Farm and garden

Keep your flower borders and yourself in top shape

Daylily bloom stems (scapes) die after all buds have flowered. For beauty's sake, pull brown scapes out by hand and add to com-

Roses

When pruning away twiggy young growth from rose bushes, root the prunings for new plants. Freat stem bases with rooting hormone, stick them in shaded, moist soil, and keep watered. I know it hurts, those terrible of

thorns on the rose stem. But if you want maximum vase life from a rose, take away only leaves that will be submerged in water, and leave the thorns on.

Clematis

Clematis roots cannot tolerate hot, dry situations without a little help from you, my friend. Soak the soil once a week to a depth of at least eight inches. Apply three tathe the spoons of a complete fertilizer, such as 8-8-8, to the base of each

Mums

Flower deformity in chrysanthe-mums can be the result of several difficult situations. Defective buds can indicate a bo-

ron deficiency in the soil. Contact your extension agent and request a pH reading and analysis for both macro- and micro-nutrients in the

Another cause may be a viral infection. Infections are usually transmitted from flower to flower by feeding aphids and leafhoppers. Get rid of the varmints by strong sprays of hose water, or a thorough dousing of soapy water. Use malathien solutions only as a last re-



Pinch chrysanthemums (and poinsettias) for the last time.

Annuals and Other Perennials Plant marigolds, zinnia seeds in

the garden where they are to grow right now for fresh fall color. * Check every day for bugs. Hand pick or wash them off with a spray from the hose. Use biological sprays, such as rotenone or Bacil-

lus thuringiensis, if necessary.

Deadhead annuals, and feed lightly. Avoid wetting foliage when watering, as this action may result in foliar diseases

Perennials should be watered more deeply and less frequently than annuals. To moderate soil heat, mulch perennial beds well with an organic material.

Water shallow-rooted azaleas, camellias, and hydrangeas regularly now, and keep well-mulched.

Dried onion flower heads make marvelous additions to winter arrangements. Allow some buds to develop in the onion patch.

When they flower, cut long stems, and either (1) bunch a few together, fasten end of stems with a rubber band, and hang in a cool dry, place; or (2) place a piece of chicken wire over a tall empty container, and place stems in wire for support. Keep in cool, dry place. What About The Shape You're In?

"I loved my flower garden, But now that love is dead, For I found a Bachelor's Button

In my black Eyed Susan's bed:" A weak excuse, indeed. Get back out there and garden every day, both for your mental and physical

Gardening is a labor of love, one that takes time. The result is worth it. Larry Bass at State says you can have your cake and eat it, too. Only make it a little cake, or in this case.

a little garden. Here are some helpful pointers.

Keep tools in the same place at all times so you don't have to look for them. Weed before you need to. Quick shallow cultivation is quicker than pulling mature

Choose the right site for what you are growing-tomatoes need sun, lettuce don't, etc. Adjust your schedule to include gardening, not as something done after everything else is finished.

It is easy to see, after a garden season, what the activity has done for your body

General gardening work burns about 220 calories per hour, and what you grow isn't fattening, ei-

According to the American Medical Journal, a daily minimum of 45 minutes of yardwork done in moderation lessens the risk of heart disease as much as 63 percent in a middle-aged man.

A well-kept garden is a place to relieve stress. Details of flowers, familiar fragrances, and bird songs are calming to the soul. Also, lashing out at invading grass is better than saying things to your family members you'll be sorry for later. Keeps you from kicking the

2 medium sized onions, sliced

tablespoon all-purpose flour

(8 ounce) can tomato sauce

2 pound sliced Mozzarella cheese

ter until tender. Mix onion salt,

oregano, and flour; add tomato

sauce. Pour into a 112 quart casse-

role. Top with cheese and bake at 350 degrees for 30 minutes. Yields:

Saute zucchini and onion in but-

teaspoon onion salt

4 teaspoon oregano

6 servings.

tablespoons butter or margarine

dog, know what I mean?

Most important, show off your handiwork periodically. Invite everyone over for a barbecue. Hot, juicy chicken, slippery, buttery corn, sweet-sour cucumber slices, crunchy onions and peppers, grilled egg plant, served on a blossom-bedecked patio...

This is really, truly, being AL-

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NOTICE TOWN OF HERTFORD

The Perquimans County Board of Elections will conduct a Non-Partisan Municipal Election for the Town of Hertford, November 7, 1989. Hertford will elect two (2) Council persons at that time. The filing for candidates for this election begins at 12:00 noon, July 7th and ends noon August 4th, 1989. The voter registration deadline for voting in this election is October 9th, 1989. Persons already registered do not have to re-register.

