

# Shop these FOOD VALUES for Healthful Wartime Menus

**THE FLAVOR TELLS IT'S FRESH!**  
**BLUE PLATE**  
 Mayonnaise  
 MADE BY THE WESSON OIL PEOPLE  
 Buy the Economical Pint Size

**MOSER'S**  
 We Have A Variety Of  
 Good Meats To Choose  
 From  
**LAWRENCE MOSER**  
 Mineral Springs, N. C.

**PLYLER'S FOOD STORE**  
 W. F. PLYLER, Owner  
 NEXT WILSON DRUG STORE  
 Monroe, N. C.

**JOE ROSS**  
 GROCERIES, MEATS, FURNITURE,  
 TAXI SERVICE  
 Main Street Phone 94

## STATE COLLEGE HINTS FOR FARM HOMEMAKERS

(By Ruth Current, N. C. State College)

A home should be more than four walls and a roof. It should be a place to live—a place to work, to rest, to stay. As we conserve the many vital materials that are important to our national safety, we should also conserve our homes, the place important to our family safety. Ask yourself this question, "will my house last for the duration?"

In order to keep a house in good condition one must give it constant care. All defects should be given prompt attention, as this prevents making major repairs at a later date. A house can be no stronger than its foundation. If cracks occur or the mortar becomes chippy and falls out, it should be replaced immediately with

new mortar. If foundations must be made of logs or wooden blocks, they should be treated with creosote to protect them from insects and moisture. Chimneys frequently are the first part of a house to deteriorate. Care in repairing them is essential for safety, efficiency, and appearance.

To keep a house in good condition, one must regularly inspect the weather boarding and supporting framework of the building. Siding boards which are loose should be renailed and the old nail holes filled with putty. Split or broken boards should be replaced with new ones. Paint improves the looks of a house as well as acting as a preservative.

The roof should be checked regularly to detect breaks, loose nails, missing shingles, choked gutters and also defective mortar joints of chimneys and flues. A small defect in a roof can soon damage the interior walls and shorten the life of the roof itself.

## ANSWERS TO QUESTIONS ABOUT RATIONED FOODS

How to Obtain Extra Allowances in Special Cases.

The Office of Price Administration has released the following answers covering a number of additional questions asked by housewives on the processed foods rationing program:

Q. My baby is on a diet requiring more canned baby food than my ration allows. How can I get more?  
 A. You can get an additional allowance by presenting to your local ration board a physician's statement stating why present allowances are insufficient.

Q. How can a consumer who lives a long distance from a shopping center obtain ration stamps for buying foods in quantity for longer periods?  
 A. Anyone who lives a long distance from a shopping center or because of transportation difficulties cannot arrange to shop during each ration period may obtain a purchase certificate from his local board.

Q. If I need dry peas and beans for garden seed, must I surrender stamps from Book 2 to buy them?  
 A. No, but you must apply to your local board for a certificate for sufficient points to provide the seeds you need.

Q. How can a blind person living alone get an extra allowance of rationed canned food?  
 A. Anyone ill or physically handicapped may get a certificate for the additional amount by presenting to the board a physician's statement.

Q. Are pickled relishes made of vegetables rationed?  
 A. No. Also excluded are vegetable seasonings, both liquid and salt.

Q. Are ingredients for Chinese dishes, such as canned bean sprouts, canned bamboo sprouts, and water chestnuts rationed?  
 A. Canned sprouts—both bean and bamboo as well as canned water chestnuts are rationed.

Q. How can service men home on leave for three or four days get rationed foods?  
 A. Ration certificates for service men on leave are issued only for those who are home for seven days or longer, by presenting thorough papers to ration boards.

rationed foods for church suppers? A. The minister or other representative of the church may get a certificate through the local board.

Q. Suppose I live in a boarding house and turn in my ration book at the beginning of the month. How can I get stamps if I move before the end of the month?  
 A. If you live in a boarding house where 50 or more people eat, no stamps will be removed from your book. If stamps have been taken out, ask your boarding house to make a satisfactory adjustment.

