bot. **15c**  
BRIGHT SAIL  
**Aerosol Bomb** - Each **65c**  
MASON  
**Quart Jars** - Carton of 12 **\$1.17**

**LUX PRODUCTS**  
**Liquid** - 12-Oz. Can **39c**  
**Flakes** - Large Package **32c**

AMERICA'S FOREMOST FOOD RETAILER... SINCE 1859  
**A&P Super Markets**  
THE GREAT ATLANTIC & PACIFIC TEA COMPANY  
These Prices Effective Thru Sat., Aug. 4th  
STORE ADDRESS EAST WATER STREET PLYMOUTH, N. C.

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