

Speedy Entree Features Pears



Before the busy spring days arrive, start a file of quick and easy recipe ideas to have on hand when time is short. Begin now by trying this spring-toned entree that has built-in flavor and convenience.

Juicy canned pears, sweet potatoes and chicken cook quickly in a savory orange sauce to make a delicious one-dish meal.

Easy to prepare, the chicken is browned and then simmered in pear syrup and orange juice. When almost tender, the pear halves and sweet potatoes are added. For a colorful accent, garnish with watercress or mint. Add a crisp green salad and the meal is complete.

Golden Pear 'N Chicken Fricassee

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| 1 (1 lb.) can pear halves | 1/2 cup flour |
| 1 (2 to 3 lb.) fryer chicken, cut into pieces | 1/2 teaspoon garlic salt |
| 1 teaspoon salt | 1/2 teaspoon powdered ginger |
| 3/4 cup butter | 1/2 teaspoon Tabasco |
| | 1 1/2 cups orange juice |
| | 1 (18 oz.) can sweet potatoes |

Drain pears, reserving syrup. Add water to pear syrup to make 1 1/2 cups. Sprinkle chicken with salt. Saute in butter in large skillet, browning evenly. Remove chicken. Stir in flour and seasonings. Gradually add orange juice and pear syrup, stirring until smooth and thickened. Add chicken. Cover and simmer 30 minutes. Add pear halves and drained sweet potatoes. Cook 15 minutes longer or until chicken is tender and pears and potatoes are heated through. Makes 4 to 6 servings.



PSORIASIS, A COMMON SKIN PROBLEM

BY EDWIN T. WRIGHT, M.D.

Certified by the American Board of Dermatology

One out of every 50 persons in the U. S. has psoriasis, making it one of our most common skin diseases.

What causes this problem of scaling skin, which affects both sexes equally, is not fully understood. Many medical researchers now believe it is related to a hereditary biochemical defect in the epidermal cells. Recurrences may be triggered by a change in climate, and by physical or emotional stress. Other factors that have been found to influence the course of psoriasis include injury to the skin, obesity, over-indulgence in alcohol, and severe viral and bacterial infections of the respiratory tract.

Although there is no absolute cure for this skin disease, there are treatments that speed healing and clear up the condition for periods of time. Sunlight relieves many cases, but is ineffective for others. A soothing bath oil added to bath water helps to relieve itching. Medications, such as lotion and shampoo, available at drugstores, which contain

tar and other ingredients to help remove scales, are particularly useful.

The newer steroid creams and ointments, especially when covered by plastic wrappings kept on overnight, have effected dramatic, temporary improvement in many cases. However, they cannot be used continuously or too often because of inconvenience of application, and undesirable side effects. For some patients, the coal-tar based medication and steroids give similar results.

Even more recently, a group of drugs called anti-metabolites are being used for highly resistant cases. However, they have to be used under strict medical supervision, and with caution.

It should be reassuring for the person with psoriasis to know that much research is currently in progress on this condition. Hopefully, before long a cure will be possible. In the meantime, following the recommendations of your physician will help to control psoriasis effectively.

Next Year's Weeds Need Attention

Now is a good time to start next year's grass and weed control program.

"There are a number of things farmers can do during the fall and winter to reduce grass and weed problems next spring and summer," commented Benny Rogerson, extension weed control specialist at North Carolina State University.

"Using the off-season control practices will give the farmer a year-round program — which we believe is the most effective and, in the long run, probably the least expensive grass and weed program to follow."

The specialist cited some perennial pests — bermudagrass (wiregrass), nutgrass (nutsedge) and johnsongrass — that need attention during the fall and winter.

Bermudagrass problems can be reduced by spraying with dalapon before browning starts in the fall. This herbicide is taken into the plant's system and translocated in the rhizomes, which are killed. Usually, the last two weeks of October is about as late as sprays are effective.

Also, disking and plowing trouble spots during the winter will help kill some of the bermudagrass. "This exposes the rhizomes to a freezing-drying effect and offers an excellent means of reducing the rhizome population," said Rogerson.

Running a spike-tooth harrow over disked or plowed spots will pull more of the rhizomes out. They should be piled up and burned or otherwise removed from the field.

Next spring after the grass starts growing and sending out shoots, another application of dalapon will give a good kill.

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"It will pay to work especially hard on real trouble spots of bermudagrass. They can be improved considerably by the combination of spraying, disking-plowing and harrowing," Rogerson pointed out.

He added that spraying dalapon after the grass begins browning in the fall or before leaves appear in the spring helps very little. This chemical is most effective when the grass is green and actively growing. Similar treatments are suggested for johnsongrass. It, too, spreads by rhizomes.