Q. Are dried parsley and dried onion flakes rationed?  
 A. No.

## WARTIME RATIONING GUIDE

**SUGAR**—Stamp No. 11 in War Ration Book 1 expired March 15. Stamp No. 12 will be good for five pounds from now until May 31.

**COFFEE**—Stamp No. 26 good for one pound until April 25th.

**FUEL OIL**—Number 5 coupons become valid March 7 and will be good for 10 gallons until September 30. Number 4 coupons, good for nine gallons, will be valid until April 6.

**GASOLINE**—Coupon No. 5 in A book good for three gallons—Deadline, midnight of July 21. Temporary "T" coupons will be issued directly by ration boards for a period of not more than 30 days. Boards will use original ODT certificates only for checking tire inspection.

**TIRES**—Holders of ration A coupons must have tires inspected by OPA on or before March 31.

**SHOES**—Coupon 17 in the sugar and coffee ration book entitles each holder to one pair of shoes until June 15, when a new stamp will be designated.

**WAR RATION BOOKS**—Ration Book 1 is being currently used for purchase of sugar and coffee. War Ration Book No. 2 is being used in purchase of commercially canned fruits and juices, frozen fruits, dried and dehydrated fruits, dried vegetables, canned vegetables or vegetable juices and certain types and varieties of soups.

## TIMELY RECIPES

Throughout the nation all persons are being asked to help in the defense of our country. The home-maker can help in many ways to avoid waste; one of the foods most wasted is leftover bread which can be used in many ways.

**ORANGE FRENCH TOAST**  
 1/2 cup orange juice  
 1 teaspoon grated orange rind  
 1 tablespoon sugar  
 2 eggs  
 1/4 teaspoon cinnamon  
 5 to 6 slices bread dry  
 Butter  
 Combine orange juice, rind and sugar. Add cinnamon to the beaten eggs, add orange mixture to this. Dip slices of bread into mixture. Melt butter and when hot, brown slice of bread on both sides. Serve hot.

**POPPY SEED CHEESE STICKS**  
 Cream grated American cheese with butter. Spread lightly on sliced bread and top with a second slice to make a sandwich. Remove crusts and cut sandwich in 4 strips. Spread outside of each strip with cheese and butter mixture. Roll in poppy seeds. Brown in a moderate oven.

**SAVORY DRESSING**  
 1 cup diced celery  
 3 tablespoons minced onion  
 6 tablespoons butter or margarine  
 4 cups day-old bread cubes  
 2 teaspoons crushed sage leaves  
 1/2 teaspoon pepper  
 1/2 cup celery in 1 cup water until tender. Drain, reserve 1/4 cup of liquid. Cook onion slowly in butter until tender. Mix remaining ingredients. Add celery, liquid, onion mixture. Mix well.

**APPLE CHARLOTTE**  
 1/2 cup sugar  
 3 tablespoons water  
 2 pounds tart apples  
 1/2 cup seedless raisins  
 1/4 teaspoon lemon rind  
 3 tablespoons lemon juice  
 1/4 teaspoon cinnamon  
 Few grains nutmeg  
 2 tablespoons marmalade  
 5 slices fresh bread  
 1/4 cup melted butter  
 Combine sugar and water in a saucepan, bring to a boil. Add peeled, sliced apples, raisins, lemon rind and juice to the syrup, cook until apples are tender. Brush bread on both sides with melted butter and cut each slice in 1-inch strips. Line a straight-sided pudding mold with bread strips overlapping. Remove apple mixture from heat, add cinnamon, nutmeg and marmalade. Pour mixture into breadlined mold and bake 15 minutes in an oven 350 degrees. Serve warm with unsweetened whipped cream.

**ANGEL BREAD PUDDING**  
 2 cups bread cubes  
 2 cups milk  
 3 tablespoons butter  
 1/4 cup sugar  
 2 eggs  
 Salt  
 Cut day-old bread into 1/4-inch cubes, place in a buttered baking dish. Mix the milk, butter and sugar and heat just enough to melt the sugar and butter, stirring all the time. Beat eggs slightly and add the salt, stir into the warm milk. Add vanilla. Pour over the bread crumbs. Set the baking dish into hot water, bake about one hour in an oven 350 degrees.

