

MARKETING

with Marjorie

Whether you've been married ten days or ten years, the "marry" month of June is a good time to serve better meals to your "better half." And one way to do it (and make your husband think you're a financial wizard, to boot) is to shop regularly at your thrifty A&P.

RIGHTY NICE WITH ICE
I don't think there's anything more delicious under the sun than really good iced coffee! It's easy to make, too, when you use A&P COFFEE. Select one of these three blends...EIGHT O'CLOCK, RED CIRCLE or BOKAR... in the whole bean (that's how A&P COFFEE is always sold to insure its freshness), and have it Custom Ground exactly right for your coffeepot. Make your coffee double strength, pour it over ice, and serve.

PEACHY PRESERVE TREAT
ANN PAGE PRESERVES (available only at A&P) are so luscious I'm forever inventing more ways to enjoy them. Here's my latest: Fill cavities of 12 peach halves (fresh or canned) with 1/2 cup of chopped nuts mixed with 1/2 cup of ANN PAGE PRESERVES. Press halves together and chill. Heavenly topped with whipped cream and served over 6 cake slices.

FOR FLAVOR YOU'LL FAVOR
When a recipe says, "Season to taste," I have to guess at the quantity of spices to use. But I never guess at their quality. I make sure it's high by choosing ANN PAGE SPICES at the A&P. This complete line includes many choice varieties of whole and ground spices... all dependably pure and attractively priced. Try them!

ECONOMICAL AND EASY
Counting pennies? Count on this cake to save them... and to be light and fine-textured, too, thanks to SUNNYFIELD CAKE FLOUR (sold only by A&P). Cream 1/2 cup shortening and 1/2 cup sugar; add 1 egg and 1 tsp. vanilla; beat well. Sift together 1 1/2 cups sifted SUNNYFIELD CAKE FLOUR, 2 tsps. baking powder and 1/2 tsp. salt; add alternately with 1/2 cup milk. Pour into greased an. wax-paper-lined 8-inch square pan. Bake in moderate oven, 350° F., 30 to 35 minutes.

ROCKFISH NEWS

Mrs. A. A. McInnis.

Prof. and Mrs. Loyd Auman and baby daughter, Mary Mac of Seventy-First and Mrs. Wayne Carrilser of Charlotte visited their aunt Mrs. F. P. Bethea Sunday P. M.

Mr. and Mrs. D. P. Andrews spent the past week end with Mr. and Mrs. Nash Andrews in Charleston, S. C.

Mr. and Mrs. T. G. Wood visited Mr. and Mrs. James Wood in Raeford Sunday.

Mr. and Mrs. C. S. Pickett visited Mrs. Pickett's mother, Mrs. M. R. Knight, Sunday.

Ed McInnis, who has spent several months at Sanatorium, is now at home.

Mr. and Mrs. C. W. Clontz and children of Fayetteville visited Mr. and Mrs. W. R. King and family Sunday.

James Wright of State college was at home for a few days visit last week. He is visiting a friend in Illinois this week. After he returns he will enter State college again for the summer session.

Gernon Britt spent the past week end with relatives in Fayetteville.

Mr. and Mrs. Roscoe Bundy and children and Mr. and Mrs. Erwin Beasley and children spent last Sunday at White Lake.

Mr. and Mrs. Herman Koonce and family have returned from a trip to Florida and Mississippi.

One day last week Miss Bessie Wright was surprised to find a tiny duckling in their back yard that looked to be only a day or two old. They have no ducks and neither do any of their nearest neighbors so the mystery is where the duck came from. Fortunately it was adopted by a chicken hen and seems to be faring fine.

J. J. Cobb of Parkton spent the past week end with Mrs. Ellen Jones and family while Mrs. Cobb and son, James, went to Roanoke, Va. to visit their daughter, Mrs. Jessie Newsome and family.

Mr. and Mrs. Clyde McGill of Fayetteville visited Mr. and Mrs. M. S. Bristow Monday evening of this week.

James Cobb of Parkton is spending some time with his grandmother, Mrs. Ellen Jones and family this week.

Mrs. Jessie Newsome and children of Roanoke, Va. visited her grandmother, Mrs. Ellen Jones the first of this week.

T. Boseman spent last Tuesday in Fayetteville.

Mrs. F. P. Bethea and Mrs. W.

Specialist Suggests Safety In Swimming

A life, which could be your own, may be saved if you follow safely precautions when you take a refreshing dip in the creek, river, or lake this summer, declares David S. Weaver, head of the Agricultural Engineering Department at State College.

"Swimming is fine exercise," Mr. Weaver said, "but only for those in physical condition to do it without harm." "If you are not feeling well, stay out of the water, especially deep water and always give yourself a two-hour wait after meal time before going in swimming," he advised.

To those when the temptation may be great, Mr. Weaver has the following safety suggestions to make:

Do not expose yourself to the sun for long periods of time early in the season. Be sensible and take it easy with your exposure to the sun in short installments, gradually building up a good tan. Sunburn can be serious and cause much discomfort. Never dive into strange water. Always know that the depth and bottom are safe. Swim only when you are accompanied by a good swimmer or lifeguard. Watch for dangerous undertows and big waves in large bodies of water. Don't swim beyond your strength.

Never rock the boat nor call for help in the water if you don't need it. If you should experience distress in the water, do not struggle frantically; try to swim as low in the water and easily as possible. To make a water rescue, use a boat, pole, rope, or life buoy; make a swimming rescue as a last resort. Learn how to apply artificial respiration; and if possible, take at least a few lessons in life saving.

Sugar for home canning of fruits, fruit juices and for preserving will be made available to institutional users, and to household users who intend to sell their products, according to an announcement from the USDA.

WEWO



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