Rogerson said there was little need for concern about planting a crop following a spraying of dalapon in the spring if correct land preparation is followed and moisture levels are adequate. "Three days after spraying, prepare the seedbed by deep plowing and disking."

Corn and soybeans can be planted five days after land preparation. Cotton can be planted immediately. One exception to this suggestion — under very dry conditions — do not plant until five days after at least one-half inch rain.

The nutgrass problem can also be reduced by fall and winter disking and plowing. This exposes the nuts to freezing and drying and reduces germination next spring.

Shading will also help control nutgrass. "It is very important to control nutgrass and other grass and weed pests early. In the case of nutgrass, if the crop can get a head start on the grass, the shading from the crop will help control the grass. The crop needs about a three- or

four-week head start which can be gained through the use of a specific herbicide for nutgrass.

Another suggestion by the weed specialist was a "weed map." "This fall is the best time to survey the weed and grass situation. This is the time when a farmer can tell exactly what his problems are and where they are located. Putting them on some kind of farm map for reference next spring will be helpful in planning a control program," Rogerson said.

With the advent of a host of chemical herbicides, controlling weeds in farm crops has become something akin to a doctor prescribing medicine for illness.

"If we know what species of weeds are in a field and where they are located, we can usually prescribe a good weed control program," Rogerson said. "But it is essential to know what plants we are dealing with and where they are located."

County extension agents can provide farmers with detailed weed control information.

LEGAL NOTICE

NOTICE

STATE OF NORTH CAROLINA COUNTY OF JONES

Under and by virtue of the power of sale contained in a certain deed of trust executed by Herman M. McArthur and wife, Charlotte McArthur dated April 5, 1966 and recorded in Book 144, page 96, in the office of the Register of Deeds of Jones County, North Carolina, default having been made in the payment of the indebtedness thereby secured and said deed of trust being by the terms thereof subject to foreclosure, the undersigned trustee will offer for sale at public auction to the highest bidder for cash at the courthouse door in Jones County, North Carolina, at 12 o'clock noon, on the 30th day of October, 1969, the property conveyed in said deed of trust the same lying and being in the County of Jones and State of North Carolina, and being more particularly described as follows:

Tract Number 1: Beginning at a lightwood stake at the southwest corner of Pleasant Hill Church yard and runs S. 26 1/2 West 150 yards to a maple in a branch, thence with the various courses of the branch to a lightwood stake, then South 87-00 East to a marked poplar on the public road and then with the public road to a lightwood stake, at the south east corner of the church yard. Then a straight line to the beginning, containing 4 acres more or less, being the same lands described in a deed from Luther King to Wilbur King dated November 5, 1949 recorded in Book 112, page 231 to which deed reference is hereby made for a complete description.

Tract Number 2: A tract or parcel of land lying and being in Tuckahoe Township, Jones County, North Carolina Beginning at a lightwood stake on the north side of the road leading

to Ervin's cross road a corner of Hines Bros. Lumber Company and runs thence with their line a northwardly direction to Trenton-Pleasant Hill Road, thence with the road to the Pleasant Hill Church property lines, thence with the Church property lines its various courses back to the Ervin's cross road, Public road, thence with the road westwardly to the beginning containing 22 acres more or less. Excepting the Cemetery lots and Church lot from the operation of this deed. This being the same land conveyed to Wilbur King by H. J. King and wife Janie King recorded in Book 100, page 71 to which deed reference is heremade for a complete description.

Tract No. 3: Located in Tuckahoe Township, Jones County, North Carolina, Beginning at the Pleasant Hill Church property line and runs west with the road—The Pleasant Hill and Ervin Cross Road to Hines Brothers line, thence southeastward to an iron stake in the line of Henry King and Hines line, then east to Luther King's line to a maple stump, containing 4 acres, more or less, being the same lands described in a deed from H. J. King and wife, Jannie King TO Wilbur King recorded in Book _____ page _____ Jones County Registry.

Being a part of the same lands as deeded to O. P. Sheppard and wife, Emma G. Thompson Sheppard from Wilbur King and wife, Edna F. King and Luther King of record Jones County Registry in Book 112, age 251. Being also the same lands as deeded to Herman M. McArthur and wife, Charlotte McArthur by O. P. Sheppard and wife, Emma G. Thompson Sheppard of record Jones County Registry in Book 146, page 13.

Subject to unpaid taxes, and deeds of trust of record in Book 145, page 47, and Book 143, page 217 Jones County Registry.

This the 29th day of September 1969.

Darris W. Koonce
Trustee
Darris W. Koonce
Attorney at Law
Trenton, N. C.
10-2, 9, 16, 23

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