### Egg Yolk is Second Best Source of Vitamin D

By MARTHA BARNETT
Home Demonstration Agent
"The egg yolk is second only to fish oils as the richest source of vitamin D. a autrient which combats rickets among children," the Poultry and Egg National Board points out in announcing that January is being observed as Egg Month by the poultry industry. "Nutrition studies have demonstrated," says the board, "that the daily addition of eggs to a diet ade
Pictures of the State 4H Dress Revue, held in Raleigh in 1953, daily addition of eggs to a diet ade-quate for all health needs will ac-celerate growth and improve

For adults, a serving of only two eggs supplies up to 22 per cent of one's daily vitamin A needs . . . Also 8 per cent of the calcium, 18 per cent of the phosphorous, and 26 per cent of the iron needed every day." . . The board con-cludes that eggs abound with the pour ishment results of all sages. nourishment people of all ages

Here are some recipes for using

more eggs.

Egg-Sausage Surprises
1 1/3 to 2 lbs. bulk pork sausage
8 hard-cooked eggs.

Divide sausage into 8 equal parts.

Press sausage firmly to make an
even layer around eggs. Place on rack in shallow pan. Bake uncovered in a moderate oven (350 degrees F.) for 40 to 45 minutes or until the sausage is well-browned, turning once. If desired, serve with gravy prepared with the sausage drippings. 8 servings. Creamed Eggs

14 cup butter or margarine

cup flour

1/2 teaspoon salt 1/4 teaspoon pepper 1/4 teaspoon paprika

2 cups milk 6 hard-cooked eggs

Melt butter, add flour and seasoning. Blend well and cook over low heat until bubbly. Add cold milk all at once and cook, stirring ern New York, where Miss Corbitt constantly until thickened. Slice or thop eggs as desired and add to sauce. Heat a few minutes longer more seasoning. Serve hot on toast, noodle nests, over cornbread, years ago.

Conversation Pieces

4-H Clubs in Carteret County met last week. Meetings were call-ed to order by the president. De-

### **Lighting Helps** TV Viewing

By DOROTHY GRAHAM CP&L Home Economist

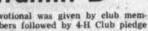
People frequently make the mistake of darking a room for television as for a movie. This is wrong because the television screen is both brighter and smaller than a movie screen. Good lighting helps prevent eye-

strain caused by the strong con-trast between the bright television tube and the dark surroundings. Our enjoyment of the programs is heightened because eyestrain and fatigue are lessened. And we shall not be bumping into and falling

We can have good lighting by floor or table lamps normally in the room. These, if they are 3-way bulbs, may be turned to low or medium level. Torcheres with opaque reflectors may be used. A 15 or 25-watt incandescent bulb may be placed behind the television

It is important that we maintain balanced lighting in the room. We want to avoid exceptionally bright spots of light on the walls near our set. We want to place our set and lamps so direct light does not fall on the tube. It is wise to use opaque paper or dense fabric shades on our lamp.

Smart Boy



had remodeled, constructed and purchased and the accessories used. Pictures of the State 4-H Dress Revue, held in Raleigh in 1953, showing Carol Bescham modeling a dress she had made, were shown Slides also illustrated how Carol learned to dress appropriately for the occasion and how she became sed, popular, well-dressed girl. Carol's records were shown.



#### Doughnut Maker Serves Customer All He Pays For

By MAC ROY RASOR

Austin, Tex. (AP)-Every time a customer of Miss Helen L. Cor-bitt buys a doughnut he gets the

Wherever she's worked, Miss Corbitt has become the heroine of loughnut eaters by seeing to it they get the little chunks punched out to make the holes.

Each hole is cooked into a little golden ball and then perched right back on top of the doughnut.

Family Custom

Right now the favored customers are those of the coffee shop and

dining room of Austin's Driskill Hotel where Miss Corbitt is director of food services.

