

Chairmen Named For Farm Program

James Kirkpatrick and Mrs. Mark Ferguson have been named temporary county chairmen for the campaign to acquaint farmers with details of the special "Nickels for Know-How" referendum to be held on November 3, according to E. Y. Floyd of Raleigh, chairman of the Referendum Subcommittee of Agricultural Foundations, Inc.

The temporary chairmen will preside at a county-wide meeting on a date not yet set when a permanent county organization will be set up.

In the "Nickels for Know-How" referendum, held under authority of an act passed by the 1951 General Assembly, farmers will vote on a proposal to contribute five cents per ton on all feeds and fertilizers they buy. If approved by a two-thirds majority, the plan will be effective for three years. Proceeds, amounting to \$125,000 or more annually, will be used for expanding agricultural research and the flow of research information to

Officers And Committee Named By HDC Council

By MRS. J. EDGAR BURNETTE
Mountaineer Reporter

The Home Demonstration County Council met in the Courthouse Friday with Mrs. Paul Hyatt, president, in charge. Present were 23 club officers, representing most of the clubs in the county.

A committee was appointed to farmers.

The North Carolina State Grange, North Carolina Farm Bureau, and the Agricultural Foundations, Inc., are charged with the responsibility of conducting the balloting. All persons who buy feeds and fertilizers, including husbands and wives, will be eligible to vote.

Meetings will be held in all counties. An intensive educational campaign designed to reach every family will be conducted from then until the referendum is held.

Increased Crops Possible By Changing Variety

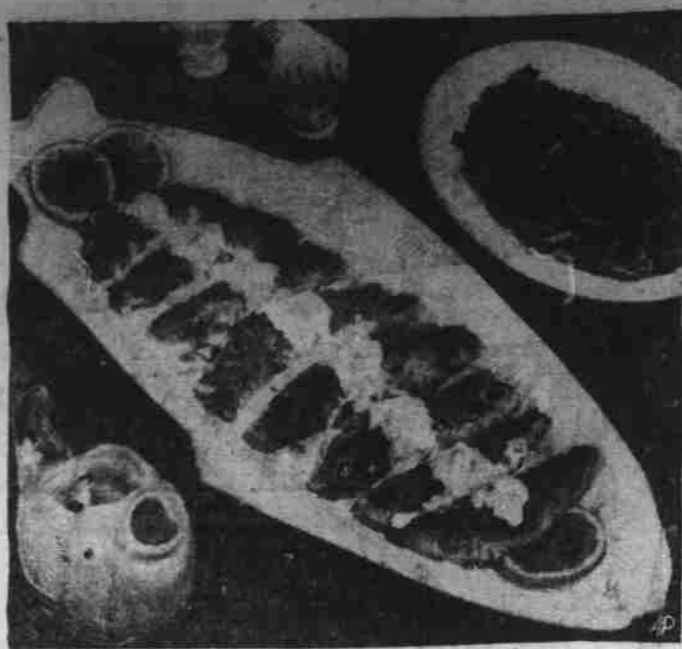
By RALEIGH—(AP)—A \$41,000,000 increase in the annual farm crop income of North Carolina can be achieved simply by changing to recommended varieties of corn.

make plans for the Haywood County State Fair Exhibit, "Make It Yourself," which is scheduled for Raleigh during the week of Oct. 18th. Appointed were: Mrs. Paul Hyatt, Chairman; Mrs. Paul Robinson; Mrs. G. Hipps; Mrs. O. Cole; Mrs. T. Wyche; Mrs. C. Medford; Mrs. C. Rainey; Mrs. C. Crisp; Mrs. J. L. Singleton and Mrs. J. E. Burnette.

The committee will meet tomorrow with the County Home Agent to make additional plans.

Unanimously elected to office for the year 1951-52 were: President, Mrs. Carl Medford; Vice-President, Mrs. Herbert Platt; Sec.-Treasurer, Mrs. Henry Garner; Reporter, Mrs. J. Edgar Burnette; and Historian, Mrs. W. C. Moody.

Why Not Try Frozen Perch?



Ocean Perch . . . Delicious with almond gravy.

By CECILY BROWNSTONE
Associated Press Food Editor

You'll give your food budget a break if you use quick-frozen ocean perch often for family meals. These filets are plentiful, inexpensive and have excellent food value. They can be prepared many different ways.

Thaw the filets just enough to separate — it's not necessary to thaw them entirely before cooking. Never partially or wholly thaw the perch and then change your mind about cooking them and freeze them again. This is not a safe practice and impairs the flavor of the fish.

Ocean perch are of delicate flavor. Your method of preparing them should enhance, rather than overpower, that flavor. Many home-makers have a tendency to overcook the fish filets so that they're too dry. Cook the filets only until they lose their semi-transparent look and become a creamy-white color. At this stage the fish will flake easily and be moist and tender.

