

Change of Pace



Ernest Borgnine does a surprising change of pace from his "tough sergeant" roles to a passive Amish farmer in Twentieth Century-Fox's cinemascope thriller, "Violent Saturday." Here he and Victor Mature are held hostage during some exciting proceedings that precipitate "Violent Saturday." The film, in De Luxe color, also stars Richard Egan, Stephen McNally, Virginia Leith, Tommy Noonan and Lee Marvin.

Army 'Bombed' to Defeat



Kaute Rockne's forward pass tactic that "bombed" the Army to defeat in 1913 is discussed by Tyrone Power, right, starred with Maureen O'Hara in John Ford's "The Long Gray Line," and Phil Carey, one of the Columbia picture's co-stars.

Bits of This and That

By **BARRI BURRAGE**
CP&L Home Economist

If you want to have a good American meal right now, you would probably order a nice, juicy steak served with mashed potatoes and your favorite vegetable. Steak is among the top three in American meat favorites—along with the hot dog and hamburger. And chances are, you like your steak crisp and charcoal brown outside—and tender and juicy inside—whether it's rare, medium, or well done.

Maybe the steaks you've made at home have never turned out just exactly the way you want them to. Well, then you'll be interested in learning the secret of preparing delicious steaks.

The secret for getting the charcoal effect without drying out the meat is to have your heat so intense that the meat sizzles and pops all during broiling. This may cause some smoking in the best of broilers so don't think your steak is burning.

And when you stretch the budget to buy steak, make it a good steak—top-grade meat, well aged and well leaved with fat. Have it cut at least an inch thick or even thicker. Choose the size steak you need. The popular cuts of steak from the largest to the smallest are sirloin, porterhouse, T-bone and club.

But remember, no matter how good the steak is, you will not get satisfactory results unless your range provides intense heat. Your electric broiler can also turn out a beautiful, sizzling steak if you prefer not to use your range.

Here are the steps you should follow for broiling a juicy steak. First, take the steak out of the refrigerator just before you're ready to start broiling it, and trim the excess fat from the edge. Then cut the fat edge every few inches to keep it from curling—this step is particularly important for a thin steak. Now you're ready for broiling.

You must determine the distance of the steak from the heat. Steaks 1 to 1½ inches broiled rare should be placed 2 to 3 inches from the broiler unit so that it will brown quickly. If it is to be well done, place it 3 to 5 inches from the broiler unit.

The time required to broil meats depends upon the degree of doneness desired and the thickness and surface area of the meat. Check broiling charts or use the directions with your range to get meats the desired distance from the broiler unit.

Place the broiler pan on the oven rack leaving the door ajar in the broiler position. Turn the switch on oven temperature to broil. Broil first side, then turn with prongs to prevent losing juices of the meat. Salt meats after broiling to retain the flavor-some juices. To check doneness, make a cut near the bone. (Meat will be rarer near the bone).

Many meats can be broiled while frozen. If they are thawed and are at refrigerator temperature, they can be broiled according to the broiling chart for regular foods. Frozen meats should be broiled at greater distance from the unit and for a longer time than thawed meats. Beef steaks from ¾ to 1 inch thick may be broiled while frozen. Thicker steaks should be thawed completely before broiling.

For a gourmet's touch, sprinkle or spread a heap of sauteed mushrooms or onions on your steak before serving; or pass bottled meat sauce, barbecue sauce or seasoned salt at the table.

Try some of these tricks and see if you don't come up with a better tasting steak.

Painted Dog

Pottstown, Pa. (AP) — People thought they were seeing things when a dog colored a strange shade of yellow sauntered down the street. He had been present during fruit tree spraying in a nearby orchard. Workmen said the mixture of copper sulfate clings for days.



News from **BAY VIEW**

June 8—We are all glad that Mrs. William Forrest and Mrs. Theodore Jones who were operated on last week at Morehead City Hospital are feeling better. We all wish for them a speedy recovery.

A house warming shower was given for Mr. and Mrs. Fred Howell at the home of Mrs. Nannie Fodrie Monday evening.

Miss Linda Sue Graham spent the weekend at Beaufort with her grandmother, Mrs. G. C. Cuthrell. Mr. and Mrs. Jim Skinner spent a while Sunday afternoon at Russell's Creek.

Mrs. Gilford Cannon and family and Mrs. G. W. Collins spent Tuesday in Maysville with Mrs. Carl Smith and Mrs. P. D. Smith.

Mrs. William Fodrie and daughter, Sharon, and Mrs. B. G. Lewis and children, Darlene and Gregory

of Morehead City, spent a while Thursday with Mrs. J. F. Small. Mr. and Mrs. Tony Thomas and daughter, of Harlowe spent a while Sunday afternoon in the community.

Mr. and Mrs. Rex Anderson of Kinston spent a while Monday with Mrs. Wilson Collins.

