

Home Hints

By Ruth Current
State Home Demonstration Agent
Don't spend too much on macaroni, spaghetti, white rice, grits, and corn meal. They are poor in minerals and vitamins. We might cut down on these foods and use more whole wheat products, enriched grain products, oatmeal, soybean products, and fresh fruits and vegetables. Variety is the spice of good eating.

Buy carefully. Look before you buy; compare prices of different foods of the same type. Some foods are cheaper if bought in large quantities. Tomato and citrus fruit juices and evaporated milk cost less per serving if you buy them in large size cans.

Read labels—they have an educational value. They list all materials used to make the packaged food and tell how much the package holds. Sometimes surprising and interesting information is tucked away in fine print. Remember that a package which looks large may hold less than one that looks smaller. The weight is what counts.

Hot Spiced Cider: 4 inches stick cinnamon, 6 whole cloves, a dash of nutmeg, sugar if desired, 1 gallon of cider, 4 tablespoons butter, 1 orange sliced. Tie spices in bag and place in kettle of cold cider and bring to boil. Sweeten slightly if desired. Serve hot. Yield: 16 cups.

Ironing hint: Starching will cut the ironing time in half. It means that dresses, skirts, shirts, and blouses stay cleaner longer, shed dirt and dust more easily and keep that crisp look TWO days instead of one.

Do you always eat breakfast? You need breakfast if you expect to do your best work and be bubbling over with energy for the day's work. Prepare slow cooking cereals the night before, cover with a thin film of water, and reheat in the morning before stirring. Dried fruit soaked overnight cooks very quickly. Fresh fruit juices may be bottled, stoppered, and stored in the refrigerator.

NEGRO NEWS

Berty Henry was home on furlough for the holidays and spent time with his parents, Mr. and Mrs. Ed Henry.

Thomas Davis has returned to A&T college after spending the holidays with his parents, Mr. and Mrs. Julius Davis.

Mrs. Mud Wesley and Mrs. Mamie Branch left last Friday for Charlotte for a visit with their brother.

Mr. and Mrs. James Hawkins and son of St. Louis visited his father over the holidays.

Miss Liddie Fullford, of Washington, D. C., spent the holidays with her mother, Mrs. Mamie Fullford.

Daphne Williams spent the holidays with her grandparents, Mr. and Mrs. Henry Williams.

Miss Gladys Pearsall has returned to Tennessee where she is a student after spending the holidays with her mother, Mrs. Ethel Pearsall.

Richard Windley spent the holidays with his mother in law, Mrs. John Windley.

Mrs. Hazel Adams has returned to Halifax after spending Christmas

with her father, Mr. Charlie Hawkins.

Miss Margaret Hawkins who is attending school in Norfolk, spent the Christmas holidays at home.

Mrs. Alice Jones has returned to New York after spending Christmas with her mother, Mrs. Eddie Stanley.

James Smith spent the holidays with his aunt, Mrs. Carrie Smith and sister, Hilda Smith.

Miss Nina Mae Johnson has returned to A&T college after spending the holidays at home.

Herbert Tillery, Jr. visited his grandparents in Morehead City to celebrate his birthday on Dec. 28.

Miss Violet Johnson spent the holidays at home.

Mrs. Eddie Bell is improving after a long illness in the hospital.

Jordan-Windley
Miss Mamie Windley, daughter of the late Mr. and Mrs. John Windley was married recently to Isaac Jordan, son of Mr. and Mrs. Alton Jordan.

Tillery Children Visit With Parents over Holidays
Miss Richella Tillery, Mr. John Tillery, Mr. and Mrs. David Butler and Mrs. E. B. Tillery and son, Herbert, Jr., spent the holidays with their parents, Mr. and Mrs. John Tillery.

Richella left Sunday, Jan. 2. She is teaching in Martin county, Ohio, left Dec. 25 for Columbus, Ohio where he was delegate for the Omega Psi Phi Fraternity of A. & T. college, Greensboro, N. C.

Mrs. Butler, the former Miss Fannie Tillery is now enrolled at Livingstone college as a senior.

