

## Orange Strawberry Parfaits Are Perfect Bridal Dessert

By CECILY BROWNSTONE  
Associated Press Food Editor

The Bride-To-Be is trying on her veil — orange blossoms nestling in a crown of gauzy tulle. Wedding bells will be ringing, come June, and it's time for friends of engaged couples to entertain them.

If the party is to be informal, hamburgers and frankfurters on toasted buns and rolls are fine — but serve them with some dash! Have an assortment of relishes with the hamburgers — everything from artichoke pickle to chutney — and don't forget the sweet onion rings. Choose glamorous Bahama-type mustard to accompany the frankfurters along with tomato wedges to eat out of hand.

If you are bent on more formal food, lobster salad is still as delicious and appropriate as it was in the Gay Nineties, when it was standard fare for all bridal collations. Or how about cold ham and turkey with green beans vinaigrette and romaine? With either course, serve small buttered rolls — the kind that are topped with an egg wash to make them shiny and festive.

Whether your party is informal or formal, we suggest Orange-Strawberry Parfaits for dessert. This recipe is one you'll want to use year-round because it's made with always-available oranges and ice cream, and frozen strawberries may be used when fresh ones aren't in season.

**Parfaits**  
Ingredients: 6 very large oranges, 1 1/2 cups sugar, 3/4 cup water, 2 pints fresh strawberries, 2 quarts vanilla ice cream, 16 whole strawberries.  
Method: Peel oranges, slice and cut into bite-size wedges; there

### Ring Found in Korea Has Interesting History

College Station, Texas (AP) — A Texas soldier found a gold ring beside two dead Red soldiers on a Korean hilltop last year. It was a Texas A&M 1945 class ring engraved with the name of "J. N. Parks."

The soldier, Otto Yelton of Galveston, was an Aggie himself so he kept the ring to return to Parks' family. He assumed Parks was dead.

Back in Texas, Yelton gave the ring to an Aggie student, Bill Robinson of Galena Park, Tex. Robinson traced Parks, who lives at Corpus Christi, through school records.

Then he learned that Parks never had been in Korea. The ring was stolen from his car while he was fishing near San Antonio Sept. 3, 1952.



Orange strawberry parfait—perfect dessert.

should be 4 cups. Place in container that has a cover; a glass casserole is fine. Cut most of the white membrane from some of the orange peel; then using a sharp paring knife or kitchen scissors, cut enough peel into very narrow strips to make 1/4 cup. The strips will be most attractive if you cut some long and some short. Put sugar, water and orange peel strips into a saucepan; stir over low heat until sugar is dissolved. Increase heat and bring to a boil; boil gently 8 minutes. Pour hot syrup over orange wedges; cool; cover and refrigerate 1 to 2 days to mellow. Makes 1 quart. When you are ready to serve the parfaits, put some of the ice cream in the bottom of a parfait or other footed glass; arrange some of the orange wedges and syrup, and strawberries, over the ice cream. Fill glasses, alternating layers of fruit and ice cream. Garnish with whole strawberries. Serve at once. Makes 16 parfaits.

Note: If you are serving only 8, use 2 cups of the oranges with 1 pint strawberries and 1 quart vanilla ice cream. Keep the remaining 2 cups oranges in the refrigerator for another time — they are delicious over sponge cake with a topping of whipped cream; over vanilla pudding, tapioca cream or custard; or over sliced ripe banana. Frozen strawberries may be used instead of fresh; use 2 packages for 16 parfaits, 1 package for 8.

## Tune Up For Health

By JACK POBUK  
Weight Reducing VI

Are you fat and flabby? Do you envy people who have better figures?

There is no secret about how to keep in condition. This series of exercises can help you do it. But most of all you must help yourself. No amount of wishing will take off that fat. And you can't take it off by spending money. So get to work! Some people use a bed for these exercises where you lie on your



back. The floor is better. It gives you a good base for your work.

Do the previous five exercises cut down to a couple of times each and then try this week's.

