

# Arrival of Springtime Means Swing to Lighter Type Foods

By FLOY G. GARNER  
Home Agent

The arrival of springtime usually swings the eating pattern to that of lighter foods. Lent is the signal for springtime fare. Even the meaning of the word "Lent" is linked with the season, being derived from the Saxon "Leant-tide"—when the days lengthen.

Food plays an important role at this time of year whether it be to observe the custom of fasting in Lent or simply to celebrate dining by daylight. Fish and cheese dishes are favorites at this season. Most welcome is abundance of eggs and fresh vegetables to mark the awakening of a world of growing things.



Floy G. Garner

I wonder how many of us really realize just how important is the role foods play, in the life not only of the individual but of the nation.

Wendell Wilkie observed that the whole world benefits when the standard of living of one man is raised. Somewhat the same statement might be made about improved nutrition. Each homemaker has a challenging responsibility.

Research in all areas of nutrition is being conducted. This research, which is being carried to all parts of the world, is doing much in awakening the many nations to the importance of good nutrition.

One of the most fascinating areas of nutrition research deals with the kind of foods individuals will eat when they travel in space, a problem which the experts say is farther from solution than the problems of actual space travel.

Experiment is taking place with foods such as meats, fruit, vegetables and others, which are packed in flexible tubes like toothpaste containers. A space traveler would suck the food from the container.

Since we won't be doing any space traveling in the near future, let's not be too concerned over tubes of meat or vegetables. We will look instead at some ideas for appropriate dishes that we might use to conclude the Lenten season.

**Molded Chicken Salad**  
1 tablespoon gelatin  
1/4 cup cold water  
2 cups chicken stock  
2 chicken, cooked and cubed  
2 cups celery, cut in small pieces  
6 eggs, hard-cooked and mashed  
1 cup mayonnaise  
Juice of 1 lemon  
1/2 cup tartar sauce or relish  
1 teaspoon salt  
1 cup nuts (optional)

Soak gelatin in cold water. Dissolve in hot stock. Cook. Add chicken, celery, eggs, mayonnaise, lemon juice, tartar sauce, salt and nuts. Place in molds, which have been greased with salad oil. Serve on lettuce with dressing, and garnish with green pepper rings. Makes enough to divide with your neighbors.

—Mrs. E. P. Gibson, Scotland County

**Easter Egg Salad**  
Peel as many hard boiled eggs as desired. Dip eggs in different colored egg dye (food coloring) to have variety of colors. Then cut eggs in half lengthwise, devill the yolks and fill the halves of whites. Press back together. Arrange on beds of shredded lettuce, endive, or slaw to form "nest" for eggs.

—Mrs. Stuart Turlington, Harnett County

**Applesauce Cake**  
1/2 cup butter  
1 cup nutmeats  
1 teaspoon cinnamon  
1 cup sugar  
1 1/4 cups sifted cake flour  
1/2 teaspoon cloves  
1 egg  
1/4 teaspoon salt  
1 cup thick sweetened applesauce  
1 cup raisins  
1 teaspoon soda

Sift a few tablespoons of the flour over nut meats and raisins. Cream butter and sugar, beat in egg. Add meats and raisins. Sift flour with soda and spices. Stir into butter mixture. Last, add the applesauce which has been heated. Bake cake in a 9-inch tube pan lined with buttered paper, in moderate oven for about 40-45 minutes. It is delicious.

A tube pan is not necessary. A 9 x 5 inch loaf pan will work just as well.

## Farm Agents Meet Here Yesterday

Agricultural agents of six counties met in Carteret yesterday. The major topic they discussed was grain storage and problems connected with it.

The men toured Carolina Grain Co. facilities at Morehead City state port yesterday morning. Following lunch they heard specialists from State College, Raleigh. The afternoon meeting was held at the civic center, Morehead City.

The Six-County Agents Association covers Carteret, Onslow, Craven, Jones, Pamlico and Beaufort counties.

It's illegal to ship home a fish caught in South Dakota.

## Rebekahs to Stage Show Tonight



Mrs. Julia Basden, left, is one of the professor's "girls", and G. T. Spivey, right, gets ready to model one of the few creations that will fit him.



March 18—The Rev. C. B. Hansley filled his appointment Sunday and Sunday night at Holly Springs F.W.B. Church.

Mr. and Mrs. Elmer Garner returned home Saturday after spending five weeks in Florida visiting their children and her brother, Mr. Allen Millis.

