

Right And Wrong Ways Of Cooking Eggs Described

There is a difference between "hard boiled" and "hard cooked" eggs, says Miss Mary E. Thomas, nutritionist of the State College Extension Service. Likewise, soft boiled eggs may be hard cooked, she says.

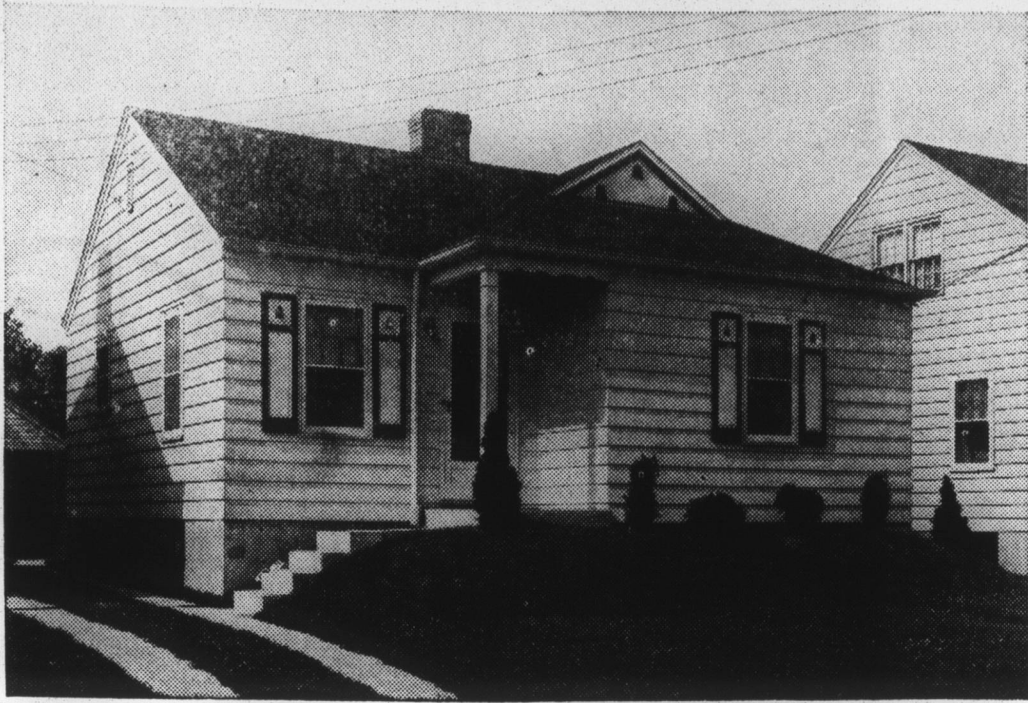
In discussing the "how of egg cooking, Miss Thomas offered suggestions in connection with the second week of the Spring-time Egg Festival, a consumer-producer campaign to increase the use of eggs, which begins today. This drive has the support of C. F. Parrish and other Extension poultrymen of State College The Southeastern Chain Store Council, through P. D. May, its North Carolina representative, is also active in the Egg Festival.

Miss Thomas explained that eggs should always be cooked slowly, at moderate, even heat. High cooking temperatures make eggs tough. "For either soft cooked or hard cooked eggs with tender whites," the nutritionist said, "the eggs should be placed in boiling water and then the vessel should be set back from the heat where the water will simmer but not boil. For soft cooking, leave eggs in water for six minutes; for hard cooking, allow 20 minutes.

"The same general method is following in poaching eggs. That is, the water should be boiling when the eggs are put in, but the heat should be lowered immediately and the eggs cooked at the simmering temperature."

The State College poultry specialists point out that eggs are cheap now, and the wise homemaker will use quantities of them in the family meals, since they are one of the protective foods needed in every diet.

An Inexpensive Cottage



Simplicity and compactness of design effected without sacrifice of charm and detail make this small cottage stand out. Two large airy bedrooms, both with two exposures and adequate privacy, highlight the home's many features. The up-to-date standards of good planning are maintained in the arrangement of the living room and the kitchen, which utilizes to better value the space ordinarily allocated for a separate dining room.

The Federal Housing Administration insured a mortgage on the property for \$4,500. A mortgage of this amount may be paid off over a period of 25 years with average monthly payments of \$26.15, exclusive of local taxes and hazard insurance.



FLOOR PLAN

Plant Pathologist Has Three Plans For "Mold" Cure

Three, and only three, methods of controlling blue mold are recommended by the State College Extension Service and Experiment Station. Dr. Luther Shaw, Extension plant pathologist, says farmers should play safe and adopt a control method which has been proven in laboratory and field tests.