William L. Tilley, Chairman **Perguimans County Board of Elections**

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Squash recipes to make your mouth water washed and cut into 12 inches slices

By: Juanita T. Bailey Home Economics Extension Agent

Squash is a gourd fruit native to the Western Hemisphere. The two main types are summer and winter. Summer squash, such as pattypan, yellow, and zucchini, has a

thin skin. Winter squash, such as acorn, has a hard shell or outer covering. Squash is available all year; yel-

low and zucchini squash are available canned or frozen. Fresh summer squash should have a tender, young skin; winter squash should have a firm, hard shell that is free from blemishes.

STUFFED PATTYPAN SQUASH 2 tablespoons butter or margarine, melted

2 pounds (about 3 inches in diameter) pattypan squash, washed and trimmed

1 (3-ounce) package cream cheese with chives, softened 1/2 teaspoon Worcestershire sauce

1 tablespoon evaporated skim milk 3 tablespoons chopped nuts ½ teaspoon salt Dash hot sauce

1/4 cup grated Parmesan cheese Put butter or margarine into a 13 x 9 x 2-inch casserole. Cut each squash in half horizontally, keeping the halves together. Combine the cream cheese, Worcestershire sauce, skim milk, nuts, salt, and hot sauce; beat until well blended. Spread mixture between each 2 squash halves, sandwich fashion. Turn squash over in the melted

sides; cover casserole. Bake at 400 degrees about 1 hour, or until tender. Remove from the oven, sprinkle with Parmesan cheese; return squash to oven, un-

butter or margarine to coat both

covered, until lightly browned, about 5 minutes. Yield: 5 to 6 serv-

OPEN-FACE SUMMER SQUASH 8 yellow squash, cut in half cross-

- 2 tablespoons margarine 1 teaspoon seasoned salt
- 1/2 cup shredded Cheddar cheese

Extension news

Steam squash about 10 minutes. Arrange in 3-quart oblong casse-role. Melt margarine with seasoned salt; drizzle over cut squash. Pierce center of squash so that seasoned butter is absorbed. Bake at 350 degrees about 20 minutes. Top with cheese and continue baking about 10 minutes until cheese Yields: 6 servings

SQUASH SOUFFLE 11/2 pounds yellow squash, cooked

- and mashed 1 small onion, minced
- 1 tablespoon minced parsley
- l egg, slightly beaten 4 cup milk
- ½ cup cottage cheese, well mashed ½ teaspoon salt
- 1/2 teaspoon pepper 1 teaspoon sugar

1/4 cup finely chopped pecans Combine squash and other ingredients except nuts. Place in a 2quart greased casserole; sprinkle pecans over the top. Bake at 350 de-

grees until top is nicely browned,about 20 minutes. Yields: 8 servings. SQUASH COOK-OUT 1 pound yellow crookneck squash Salt and pepper

Grated Parmesan cheese

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Wash squash, trim off ends, and slice into 1/4 inch rounds. With double thickness heavy-duty aluminum foil, make 4 (14-inches) squares. Place one-fourth of the squash rounds on each foil square. Sprinkle squash with seasonings, cheese, margarine, and water; seal foil. Cook on coals about 15 minutes, turning once. Yields: 4 servings.

ITALIAN ZUCCHINI 5 medium-size zucchini squash,

Hospital honors its employees

Albemarle Hospital's administrative staff honored 13 employees at a Retirement-20 Year Service Party in June. Hospital Administrator Robert Jeffries presented gifts to the honorees and a reception followed the award ceremony.

Retirees honored included: George Chappell, Security; and Dorothy C. Sawyer, Maggie S. Sa-wyer, and Jean Wilson, Nursing

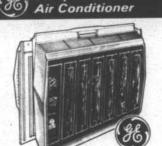
Employees honored for 20 years of service were: Patricia Banks, Business Office; Catherine Beatty, Nursing Service; Jeanie Briggs, Nursing Service; Kathyrn Cartwright, Pharmacy; Adeline Dance, Housekeeping; Maryland Gibson, Housekeeping; Sandra Hoffler, Nursing Service; Llewelyn Johnson, Laundry and Albert Williams, Material Management.



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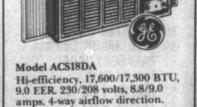
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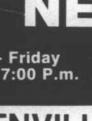
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