PAGE EIGHT

THE ROANOKE BEACON - PLYMOUTH, N. C.

Thursday, August 2, 1956

CALIF

Plums

JUG

Home-Club News By Mrs. MARY F. DARDEN, Home Agent

Schedule

Wednesday, August 8, Pleasant to toughen, loose flavor, change Grove club plans to have a picnic. color, and drop in food value. After vegetables are scalded the correct

4-H Clubs Members

4-H Club members attending 4-H portant to quickly chill them thor-Club Week at State College were tween leaving the garden and getproud of Dian Spruill modeling the ting into the freezer makes for dress she made in the State Dress good frozen vegetables. Revue Wednesday night, Also we

are proud of Rachel Peele and Lar- Soil Bank Program Called ry 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 that the Government's new soil bank program was designed to represented their clubs in an exbring farm production into balance cellent manner.

Program Planning

emergency program to get farm It is time for the club women in Washington County to study the production and our markets back in balance." problems and needs of their com-

munity and individuals so that the program of work can be planned Dog Pays Taxes on Legacy to help solve the needs. Each club Given To Him For A Home

proper scalding causes vegetables

number minutes, it is just as im-

Temporary by Mr. Benson

Secretary of Agriculture Ezra

with markets by 1959. He declared the program "is a temporary

president is asked to work with president is asked to work with the members to determine their needs and report to the home agent at the county council meeting in who bequeathed him \$250 in her will, will have to pay \$14 in inheri-September. tance taxes to the United States

Government. Mrs. Richter stipulat-Freezing Be sure to scald (blanch) vege- ed the sum should be used to find tables before freezing. The lack of a suitable home for the animal.

USED CAR Bargains

FOR YOUD

1956 Ford Customline, Heater

1954 Chevrolet 210, Heater

1952 Mercury Monterey, Radio, Heater

1951 Ford, Fordomatic, Heater

1950 Pontiac Convertible, Radio, Heater, Hydramatic

1950 Chrysler New Yorker, Radio, Heater

Wholesale Wotors NEW AND USED CARS Plymouth - Roper Highway

Best Soda of Summer **Ouick Home Feature**

^b 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 sand-wich 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

Chilled sparkling water, or any favorite carbonated beverage such as cream soda, root beer, ginger ale or cola beverage 3 heaping teaspoons quick cocoa powder Small amount of milk 1 scoop vanilla ice cream

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

Skinnersville

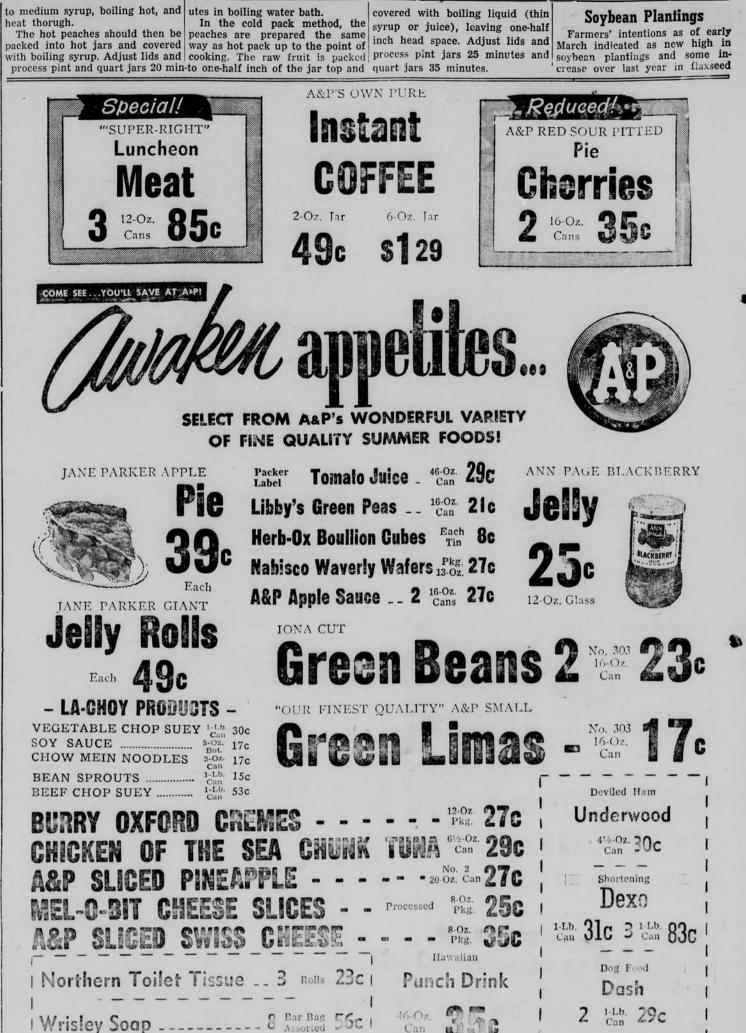
Mrs. Richard Lucas and daugh- Mr. and Mrs. Joe White, Miss ters, Misses Gale and Donna Lucas, Mildred White and Misses Eva and of Plymouth, spent Wednesday Alice White were in Creswell Sun-

