



GARDEN TIPS
ROBERT SCHMID
N. C. STATE LEGISLATOR

In the vegetable garden now is the time to practice sanitation—a thorough clean-up of all plants which have matured their crop and are through for the season. For example, beans, melons, cucumbers, summer squash, and others.

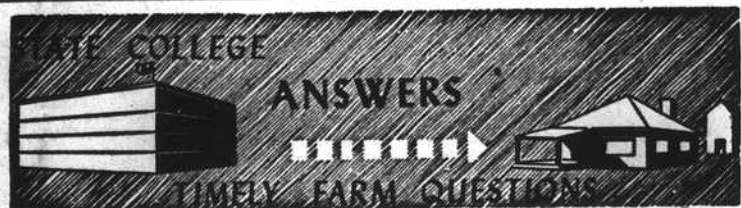
If these old plants are allowed to remain they will carry over many insect pests and diseases into next season. They may be plowed under or composted with a little manure and soil. This will take care of the pests and at the same time supply much needed organic matter for the garden. Just because plants are through producing for the season, it is a mistake to let them remain to become a breeding place for insects and diseases which will give you trouble next year.

In eastern and central North Carolina there is still time to plant such crops as turnips, mustard, spinach, chinese cabbage,

cabbage (plants), collard (plants), broccoli (plants), beets, snap beans, kohlrabi, kale, shallots, onion sets, leaf lettuce, and radishes.

In the flower garden this is a good time to plant seed of spring and early summer blooming perennials. If these seeds are planted now in flats, coldframes or well-prepared seed beds, and transplanted as soon as they are large enough to handle, they will bloom next year. If you plant the seeds in the spring most of these plants will not bloom until the following year.

Also, September is a good time to plant seed of pansies and the winter annuals such as annual larkspur, annual phlox, Shirley poppies, and cornflower. Pansies should be transplanted but the others may be left as seed. They are all hardy to winter temperatures. All of these are early spring bloomers.



SAVORY AND NOURISHING BEEF—Beef is the most popular of main dishes—a tribute to its satisfying flavor and stick-to-the-ribs qualities. In main dishes, potatoes and other vegetables are a sturdy combiner. In combination main dishes, a high place on the popularity poll goes to rich brown beef stew, with potatoes or dumplings.

Beef is an important source of the proteins that are essential for building and repairing tissues. Beef has this important attribute—it can enhance the value of foods containing incomplete proteins. When beef is eaten at the same

meal with protein-rich vegetables, these foods become more valuable as sources of protein. Lean beef is also a valuable source of B vitamins and of the minerals, phosphorus, and iron. Pounded for pound, lean beef has more protein and other nutrients than beef of higher grade—and fewer calories, too.

COOKING BEEF—Cooking beef is a challenge to a homemaker's skill. Surprising goodness comes from the less expensive cuts and grades; and if prepared right, they are just as full of food value and every bit as tasty as the higher-priced steaks and roasts. But they take more time and more care in cooking. The secret of success? Cook them longer with added moisture and a cover but keep the amount of added liquid to a minimum for tenderness as well as good texture and flavor. The "braising" method of cooking consists of browning the meat in fat, then cooking it slowly in a covered pan (with or without added liquid) to the well-done stage. For stews and soups, cook the meat slowly in a small amount of water. It is usually browned before the liquid is added for stews and brown stock and cooked without browning for light soup stocks.

Less tender cuts may also be cooked under pressure. The meat cooks in a much shorter time and retains about the same amounts of nutrients as when braised or stewed.

EXPLAINED
Policeman — Excuse me, sir, but your lights are out.
Motorists — Thanks, but it doesn't really matter.
Policeman — By the way, do you have your license?
Motorist — No; I never had one.
Policeman — How are your brakes?
Motorist — Rotten.
Policeman — That's three violations. I'll have to arrest you.
Motorist's Wife — Oh, don't pay attention to what he says, officer. He always talks that way when he's drunk.

RENEW YOUR SUBSCRIPTION TO THE TRIBUNE

Ticklers By George



"His wife didn't like one of his decisions, either!"

HOMEMAKER'S CORNER

By LOIS J. FLOWERS
Home Service Representative,
Carolina Power & Light Co.

JIFFY DESSERTS

These dessert recipes use a type of cake which can be purchased from a food market or bakery. With this excellent help as a beginner, you and your homemaker friends can create your own individual desserts.

Offered for the choosing is a variety of combinations using those foods that just naturally belong with cake—raspberries, peaches, blueberries, ice cream, whipped cream and nuts.

For example, a simple pound cake takes on a glamorous air when topped with slices of blushing pink cinnamon apples and a fluff of meringue. For supper on days when "you won't be near the kitchen" there is a sundae to be whipped up at the last minute from cake crumbs, coconut and ice cream. Fresh peaches, so plentiful this summer, add a luscious flavor to a Boston Cream Pie made from chiffon or sponge cake.

