

People In The News

By ELIZABETH THACH

IN FLA.
Mr. and Mrs. H. C. Stokes, Mrs. T. L. Jessup, and Miss Gladys Felton are guests of Mr. and Mrs. Cecil Harrington at Fort Walton, Fla.

WEEK-END IN CHAPEL HILL
Mr. and Mrs. Haywood Divers were week-end guests of their son-in-law and daughter, Mr. and Mrs. Gary Rosse, in Chapel Hill.

FROM SNOW HILL
Mr. and Mrs. Reed Matthews of Snow Hill spent the week-end with Mr. and Mrs. H. B. Matthews.

WEEK-END HERE
Mr. and Mrs. John Stallings and daughter of Greenville were week-end guests of their parents, Mr. and Mrs. Jimmy Sawyer and Mr. and Mrs. Jimmy Stallings.

RALEIGH GUESTS
Mrs. Fred Gregory and children, Vickie and Freddie, of Raleigh spent a few days last week with her mother, Mrs. Royce Vickers.

TENN. GUESTS
Mrs. Seth Fleetwood, Jr. and son, Stephen, of Norris, Tenn. were week-end guests of Mr. and Mrs. C. R. Holmes.

WEEK-END IN VA.
Miss Hulda Wood spent the week-end in Newport News, Va. with friends.

TEXAS GUESTS
Dr. and Mrs. L. B. Merrill and children, Pattie and Cliff, of Sonora, Tex. were guests of Mrs. H. A. Whitley for a few days this week.

WEEK-END GUESTS
Mrs. Agnes Sanford Leary and daughter, Pamela, of Mocksville were week-end guests of Miss Elizabeth Tucker and Miss Virginia Tucker.

TEXAS GUESTS
Mr. and Mrs. J. H. Britt of Houston, Texas are guests of Mr. and Mrs. Fenton Britt this week.

PORTSMOUTH GUESTS
Mr. and Mrs. Vick Stallings of Portsmouth, Va. were guests of Mrs. J. H. Baker and Mrs. J. Van Roach on Monday.

VA. GUESTS
Miss Angela Carver and Anthony Carver of Chesapeake, Va. spent the week-end with Mr. and Mrs. Julian White.

VISIT IN WILMINGTON
Mr. and Mrs. Herbert Nixon visited Mr. and Mrs. Preston Winslow in Wilmington last week.

REIDSVILLE GUESTS
Mrs. John Morris and daughters, Susan and Martha, of Reidsville are guests of Mrs. J. E. Morris this week.

ATTEND MEETING
Mrs. F. A. McGoogan and Mrs. Elton Hurdle attended the R and R Meeting at Methodist College in Fayetteville during the week-end.

VISIT IN SANFORD
Mrs. Myrtle Wall, Jennifer Mann, Lisa Mann, Tommy Mann, and Roddy Mann visited relatives in Sanford this week.

WEEK-END IN GREENVILLE
Mrs. H. A. Whitley was a week-end guest of Mr. and Mrs. Jack Edwards in Greenville.

FROM NORFOLK
Mrs. F. E. McCloskey and sons, Darrin and Todd, of Norfolk, Va. are guests of Mrs. R. B. Thach this week.

AT NAGS HEAD
Mr. and Mrs. Julian Matthews, Miss Debbie Thach, and Robert Stallings spent several days last week at Nags Head.

PETERSBURG GUESTS
Mrs. George Clarke and daughter, Marian, of Petersburg, Va. are guests of Mrs. Clarke's mother, Mrs. J. E. Morris, this week.

VISIT HERE
Carlton Davenport of Redding, Pa. spent a few days this week with his mother, Mrs. C. A. Davenport, prior to moving to Houston, Texas.

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WEEK-END AT NAGS HEAD

Mr. and Mrs. W. G. Edwards spent the week-end at their cottage at Nags Head.

RETURNS FROM BOY SCOUT CAMP
Edgar Lee Lane has returned home after attending Tidewater Boy Scout Camp at Pungo, Va.

GLOUCESTER GUESTS
Mrs. W. E. Schaaf and children of Gloucester were guests of Mr. and Mrs. J. T. Biggers last week.

N. J. GUEST
Zack White of Summit, N. J. spent a few days this week here with relatives.

BELHAVEN GUEST
Mrs. Ralph Wallace of Belhaven spent the week-end with Mrs. W. G. Wright and other relatives here.

E. CITY GUEST
Scott MacConnell of Elizabeth City spent last week with Mr. and Mrs. Dan Daneke.

MD. GUEST
Mrs. Gladys H. White, RN, of Easton Md. is a guest of Mrs. Max Campbell and Joe Campbell.