"It's the way I was brought up," she explains. "My mother always cooked the holes right along with

started her dietary career. She was in charge of private food service at Cornell Medical Center before she joined the University of Texas home economics staff 13

She worked at the Houston Coun-

try Club and Joske's of Houston before coming to the Driskill. The biggest advantage of serving

up the holes is the conversation they provoke, Miss Corbitt believes. There's always a lot of joking



Helen L. Corbitt

#### about whether the holes are cheap er than the doughnuts, what happens to the holes at other coffee shops, and bets won from doubting new customers lured in by old ones. Two-Hole Doughnut

One customer recently com-plained that the hole received was came out of his doughnut. He was served a second hole for

Miss Corbitt says it was the only two-hole doughnut she has ever

#### **Sheriff Proves to Court** That Whiskey is Real

Paris, Tex. (AP)—There were raised eyebrows when Sheriff Dan Bills strolled out of Lamar County Court with a strong odor of whiskey on his breath.

But it was in the line of duty Bills was a witness in a bootlegging case in which 20 pints of whiskey defense attorney asked the sheriff to test each pint to make sure it

### New Seed Catalogs Arrive Smart Safe-Cracker Gets two dozen track medals belonging to the company president's son. No America spinach, Cherry Belle ralish, and many others. Next week's column will include list of recommended vegetable Louisville, Ky. (AP) — A thief here got some medals for his skill in safecracking. He spent some time and effort He spent some time and effort

beautifully illustrated, and containbeautifully illustrated, and containing many new varieties of flowers and vegetables. If you haven't received yours, address a post card to your favorite seed house, or send or several different ones so that

Each company has certain spe-ialties and novelties which it emrustomers, as well as the standard varieties. This is especially true of hybrid varieties. A few seed companies produce new bybrid va-deties which are offered for sale only by themselves. There are many hybrid varieties of vegetables being introduced by seedsmen especially of tomatoes, cucumbers and sweet corn. Some of these are distinct improvement over stand ard varieties; some are not as ood. The way to find out if they

usually more expensive than stand ard sorts because of the labor in volved in hand pollination. The home gardener should try out small plantings of these new varieties and hybrids because he takes very little financial risk and at the same time he may be well pleased with the results. should, however, continue to plant the old proven varieties until he too small to have been the one that has given the new ones a fair

Every gardener should take an interest in the "All America" veg etable and follower variety selections of the last few years. have been tested in several different locations in the country and can be generally recommended Good examples are Wade snap beans, Salad Bowl leaf lettuce, Premier Great Lakes head lettuce

Hong Kong (AP)-Plans are in preparation for the erection of one will have two stories and a base



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to open a safe at the Love Chemi- It was unlocked.

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Short Grain

Crab Meat ---

Prune Juice --

La Choy Chinese Style

La Choy Chow Mein

C&B Kippered

Dinners -----

Noodles -----

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Ann Page Salad

DRESSING

Herring ---- 15-0z. 49c

Golden Maid

MARGARINE

18-02. 55c

3-Oz. 17c

COME SAVE

America spinach, Cherry Belle ra-

Octagon Soap

Hi-Ho Crackers

Snow

Octagon

dish, and many others.

and flower varieties.

I have already received a num-ber of new seed catalogs for 1954 and they are better than ever— and they are better than ever— and flower varieties. ou can compare their specialties.

phasizes and recommends to its suit your needs is to try them out. The seed of hybrid varieties are

Hong Kong Boy Scouts

of the most modern Boy Scout headquarters in the world at near by Kowloon. The building, sched were introduced in evidence. A uled for completion early in 1954 ment. It will have an 800-seat cawas really whiskey.

It was. The defendant got 365 days in jail and a \$200 fine.

pacity assembly hall, a gymnasium locker and shower rooms, library and workshops.

# Sweetheart Soap Blu-White Flakes

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2-Lb. 35c Comet Rice --Niblet's Corn 2 12-Oz. Cans 35c 40-Oz. 29c Biscuit Mix --Harris Prepared Deviled

Green Giant Cream Corn 2 No. 303 35c

Green Giant Green Peas

17-Oz. 19c Sunshine Hy-drox Cookies

714-01. 25c Planter's Cocktail Peanuts

Can 350

Peter Pan **Peanut Butter** 12-02. 37c

> Peter Pan Peanuts 714-0z. 29c

Super Market

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Puffin's Easy To Fix

Biscuits .... 4

### An Engineer... that is after I get f out of college.

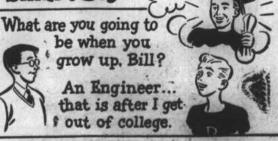
Pop's got an Educator Plan for me-I know

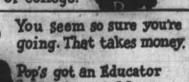
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