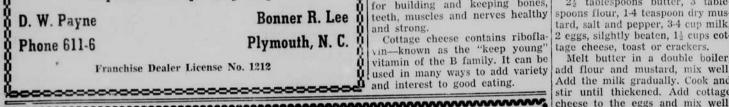
with Mrs. Lucas parents, Mr. and Mrs. Walter White. Theron Johnson, of Smithfield, Mr. and Mrs. Bobby Gladson and Mr. and Mrs. Bobby Gladson at was here over the week-end as the tended the funeral of Mrs. Glad guest of Mr. and Mrs. Tom White. son's father, J. A. Elks, near Sunday Mr. and Mrs. Theron John- Greenville on Wednesday.

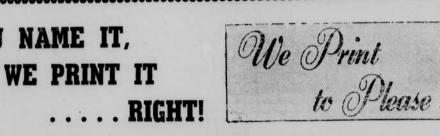
son and Mr. and Mrs. Tom White visited relatives in Elizabeth City. Mr. and Mrs. Johnson returned to their home in Smithfield Sunday night.



Use Cottage Cheese -- Nutrition S. Virginia Wilson, extension nuists tell us cottage cheese is a good food, not just a fancy "extra." It is a muscle-building food of the which makes a delicious luncheon highest quality. It contains calcium dish. for building and keeping bones, $2\frac{1}{2}$ 2½ tablespoons butter, 3 table







vin—known as the "keep young" tage cheese, toast or crackers. vitamin of the B family. It can be Melt butter in a double be 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.

spoons flour, 1-4 teaspoon dry mus

tard, salt and pepper, 3-4 cup milk,

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, Iola Pritchard, extension economist in food conser-vation 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 tablespoon 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 friut, drop halves into thin

Plymouth, N. C.

| Large 21. Giant 75. | Per Lb. |
|---|---|
| Surf Powder Sic Giant Package 75c | CRISP ICEBERG FRESH |
| Modess Sanitary Napkins 2 Pkgs 77c | Lettuce 2 Lg. 25c |
| Blue White Flakes 9c | |
| Sweetheart Soap 2 Regular 17c | Lemons Per 15c |
| Babo Cleanser ^{21.Oz.} 15c | Avocados Each 10c |
| HEADLESS & DRESSED | Rinso White |
| Whiting | Large Blc Giant Package 75c |
| A&P's Famous Qualit | Rinso Blue |
| ^{11/2-Lb.} 21 C "Super-Right" M | eats Large Blc Giant 75c |
| "SUPER-RIGHT" MILK FED VEAL | BRIGHT SAIL Liguid Blueing Pt. 15c |
| Shoulder Roasts - Per Lb. | |
| "SUPER-RIGHT" FRESH LOIN END | MASON Quart Jars Carton \$1.1F |
| Pork Roasts Per Lb. | 20, |
| "SUPER-RIGHT" SLICED | JJC LUX PRODUCTS |
| | 1 Liquid ^{12-02.} 39c |
| KALAGAA 1-Lb. | - Can ore |
| Bologna Pkg. | |
| | Flakes Large 32c |
| Swift's Jewel Oil | AME |
| Swift's Jewel Oil Pint 30c Quart 55c H | Flakes Large 32c NISH AME ENS Large 32c Large 32c Large 32c Large 32c Large 32c Large 32c Large 32c Large 32c Large 32c |
| Swift's Jewel Oil | Flakes Large 32c NISH AME ENS Large 32c Large 32c Large 32c Large 32c Large 32c |

Silver Dust _____ Package 32c Package 79c 1

Breeze ______ Large 32c Giant 79c



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