Mr. Butler, who is now teaching near his home, left Wednesday, Dec. 23. Mrs. E. B. Tillery and son, Herbert, Jr., left Friday, Dec. 31. Mrs. Tillery is a teacher in Carteret county. Herbert, Jr. celebrated his first birthday while down here.

HALLOWE

Mr. and Mrs. Cicero W. Taylor Temple and children of near New Bern, spent last Monday with Mr. and Mrs. Ralph G. Temple.

Mr. and Mrs. Joe S. Morton, who spent last week with relatives near Washington, N. C., returned home Friday.

Mr. and Mrs. Xenophon Mason and son, Charles, of Marshallberg, have been visiting Mr. and Mrs. Roy Mason.

Mr. Irvin P. Motes, who has been visiting his daughter, Mrs. Clyde S. Taylor, has gone to Ft. Pierce, Fla., to visit his daughter, Mrs. William J. Adams.

Mr. and Mrs. Ralph G. Temple and daughter, Miss Doris, spent Sunday with Mr. and Mrs. Charles Merrill at Cherry Point.

Mrs. Ashby B. Morton was in Beaufort Friday morning.

Jan. 3 — Mr. and Mrs. Tom and daughters, Misses Faye, Shirley and Etta visited relatives at Scotland Neck during the week end.

Mr. and Mrs. Clyde S. Taylor and daughter, Miss Eleanor motored to Beaufort Friday afternoon for Miss Taylor to take her music lesson from Miss Martha Jones.

A. B. Morton, Jr. spent Tuesday in Raleigh.

Mr. and Mrs. Earl Webb Temple and children spent Sunday in Goldsboro.

Miss Betty Jane Mason spent the week end in Beaufort.

Mrs. A. N. Bell and son, David were in Beaufort Saturday morning.

Mrs. Pearl Olund, Philip Taylor and Johnnie Olund spent Sunday in Wilmington with relatives.

Rev. J. M. Jolliff, of Newport,

held services here Sunday morning.

Mrs. Earl Dickinson and Mrs. Bill Dickinson, of Core Creek, attended church services here Sunday morning.

Mr. and Mrs. Charlie Freeman and daughters, Lylis and Sally, and Mrs. Nannie Small, of Bridgeport, and Mrs. Al Merrill, of Norfolk, Va. visited Mrs. A. N. Bell Saturday afternoon.

Glen Hardesty, who has spent the holidays with his parents, Mr. and Mrs. Will Hardesty, returned to State College, Raleigh, Sunday afternoon.

Mr. and Mrs. Luke Turner and son, Eddie, who have been living with Mrs. A. N. Bell, have moved to Core Creek and are living in Mrs. Council Fodrie's house.

Mrs. Pearl Olund and Philip Taylor were in New Bern Wednesday morning on business.

Mrs. Ashby B. Morton visited Mrs. Claude Taylor at Bachelor Saturday afternoon.

Misses Patricia and Elizabeth Morton were in Beaufort Wednesday afternoon.

Mr. and Mrs. Edsel Bell, Clyde Carl, Roger and Tommie Bell were in Beaufort Saturday evening.

Mr. and Mrs. C. P. Dyess and children from Goldsboro and Miss Nina Hardesty, of Rocky Mount, visited Mr. and Mrs. Rupert Hardesty during the holidays.

Mr. and Mrs. E. C. McLahorn and son, Danny were in Beaufort Friday afternoon to see Dr. Moore.

Mr. and Mrs. Alton Waters, of New Bern, visited Mr. and Mrs. Luther Taylor during the holidays.

Mrs. Will Conner has returned from visiting relatives at Wilson, Goldsboro, La Grange and Sevea Springs, Mr. Conner motored to La Grange for his wife.

Mr. and Mrs. Ashby B. Morton and son, A. B. were in Morehead City Sunday afternoon and attended the show.

The Woman's Society of Christian Service will meet Friday evening, January 7 with Mrs. Emma Oglesby at 7:30 o'clock.