A quick sauce can be made for the sauteed, baked or broiled filets by using condensed mushroom soup. Dilute the mushroom soup with a little milk or thin cream.

small grain, and tobacco, believes W. E. Colwell, head of the Department of Agronomy at North Carolina State College.

"It is shocking to realize," says Colwell, "that of the State's huge tobacco crop, four acres out of every 10 are planted to varieties which are not recommended and which have even been shown inferior. If only the best varieties were grown, the tobacco farmers of North Carolina would produce an additional 44,400,000 pounds of tobacco per year which would mean an increased income of more than \$23,000,000."

Similarly, he points out, only about one-third of the State's corn crop is planted to high-yielding hybrids. The loss from failure to follow recommendations in choosing the type of corn to plant amounts to nearly \$16,000,000 each year. The story is the same, Colwell adds, for small grains, although the acreage of these crops is smaller.

Sport Shirts

Sport shirts are here to stay! That was what laundries throughout the country concluded when a goodly number of the sport shirts manufactured last year were sent to their plant for laundering. So large was the volume of sportswear handled by laundries, that laundry equipment was redesigned to meet the need of minimum pressure for finishing fancy sport shirts.

What Makes Kelley Sue EAT?

If your children ever "pick over" their meals, just won't eat right, you'll understand what Mrs. Carlos Nelson, Berry, Ala., went through with her little daughter Kelley Sue, and you may want to know, for your own children's sake, how she banished "problem appetite"....

Mrs. Nelson writes, "When Kelley Sue was 8 years old, she was thin and pale and suffered terribly from gassy stomach distress. After we started her on Scalf's Indian River Medicine she was not bothered with stomach pains, ate heartily and put on 20 pounds of much needed weight. I'm so happy because we tried Scalf's Indian River Medicine and I hope my letter will help other mothers with their problems."

Your children, too, may be looking to you to solve "problem appetites" so their growing bodies may get the food energy they need. Scalf's Indian River Medicine is praised by many, many parents of healthy, happy youngsters for perking up their zest for food, making mealtimes fun instead of a fight. This 48-year family favorite stomach tonic for young and old alike is a time-proven blend of 22 of Nature's own herbs. You'll be delighted with very first bottle or money refunded. Ask for it by name: **Scalf's Indian River Medicine**, at any drug store.

One of my favorite tricks is to add just a little soy sauce to the soup when I heat it.

Here's a deluxe way to treat quick-frozen perch for a Friday night company supper:

OCEAN PERCH WITH ALMOND GRAVY

Ingredients: 1 package (about 1 pound) quick-frozen ocean perch filets, 4 tablespoons butter, 1/3 cup sliced blanched almonds, 2 teaspoons flour, 1/2 teaspoon salt, dash of pepper, 1 cup light cream, lemon slices, paprika.

Method: Cut the quick-frozen ocean perch filets into serving pieces or thaw enough to separate. Melt butter in large skillet over moderate heat and cook filets, turning once, 8 to 10 minutes. Remove fish from skillet and keep hot. Saute almonds in the butter left in skillet over low heat until golden color, stirring often with a wooden spoon and scraping up any fish particles from bottom of pan. Watch carefully so as not to get almonds too brown. Stir in flour, salt, and pepper. Stirring constantly, add cream gradually and cook until thickened. Arrange fish on platter. Pour almond gravy over fish. Garnish with lemon slices sprinkled with paprika. Makes 4 servings.

Fryers, Juices And Broilers On Plentiful List

Broilers, fryers, and processed citrus juices are top items on the U. S. Department of Agriculture's plentiful foods list for September. Miss Mary Cornwell, county home demonstration agent for the State College Extension Service, said this week.

Broiler production may average as much as 30 per cent above last September, the agent said. The 1950-51 canned citrus pack in Florida totaled 47.7 million cases through the first week in July, compared with 37.8 million cases in the same period in the 1949-50 season.

Other foods that should be plentiful in September include grapes, cabbage, snap beans, potatoes, apples, canned apples, canned apple sauce, hens, fresh and frozen fish, cottage cheese, nonfat dry milk solids, and peanut butter.

Trespasser Stays Put And Gets All The Berries

LIBERTY, N. Y. —(AP)— Mrs. Fred White, of Cocheont Center, a nearby Sullivan County hamlet, was picking blueberries on her property which she has posted against trespassers when she was disturbed by sounds she thought were made by another picker behind the berry bushes. Indignantly, Mrs. White exclaimed: "Can't you read? Get away from those bushes and off my property!"

To make her order more effective, she moved around to face the violator. She found a good-sized bear standing on its hind legs eating berries. Mrs. White hastily retreated, leaving even her own pail of berries for the illiterate trespasser.

Burma for centuries has been the world's leading source of fine rubies. Thailand is known for its sapphires.