Mr. and Mrs. Gilford Cannon and family spent a while Saturday at South River.

Mr. and Mrs. A. N. Fodrie of Core Creek spent a while Sunday afternoon in the community.

Mrs. Raymond Graham and daughter, Linda May, are visiting relatives in Cleveland, Ohio.

William Cottle, USN is spending a few days with his parents, Mr. and Mrs. Owen Cottle.

Traffic Control
Midland, Tex. (AP)—Street sign: "Please drive Slow—We love our little Dependents."

Tides in Maine's Passamaquoddy Bay average 19 feet, says the National Geographic Society.

Movies

(Continued from Page 2, Section 2)

Saturday's double feature at the Morehead Theatre features Rod Cameron in a fine western, San Antonio, and Sabaka, starring Boris Karloff and Nino Marcel.

Laid in India

Sabaka is the story of the mighty spectacle of India, and some of the scenes will show a boy elephant trainer hurling defiance against the mystic fire worshippers, the thundering feet of 150 elephants and the wild-eyed terror of a mad buffalo stampede.

Tonight at the East Drive-In the film fare will be Wyoming Renegades starring Phil Carey, Gene Evans, Martha Hyer and William Bishop.

This is another of the shoot-'em-up westerns and for the action fan it should be an enjoyable evening.

College Teaches Manners Now

Fredericksburg, Va. (AP)—Mrs. John P. Harris Jr., dean of women at Mary Washington College, says informality as symbolized by supper in the living room around the TV set is making many young girls insecure in a formal situation.

Seeking to do something about it she started a voluntary course in formal manners to teach freshmen to be at ease.

Of the 700 enrolled 320 showed up for the first class and 250 attended the second and third.

German trains have telephones which can be connected with the German telephone system.

Discusses Future



Grace Kelly and William Holden discuss their future in this poignant scene from Paramount's brand new Technicolor film of the Korean war, "The Bridges at Toko-Ri." These two top-notch performers share starring honors with Fredric March and Mickey Rooney.



News from **RUSSELL'S CREEK**

June 7 — The Rev. Willie Stiley, Bridgeton, filled his regular appointment in the Baptist Church Sunday.

Mr. Bobby Russell and brother, Ronald, of Morehead City, are spending some time with Mr. and Mrs. Lee Garner.

Mr. and Mrs. Hubert Jackson spent the weekend in Raleigh with their daughter who is ill.

Mr. and Mrs. George Russell attended the Carteret County singing convention at Sea Level Sunday.

Mr. and Mrs. Thomas Lewis and daughters, of Norfolk, visited Mrs. Lewis's father, Mr. Fred Worthington, over the weekend.

Mrs. Minnie Brinson, New Bern, spent Sunday here and attended services at the Christian Church.

Mr. Johnny McKay, of the causeway, was in the community. The McKay's have purchased the Fred Worthington place.

Mr. and Mrs. Robert Russell, Lennoxville Road, visited the Bob Russells Sunday.

The Luna Russell Bible Class members met with Mrs. Fannie Fodrie Monday night.

Mrs. Blanche Springle, Mrs. A. H. Tallman, Mrs. Noah Avery and Mrs. Fred McDaniel, attended the singing convention at Sea Level Sunday.

Mrs. A. H. Pate and son, Roy, Mrs. Edward Combs, of Goldsboro, and Mrs. Lutie Collins, North River, visited the Russells Sunday.

Mr. Sam Everette and sister of Rocky Mount, spent Sunday on the coast.

Mr. and Mrs. Cleo Merrill and daughters, attended the singing at Sea Level Sunday.

Mrs. Mary Gray spent Sunday

Aerial Spraying Kills Forest Pests

Airplane spraying with new insecticides, particularly DDT, has provided the first practical means for controlling epidemic outbreaks of destructive insects in forests, reports the U. S. Department of Agriculture. Previously such outbreaks destroyed as much as 90 per cent of the merchantable timber over extensive forest areas.

Research in the specialized field of aerial spraying is being conducted cooperatively by the U. S. Forest Service and the Agricultural Research Service at the Department's Agricultural Research Center in Beltsville, Md. The work is directed toward developing equipment and sprays that will increase the effectiveness and reduce the cost of this method of insect control.

During the past eight years, over five million acres of forest land have been successfully treated by aerial spraying, and control costs have been reduced from \$3 to approximately \$1 per acre.

Because of their ability to cover extensive areas rapidly and economically, airplanes are valuable for conducting surveys to check insect conditions as well as for applying insecticide sprays. Federal, state, and private agencies are cooperating with the Forest Service in developing better methods for making such aerial surveys.

afternoon at Beaufort with her father who is ill.

Mr. and Mrs. Webster Russell and Mr. and Mrs. Ashley Fodrie attended the singing at Sea Level Sunday afternoon.

Mrs. Florence Graham, Mill Creek, returned home after a visit with Mrs. Fannie Fodrie.

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