

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 nutrient 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 adequate for all health needs will accelerate growth and improve health.

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 phosphorus, and 26 per cent of the iron needed every day. . . . The board concludes that eggs abound with the nourishment people of all ages need.

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

1/4 cup butter or margarine
1/4 cup flour
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 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 constantly until thickened. Slice or chop eggs as desired and add to sauce. Heat a few minutes longer stirring gently. If desired, add more seasoning. Serve hot on toast, noodle nests, over cornbread, or as desired.

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

voluntary was given by club members followed by 4-H Club pledge and song.
4-H Club girls discussed the requirements for clothing projects. Girls enjoyed a set of slides on a typical 4-H girl's clothing project. These were actual slides made of a 4-H girl, showing the clothes she had remodeled, constructed and purchased and the accessories used.
Pictures of the State 4-H Dress Revue, held in Raleigh in 1953, showing Carol Beacham modeling a dress she had made, were shown. Slides also illustrated how Carol learned to dress appropriately for the occasion and how she became a poised, 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. Corbitt buys a doughnut he gets the hole, too.

Wherever she's worked, Miss Corbitt has become the heroine of doughnut 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 the doughnuts."

Mother did her cooking in northern New York, where Miss Corbitt 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 years ago.

Conversation Pieces
She worked at the Houston Country 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

a Vaccine will mean Victory!

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IT WILL TAKE MORE IN '54!

January 7 to 31

New Seed Catalogs Arrive

By ROBERT SCHMIDT

I have already received a number of new seed catalogs for 1954 and they are better than ever—beautifully 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 for several different ones so that you can compare their specialties.

Each company has certain specialties and novelties which it emphasizes and recommends to its customers, as well as the standard varieties. This is especially true of hybrid varieties. A few seed companies produce new hybrid varieties 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 standard varieties; some are not as good. The way to find out if they suit your needs is to try them out.

The seed of hybrid varieties are usually more expensive than standard sorts because of the labor involved 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. He should, however, continue to plant the old proven varieties until he has given the new ones a fair trial.

Every gardener should take an interest in the "All America" vegetable and follower variety selections of the last few years. These 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,

America spinach, Cherry Belle radish, and many others.
Next week's column will include a list of recommended vegetable and flower varieties.

Smart Safe-Cracker Gets Medals for Hard Work

Louisville, Ky. (AP)—A thief here got some medals for his skill in safecracking.
He spent some time and effort to open a safe at the Love Chemi-

cal Company. The medals? About two dozen track medals belonging to the company president's son. No money.

And he wasn't so skillful after all. He could have opened the safe with a single turn of the handle. It was unlocked.

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A&P Prunes	Large Size	1-Lb. Pkg.	23 ^c	2-Lb. Pkg.	43 ^c
Pinto Beans	Dry	1-Lb. Pkg.	14 ^c	2-Lb. Pkg.	27 ^c
Lima Beans	Small Dry	1-Lb. Pkg.	14 ^c	2-Lb. Pkg.	27 ^c

Octagon Soap	Lge. Bar	8c	
Octagon Soap Powder	Lge. Pkg.	23c	
Hi-Ho Crackers	1-Lb. Pkg.	34c	
Sweetheart Soap	3 Bars	23c	
Blu-White Flakes	Reg. Pkg.	9c	
Ivory Soap	3 Med. Bars	23c	
Ivory Snow	Lge. Pkg.	28c	
Tide	Lge. Pkg.	29c	
Cheer	Pkg.	29c	
P&G Soap	Lge. Bar	8c	
Surf	Lge. Pkg.	29c	
Zestas	Strietman Crackers	1-Lb. Pkg.	25c
"Super-Right" Meats	Short Grain	2-Lb. Pkg.	35c
Steak	Heavy Western Beef—Sirloin	Lb.	85c
Roast	Boneless Brisket—Pot	Lb.	59c
Steak	Boneless—7 Inch Cut—Rib	Lb.	85c
Plate Stew	Heavy Western Beef—Bone In	Lb.	19c
Ground Beef	Super-Right Freshly	Lb.	29c
Shoulder Chops	Choice Milk Fed Veal	Lb.	49c
Veal Steak	Choice Milk Fed—Cubed or Tendered	Lb.	85c
Pork Liver	"Super-Right" Sliced	Lb.	25c
Sliced Bacon	Wilson's Corn King	Lb.	65c
Large Ring	Jane Parker Angel Food Cake	Each	49c
Dinner Rolls	Jane Parker Brown 'N Serve	1-Doz. Pkgs.	25c
White Bread	Jane Parker Enriched	1-Lb. Loaf	14c
Dessert Shells	Jane Parker Golden	Pkg. Of 6	20c
Comet Rice	Jiffy	2-Lb. Pkg.	35c
Biscuit Mix	Harris Prepared Deviled	40-Oz. Pkg.	29c
Crab Meat	Sunsweet	7 1/2-Oz. Can	53c
Prune Juice	Skinner's	Qt. Bot.	33c
Raisin Bran	Ann Page Salad	10-Oz. Pkg.	17c
DRESSING	La Choy Chinese Style	18-Oz. Pkg.	55c
Herring	La Choy Chow Mein	3-Oz. Can	17c
MARGARINE	C&B Kipperd	15-Oz. Can	49c
21c	Golden Maid	1-Lb. Pkg.	21c
Biscuits	Puffin's Easy To Fix	4 For	49c

Fresh Fruits & Vegetables

Carrots	Crisp Golden	Cello Bag	10c
Bananas	Firm Golden Ripe	2 Lbs.	25c
Oranges	Juicy Florida	8 Lb. Bag	37c
Celery	Nice—Fresh Stalks—Size 2 1/2's	Stalk	12c
Potatoes	U. S. No. 1 White	10 Lbs.	29c
PEACHES	Dried	1-Lb. Pkg.	37c
APPLES	Dried	1-Lb. Pkg.	49c

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Lighting Helps TV Viewing

By DOROTHY GRAHAM
CP&L Home Economist

People frequently make the mistake of darkening 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 eyestrain caused by the strong contrast 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 over furniture when we move about.

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. Torchères with opaque reflectors may be used. A 15 or 25-watt incandescent bulb may be placed behind the television set.

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.



Helen L. Corbitt . . . has doughnuts with holes

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 were introduced in evidence. A defense attorney asked the sheriff to test each pint to make sure it was really whiskey.

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

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Smart Boy

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

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