The Core Creek-Halifax Demonstration club will meet Monday afternoon, January 10, with Mrs. Raymond B. Hill.

Mrs. M. Caroly Taylor and daughter, Miss Frances, and J. T. Hardesty visited Mr. and Mrs. Rudolph Cheek the weekend.

Mrs. Earl Creech visited relatives at Smithfield recently.

Mr. and Mrs. W. Everette Taylor

motored to Cherry Point Sunday morning to see Mr. and Mrs. Reginald Adams.

Jesse G. Taylor and Miss Carol Chadwick, of Beaufort, and Thomas Taylor motored to Norfolk, Va. during the weekend to take Miss Gail Cheek who had been visiting Mrs. Ivey Taylor.

Mr. and Mrs. W. Everette Taylor attended the show at Morehead City Sunday afternoon.

Claude Taylor, of Bachelor, was here Saturday to see Mr. and Mrs. As. by B. Morton.

RUSSELL'S CREEK

Jan. 4 — The officers for the Free-Will Baptist Sunday School will be elected Sunday morning, January the ninth. Each member is urged to be present.

Mrs. Sarah Norman and Mr. Riley Norman spent Sunday afternoon here visiting friends.

Mr. Joe Hardy, of Charleston spent the weekend here with his sister, Mrs. C. S. Rogers and family.

Mr. and Mrs. Vincent Broda visited Mr. and Mrs. L. D. Springle Sunday morning.

Mr. Lee Garner was on the sick list during the weekend. We all hope he will be okay.

Mrs. Suda McIntosh, of Beaufort spent the weekend here with her sister.

We are all glad that Little Maria Mouton is much improved. We hope she will be well.

Mr. and Mrs. Walter Chrusciel and Mrs. Riley Norman visited relatives here Sunday afternoon.

Mrs. Robert Gray visited Mrs. W. Russell Sunday night.

Mrs. Jessie Powell spent a few days in Bay View last week.

Little Marie Small, of Bay View, visited her grandparents over the weekend.

Mrs. E. A. Hennings, of Beaufort, spent a while here Sunday night.

\$20,000 in School Supplies Purchased for Austria

VENNA (AP) — Supplies and equipment valued at more than \$20,000 have been purchased by American Army Headquarters here for Austrian schools in the American occupied zone. Purchases were made from a congressional appropriation for the rehabilitation of education in Austria.

Famous Jet Pilot Awarded Gold Medal

Lt. Col. Marion E. Carl, USMC, former commanding officer of Marine Fighter Squadron-122 and present Operations Officer for Marine Air Group 14, Cherry Point, recently was presented with the Federal Aeronautique Internationale Gold Medal at a banquet in Washington, D. C.

The award was for Carl's flight on 25 August, 1941 at McCree Dry Lake, California when he set a new world's speed record in a Douglas experimental jet. He flew 650.8 miles per hour over a measured course.

Mr. Fred Crawford, president of the Cleveland National Air Race Committee and Thompson Products made the presentation of the civilian medal Dec. 17.

NORTH RIVER

Jan. 4 — Rev. T. R. Jenkins, of Beaufort, filled his regular appointment here Sunday.

Mrs. Studie Wade has been sick for the past week. She is better.

Mrs. Polly Fulcher returned home Saturday after spending the week in Morehead City with her daughter, Mrs. Linwood Springle and family.

Mrs. Thelma Whitehurst, of Beaufort, spent Sunday here with Mr. and Mrs. Riley Beachem.

Mr. and Mrs. Jesse Wade spent a while in Beaufort, Sunday at the home of Mr. and Mrs. W. D. Blake.

Mr. and Mrs. Raymond Gillikin and children, of near Beaufort, spent a while here Sunday with Mr. and Mrs. Clarence Jopok.

Mr. and Mrs. John Radcliffe, of Beaufort, spent a while here Sunday with friends.

Mr. Essie Garner left Sunday for Southport to spend a few days with her son, James Garner and daughter, Mrs. T. S. Louis.

Miss Mary Sue Dail left Sunday for Greensboro after spending the holiday here with parents, Mr. and Mrs. Wilbur Dail.

