

Doctor in the Kitchen®
 by Laurence M. Hursh, M.D.
 Consultant, National Dairy Council.

DOLLAR STRETCHERS FOR OLDSTERS

Today I want to talk about how people can stretch their food dollars. Especially older people who probably have to watch pretty closely how to make ends meet.

There are never too many ideas for making food appetizing and, at the same time, nutritious and economical. So here are some you might consider:

Serve macaroni and cheese as your main dish, but add bits of leftover green vegetables, or meat, or hard-cooked egg to the mixture.

Or make a cheese sauce or a cream sauce for leftover meat and vegetables and then serve this over toast or rice.

Sound good? Here are some more ideas:

Less Expensive Meat

Buy less expensive cuts of meat. Then cook them slowly, using some liquid as you would with a pot roast. They'll come out delicious and tender. If you like liver, beef, lamb, or pork liver are less expensive than calves' liver.

Brown shell eggs, if available, may be less expensive than white shell eggs, but they have the same nutritive value.

Dried peas and beans are inexpensive and nutritious. Use them in casserole dishes with tomatoes and ground beef or

pork. Ground beef is your all-purpose friend — for meat loaf, patties, meat balls and in meat sauce over spaghetti. Serve creamed dried beef over boiled or baked potatoes — or mix it with rice. The cream sauce will enhance the rice, too.

In Season Foods

Buy fresh fruits and vegetables in season if they are less expensive than frozen or canned. Occasionally, use tomato juice instead of orange juice.

All of your leftover vegetables will help add flavor and nourishment to soups. Leftover juices from canned fruits go well in gelatins and fruit sauces for cake or ice cream.

Slightly stale bread will be refreshed by toasting. So will leftover biscuits or rolls if you butter them or sprinkle them with cheese and then brown them under the broiler.

Older people should not forget milk, the original convenience food. Just pour it and it's ready to drink. At least two glasses a day are a good idea. Also, get at least 2 moderate servings of meat each day, 4 servings of fruits and vegetables, and 4 servings of breads and cereals. That's the four food group plan, a plan that will keep you healthy.

Baits Help Control Farm Fly Problem

Poison baits will control house flies in around farm buildings but only if used in conjunction with good sanitation and manure management practices.

North Carolina State University extension entomologists point out that baits are normally used with other treatments such as surface sprays for maximum control.

The two basic types of poison baits for house fly control around poultry, dairy and other livestock facilities are dry baits and liquid baits.

The fly baits consist of a small quantity of a toxicant, usually of the phosphate insecticide type, plus a carrier which is attractive to adult flies. Granulated sugar is a common dry carrier while water sweetened with sugar, honey or molasses is frequently used in liquid baits.

Some special "home recipe" baits successfully utilize fermented materials like beer to attract adult flies, but these are not widely used.

There are a variety of commercially prepared dry baits available. Some popular and effective materials used in these baits are dichlorvos, malathion and trichlorfon.

The NCSU specialists suggest using dichlorvos or trichlorfon when local fly populations show resistance to such chemicals as malathion and ronnel.

On poultry farms, trichlorfon is cleared for use only with caged bird operations.

The commercially prepared baits are often preferred by farmers because of the convenience they offer. However, equally satisfactory results and costs

SUMMER'S "SOUPER" SALAD



Home from the beach . . . happy, hot, and hungry. Plan the perfect ending to a sun-worshipping day with a "souper" potato salad. It's easy-going for the cook and easy-downing for the family.

Potato salad, always a hot-weather favorite, takes on special zing with ham, and a dressing of condensed cream of celery soup, sour cream, and caraway seeds. There'll be no last-minute rushing, if you arrange to cook potatoes and chop ingredients the night before. Then, when you return from the beach just combine and skillet-heat ingredients with the "souper" sauce for a satisfying meal.

Accompany salad with tomato slices and deviled eggs. Serve a peachy cool dessert of raspberry topped peach ice cream. Remember canned condensed soups are great short cuts to all your hot weather meal planning.

"SOUPER" SALAD

- 1 cup diced, cooked ham
- 1/2 cup chopped onion
- 1 tablespoon butter or margarine
- 1 can (10 1/2 ounces) condensed cream of celery soup
- 3/4 cup sour cream
- 1/4 teaspoon caraway seed
- 1/8 teaspoon pepper
- 3 cups cubed, cooked potatoes
- 1 tablespoon chopped parsley

In skillet, cook ham and onion in butter until onion is tender. Blend in soup, sour cream, caraway, and pepper; add potatoes. Heat; stir lightly. Garnish with parsley. Makes 4 servings.

savings can be realized by mixing the baits on the farm. provide farmers with information for mixing fly baits on the County extension agents can farm.



GARDEN TIME

By M. E. GARDNER, N. C. State University

Every now and then we get an unusual request for information. This time it was about Purslane.

A lady reader sent me a plant for identification. Then she wanted to know whether or not the plant, or plant parts, were edible.

Some of my readers will recognize Purslane (sometimes called Pussley) as a persistent weed pest in the home vegetable garden. It is reported that the plant probably originated in western Asia but is now widespread in many parts of the world.

The botanical name of Purslane is Portulaca oleracea. Portulaca grandiflora is a popular dwarf annual flower and is a member of the Purslane family.

While most people consider Purslane as a weed to be rid of, others may want to plant seed and use the leaves much as you would the pot herbs for cooking; or in salads. If you want to try this plant, use the variety Sativa (Portulaca oleracea sativa). This is a variety of the common Purslane best suited for culinary use. Remember, too, that it does best in sunny locations in well drained soils.

While visiting a friend the other day, I discovered the heaviest infestation of leaf mines on boxwood leaves that I have ever seen. The leaves were peppered with small specks top-side and tiny brown slightly raised areas on the undersides.

Upon examination, we found tiny larvae (worms) in the mines. At this stage of the life of the insect, foliage sprays, such as lindane or DDT are ineffective because the larvae are protected in the mines. Foliage sprays, however, are effective if applied as soon as new growth is initiated in the spring.

To kill the larvae in the mines at this season of the year, it is necessary to use a systemic poison such as Cygon. We use Cygon as recommended by the manufacturer.

It is necessary to thoroughly wet the foliage and stems of the plants so that the material will be quickly absorbed and translocated to all parts of the plant. It thus becomes systemic and will kill the larvae in the mines.

LEGAL NOTICE

IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION STATE OF NORTH CAROLINA JONES COUNTY

EXECUTOR'S NOTICE

Having qualified as Executor of the estate of W. B. Foscue of Jones County, North Carolina, this is to notify all persons having claims against the estate of said W. B. Foscue to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 25th day of August, 1969.

Tom H. Foscue, Executor
 P. O. Box 685,
 Maysville, N. C. 28555

Brock and Gerrans
 P. O. Box 219
 Trenton, N. C.
 Attorneys
 J-8-28; 6-4-11,18

JARMAN FUNERAL HOME

... Where Your Trust Is Sacred
 And Your Wishes Cared For ...

Dial JA 3-5143

Kinston, N. C.

Wedding Stationery

- INVITATIONS
- ANNOUNCEMENTS
- INFORMAL NOTES
- PRINTED NAPKINS

Come and see our Catalogs for Socially correct Stationery, printed by letterpress, raised letter, or finest engraving.

RIDER PRINTING CO.

605 N. HERITAGE ST.
 KINSTON, NORTH CAROLINA