DESSERTS—CAKE

Lemon Sherbet Cake

1 large baker's angel food loaf cake
1 pint brick lemon sherbet
1/2 cup heavy cream, whipped
1 1/2 cups crushed strawberries
Slice cake in half horizontally. Cut lemon sherbet into four equal slices and arrange between cake layers. Cover top of cake with whipped cream. Slice and serve immediately. Top each serving with strawberries.

Fresh Peach Boston Cream Pie

1 teaspoon butter or margarine
1/4 cup sugar
2 tablespoons enriched flour
Dash salt
1/2 cup milk
1/2 teaspoon vanilla extract
1/2 cup crushed fresh peaches
1 (8-inch) baker's chiffon or sponge cake ring
1/2 cup heavy cream, whipped
2 tablespoons sugar
1/2 cup sliced peaches.
8 red raspberries

Melt butter in the top of a double boiler. Blend in sugar, flour and salt. Beat egg and milk together and add to sugar mixture. Cook until thick, stirring constantly; add vanilla extract. Cool, then add crushed peaches. Slice cake in half, horizontally. Spread peach custard filling on bottom layer. Replace cake top. Whip cream until stiff, blend in sugar. Spread over cake top. Just before serving, arrange sliced peaches in a swirl pattern on top, placing a raspberry between each peach slice. Yield: 8 servings.

Alfalfa can be grown successfully in all sections of North Carolina with the exception of the Tidewater areas.

BULLFROG SKINS
A Texan heard that a factory in Ohio was interested in buying bullfrog skins. He wired that he could supply any quantity up to 100,000 on demand. Needing the skins badly, the factory wired him to send the entire 100,000.

About 10 days later a single dried frog skin arrived through the mail, with this notice: "Gents: I'm sorry about this, but here's all the frog skins there were. The noise sure fooled me."

RECORDED PROOF

If the man who is always in debt will keep a record of his expenses he may find it is sense he lacks—not dollars.



THURSDAY - FRIDAY

"THE SIEGE AT RED RIVER"

In Technicolor with
VAN JOHNSON
JOANNE DRU

SATURDAY ONLY

"HIGHWAY DRAGNET"

with
RICHARD CONTE
JOAN BENNETT

SUN. - MON. - TUES.

IN CINEMASCOPE!
"HIGH AND MIGHTY"

In Warner-Color, with
JOHN WAYNE
CLAIRE TREVOR
Adm.—20c and 50c

WEDNESDAY - THURSDAY

"PHANTOM OF RUE MORGUE"

with
KARL MALDEN
PATRICIA MEDINA

FRIDAY - SATURDAY

"VALLEY OF THE KINGS"

In Color, with
ROBERT TAYLOR
ELEANOR PARKER

NO CHANCE Learn to live with your temper—you can't possibly get rid of it by losing it.	LIVES IN PAST If a man's past accomplishments look big to him, it probably means he is doing very little at present.	PROOF'S THE THING Many men boast of their superior intelligence—but very few are able to furnish proof.	POINT OF VIEW To some people a critic is a person who doesn't know a good thing when he sees it.
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Shop at A&P Store in Goldsboro 'til 8:30 Friday Night!

222 N. Center St.

Come One...Come All...Keep Food Bills Small at...



A&P FALL

Food Festival

ANN PAGE PROVES *Fine Foods Needn't Be Expensive!*

IT'S NEW! Sparkle INSTANT PUDDINGS
CHOCOLATE - VANILLA - BUTTERS COCOA
INTRODUCTORY OFFER! Pkg. **5c**

Ann Page Mayonnaise	6-Lb. Jar	57c
Ann Page Grape Jam	3-Lb. Jar	39c
Ann Page Plum Preserves	3-Lb. Jar	39c
Borden's Cream Cheese Chive	6-oz. cup	35c
Mild American Cheese	Lb.	45c
Borden's Vera Sharp Spread	5-oz. Glass	27c
Mel-O-Bit Cheese Slices	8-oz. Pkg.	29c
A&P Fancy Small Green Peas	No. 303 9-Oz. Can	21c
White House Evaporated Milk	6-Tal. Can	69c

Double Your Money Back Guarantee
A&P's Own Pure Vegetable Shortening
dexo 3-Lb. Tin **77c**

Crosse & Blackwell	ORANGE JUICE	2 6-Oz. Cans	25c
Garden Pick	STRAWBERRIES	16-Oz. Pkgs.	37c
A&P Fancy	FRUIT COCKTAIL	No. 2 1/2 9-Oz. Cans	35c
Peanut Brittle—Black Walnut—Cocoanut—Oatmeal—Ginger Snaps	BURRY'S COOKIES	2 9-Oz. Pkgs.	35c
A&P Fancy Pineapple	FRUIT JUICE	46-Oz. Can	29c
Excellent Flavor Libby's	GREEN PEAS	No. 303 16-Oz. Can	19c
A&P Chunks—Hawaiian Fancy	PINEAPPLE	No. 2 20-Oz. Can	23c
A&P's Own Magazine	WOMAN'S DAY	Per Copy	7c