**Bicycle**  
Lie on your back, hands at sides. Raise legs from floor, performing pedaling movement for about eight full circle pedals with each leg.

## Poultry Ills Cut Profits

Often the little things in poultry production prove to be the big things when the profit-loss ledger is balanced at the end of the year, says R. S. Dearstyne, head of the department of poultry science, N. C. State College.

Dearstyne says chicken pox, or fowl pox, is one of the "little things" that is often overlooked by even experienced poultrymen. "Outbreaks of this disease can easily be prevented," says Dearstyne, "yet it is surprising how often it is overlooked. Usually they pay the bill for their neglect."

Chickens of all ages are susceptible to pox. It does not usually occur in young birds but breaks out very often in pullets just about to come in lay or among those in early lay. When this happens, real trouble has come. Appetite is retarded and production may drop to near zero. While actual mortality due to the disease is not usually great, loss of production for several weeks of lay when egg prices are high is a real blow.

Pox is one of the easiest of the poultry diseases to prevent. Vaccination with a potent virus should give life immunity. The vaccination is best applied when birds are from eight to 14 weeks of age. This gives the chickens time to recover from the slight shock brought about by vaccination and to develop immunity before the time for laying arrives. The cost is little over a penny a bird and the vaccination is not a laborious procedure.

**DRESSED AND DELIVERED**  
Just Call — Phone 6-4020

It's Economical to Serve Delicious,  
Easy to Prepare Seafood, Have Some Today!

**OTTIS' FISH MARKET**  
8th and Evans Sts. Morehead City



These Prices Effective Thru Saturday, May 15

- A&P Fancy Fruit **COCKTAIL** - - - - - No. 303 17-Oz. Can 21c
- Iona-Zesty **TOMATO JUICE** - - - - - 46-Oz. Can 19c
- A&P's Own Vegetable Shortening **dexo** - - - - - 3-Lb. Tin 75c
- Walker's Austex **BEEF STEW** - - - - - 15-Oz. Can 27c
- A&P Purple **PRUNE PLUMS** - - - - - 2 No. 2 1/2 Cans 45c

**PETER PAN**  
Peanut Products  
**Salted Peanuts**

7 1/2 Oz. Glass 33c

**Peanut Butter**

12-Oz. Glass 37c

- Angelus-Recipe **MARSHMALLOWS** - - - - - 10-Oz. Pkg. 19c
- The Kids Really Love 'Em **CRACKER JACKS** - 3 Pkgs. 13c
- Sunshine Biscuit Co. **HI-NO CRACKERS** - - - - - 1-Lb. Pkg. 35c
- Del Monte Yellow Cling **SLICED PEACHES** - - - - - 16-Oz. Can 20c
- Del Monte Fancy **FRUIT COCKTAIL** - - - - - No. 303 17-Oz. Can 25c

