

Yum—Yum Muffins



Mix a new flavor dimension into corn meal muffins.

Family and friends are in for a surprise when you treat them to warm, "fresh-from-the-oven" Yum-Yum Muffins. Delicately sweetened with brown sugar, these nut-topped muffin cakes are full of munchy pecan bits and flavorful pieces of date and apricot. Dusted lightly with confectioners sugar, Yum-Yum Muffins are pretty enough for company.

Yum-Yum Muffins combine two convenience products — self-rising flour adds lightness and tenderness to each golden muffin, and self-rising corn meal puts crispness into the crust. Both save mixing, measuring and sifting time since salt and baking powder are exactly preblended into each cupful.

And, you'll want to include nutritious Yum-Yum Muffins in your family's diet because they're iron rich. Enriched self-rising flour and corn meal and the dried fruits all contribute significant amounts of iron, a vital mineral significantly deficient in the majority of American diets. Self-rising flour and corn meal provide additional nutrients, too: three B-vitamins, thiamine, niacin, and riboflavin, and a second mineral, calcium.

YUM-YUM MUFFINS

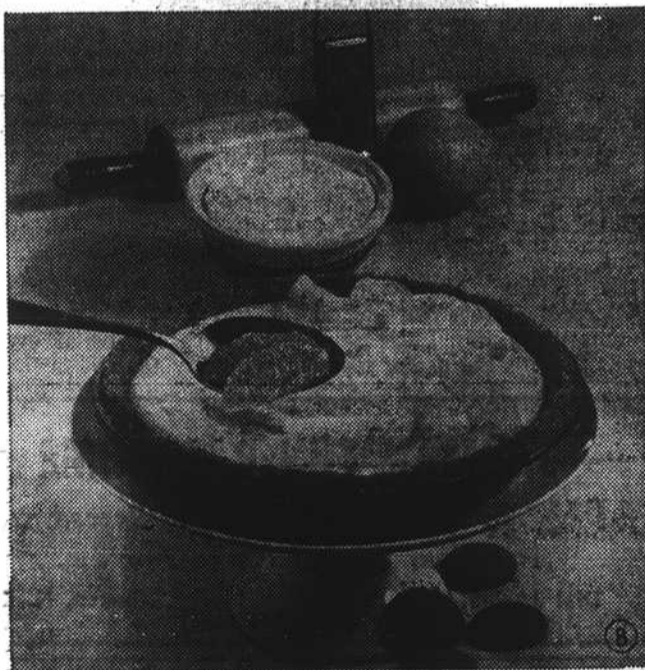
12 muffins

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| 1 cup boiling water | 1 egg, beaten |
| 1/2 cup chopped dried apricots | 3/4 to 1 cup milk |
| 3/4 cup enriched self-rising flour* | 2 tablespoons oil |
| 3/4 cup enriched self-rising corn meal | 3/4 cup chopped dates |
| 1/2 cup light brown sugar | 1/2 cup chopped pecans |
| | Confectioners sugar |

Pour water over apricots and let stand 10 minutes; drain. Stir together flour, corn meal and brown sugar. Blend together egg, 3/4 cup milk, oil, apricots, dates and 1/4 cup nuts. Add liquid all at once to flour mixture, stirring until well blended. If necessary, add more milk to make medium thick batter. Fill paper lined or greased muffin cups 2/3 full; sprinkle with remaining pecans. Bake in preheated 425° oven 20 to 25 minutes, or until golden brown. Sprinkle with confectioners sugar.

*Spoon flour into dry measuring cup; level. Do not scoop.

A IS FOR AMBROSIA



Sunny flavors come through in all three parts of this special pie. There's orange rind in the easy cookie crumb crust, coconut in the Jell-O Coconut Cream Pudding and Pie Filling, and orange sections for the pretty garnish.

AMBROSIA PIE

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| 1 package (8 1/2 oz.) coconut cream pudding and pie filling | 1 baked 8-inch Orange Crumb Crust, cooled |
| 2 cups milk | Orange sections |
| 1 tablespoon grated orange rind | Prepared whipped topping |
| | Flaked coconut |

Prepare pie filling mix with milk as directed on package, adding orange rind after removing from heat. Cool 5 minutes, stirring twice; then pour into crust. Cover surface with wax paper; chill 4 hours. Remove paper and garnish with orange sections and prepared whipped topping. Sprinkle with flaked coconut, if desired.