Jane Parker Large
ANGEL FOOD RING
Each Cake **49c**

CLEAR-VUE DRIVE-IN

Theatre — Mount Olive

FRIDAY - SATURDAY

"ALONG CAME JONES"

with
GARY COOPER
LORETTA YOUNG
Comedy - Color Cartoon

SUNDAY ONLY

"STARLIFT"

with
A WHOLE HOST OF STARS
Also Color Cartoon

MONDAY - TUESDAY

"FLAME AND THE FLESH"

In Technicolor, with
PIER ANGELI
LANA TURNER
Also Color Cartoon

FOR GLORIOUS COLOR PAINT WITH VITA-VAR Beauty-Tone

Now you can have your choice of a full range of colors when you paint walls and ceilings. Beauty-Tone gives you the ever-popular pastels, plus the new deep tones that decorators favor, plus an almost unlimited number of let-downs and intermixes. Best of all, Beauty-Tone brushes on easily, without laps or marks, dries quickly. And it's the most washable of paints, thanks to its rubber-base formula. The Good House-keeping Seal of Approval on every can guarantees quality.

VITA-VAR Beauty-Tone
RUBBERIZED SATIN FINISH
LOW PRICES

Sutton Electric Co.
W. James St. Dial 2083

As Eternal as the Tides and the Stars

Like the tides of the sea and stars of the firmament, the life of the spirit is eternal. To symbolize the beauty and comfort of this truth is the purpose of every funeral service which we conduct.

"Pledged to Perfection in Every Service"

DIAL 2303
24-Hour Ambulance Service
Tyndall Funeral Home
Mount Olive, N. C.

It's Always Thrifty to Buy A&P's "Super-Right" Meats!

Rump Roast	Boned & Rolled	Heavy Western Grain Fed Beef	Lb.	85c
LEAN BONELESS STEW		Heavy Western Grain Fed Beef	Lb.	59c
PLATE STEW	Bone In	Heavy Western Grain Fed Beef	Lb.	19c
FRESHLY GROUND BEEF	"Super-Right"		Lb.	35c
Milk Fed—Cubed or Tendered				
Veal Steak	Lb.			59c
Milk Fed Veal				
Sirloin Steak	Lb.			59c
Fresh Dressed and Drawn				
FRYERS	Lb.			39c
NEW LOW PRICE!				
DRASTIC REDUCTION!				
A&P Custom Ground Coffee				
Eight O'Clock				
1-Lb. Pkg.	99c	3-Lb. Pkg.	289	
Bokar	1-Lb. Pkg.	105	3-Lb. Pkg.	309
Red Circle	1-Lb. Pkg.	103	3-Lb. Pkg.	299
DOG FOOD				
RED HEART	2 1-Lb. Cans			29c
Chinese Style Foods				
La Choy				
Bean Sprouts	1-Lb. Can			15c
Veg. Chop Suey	1-Lb. Can			30c
Meatless Dinners	21-Oz. Pkg.			55c
Chow Mein Noodles	3-Oz. Can			17c
In Quarter Pound Prints Sunnyfield Creamery				
BUTTER				
1-Lb. Pkg.				67c
Colored Facial Tissues				
Angel Soft	400 Sheet Pkg.			23c
White Facial Tissues				
Angel Soft	2 Pkg. of 400 Sheets			45c
Swan Soap	2 Lge. Bars			27c

Your Best Buys in Farm Fresh
Fruits & Vegetables

TOKAY GRAPES	2 Lbs.	23c
CELERY	Green Pascal Stalk	10c
JUICY LEMONS	Lb.	16c
SWEET POTATOES	Lb.	9c
DELICIOUS APPLES	2 Lb.	26c
FRESH COCOANUTS	Lb.	7c
GREEN BEANS	2 Lbs.	26c

These Prices Effective Through Saturday September 18th

Camay Soap	Bath Bar	12c
Camay Soap	3 Reg. Bars	25c
Oxydol	Lge. Pkg.	30c
Detergent	Joy 7-Oz. Bot.	30c
Spic. & Span	2 1-Lb. Pkgs.	47c
20-Mule Team Borax	16-Oz. Pkg.	19c
Boraxo	8-Oz. Pkg.	19c
Octagon Soap	3 Bars	25c
Soap Powder	Octagon Lge. Pkg.	24c
Ajax Cleanser	2 Cans	25c
Rinso Blue	Lge. Pkg.	30c
Toilet Lux Soap	Bath Bar	12c
Toilet Lux Soap	3 Reg. Bars	25c
Swan Soap	3 Reg. Bars	25c