Miss Gladys Cox returned home Friday after spending the week with relatives and friends in Oriental.

Mr. P. R. Beachem left Sunday for Norfolk to spend a few days with his brother, Mr. Willis Beachem.

PENDER LEADS WITH LOWER MEAT PRICES		
COMPARE TODAY'S MEAT PRICES WITH MEAT PRICES OF THREE MONTHS AGO		
ITEM	PRICE Sept. 1, 1948	PRICE TODAY
SMOKED PICNICS	lb. 59c	lb. 39c
CHUCK ROAST	lb. 77c	lb. 47c
PORK CHOPS CENTER CUT	lb. 95c	lb. 61c
PORK ROAST RIB OR LOIN END	lb. 71c	lb. 41c
PORK SPARE RIBS	lb. 63c	lb. 49c

MEN
ESQUIRE SOX
Originally 55c - 37c pr. or 3 pr. for \$1
Originally 75c - 50c pr. or 2 pr. for \$1
Originally \$1.50 All Wool - \$1.15 pr.

LEARY'S
Sea Foods
DRESSED & DELIVERED
Phone M-401-1
M-402-1

Call on us today if you want information on fishing boats for charter or order of dressed fish.

OTTIS' MOREHEAD CITY FISH MARKET

STEP INTO OUR GARDEN
RED VIRGINIA WINESAP APPLES
2-lbs. 25c

CALIFORNIA ICEBURG Firm Lettuce, 2 heads .. 29c
LARGE TENDER GREEN Pascal Celery, 2 stalks .. 29c

ECONOMICAL DISH
Lucy Lockette Orange Juice, 2 46-Oz. cans 39c
IDEAL FOR SALADS Chum Salmon, No. 1 Can 59c
PHILLIP'S WHITE AND Green Limas, No. 1 Can 21c
RED RIPE Tomatoes, No. 2 Can 15c
RICH-FULL BODIED COFFEE Gold Label, 1-lb. Pkg 47c
DEL MONTE LARGE Evap. Prunes, 2-lb. Pkg. 41c

REDGATE MIXED SWEET PEAS
2 No. 2 cans 23c

INSTANT SUDS Now Vel. Lge. Pkg. 30c
SOAP FLAKES Octagon, Pkg. 33c
FLOODS OF SUDS Super Suds, Lge. Pkg. 33c
LAUNDRY BLEACH Clorox, Qt. Bot. 19c
LAUNDRY SOAP Octagon, Cake 9c
BOUQUET SOAP Cashmere, 2 Cakes 23c

PENDER QUALITY FOOD STORES

CAMP CLEEK
Jan. 5 — Sunday Mr. and Mrs. W. D. Gaskins accompanied by his sister Mrs. C. Broadhurst, and mother Mrs. A. E. Gaskins enjoyed a motor excursion to points east of Beaufort and to Cedar Island.

Mrs. Julia Brinson with Mrs. Rena Merrill returned Monday after a week's visit with Mrs. Alva Wheaton and Loyd Brinson at Black Creek bringing with them Mrs. Loyd Brinson and son Alva Jr., for a week's stay.

Mrs. Julius Lewis and granddaughter Vicki Sherwood returned Saturday after a week's stay with her daughter Mrs. Albert Ormond of Kinross. Mrs. Hazel Lewis Sherwood accompanied them on their return.

Visiting Mrs. K. S. Swinson Monday were Mrs. Joe Guthrie of

Miami: Mrs. Julia Russell of Wilmington, N. C.; Mrs. Lina Garner and Mrs. Howard Lewis of Sound View, and Mrs. Ada Coleman of Tabor City, N. C.

Mr. and Mrs. Horace Hatley of Jacksonville, N. C. spent the week end with her mother Mrs. K. S. Swinson. Returning with them was Miss Janice Swinson who was their guest for several days previous.

Mr. and Mrs. Wayne Thompson, and Mr. and Mrs. Al Black visited in Camp LeJeune, Sunday.

