



Tips For Homemakers

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

What is tomato sauce? It's not as thick or concentrated as catsup and has less sugar.

Remember — to maintain best eating quality, most nuts need protection from oxygen in the air and from high temperatures. If you don't protect them, the fat in the nuts may become rancid.

Don't try to freeze raw tomatoes because they change flavor, color and become limp and watery. Often fried foods, when frozen, tend to have a warmed over taste when reheated.

What is "Canadian bacon?" It's cut from boneless port loin, cured and smoked and usually is quite lean.

Pork is high in nutritive value — an especially rich source of thiamine or vitamin B1 according to nutritionists at the U.S. Department of Agriculture.

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What is semisoft ripened cheese? Semisoft ripened cheeses ripen from the interior as well as from the surface. These cheeses contain higher moisture than the firm ripened varieties, according to the U.S. Department of Agriculture marketing specialists.

Dress up your meals with a sprig of dark greens, a slice of red tomato — or maybe an apple ring?

Mature dry legumes, dry peas and members of the bean family including navy, pinto, and soybeans, are outstanding among the vegetables for the protein they contain. And, they also contain B vitamins, iron and other nutrients.

Buy nonfat dry milk in as large a package as you can store and use without waste. It keeps and it helps to stretch many of your food recipes.

Hertford Grammar Menu

Tues. April 16, Hot Dog - Roll, Apple Sauce, Orange Juice, Yellow Cake with Pink Icing, Milk.

Wed. April 17, Oven Fried Bologna, Macaroni & Cheese, Turnip Greens, Fruit Cup, Hot Biscuit, Milk.

Thurs. April 18, Bowl of Lima Beans, Slaw, Tomato Pudding, Hush Puppies, Milk.

Fri. April 19, Spaghetti with Meat Sauce, Tossed Salad, Peach Cup, Buttered Toast, Milk.

BIG INVESTMENTS

The investment in mechanical tobacco harvesters in the next five years is figured at about \$35 million with another \$75 million to be invested in bulk curing barns. Both the mechanical flue-cured harvester and the bulk barn are products of research at North Carolina State University and the N.C. Agricultural Experiment Station.

Mr. and Mrs. F.L. Burns of Covington have announced the engagement of their daughter, Bobbi Gail, of Clifton Forge, to Roy Lee Reed Jr., son of Mr. and Mrs. Roy Lee Reed Sr., of Covington.

Miss Burns will graduate in June from Dabney S. Lancaster Community College with an associate degree in nursing.

Mr. Reed attended the University of Richmond for a year, and is a graduate of Dabney S. Lancaster Community College. He is to graduate in June from East Tennessee State University, Johnson City.

The wedding is planned for June 16.

The grooms grandparents live in Perquimans County. They are Mrs. C.W. Reed, Mrs. W.G. Newby.

Happenings At Don Juan

By LUCILLE WHITE

The recipients of our Make It Happen Trophy and Bonus award for the past two weeks, were Mrs. Nancy Melton and Mrs. Ella Miller. This award is presented each for a job well done.

Those who have celebrated birthdays at Don Juan recently were, Mrs. Eula Bell Coston, Mrs. Helen Sumner, Mrs. Frannie Jordan, Mrs. Carolyn Nixon, Stanley Lane and Leon Harrell.

Mr. Charlie Sheer was in an auto accident recently, but wasn't injured.

Mr. and Mrs. Aubry Smith of Beleviere, daughter Brenda and Mr. Earl Blanchard of Seebury were married Saturday Mar. 16, at Sandy Cross Baptist Church.

A committee meeting was held last week. New members were elected to serve on the employee's committee for the new year. These meetings are very important to keep all em-

ployee's up to date with Happenings at Don Juan.

Mrs. Maude White's husband suffered a heart attack last Monday, he is in Intensive Care Unit at Albemarle Hospital Elizabeth City, N.C.

Mrs. Edna Marrow and husband of Roper, N.C. spent last week visiting their daughter and family in Durham.

