Patch What Goes
Into Your Mouth The weather is warming and the freshness in the air
hints of new life and busting activity.
With this hint of sum. With this hint of sum-
mertime weather ahead comes the urge to shed
winter garments for the cooler lighter more
revealing fashions summer. For many of the this " "winter io sporing"
transition also
sens we can no longer hide those extra pounds accumulated during the long months of
winter. If the prospect of dieting
this "excess away " his "excess
baggage orings to mind
images of endless des images of endless days of
boring, tasteess meals but the prospect of not dieting brings to mind even worse images of you
stuffed into cor spilling out shorts, then you are faced with two alternatives-wear long pants and hide indoors
until next winter or begin until next winter or begin
to keep a close watch on to keep a close watch on
what goes into your mouth! Low-calorie
recipes soultry
some of which are printed in today's Cooke Corner) are available to readers in an attractive set of handy, easy-to-read and
use recipe file
cerds receive a set of these
recipe recipes
Minnie Recipe Book", send ${ }^{50}$ e ents for postage and ${ }^{\text {Panding }}$ Poultry Recipes in care of the North Carolina Poultry Federation, Box 2431,
Raleigh, N.C. 27802. $\underset{\substack{\text { Roast turkey in } \\ \text { paper bag }}}{\substack{\text { a }}}$ (8 pound turkey

Prepare for cooking by rubbing with diet margarine, then sprinkle
lightly with salt and flour Put $1 / 2 \mathrm{t}$. of salt inside cavity, along with an apple, orange and onion,
and $2 / 4$ c. orange juice Put the turkey into a large brown paper bag and rolit the end up tightly. Place in degree oven. You can forget it for four hours. When done, remove from oven and eit stand for 10 to
15 minutes. Then top of bag and lift out the beautiful bird. Approximately 300 calories sum down ANGELEDEGGS

4 hard-cooked eggs ${ }_{1}^{1} \mathrm{~T}$. tomato $1 / 2 \mathrm{~T}$. vinegare 1 to $1 / 2 T$. vinegar
1 t. minced onion 1/8 t. liquid artificial sweetener
dash of chili powder or $1 / 4$ celery seeds Cool and shell eggs, cut ingredients and pile yolk mixture into egg whites.
Serves 4. ( 75 calories per serves 4. ( 75 calories per

Get More For
Your Meat Dollar Are you interested in
getting more for your meat dollar? program plan to attend the For Your "Getting More be glven by John Christian of the Food Science Department, N.C. State May 15 at $0: 30$ a.m. $2 \mathrm{p} . \mathrm{m}$, or 7 p.m. at
office Bullding. Mr. Christian will show beef and pork trom cur supermarket into more than one type of meal. He will also be discussaing the more economical cuts of meat. As the price of food continues to rise, this program should be very men. Came Economics Ex.
Home tension Agent at $482-$ E85s if you would like more in

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MUSTARD . . . . ${ }^{24 \mathrm{JAR}^{2} .} 59^{\circ}$ BREAD.

\section*{Phrifty 1 = uyys on cuality branos! \\ |  |  |  | 160Z. CANS THRIFTY MAID PORK \& BEANS | 1goz.cAns TASEGOF NATURE CHOCOLATE SYRUP <br> SYRUP | 16oz. cans THRIFTY MAID TOMATOES | $\begin{gathered} 2510.0 A 6 \\ \text { BiGM } \\ \text { DOG } \\ \text { RATION } \end{gathered}$ | 300 CT, PKG LILAC ASSORTED NAPKINS |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| \$139 | $69^{4}$ | 2:89 | 4:\$1 | $2 \overbrace{R}^{\text {\% }} 1$ | $3: \$ 1$ | \$299 | $99^{4}$ |