Those who visited Mr. and Mrs. J. H. Lewis Sunday were Mrs. Etta Willis of Atlantic Beach, Mr. and Mrs. Oscar Laney of Morehead, Mr. and Mrs. E. C. Willis, Mr. and Mrs. Franklin Lewis and daughter of Bogue.

Mr. and Mrs. Lester Hall and son Leland spent last week in Homestead, Punta Gorda, Cortez and St. Petersburg, Fla., with relatives.

Mrs. Mollie Hall, Mr. D. B. Garner Jr., Mr. George Mason were dinner guests of Mr. and Mrs. Elmer Garner Sunday.

Mr. and Mrs. L. L. Hall visited Mrs. Kenneth Miller at Morehead City hospital Sunday.

The Rev. and Mrs. Carroll Hansley visited Mrs. Elsie Miller and Mrs. Marie Warren at Morehead City hospital Monday.

Little Johnnie Henderson celebrated her 7th birthday last week. There were about twenty that attended her party Sunday. All of her friends are sorry she had chicken pox on Monday.

Mr. and Mrs. Larry Hall and daughter are home on leave after spending a year in Homestead, Fla. They will be stationed at Seymour Johnson Air Force Base at Goldsboro after April 12th.

Mr. and Mrs. Marion Garner, Mr. and Mrs. Floyd Garner and Mr. Sharp visited Mr. and Mrs. Elmer Garner Saturday night.

Mrs. Maggie Cannon visited her sister, Mrs. L. R. Hall, Tuesday morning.

Mr. and Mrs. H. A. Taylor visited with Mrs. Harry Taylor Monday.

Friends of Mr. Tommie Henry regret to hear he's in Wilmington hospital. We all hope for him a speedy recovery.

Mrs. L. L. Hall and Mrs. Larry Hall spent a short while with Julian Taylor who has been in Norfolk hospital for six weeks.

Mr. and Mrs. J. H. Lewis, Mrs. Etta Willis, Mr. and Mrs. Oscar Laney, Miss Margaret Hall, Mr. Otto Slaughter, Mr. Jerome Garner and son all called at Mr. and Mrs. E. J. Garner's Sunday.

Mr. and Mrs. Willie Page visited at Lester Hall's Monday night.

Mr. and Mrs. Fred Padgett spent Sunday afternoon with Mr. and Mrs. Willie Page.

Mrs. Allie Russell, Mrs. Lena Ward and Douglas Elliott attended the wedding of Judy Slaughter Saturday night.

Mr. and Mrs. Cal Desera visited Mr. and Mrs. Linwood Hall Sunday night.

Little Lester Hall III spent the weekend with his grandparents.

Mr. and Mrs. L. B. Hall visited Mr. and Mrs. A. B. Morton in New Bern Friday night.

Mr. Douglas Elliott, Mrs. Lena Ward and Mrs. Allie Russell attended the mission meeting at Holly Springs Monday night.

## Bookmobile Route Listed

Miss Dorothy Avery, director of the county library, has announced the bookmobile schedule for Monday and Tuesday. She also announces that the county library, at Broad and Pollock Streets, Beaufort, will be closed March 27, Good Friday.

The bookmobile route follows:  
Monday: 9:15-9:50 — Merrimon, Mrs. Bessie Carraway's book station; 10:00-10:40 — South River, Mrs. Vera Cannon's book station; 10:50-11:30 — Merrimon, Mrs. Louise Pittman's book station; 11:35-11:45 — Open Grounds, Mrs. Georgia Long.

Core Creek, 12:05-12:30 — Mrs. Laura Foreman, 1:00-1:40 — Mrs. Bertice Dickenson's book station. Wire Grass, 1:50-2:05 — Mrs. Reva Hodges, 2:10-2:25 — Mrs. Ada Jones, 2:30-3:10 — Mrs. Dollie Dudley's book station.

Russell's Creek, 3:15-3:30 — Mrs. Helen Garner's book station, 3:35-3:45 — Mrs. E. Masotti, 3:50-4:00 — Mrs. Pearl Courtney, 4:05-4:15 — Mrs. Rhodora Dudley, 4:15-4:30 — Mrs. Mary Marshburn.

Tuesday: 8:30-9:10 — Gloucester, Book station in J. S. Pigott's Store; 9:20-10:00 — Straits, Mrs. Gladys Davis' book station.