The first of these, and the most effective in the majority of tests, is fumigation with para-dichlorobenzene. This material consists of solid white crystals. When purchased in 100 and 200-pound lots, the price ranges from 12 to 15 cents per pound. The crystals are spread over the regular seed bed cover and a heavier cover is then placed over the entire bed and fastened securely to prevent escape of the vapors.

The second recommended treatment is also a fumigant. It is benzol (benzene) and comes

in liquid form. It also requires tight plant bed covers. The cost of benzol is usually 20 to 30 cents per gallon.

The third treatment is a spray, and there are two formulas recommended. One consists of 6 ounces of yellow copper oxide, 6 ounces of a reliable spreader, such as Vastole OTC, Over, or Lethane; one quart of cottonseed oil, and 25 gallons of water, preferably from a pond or stream.

The other formula calls for 6 ounces of yellow copper oxide, 1 quart of self emulsified cottonseed oil, and 25 gallons of water, preferably from a pond or stream.

If the spray treatment is used, it should be started when the plants are the size of a dime, or larger. The fumigants are best applied when blue mold makes its first appearance in the community.

Complete directions for blue mold control are contained in Extension Circular No. 229, which is free upon request to the Agricultural editor at State College, Raleigh.

LAND POSTED SIGNS AT THE TIMES OFFICE

Mattress Project May Help Low Income Groups

Cotton and other materials for making of mattresses is being given to low income families of the State through a cooperative program of the U. S. Department of Agriculture and the State College Extension Service. Already six counties have availed themselves of this opportunity to receive without cost surplus cotton held by the Surplus Commodities Corporation.

The materials for making cotton mattresses for low income families are furnished in any county where the County AAA committee certifies that there are at least 120 rural families in the specified low income group.

The Extension Service, through its county agents, takes the lead in conducting demonstrations to show members of the families and other leaders how to make the mattresses, and in distributing the cotton and ticking.

Farm families with a total cash income for the calendar year of not more than \$400, and non-farm families with a gross income for the year of not more than \$500 are eligible to participate in the surplus cotton program.

The first counties approved were Anson, McDowell, Alexander, Person, Halifax and Wayne. Demonstrations have already been held in those counties and the cotton and ticking is on the way.

In addition to these six counties, applications have been received from Hoke, Avery, Vance, Bertie, and Yancey Counties. John W. Goodman, assistant director of Extension, and Miss Ruth Current, state home demon-

stration agent, are in charge of the program for the Extension Service. Miss Pauline Gordon, Extension economist in home management and house furnishings, and Eugene Starnes, assistant farm agent-at-large, are conducting the demonstrations.

DEBT
The United States farm mortgage debt, in the fall of 1939, was the smallest in 20 years.



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EXPORTS

United States farm exports to Latin America increased from 33 million dollars in 1932 to approximately 53 million dollars in both 1937 and 1938.

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Special Morning Show
Friday 10:30;
Afternoons daily 3:15-3:45;
Admission 10-25c;
Evening daily 7:15-9:00;
Admission 10-30c

Saturday, April 13

Richard Arlen - Andy Devine with Peggy Moran - Mary Treen, in

"Danger on Wheels" Episode No. 6 of the serial "The Green Hornet" ("Highways of Peril") with Gordon Jones - Keye Luke - Anne Nagel

Terrytoon Cartoon in Color: "The Orphan Duck"

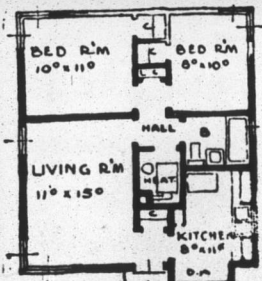
Matinee 2:30-4:00; Admission 10-25c; Evening 6:45 - 8:15 - 9:30. (Box office opens at 6:30.) Admission 10-30c.

Coming To The Palace Monday, Tuesday, Wednesday, and Thursday, April 22, 23, 24 and 25th Margaret Mitchell's Story of the Old South "Gone With The Wind" In Technicolor

With Vivien Leigh and Clark Gable.

Nights (7:30 p. m.) All Seats Reserved \$1.10 including tax. Matinees Daily (10:30 a. m. - 2 p. m.) No reserved seats 75c including tax. Tickets now on sale at office. Buy your reserved seats early!

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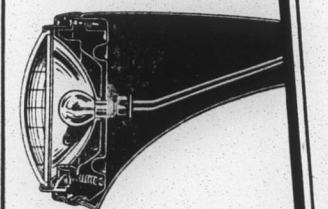
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