Orange Crumb Crust. Combine 1 cup fine vanilla wafer crumbs, 3 tablespoons sugar, and 2 teaspoons grated orange rind. Mix in 1/4 cup softened butter or margarine. Press firmly on bottom and sides of 8-inch pie pan. Bake at 375° for 8 minutes. Cool before filling. (For ease in serving, dip pie pan in warm water for a few seconds before cutting.)

Rural-Urban Gap Widens Says North Carolina Native at Conference

The gap between rural and urban America is growing wider, says a North Carolina native who is now vice president of the University of Missouri.

Speaking at the 1969 Agricultural Outlook Conference in Washington, D. C., Dr. C. Brice Ratchford said:

"Rural communities are lagging, and this shows up in every field where measurement is possible — education, health services, housing, protection and, yes, even recreation. A higher percent of the rural people live in poverty than in metropolitan areas."

"There probably has always been a lag; the disturbing point is the widening of the gap."

Rural institutions are under little pressure to catch up, said Dr. Ratchford, because the rural residents refuse to admit that there is a gap.

"Most people in rural areas still firmly believe that the rural community is a better place in which to live, that it has better churches and schools, less crime and poverty, greater morality, more recreation, and more of everything else that is good. Obviously, the facts do no substantiate this picture and the real danger of such a view is the legitimatizing of the failure to bring about institutional change."

Dr. Ratchford pointed out that the same accelerating technology that is reshaping our farms and industries is having an equal impact on institutions and public services. Not many years ago, for instance, most health services were rendered by a general practitioner in his office or the home. Today, minimum health service takes a team of specialists, hospitals, and very expensive equipment. This health team needs a large population and a public investment beyond the means of most rural local institutions. The same situation is found in education, public utilities and even churches.

"Small communities are necessarily tied to larger ones. The local rural institution stands no more chance of being self-sufficient in the last third of this century than the modern commercial farmer."

"But small communities tend to vigorously fight large ones — which chokes the larger community and brings slow death to the small one."

Dr. Ratchford said rural communities have lost much of their influence in recent years. They have lost population. As farmers have become more specialized they have lost their common causes. And the power to decide many of the most important aspects of a community's future has moved from local control to state, regional or national levels. Rural populations have continued to decline, and most rural areas have not been able to boost their non-farm employment. "Rural areas have either ignored what has been happening or reacted violently."

Dr. Ratchford said rural communities have largely failed to take advantage of the Federal programs that were created to help lagging areas. They have simply not applied for the aid available to them.

Ratchford said regional planning commissions hold real promise for rural areas. They pool resources from several smaller institutions, they pose no immediate threat to existing institutions, they can provide comprehensive planning for economic and social development, and they can deal effectively with state and federal govern-

ments.

Dr. Ratchford, 49, is a native of Gastonia and a graduate of N. C. State and Duke universities. He was a former assistant director of the N. C. Agricultural Extension Service in 1959. He was later made vice president of the University of Missouri and placed in charge of all extension activities.

Mrs. Jack Hogarth Art Council's March Exhibitor

The Kinston Arts Council will honor Mrs. Jack Hogarth, exhibiting artist for March, with a reception from 3 until 5 Sunday, March 8, at the Art Center, 108 1/2 West Caswell Street.

Mrs. Hogarth, a teacher at Harvey Junior High School, received a Master's Degree in Art Education from East Carolina University.

Her work was chosen for the North Carolina State Art Society in 1964 and was, also selected for the North Carolina Traveling Exhibit. She is an exhibiting member of the Associated Artists of North Carolina.

LEGAL NOTICES

NOTICE TO CREDITORS

The undersigned, having qualified as Executrix of the Estate

of C. Manly Gray, Jr., deceased, late of Jones County, this is to notify all persons having claims against said Estate to present them to the undersigned before the 27th day of August, 1969, otherwise, this notice will be pleaded in bar of their recovery.

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

This the 27th day of February, 1969.

Faytie C. Gray,
Executrix of the
Estate of C. Manly
Gray, Jr.

Brock and Gerrans
Attorneys at Law
P. O. Box 219
Trenton, N. C. 28585
J-3-6,13,20,27

NOTICE TO CREDITORS

The undersigned, having qualified as Executor of the Estate of Iris Green Howard, deceased, late of Jones County, this is to notify all persons having claims against said Estate to present them to the undersigned before the 20th day of August, 1969, otherwise, this notice will be pleaded in bar of their recovery.

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

This the 20th day of February, 1969.

Robert E. Cox, Executor
of the Estate of
Iris Green Howard

Brock and Gerrans
Attorneys at Law
P. O. Box 219
Trenton, N. C. 28585
JJ-2-27; 3-6,13,20

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