- LUX**

Toilet Soap

3 Reg. Bars 25c

Bath Bar 12c

---

Ivory Snow

Lg. Pkg. 30c

---

Ivory Soap

3 Reg. Bars 25c

---

Tide

Lg. Pkg. 30c Gt. Pkg. 72c

---

Cheer

Lg. Pkg. 30c Gt. Pkg. 72c

---

Dreft

Lg. Pkg. 30c

---

20-Mule Team

Borax 16-Oz. Pkg. 19c

Boraxo 8-Oz. Pkg. 19c

---

Swan Soap

2 Lg. Bars 27c

---

Swan Soap

3 Reg. Bars 25c

## CHANGE TO A&P AND GET MORE CHANGE FROM YOUR FOOD DOLLARS!

- A&P Fancy Crushed **PINEAPPLE** - - - - - No. 2 20 Oz. Can 23c
- Packer's Label—Mustard, Collard or Turnip **GREENS** - - - - - 3 No. 303 Cans 25c
- Marcal Quality **PAPER NAPKINS** - - - - - 80 Ct. Pkg. 10c
- White House Economical **EVAP. MILK** - - - - - 14 1/2-Oz. Tall Can 12c
- Scotch Maid Frozen Chopped or **LEAF SPINACH** - - - - - 12-Oz. Pkg. 10c
- Ann Page—Pure Ground **Black Pepper** - - - - - 1-Oz. Can 29c
- Ann Page Red **Kidney Beans** - - - - - 2 1-Lb. Cans 23c
- Ann Page Pure Orange **Marmalade** - - - - - 1-Lb. Jar 25c
- Ann Page Creamy **Mayonnaise** - - - - - 8-Oz. Jar 55c
- Ann Page **Salad Mustard** - - - - - 9-Oz. Jar 11c
- Snowdrift** - - - - - 1-Lb. Tin 32c 3-Lb. Tin 87c
- Wesson Oil** - - - - - Pt. Bot. 35c Qt. Bot. 67c
- Sweetheart Soap** - - - - - 3 Reg. Bars 25c
- Blue White Flakes** - - - - - Reg. Pkg. 9c
- P & G Soap** - - - - - 3 Reg. Bars 25c
- Ajax Cleanser** - - - - - 2 Cans 25c

**"Super-Right" Meats**

Heavy Western Beef—Chuck Blade **Pot Roast** - - - - - Lb. 39c

Heavy Western Beef—Boneless **Rib Steak** - - - - - Lb. 85c

"Super-Right" Freshly **Ground Beef** - - - - - Lb. 35c

Wilson's Corn King **Sliced Bacon** - - - - - 1-Lb. Pkg. 69c

12 to 14 Lb. Avg. Smoked Short Shank Half or Whole **Skinned Hams** - - - - - Lb. 69c

"Super-Right" Fresh Loin End **Pork Roast** - - - - - Lb. 49c

"Super-Right" Market Style **Back Bone** - - - - - Lb. 49c

**BETTER-THAN-EVER VALUE!**

Jane Parker **CHERRY PIE** - - - - - Large 8" Size Special 39c Regularly 49c

- Fresh Fruits & Vegetables**

Firm Golden Ripe **BANANAS** - - - - - 3 Lb. 29c

Nice Juicy **GRAPEFRUIT** - - - - - 4 For 25c

Nice Stalks **CRISP CELERY** - - - - - Stalk 12c

Regalo—Fresh **SLAW MIX** - - - - - Lb. 15c

Regalo Brand Fresh **SALAD MIX** - - - - - Lb. 19c

Nice **JUICY LEMONS** - - - - - Lb. 17c

Fine Flavor **CRISP CARROTS** - - - - - Lb. 15c

- Jane Parker **Spanish Bar** - - - - - Each 29c
- A&P Seedless **Raisins** - - - - - 15-Oz. Pkg. 17c
- Jane Parker Sugared Cinnamon or **Plain Donuts** - - - - - Pkg. Of 12 19c
- Jane Parker **Blueberry Pie** - - - - - Each Pie 59c
- Our Own Tea** - - - - - 1/4-Lb. Pkg. 49c
- Octagon Soap** - - - - - 3 Giant Bars 25c
- Octagon **Soap Powder** - - - - - 1-Lb. Pkg. 24c
- Fab** - - - - - Lg. Pkg. 30c Gt. Pkg. 72c

**SPRING FROLIC**

Now is the time to—

**BE MODERN  
COOK ELECTRICALLY**

Warm Spring days are wonderful out of doors — but in non-electric kitchens they can be decidedly uncomfortable. Yes, Spring is a good time to get that modern automatic ELECTRIC range and be prepared to enjoy a cool kitchen during the summer days ahead — even during canning season!

You'll find ELECTRIC cooking economical too — and so clean — and fast — and safe. You'll love the automatic controls on the modern ELECTRIC range that allow you added leisure time — time to enjoy the Spring days as you wish!

**SEE YOUR ELECTRIC DEALER TODAY**

**CAROLINA POWER & LIGHT COMPANY**



These Prices Apply to Stores in Beaufort - Morehead