ATTEND MEETING
Mrs. Milton Mann and Mrs. Marion Riddick are attending the R and R Meeting at Methodist College in Fayetteville this week.

GREENVILLE GUESTS
Mrs. Clyde Landing, Mrs. Cassie Sawyer, and Mrs. Judy Fleming of Greenville were guests of Mrs. Maude Jones on Thursday.

MONDAY IN GREENVILLE
Mrs. John Coston and Miss Louise Chalk visited friends in Greenville on Monday.

GLOUCESTER GUEST
Miss Katherine Schauf of Gloucester is spending this week with her grandparents, Mr. and Mrs. J. T. Biggers.

S. C. GUESTS
Sgt. and Mrs. Will Green and children of Paris Island, S. C. were week-end guests of Mr. and Mrs. Preston Nixon.

AT NAGS HEAD
V. N. Darden spent last week at the Darden Cottage at Nags Head with his son-in-law and daughter, Mr. and Mrs. H. R. Christenson, of Charlotte.

RETURNS HOME
Mrs. Talmadge Stallings has returned home after undergoing surgery at the Albemarle Hospital.

RETURN HOME
Mrs. Eldon Winslow, Miss Sarah Winslow, Miss Ann Winslow, and Miss Thelma Elliott returned home Sunday after vacationing for 2 weeks at Topsail Beach.

NORFOLK GUESTS
Mrs. Callie Bussott and children of Norfolk, Va. were guests of Mrs. C. B. Stallings on Tuesday.

VISIT HERE
Major and Mrs. Dick Wiedner and family of Jacksonville spent a few days with Mrs. Wiedner's father, Howard Williams, last week.

AT NAGS HEAD
Mr. and Mrs. Ben Thach, Jr. and children, Jo, Donna, and Richard, spent last week at Nags Head.

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LOOKING OVER HERITAGE—Four children, whose mother is originally from Hertford, but now lives in Brooklyn, N.Y. were down south last week seeing some of Hertford. The children are Wesley Felton III, Rosetta Felton, Phyllis Ann Felton, and James Bryant. The children are looking at the Confederate monument on the Perquimans County Courthouse Square. (Sawyer Photo)

Extension Forum

By Mrs. M. B. Taylor
Home Economics Extension Agent

Now is the time to capture the zest of summer vegetables to enjoy the rest of the year. While the garden gets its annual vacation this winter your freezer works to keep the garden - goodness in the vegetables.

Because of your freezer you can put pep into your meals 365 days a year. Grandma had to wait until spring when the shoots of asparagus and the first tender leaves of mustard greens came out of the ground. You have zesty foods at arm's reach year 'round.

Take our North Carolina sweet bell peppers as an example. From now until frost they pep up other foods with their distinctive flavor and dashing color. But Jack Frost need not rob your meals of sweet bell peppers, with their high rating of vitamins A and C.

If you have none in your garden and do not live near a commercial field of them you can buy stuffed peppers and diced peppers frozen and store them in your freezer to use at will.

If fresh peppers are available to you, freeze your own. The California Wonder, Keystone Giant, and Yolo Wonder are good varieties, as are others to freeze.

When to Freeze — You can judge the maturity of a pepper by a slight squeezing pressure with the fingers. If the pod is firm, it is mature enough to harvest. As with other vegetables (and fruits), use care in this for a bruised pepper is not good to freeze.

Sweet bell pepper color progresses to full maturity from green through considerable brownish, chocolate-like color to full red. Some less popular (though beautiful) varieties are orange, yellow, or even white when they mature.

The characteristic pepper flavor is strongest at the green stage, but the peppers freeze well at any stage. Get them into the freezer as soon as you can after they are harvested.

How To Blanch — Wash, cut in half (or if small and you want to use whole ones to stuff, slice off the tops and remove insides.) Give them a quick scald. Use a gallon of vigorously boiling water to a

Peppers Are Pepper-Uppers

Peppers are pepper-uppers! Beautiful and plentiful N.C. sweet peppers are available in good quality and supply. In raw and cooked form, peppers can boost our dishes. Peppers are correctly named for they have the ability to pep up meals that otherwise might be rather tasteless. Fortunately, peppers are low in calories and are a good source of vitamin C.

A recent tour of the Faison, produce auction market, in the heart of eastern North Carolina's pepper growing area, was a fascinating and enlightening experience. It is hard to imagine the amount of work behind the scenes in growing, packing, inspecting, and marketing peppers and other vegetables. The chant of the auctioneer was mysterious to spectators unfamiliar with the process; but the buyers, present from all over the East Coast, understood perfectly. Many, many truckloads of various kinds of peppers were inspected and sold in a short time. These marvelous pepper-uppers finally make their way to the grocery stores or a farmer's market where they may be purchased.