Mr. and Mrs. Cicero Guthrie, and Mrs. K. S. Swinson spent Sunday with Mr. and Mrs. Howard Lewis at Sound View.

Mrs. Elbert Chadwick and Mrs. Bobby Bell spent Monday with Mrs. Fred Willis.

Mr. Fred Willis is enjoying a man's diversion this week, hunting down east.

Mr. and Mrs. Albin Beacham and son Cecil spent the week in Cho-

community with her parents Mr and Mrs. George Dixon.

Visiting Mr. and Mrs. Jack Powell this week is Mrs. Powell, Jack's mother of Raleigh.


Welcome to our new community neighbors, Mr. and Mrs. Bill Wellington who moved in Saturday from Newport.

Next edition will have the school's honor roll.

Tanker Sails
The Esco tanker Fort Feltman sailed yesterday morning from Beaufort, Tex. It docked Wednesday morning at Port Terminal loading 60,000 barrels of gasoline.

Rhododendrons and azaleas both belong to the same genus of plants. There are more than 100 different species of rhododendrons and azaleas.

Any Time in '49
YOU'LL FIND BIG VALUES AT A&P!



- Mild American CHEESE 1-lb. 50c
- A&P's Own Vegetable Shortening dexo 3-lb. Can \$1.05
- Ann Page Creamy Smooth Peanut Butter 1-lb. Jar 35c
- Ann Page With Pork and Tom. Sauce BEANS 16-Oz. Can 10c
- Mild and Mellow Coffee 8 O'CLOCK 1-lb. Bag 40c 3-lb. Bag \$1.15
- Home Style Sandwich Reg. Pan MARVEL BREAD 15-lb. Loaf 18c
- Dried PEACHES 1-lb. Pk. 33c
- A&P Large PRUNES 1-lb. Pkg. 22c

Fine Flavor IONA PEAS	2 No. 2 Cans	22c
Weightless PEA BEANS	2-lb. Pkg	29c
Sunnyfield Self Rising FLOUR	16-lb. Bag	81c
Sunnyfield Flour For PANCAKES	20-Oz. Bot.	14c
Ann Page Blended SYRUP	12-Oz. Bot.	23c
Phillips-With Franks BEANS	12-Oz. Can	19c
A&P Golden CORN	2 No. 2 Cans	33c
Libby's Fruit COCKTAIL	No. 303 Can	29c
Iona Sliced or Halves PEACHES	No. 2 1/2 Can	29c
Iona Blackeye PEAS	15 1/2-Oz. Can	10c

Rehab's Fruit

200s - 216s Oranges, 2-Doz. 37c
46s Grapefruit, 5 for 29c

CARROTS, 2 - bunches	19c
IDAHO RUSSET POTATOES, 10 - lbs.	59c
CABBAGE, 2 - lbs.	9c
GRAPES, 2 - lbs.	25c
YELLOW ONIONS, 2 - lbs.	10c
ROUTABAGAS, 2 - lbs.	9c

Blue White FLAKES	Pkg. 10c
Sweetheart SOAP	2 Reg. Bars 19c
Lava SOAP	2 Bars 21c
Ivory SOAP	Reg. Bar 10c

Value Giving Prices

Personal IVORY SOAP Bar 7c
Ivory FLAKES Lge. Pkg. 33c
Ivory SOAP 2 Lge. Bars 35c
DUZ Lge. Pkg. 33c

CENTER CUTS PORK CHOPS, lb.	57c
WHOLE FRESH HAMS, lb.	57c
MORRELL PRIDE SMOKED HAMS, lb.	59c
MORRELL PRIDE SMOKED PICNICS, lb.	45c
CORN KING SLICED BACON, lb.	59c
BONE IN SELECT CHUCK ROAST, lb.	61c
SHORT RIBS OF BEEF, lb.	33c
VEAL SHOULDER CHOPS, lb.	63c
DRESSED AND DRAWN HENS, lb.	62c
DRESSED AND DRAWN FRYERS, lb.	68c

These Prices Apply to Stores in Beaufort & Morehead