

Extension Forum

By MRS. M. B. TAYLOR
Home Economics
Extension Agent
TIPS FOR SMART
SHOPPING

Plan ahead. If possible, plan menus for a week at a time. Buy staples such as flour, sugar and corn meal monthly or bi-monthly; check what's on hand before shopping. Remember, most grocery products cost less per serving when you buy larger packages.

As you plan menus, check newspaper ads for weekly specials and sales. You can save money at sales if the food store is near you, if the food is of a good quality for your needs and if you have enough good places to keep it. Check your local papers to find out which days supermarket ads appear. Handbills and circulars handed out at the store also list sale items.

Make a shopping list; write down items as you think of them through the week. Group the items by the way you find them in your store; this will save time and steps. Take your pencil along and check off items as selected. Usually stick to the list, but if you discover a better buy at the store, substitute. Write down prices and add them up as you go through the store so you don't spend more money than you planned.

Prices of fresh fruits and vegetables change with the season. Buy seasonal fresh foods when most plentiful in your area.

Compare costs of different forms of foods (fresh, frozen, canned, dried, etc.). To find the best buy, divide the price by the number of servings. The lower price per serving is the thiftest choice. And don't forget, if you want to buy foods that are already prepared by the manufacturer, like a frozen pizza, you'll usually have to pay considerably more than if you made the pizza yourself.

Read labels to learn quality, size and weight. You do not need to buy fancy grades of fruits and vegetables, especially for use in stews, soups, fruit puddings or pies. Nutrition is the same and flavor is often just as good in lower grades.

Remember, non-food items are not part of the food bill. You might buy laundry supplies, hose, cosmetics or magazines in the supermarket, but you should keep these things separate from your food budget.

Buy enriched, whole grain or restored cereals, bread, corn meal, grits, flour and macaroni products for extra nutrition. You get more vitamins and minerals in these products and the cost is usually the same.

Buy fortified milk for its extra vitamins and minerals.

Shop for foods rich in Vitamin C, such as orange juice, grapefruit, tomatoes, cabbage and green peppers. Many fruit juices and drinks also contain added Vitamin C.

Shop for foods rich in iron, such as liver, eggs, raisins, greens, dry beans. This is important for all women, particularly for young mothers and pregnant women.

Shop for foods rich in calcium, such as milk, cheese and greens.

When you reach home, put food away quickly and properly to avoid spoiling and waste. This is especially important for refrigerator items such as meat, fish, poultry, eggs, milk and frozen foods.

STORAGE TIPS
(a) Keep cereals, crackers and other crisp foods on a cool, dry shelf. Fold down the inner wrapping of cereal packages before closing the box top to keep cereal fresh and crisp.

(b) Keep potatoes and onions in a cool, dark place in the kitchen or pantry where air can circulate around them. Do not keep potatoes and onions under the sink because it is too warm and damp.

(c) Keep sugar, flour, corn meal, oatmeal, rice,

spices and other dry foods in a dry place at room temperature. Always use the oldest of these foods first when you buy a new supply. For example, empty the flour can completely before filling again. If possible, keep coffee in the refrigerator.

(d) Keep foods like jelly, pickles, peanut butter and mustard in the refrigerator only if the label says "refrigerate after opening." Otherwise they take up refrigerator space you could use for something else.

MORE MILK

The number of dairy cows in North Carolina continues to go down but the amount of milk produced continues to rise. The state is one of only eight in the country that produced more milk the first half of 1973 than during the same period last year. The Tar Heel increase was 1 percent. Dairy cow numbers have dropped by about 5,000 head since last year.

Discovers Purpose

When Mrs. Willie Morgan of Tomahawk told her pastor 15 years ago the Lord had a reason for sparing her life in two automobile accidents, she had not discovered that purpose. Today she has.

In 1967 Mr. and Mrs. Morgan became foster parents for the Baptist Children's Homes of North Carolina, Inc. Since that time, they have cared for seven dependent and neglected children. The Morgans consider their work a calling of God.

Presently they care for four foster boys, ranging in ages from 8 to 17. The Morgan's grown daughter, Lutricia, also lives in the home and they have one son, Gene, who recently married the sister of two of the foster boys his parents keep.

Morgan is with the highway maintenance department working in Sampson County.

Mrs. Morgan's mother has kept foster children for the Bladen Co. Dept. of Social Services for a number of years. However, the Morgans say they decided to look into the possibilities after they read an advertisement in the Children's Homes bi-monthly newspaper, "Charity and Children" about becoming foster parents.

Fall Fashion Forecast

RALEIGH -- This year's look in womens' fashions is called the "put-together" look.

The new silhouette being shown for fall has a full, loose top with a slimmer base -- fewer pleats and more A-line and straight-skirt styles, says Dorothy Barrier, extension clothing specialist, North Carolina State University.

The suit and the two-piece dress are being shown. Cardigans are doubling as suit jackets and even as sweater dresses, while quilted jackets or toppers also add to the "put-together" look.