Mr. and Mrs. Osie Cooper attended a funeral last week in Elizabeth City, N.C.

Mrs. Lucille White, Mr. and Mrs. Ray White, Mr. and Mrs. Alton Lane and son, Mr. and Mrs. Joseph White Jr. and children of Hobbsville, and Mrs. Murray Nixon and girls of Edenton, visited Mr. and Mrs. Billy Chesson and sons of Roper last Sunday. They celebrated Little Bill Chesson's birthday.

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LADIES SPRING STYLES in MANY COLORS & SIZES SANDALS \$3. Value \$2.00	TODDLERS 2-4 SLACK SET 2 for \$5.00 in nylon	Knit Polo Shirt BOYS 4-8 \$1.17 \$2.00 SPORT SHIRTS
LADIES S, M, L PANT TOPS & BLOUSES \$5. Value \$3.00	22" PORTABLE & ADJUSTABLE BAR B Q GRILL \$8. Value \$5.97	MENS DOUBLE KNIT 28-38 100% POLYESTER CUFFED SLACKS Solids or fancy \$7.88
LADIES 10-16 NYLON SHORTS \$4. Value 2 for \$5.00	FOLD FOR EASY STORING PLAID PLASTIC WEBBING LAWN CHAIR \$3.47 CHAISE LOUNGE \$7.97	MENS S, M, L & XL SPORT SHIRTS \$5. Value \$3.00
Ladies Beaded with Zipper Top HANDBAGS \$2.00 CASUAL & DENIM \$3.00	"ESKIMO" 20" 2 Speed Portable ELECTRIC FAN \$16. Value \$13.47	FRUIT OF THE LOOM MENS FIRST QUALITY T-SHIRTS 3 for \$3.19 BRIEFS 3 for \$2.99 BOYS BRIEFS or T-SHIRTS 3 for \$2.29

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USDA CHOICE **CHUCK ROAST** BLADE CUT lb. **79¢** BONELESS... lb. \$9.99

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Easter's Easy Eatin'

COLONIAL STORES

CLOSED Easter Sunday

USDA CHOICE CHUCK STEAK lb. 89¢	OSCAR MAYER SLICED BACON 1 LB. PKG \$1.19	GRADE 'A' LARGE EGGS DOZEN CARTON 65¢
SMOKED SLICED BACON 1 lb. PKG. 59¢	WIENER'S or BEEF FRANKS 1 LB. PKG \$1.19	SAVE 30% GOLD MEDAL FLOUR 5 lb. 54¢ 79¢
JUMBO PACK MIXED FRYER PARTS lb. 39¢	OUR PRIDE SANDWICH BREAD 3 1 LB. 8 oz. LOAVES \$1.19	SAVE 14¢ CLOROX BLEACH 1/2 gal. 29¢
SMOKED SAUSAGE 1 lb. 79¢	ORCHARD CHARM FRUIT COCKTAIL 3 1 LB. 1 oz. CANS \$1.00	SAVE 30% BOLD DETERGENT 3 lb. 1 oz. bot. 69¢
CALIF. ORANGE JUICE 1/2 gal. 79¢	NEW FRESH APPLES 3-4 lbs. 1.99	SAVE 46¢ LIPTON TEA BAGS 100 ct. PKG. 99¢
FRESH CHIRM BUTTER QUARTERS 1 LB. PKG. 79¢	NEW FRESH CUCUMBERS 3-4 lbs. 1.99	SAVE 80% NESCAFE INSTANT COFFEE 10 oz. JAR. 1.39
• ENDIVE • ESCAROLE • ROMAINE	SHACK TRAY SHRIMP 1 lb. 1.99	SAVE 30% SCOPE MOUTHWASH 1 pt. 1.29
MINUTE HAND PREP. CHICKEN 1 lb. 59¢	SHRIMP PIZZA 1 lb. 1.99	SHAMPOO 10 oz. 79¢
JUICE 1/2 gal. 59¢	• FRESH PEAS • FRESH CORN • FRESH BEANS	HAND WIPES 100 ct. 79¢