Harkers Island, 10:05-10:45 — Mrs. Rubie Guthrie's book station, 10:50-11:35 — Mrs. Inez Willis' book station, 11:40-11:55 — Mrs. Reva Nelson, 12:35-12:50 — Mrs. Madeline Emory, 12:55-1:10 — Mrs. Ada Willis, 1:15-1:45 — Mrs. Estelle Fluhrart, 1:50-2:05 — Mrs. Frank Moore.

Otway, 2:10-2:55 — Mrs. Josephine Lawrence's book station.

## Core Creek

March 18—Those attending the study course at Eure Educational building in Beaufort last week were: Mrs. Mred Boswell, Mrs. David Dickinson, Mrs. Manly Eubanks, Mrs. Everette Merrill, Mrs. R. L. Searle, Mrs. W. A. Wright and Mrs. Jim Vincent.

Mrs. Connie Sabiston and daughter spent last Tuesday in New Bern visiting with her parents, Mr. and Mrs. H. B. Burroughs.

Mrs. Emma Oglesby and Mrs. Magnolia Taylor visited Mr. and Mrs. Jim Dickinson last week.

Mr. and Mrs. A. H. Outlaw of Elizabeth City is spending some time with her mother, Mrs. Hepsy Dickinson.

Mr. and Mrs. Freddy Merrill and daughter are visiting with their parents, Mr. and Mrs. David Merrill. Freddy will go to Germany and his wife and daughter will join him later.

Mr. and Mrs. Ken Dickinson, Mrs. Vivian Fodrie and Mrs. Gerald Taylor and daughter spent Friday in New Bern visiting Mr. and Mrs. William Fodrie and family.

Miss Johnnie Hardesty spent the week end with her parents Mr. and Mrs. Archie Hardesty.

Charles Dickinson went to Winston-Salem Saturday to attend the basketball game.

Master Van Fodrie spent the week end with his grandmother, Mrs. Vivian Fodrie.

Mrs. C. T. Sanderson and daughter, Claire, visited her parents, Mr. and Mrs. Leslie Norris Sunday.

Bill Harris of Bachelor, spent Saturday night and Sunday with Charles Dickinson.

Master Reynolds Searle III is spending the week with his grandparents, Mr. and Mrs. R. L. Searle.

Mr. and Mrs. Bill Dickinson and sons attended a dinner Sunday in honor of her mother, Mrs. Katie Johnson's, birthday. Her other two daughters, Mrs. H. G. Bellamy and Mrs. Douglas Arthur and their families were there too.

Mr. and Mrs. Fred Smith and family visited her parents Mr. and Mrs. Mike Mason Sunday evening.

Mr. and Mrs. William Fodrie and family of New Bern spent Sunday with his mother, Mrs. Vivian Fodrie.

Mr. S. A. Chalk Jr. of Morehead City was our visiting layman to speak to us Sunday morning. He gave a very inspirational talk which was enjoyed by all.

R.S.V.P. Milwaukee (AP) — Democratic party leaders sent out invitations to midwestern governors of nine states to attend a conference planned here in March. They got back one quick reply. It was from Gov. John E. Davis of North Dakota. He turned down the invitation. He's a Republican.

Mr. and Mrs. Edwin Daniels and boys of Otway spent Sunday with Mr. Daniels' parents, Mr. and Mrs. Arlie Daniels.

Mr. Swindell Goodwin left Monday morning for Norfolk, Va., where he will undergo treatment.

Several relatives of Mr. Anson Goodwin who is seriously ill, spent the weekend with him in Norfolk, Va.



March 18 — Mr. and Mrs. Johnnie McKay have moved in their new house.

Mr. and Mrs. Fred Worthington spent Sunday in Pamlico County.

Mr. and Mrs. William McKay spent Sunday night with their daughter, Mrs. Ingram, in Morehead City.

Mr. Sammie Leffers of Straits and Mr. J. Moore of Harkers Island, called to see the George Russells Saturday.

Mr. and Mrs. Tommie Russell

and family motored to Washington Sunday.

Mrs. Dorothy Lewis and children spent the weekend in Trenton with her mother.

Mrs. Mary Merrill of Glendale Park and Mrs. Pearl Goodwin were the guests of Mrs. Myrna Russell Tuesday afternoon.