Pungent or hot type peppers will need to be used sparingly, but North Carolina's sweet or bell peppers can be served delightfully in larger quantities. Sweet peppers are often bell-shaped as the name indicates, but can be long, and somewhat slender and pointed.

When purchasing peppers, watch for medium to dark green color and a glossy sheen. Peppers should be relatively heavy and have firm walls or sides. Sweet green peppers turn a bright red when fully matured. Avoid peppers that have thin walls and are wilted, flabby, cut or bruised.

Sweet peppers will lose their crispness but may be frozen satisfactorily for later use in cooking. Wash peppers, remove seeds and white membranes. Cut into halves. Scald for 2 minutes and freeze.

The N. C. Department of Agriculture specialist in charge of grading at the Faison market shared a favorite use for sweet peppers with scrambled eggs. Heat small amount of butter and diced peppers in skillet until peppers are slightly softened. Add beaten eggs and proceed to scramble according to usual method.

Additional recipes are given as few suggested ways to include peppers in your meals.

Rice Is Nice; Elope, Better

By KATHY MARREN

It has been my observation in these last few days that getting married is not exactly what it is cracked up to be. It wasn't the part about actually getting married that bothered me, but rather the preparations that go along with this happy affair. The most enjoyable part was just sitting back and watching everyone else run around like a headless chicken. The least enjoyable part was the fact that it turned out that I was also a deheaded fowl.

All of the chaos begins that minute you tell everyone that you are planning on getting married. The first problem that arises is setting a date. This can be a delicate area.

Cooking Out

"The outdoor pastime of barbecuing should remain outside," advises Don Costa, safety director of the Allstate Insurance Companies. Otherwise, what begins as a festive meal may finish as a tragic disaster.

"Many people regard the use of charcoal briquets harmless indoors, while dangerous quantities of carbon monoxide may accumulate," Costa warns. "Sufficient air is needed to rid the poisonous gases from burning charcoal."

Like coal, the combustion of charcoal generates odorless but deadly carbon monoxide gas. Poisonings and even asphyxiations have been reported when briquets were burned indoors.

"Never use briquets in a garage, basement or any other enclosed area, such as a porch, tent, cabin or car," warns Costa.

The same caution applies to Japanese hibachis, often used on dining room tables. When a hibachi is used indoors, place it near an open window or door as a sensible precaution against carbon monoxide accumulation.

When using briquets in a fireplace, make certain the damper is open with sufficient draft in the chimney. "Proper ventilation assures the escape of lethal gases," Costa concludes.

Be sure not to plan your wedding on Cousin Susy's birthday, because Susy won't enjoy you getting all the attention on the day that is usually all her own. Check with Uncle Willy before planning too far ahead. It would certainly be a shame to have the wedding before his new set of mail-order teeth arrived. Make sure the wedding won't be during the hay fever season, since Aunt Lucy would be embarrassed beyond end if she sneezed all through the ceremony.

After finally deciding on a date, the next step is to ask special friends to be in your wedding. When the world finds out that you are getting married, you'll think you are the kid on the Planter's peanut commercial. You'll have more friends than you ever realized. If you asked all of your friends, you'd end up with a churchful of bridesmaids and ushers. After you finally limit it to a hundred or so attendants, the next earth-shaking catastrophe is the selection of wearing apparel. This is when you find out that every color you like, at least one of the attendants looks hideous in. So you end up with the ennie, meenie, minnie, moe game. You'll be so surprised to find that they will be dressed in the most beautiful mangy-looking brown. Oh well.

Next will come the ushers clothing. Formal wear can be expensive to rent, but it adds so much to a wedding. After you finally decide on something nice in the line of dinner jackets, you'll discover there is at least one radical in the group that insists on wearing faded blue jeans.

Selecting music can also be a pain. With high hopes of dreamy love songs and beautiful wedding music, you'll find that the nearest you'll come to finding that in sheet music will be something like "The Candy Man" or "My Ding-A-Ling."

After you've finally worked out all the major problems, the big day will arrive. Without fail, you'll forget at least a million things that you will have to go back home for, and something will need a safety pin that you don't have. But everyone will be nice and say that they didn't even notice that the bride didn't have on her shoes, or that the groom was perspiring rather heavily.

Through some unknown miracle, it will all go off smoothly, with all your dear friends and relatives saying what a beautiful wedding it was.

And just when you think that you've made it and everything was fine, you'll notice a flat tire on the getaway car.

FROM GERMANY
Mr. and Mrs. Michael Holz and son, Gabriel, of West Berlin, Germany were guests of Mrs. C. W. Reed for a few days last week.

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