

Master Food Preserver

Consumers can learn the basics of home food preservation with the start of a "Master Food Preserver" program in Craven, Pamlico and Lenoir counties on April 23 through May 27.

The seven-week program is being offered by the Agricultural Extension Service of North Carolina State University. The program is designed to train volunteers, who will then work with others interested in home food preservation.

Among the subjects to be covered in the weekly 4-hour lessons are: pressure canning, water bath canning, freezing, jam and jelly preparation, pickling and drying. The course will be taught by county AES home economists and staff. Classes will include lectures, demonstrations and first-hand experience.

Each participant will receive a notebook of food preservation information. Participants must pass weekly quizzes and a final exam before being certified as Master Food Preserver Volunteers. Graduates are asked to promote safe food preservation in their communities.

Extension staff will assist volunteers in answering telephone questions, providing information at farm markets, fairs and food preservation workshops, and providing personal assistance to beginning canners.

The course fee is \$15. A limited number of scholarships are being provided by local merchants and organizations. Registration deadline is April 10 for the limited enrollment program. For additional information and application forms, contact Deborah Crandall at 527-2191, Lorelei A. O'Quinn at 633-1477 or Susan Herring at 745-4121.

Extensio Home Economic News

Instead of Nagging

Nagging has been proven ineffective time and again. Even so, many parents continue to nag their children. Why?

Well, often it seems like the shortest distance between two points. Just tell the kids what you want and they will do it. Unfortunately, this rarely works, especially with young children whose thought processes don't operate quite that way.

So, instead of nagging, try redirection — that is, substituting an acceptable activity for a less acceptable one.

For example, if your young child starts to scribble on a wall, explain that "walls aren't for scribbling but paper is." Then give him crayons and paper for drawing. This simple approach usually works better than nagging or scolding. And it is especially helpful with babies and toddlers who are too young to understand why they cannot play with or do certain things.

Snacks can be Beneficial

Pity the poor snack. For years it has received a poor press. But snacking between meals may not deserve the bad reputation some people give it.

Snacking is a part of the American way of life. Therefore, what you eat between meals is just as important as what you devour during meals.

A survey done by the U.S. Department of Agriculture reveals that 60 percent of us eat at least one snack a day. We do most of that nibbling between 5 p.m. and midnight. Snacks contribute almost 20 percent of our daily calories, 12 percent of our protein needs, 15 percent of our fat intake, and 24 percent of our carbohydrates.

What's more, snacks may provide 20 percent of our calcium intake, and more than 12 percent of our daily iron and B vitamin needs, plus vitamins A and C. On the minus side, snacks usually have a higher ratio of calories and carbohydrates to nutrients than do the foods we eat at mealtime.

Having a bite to eat between meals or before going to bed is a habit most folks don't want to give up. Chances are you don't either. And you don't need to, provided you choose foods rich in nutrients. For example, have a glass of fruit juice and an oatmeal cookie instead of a cola and brownie.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

TEACHEY'S \$50.00 WINNERS

TEACHEY'S SUPERMARKET

WHERE YOUR FOOD STAMPS GO FURTHER



NANCY SMITH
ROUTE 1 ALBERTSON



BRENDA BRINSON
RFD DEEPRUN

WE NOW HAVE TWO LOCATIONS TO BETTER SERVE YOU:

STORE NO. 1
PINK HILL

8 til 9

STORE NO. 2
DEEP RUN

8 til 9

WE STILL HAVE WHOLE PIGS



RIB EYE LOINS
\$ **2.99**
LB.