The many friends of Mr. and Mrs. Hubert Small were sorry to learn that their house burned to the ground Saturday night. Mrs. Small is the daughter of Mr. and Mrs. W. R. Powell.

Mrs. Fred Harvey has been on the sick list. Hope she soon gets well to be with her many friends.

Mr. and Mrs. Charley Garner of Newport were the Sunday guests of Mr. and Mrs. Leon Fodrie.

Friends of Mrs. Lena Simpson

are sorry learn she has been on the sick list. Hope for her a speedy recovery.

Mr. and Mrs. L. D. Spring Jr. and son of Morehead City were the Sunday afternoon guests of their parents, Mr. and Mrs. L. D. Spring Sr.

Mrs. John Johnson of Beaufort spent Wednesday with her sister, Bertha, who is slowly recovering from a fall.

Mrs. Lina Dunkle took her son Albert to a doctor in Morehead City for a medical check-up.

Mr. and Mrs. Roy Carraway and son Earnest attended the funeral services of Mr. Carraway's nephew, Mr. Vance Jr., in Norfolk, Va., Wednesday. He was killed in a car wreck.

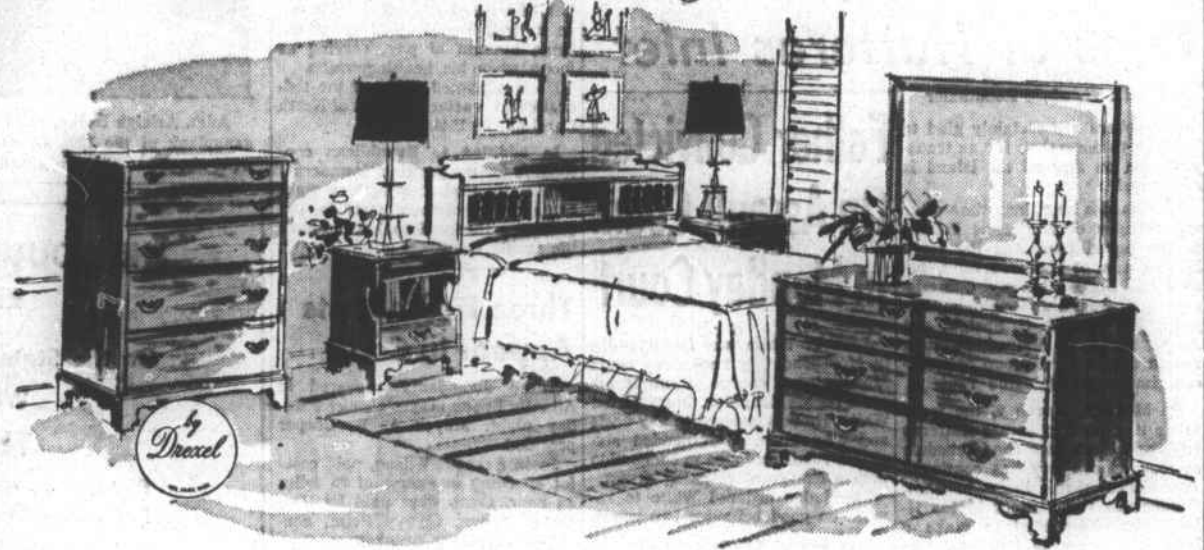
Mrs. Mary Gray spent Sunday

afternoon in Beaufort with relatives and friends.

Mrs. Katie Masotti spent Monday with her mother, Mrs. Bertha Russell, who is suffering from a fall.

Mrs. Doris Willis of Greenville and Miss Doris Guthrie were the guests of Mrs. Sadie Russell Monday.

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608-420 Chest-on-Chest 8 drawers  
608-530 Bed, 4/6 Panel

## MALLORY SALES

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Phone PA 5-3185

Corner 12th and Evans St.

Morehead City



Cy Adams  
Manager Furniture Dept.

RCA Victor Portable TV <b>\$99.95</b>	RCA Stereo Complete Value \$354.95 SALE <b>\$289.95</b>	RCA COLOR TV Value \$795.00 SALE <b>\$675.00</b>
RCA Whirlpool Automatic Washer Value \$279.95 SALE <b>\$239.95</b>	RCA Whirlpool 20 Cu. Ft. Freezer Value \$469.95 SALE <b>\$319.95</b>	RCA Whirlpool Air Conditioner 1/2-Ton Value \$289.95 SALE <b>\$149.95</b>

## MALLORY SALES

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