It is hoped to have 40,000 WAVES and SPARS in uniform by the end of 1943. The total is reached, it will mean that 40,000 men will have been released for short duty for fighting work at sea.

**AIR CORPS KATE!**  
 The only instrument Charlie needs for safe landings is one whiff of Kate's freshest Marble Cake—and the only "instrument" you need to be sure of finer texture and lasting freshness is Rumford Baking Powder.

**FREE: Use Rumford's Timely Recipe Manual. Write today— Rumford Baking Powder, Box 4, E. Rumford, Rhode Island.**



**Women! Here is a name to remember**  
**CARDUI**  
 A 62 year record of 2-Way help  
 (See directions on label)

Dead as a doornail, Cardui usually helps up appetite, aids digestion, relieves constipation, eases the "time" between. Started 3 days before your time, and label says you should help relieve pain due to purely functional causes.

**GROW VEGETABLES FOR VICTORY**  
 The Government asks everybody with ground available to start a Victory Garden to help relieve the threatened food shortage. How to plan your garden and grow vegetables is explained in an illustrated article in the March 25th issue of

**The American Weekly**  
 The Big Magazine Distributed With **BALTIMORE SUNDAY AMERICAN**  
 Reserve Your Copy At Your Favorite Newsstand

# PENDER

QUALITY FOOD STORES

Point Value	More Quality-Lower Prices at Pender's	STANDARD	10 1/2-oz Can
6	VEGETABLE SOUP	10c	
6	CHICKEN NOODLE SOUP	15c	10 1/2-oz Can
16	STANDARD TOMATOES	13c	No. 2 19-oz Can
4	PINTO BEANS FINE DRIED	10c	1-lb Pkg
4	EVAPORATED PEARS	20c	BULK, Pound
6	TOMATO CATSUP	10c	SOUTHERN MANOR 8-ounce Bottle

**1 Gerber's Baby Food**  
 Strained or Chopped All Varieties **3 4 1/2-oz Cans 23c**

PENDER'S BEST PLAIN Flour 12-lb Bag	71c	24-lb Bag	\$1.37
KELOGG'S Corn Flakes	6-oz Pkg	6c	
KELOGG'S Rice Krispies	2 6-oz Pks	25c	
SKINNER'S Raisin Bran	2 10-oz Pks	25c	
QUICK OR PLAIN Quaker Oats	20-oz Pkg	11c	
NABISCO PREMIUM Crackers	1-lb Pkg	17c	
Triple-Fresh OUR PRIDE Bread	2 16-oz Loaves	15c	
BLACK MISSION Stewing Figs	1-lb Cello Package	15c	
SKINNER'S SAFE HOME Matches	Strike Anywhere box	5c	
HEALTH CLUB Baking Powder	10-oz Can	10c	

• This Year—Can all You Can—and Buy War Stamps and Bonds!

## PRODUCE SPECIALS

Texas Carrots, 2 bunches 17c  
 Grapefruit Florida 4 for 25c  
 Large Lettuce, 2 heads, 27c  
 Celery Stalk, large . 15c  
 All Kinds Other Vegetables

## SEA FOODS

MOST COMPLETE LINE IN TOWN

ROE SHAD	ROCK BASS
BUCK SHAD	PERCH FILLETS
SPECKLED TROUT	DRESSED TROUT
FRESH MULLET	STEAK MACKEREL
FILLET MULLET	DRESSED CATFISH
FRESH SHRIMP — OYSTERS	

## FOOD FOR THOUGHT CONCERNING FOOD

"From time to time I plan to make public the facts about the supply of food for civilians," says Secretary of Agriculture Wickard who is Food Administrator. "It is important that everyone think about the food situation in the light of these facts. I feel that the American people, if they know the facts, can be trusted to help manage their food wisely. Given the facts, they will proceed calmly and efficiently to make the adjustments in civilian use of food that are needed, so that American food can fight for us around the globe. The food supply situation warrants neither complacency nor hysteria. I have told the American people repeatedly that there is going to be enough food for essential diets in this country, provided we manage our food supplies wisely. I repeat that statement of the Nation and his family in the light of these facts. I feel that the American people, if they know the facts, can be trusted to help manage their food wisely. 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