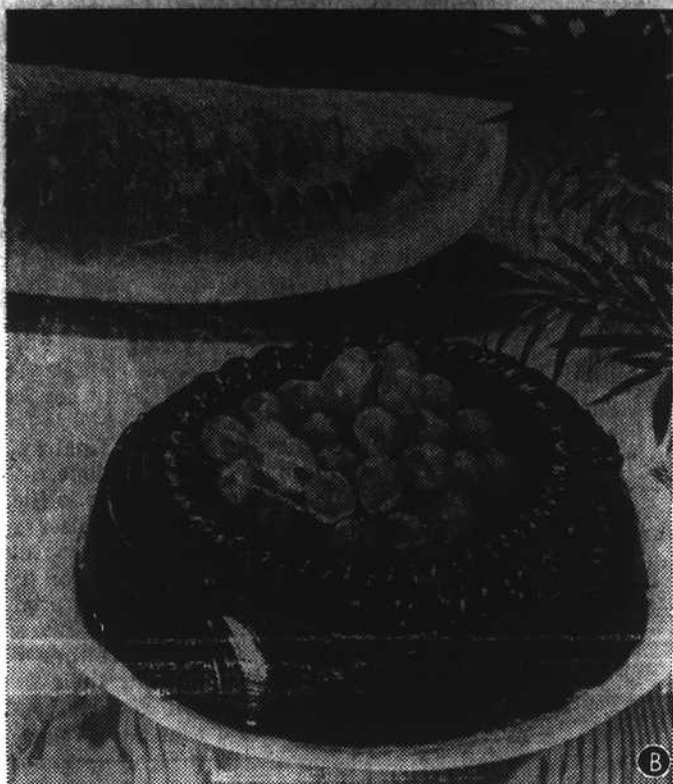


WATERMELON IS FAVORITE SUMMER COOLER



Nothing under the summer sun is more refreshingly cool than a crisp, chilled wedge of ripe watermelon.

Watermelon is so good chilled and served "as is" that most people are content to enjoy it this way. Yet there are many interesting ways to use watermelon.

For a deliciously different salad, mix melon balls with diced apple, walnuts and chopped celery. Toss with French dressing.

Watermelon pulp, placed in the blender and strained, or put through a sieve, adds sparkling flavor to fruit juice cocktails.

In a recipe tested by the Watermelon Growers & Distributors Association, watermelon pulp has been used in an interesting new way—in an easy-to-make gelatin dessert. Watermelon juice was substituted for part of the water and the pulp was stirred into the gelatin after it started to set.

Tropical Melon Mold

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| 2 3-ounce packages mixed fruit-flavored gelatin | 1 cup watermelon juice |
| 1 cup boiling water | 1 cup watermelon pulp, pureed |
| 2 teaspoons lemon juice | |

Add cup of boiling water to gelatin. Stir to dissolve completely. Place watermelon in blender until liquefied, then strain to separate pulp from juice. You will need 1 cup of juice and 1 cup of pulp. (Without a blender, force melon through a sieve.) Add cup of watermelon juice and 2 teaspoons lemon juice to gelatin. Chill until slightly thickened. Fold in watermelon pulp. Chill until set. To unmold, dip quickly into lukewarm water, shake to loosen, and invert onto a plate. Garnish with green grapes, or sweetened cream cheese balls rolled in chopped pecans.

Corn Muffin Sandwich



A relaxed evening of television or reading calls for a supper that's quick and simple. Men especially will "take" to this Corn Muffin Sandwich, hearty with baked ham, red apple and cheese. A mustard-horseradish spread adds zip.

The crisp, golden "bread" slices for this sandwich are halves of large round corn muffins. Bake the muffin batter in five-inch glass dishes or, if you prefer, in a square baking pan.

The corn muffins are tasty contributors of six important nutrients — thiamine, niacin, riboflavin, iron, calcium and protein — thanks to the enriched self-rising corn meal used in their preparation. The incorporation of baking powder and salt into self-rising corn meal speeds preparation, too, by eliminating measuring steps.