Dresses have folds and soft draping lines from the use of soft fabrics, especially matte jersey, the specialist observes.

IN APPRECIATION

I would like to take this opportunity to express my appreciation to the many people who remembered me while I was a patient in the Norfolk General Hospital and since I have been at home recuperating, for the many beautiful cards, lovely flower arrangements, plants, gifts, visits, food, phone calls. I thank you.

J. EMORY WHITE

Obituaries

WILLIS ROY BACCUS

Willis Roy Baccus, 52, of Route 2, Hertford, died Thursday at 3:00 p.m. in the Chowan Hospital following a long illness. A native of Perquimans County, he was the son of Mrs. Maggie Winslow Baccus of Route 2 and the late Archie W. Baccus.

He was an electric welder, was a member of the International Brotherhood of Boiler Makers Lodge in Baltimore and attended the Pentecostal Holiness Church.

Surviving besides his mother are two sisters, Mrs. Thelma Rogerson of Belvidere and Mrs. Ethel Winslow of Route 2.

Funeral services were held Sunday at 3:00 in the Chapel of the Swindell Funeral Home by the Rev. Irving Baccus and the Rev. Mrs. Eula Harrell.

"No Tears In Heaven" and "Beyond the Sunset" were played during the service by Mrs. Preston Morgan, organist. The casket pall was made of red roses, white chrysanthemums, white gladioli, baby's breath and fern.

Pallbearers were Odell Baccus, Ray Byrum, Adolph Baccus, L.B. Elliott, Melvin Chappell and McElroy Chappell.

Burial was in West Lawn Cemetery in Elizabeth City.

REV. J.C. KEATON

Funeral services for Rev. J.C. Keaton, 91 yrs. old, were held Wed. 3:30 p.m., Aug. 8th at First Baptist Church, Winston-Salem, N.C.

He was a native of Perquimans Co.

He was a church-builder and pastor of the congregation he served of which there were four, extending over a period of 50 yrs; all in the City of Winston-Salem.

He is survived by his daughter, Mrs. Walter Austin of Winston-Salem, and two sons—Joe Keaton of Martinsville, Va. and Charles Keaton of Wash. D.C.

GETTING BETTER

Farmers continue to become more efficient. Total farm output rose 14 percent in the last decade. Crop production per farmer rose almost 16 percent and farm output per manhour rose an amazing 69 percent.



By Marion Swindell

We hear often these days about the poor in America, and we are all aware that this great country of ours has poor people. What makes a person poor? The 'lack of money, yes! But that is not all that makes a person poor. Money is needed to keep them alive and healthy. But something more is needed. These people must be understood. In other words, more hearts need to go out to the poor.

It must be wretched to not have the food and clothes a person needs, but the deepest feeling of despair must come when no one seems to care.

Friendliness and concern is something all people can offer. It doesn't cost much. To greet a person with a smile is a costless effort. To greet them with concern requires greatness, and how many possess this? — OUR THOUGHT TO REMEMBER: "Care and concern go hand-in-hand."

Swindell Funeral Home

HERTFORD, N. C. PHONE: 426-7311

Let's Go To Church Sunday Make Church Going A Habit HIS FEET ARE ON THE GROUND!

"His men can see for many, many miles, but he's not up in the clouds; his feet are on the ground!"

The Church gives man stability too—a broader vision. It lifts up his eyes to see God and the eternal values of love, truth, justice and service which God inspires. It gives him a divine perspective from which to view his job, his family, his country—his life!

But the Church always keeps that man's feet on the ground! It accepts him for what he is—regardless of the clothes he wears or the job he holds. It looks evil in the face and sees it for what it is—a devilish cancer which only God can cure. It keeps a man's feet on the ground while it lifts up his eyes to see beyond the horizon.

And this is what the Church can do for you! It can give you greater vision. But it's not up in the clouds. It keeps your feet on the ground!



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THE PERQUIMANS WEEKLY

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★ Help us make this a good feature — take your children to the place and at the time given below.

★ A Professional Child's photographer from L—S Studio will take several poses in COLOR. Please dress your children to take FULL ADVANTAGE of COLOR PHOTOGRAPHY.

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★ You may, if you wish however, ORDER COLOR PHOTOGRAPHS for your own use from the representative — but this is entirely up to you.

HERE IS THE TIME AND THE PLACE:

Belvidere Thurs., Aug. 23 - 1:00-7:00 p.m.
Belvidere Community Bldg., Contact Mrs. Archie Pritchard, 297-2544; Hertford Fri., Aug. 24 - 11:00-7:00 p.m., American Legion Post 126-Grubbs St., Contact Elizabeth Thrash, 426-7230; Dover's Beach Sat., Aug. 25 - 10:00-4:00 p.m., Dover's Beach Community House, Contact Mrs. Preston Morgan, 254-2566.

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