At Your A&P Store

- Tide Lge. Pkg. 30c Giant Pkg. 80c
- Lux Flakes Lge. Pkg. 30c
- Junket Fudge Mix Pkg. 31c
- Swift Prem 12-oz. Can 50c
- Hamburger 10-oz. Can 51c
- Swift Pork Sausage 10-oz. Can 46c
- Babo Pkg. 12c
- Oxydol Lge. Pkg. 30c Giant Pkg. 80c



Customers' Corner

The men and women of A&P have just one job: to keep our customers happy. Everything we do behind the scenes and in our stores — in buying, manufacturing and distributing food — has only one purpose:

to make your trip to your A&P a pleasant, satisfying and money-saving experience.

Any time we fall down on the job, please let us know. Please write:

CUSTOMER RELATIONS DEPT.
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420 Lexington Ave.,
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Fresh Fruits & Vegetables

- California Bartlett Pears - - - 2 Lbs. 29c
- California Firm Sweet Grapes - - 2 Lbs. 29c
- Golden Ripe Bananas - - - Lb. 13c
- U. S. No. 1 White Potatoes 10 Lbs. 37c
- Fine Yellow Onions - - - Lb. 6c
- Fresh Tender String Beans - - -2 Lbs. 25c
- Juicy Nice Size Lemons - - - Lb. 15c
- Size 15's Avocados - - Each 10c

FROZEN FOODS

- Ann Page Salad Dressing Pt. Jar 29c Qt. Jar 49c
- Ann Page Peanut Butter 12-oz. Jar 29c

A&P Super Markets

- Swift Prem 12-oz. Can 50c
- Hamburger 10-oz. Can 51c
- Swift Pork Sausage 10-oz. Can 46c
- Babo Pkg. 12c
- Oxydol Lge. Pkg. 30c Giant Pkg. 80c
- Dreft Lge. Pkg. 30c Giant Pkg. 80c
- Spic and Span 2 Pkgs. 47c
- Super Suds Lge. Pkg. 30c Giant Pkg. 80c
- Vel Lge. Pkg. 30c Giant Pkg. 73c
- Toilet Soap Octagon Box 7c

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CANNED FRUITS AND VEGETABLES

Here's good news for good providers! New 51¢ canned fruits and vegetables are marked with low prices at A&P. These prices make it worthwhile to help yourself to all you need in your pantry shelf. So choose plenty of your favorite brands from A&P's big assortment of popular brands and varieties!

- Iona Sweet Peas - 2 No. 303 Cans 29c
- Iona Cut Green Beans 2 No. 2 Cans 29c
- Hunt's California in Heavy Syrup Peaches 2 No. 24 Cans 29c
- Iona Standard Pack Tomatoes 2 No. 2 Cans 29c
- Green Giant Peas - - - No. 303 Can 19c
- A&P Apple Sauce No. 1 Can 19c
- Tomato Juice Iona 2 No. 1 Cans 29c
- Salmon Perfect Strike Chum No. 1 Can 29c
- 8 O'clock Mild & Mellow Coffee 1-lb. Bag 29c
- Bartlett Pears Iona No. 1 Can 29c
- Pie Apples Packer's Label No. 1 Can 29c
- Pie Crust Mix Pillsbury 1-lb. Bag 29c

20 Our Own Tea Bags in Glass Tumbler For Only 29c

- Orange Real Gold Concentrate Drink 8-oz. Can 29c
- Swift Jewel Jewel Oil 1-lb. Tin 29c
- Grapefruit Packer's Label Juice 4-oz. Can 29c
- Evap. Milk Whitehouse 2 1-lb. Pkg. 29c
- Margarine Golden Maid 1-lb. Pkg. 29c
- dexo A&P's Own Vegetable Shortening 5-lb. Can 29c
- Kellogg's Corn Flakes 8-oz. Pkg. 20c 12-oz. Pkg. 15c
- Individuals Pkg. of Eight 29c

Jane Parker Spanish Bar Cake each 37c

- Donuts Jane Parker Sugared 1-Doz. Pkg. 29c
- Bread Marvel Sandwich 1-lb. Tin 29c
- Pound Jane Parker Cake 1-lb. Tin 29c
- Jelly Fingers Jane Parker 1-lb. Tin 29c
- Rolls Jane Parker Sandwich 1-lb. Tin 29c
- Cocoanut Jane Parker Marshmallow Layer Cake 1-lb. Tin 29c

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- DEL MONTE FRUIT COCKTAIL No. 2 1/2 37c
- STOKELY'S SMALL SIZE Lima Beans, No. 2 Can 29c
- BLUE BIRD GRAPEFRUIT JUICE 46 oz. Can 21c

Vegetables

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- LARGE BELL PEPPER, 2 lbs 25c
- GOLDEN RIPE BANANAS lb 13c
- FANCY CARROTS 2 Bchs 25c
- EATING APPLES 3 lbs 25c

MEATS

- FRESH PORK LIVER lb 39c
- FRESH MEATY SPARERIBS lb 49c
- BONELESS CHUCK BEEF ROAST lb 89c
- SIRLOIN STEAK lb 99c
- FRESH MADE PORK BAR-B-Q lb 75c

- LUX SOAP Bath 2/25c
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