CORN MUFFIN SANDWICH

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| 8 Corn Meal Muffins or 9 Corn Bread Squares | 4 teaspoons prepared mustard |
| 1/2 cup butter or margarine, softened | 8 or 9 slices cooked ham |
| 4 teaspoons prepared horseradish | 3 unpeeled red apples, cored and thinly sliced |
| | 8 or 9 slices (1 oz. each) Cheddar cheese |

Bake Corn Muffins or Corn Bread Squares; then preheat broiler. Set out baking sheet. Blend butter or margarine, horseradish and mustard. Slice muffins or squares crosswise in half. Spread with butter mixture and place on baking sheet. Cover bottoms with ham, apples and cheese. Broil tops and bottoms just until cheese melts. Serve immediately, open-faced.

Corn Meal Muffins or Corn Bread Squares

Grease eight 5-inch baking dishes or a 9-inch square pan. Preheat oven to 425°. Combine 2 1/2 cups enriched self-rising corn meal, 2 tablespoons sugar and 1 tablespoon dried shredded green onions. Blend 2 beaten eggs, 1 1/4 cups milk and 1/4 cup melted shortening or oil. Add all at once to corn meal and mix until well blended. If necessary, add up to 1/4 cup more milk to make medium-thick batter. Fill baking dishes or pan. Bake 25 to 30 minutes or until browned.



In the last ten years, Saintpaulias (African violets) have increased in popularity about as rapidly as any one of the many fine house plants from which we can choose.

Hundreds of varieties have been developed, many by amateurs. Some of these show great variation in leaf and flower color, form and habit of growth. Some have single flowers and others double.

While you may have your own favorite named varieties, you may wish to try these if you do not already have them: Blue Diana; Red Diana; and Pink Diana. These are all singles. Pink Rococco is a good double. If you want a white, try White Pride and Double Delight. Both are good double varieties.

When choosing plants, look for a good sturdy stem with a good cluster of buds. A sturdy stem should hold its flowers longer and all buds should develop into flowers.

Propagation is not difficult. Perhaps the most popular method is by using leaf cuttings. Remove a mature leaf from the plant stem attached. Insert the base of the stem in a mixture of clean coarse "concrete" sand and peat moss — equal volumes. Water and place in a greenhouse, if you have one, or under a Mason jar. Shade from direct sunlight and keep moist, never too wet. Ventilate only enough to keep moisture from condensing on the inside of the glass.

When the young shoots appear

above the soil, transplant to two-inch peat pots. When well rooted and growing, transplant to four-inch or six-inch pots in which they will bloom. A good growing medium may be prepared by using equal volumes of peat moss, coarse sand and good top soil. You may have a better soil mixture but the one suggested is good.

Another simple method of obtaining a stock of young plants is by carefully dividing the older plants in the spring. Carefully separate to give individual parts, with roots, attached, and plant in small pots.

Because African violets thrive in subdued light, they may be grown successfully under artificial light. If you would like to experiment in your basement, let me know and I will make suggestions.

4-H Projects in Fruits and Vegetables

There are many fine youth programs in today's agriculture which should result in providing future leadership in a basic industry which is ever changing and becoming more and more complex.

The 4-H program is most likely best known to you. However, there are certain phases of the larger 4-H program which you may not know about. One of these deals with the production and marketing of fruits and vegetables.

I wonder sometimes if we really appreciate just what this training program means to our boys and how many people are in-

volved in it.

The program begins on the county level. The boy or girl is selected and trained by the extension chairman, or his assistants, or the home demonstration agent and her assistants.

After this training period on the county level, the boys and girls selected compete with each other by districts — Northwestern, Southeastern, etc. These district contests are conducted by the extension horticulturist from Raleigh in collaboration with the respective county personnel. The participants are judged using a standard score card.

The winners in the district contests come to Raleigh to participate in an expense-paid statewide contest and for savings bonds.

This is a good program and accomplishes many things. In the first place the spirit of competition is keen. This means that each participant must organize his or her thoughts well and present material in a logical manner.

LEGAL NOTICE

NOTICE TO CREDITORS

The undersigned, having qualified as Executrix of the Estate of Etta Bullock, deceased, late of Jones County, this is to notify all persons having claims against said Estate to present them to the undersigned before the 15th day of June, 1966, otherwise this notice will be pleaded in bar of their recovery.

All persons indebted to said Estate will please make immediate settlement.

This 25th day of June, 1965.

Alma Collins
Maysville, N. C.
Executrix of the Estate of Etta Bullock

7-1,8,15,22

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