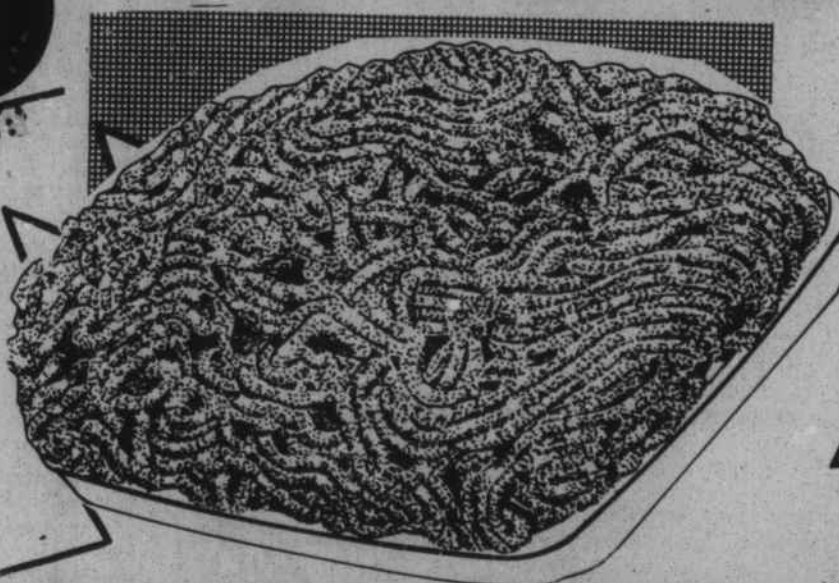


RIB EYE STEAKS
\$ **3.29**
LB.

SIRLOIN
TIP ROAST
\$ **1.89**
LB.



WHOLE SIRLOIN TIPS
\$ **1.59**
SLICED FREE LB.



HAMBURGER
LB. **99¢**

WE HAVE A GOOD SUPPLY OF
TURKEYS - FRESH HAMS
AND TENDERIZED HAMS.

WHOLE PIGS

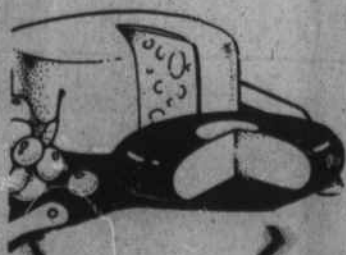
LB. **79¢**

- FRESH HAMS LB. \$1.09
- FRESH BACKBONE LB. \$1.09
- FRESH RIB SIDES LB. 99¢
- FRESH SHOULDERS LB. 99¢

LUNDY DELI
HAM LB. **\$1.89**

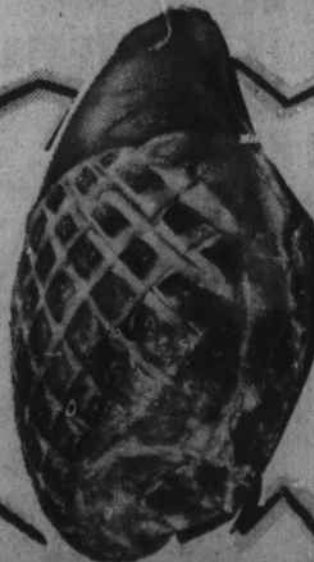
RAT CHEESE
LB.

\$1.79



FRESH LEAN NECKBONES
LB.

29¢



LOVETTE SMOKED PICNICS
LIMIT 1 WITH \$10.00 ORDER

LB. **59¢**

Century 21

HARRY H. CUMMINGS, INC.
2715 West Vernon Avenue
Kinston, North Carolina 28501
Business (919) 522-0011
Residence (919) 522-4423

SHAMROCK VILLAGE
RT. 1, PINK HILL, NC

Beautifully landscaped brick veneer home in popular Shamrock Village near Pink Hill. This home has living room, den, kitchen with built-in appliances, three bedrooms, two ceramic tile baths, carport, deck, back screened in porch, seven ceiling fans, outside storage and chain link fence. Loan assumable at 9 3/4%. Excellent condition. Call Walter Johnson. 522-4423

301 BROADWAY STREET
PINK HILL, N.C.

Very nice home in Pink Hill. Recently renovated, new roof, 4 bedrooms, kitchen, living room, great room with fireplace, 2 baths, 2 car garage. Assumable VA loan. Call Walter Johnson. 522-4423.