

mal are known as variety meats Beef and calf tongues are large dries . . . meat specialties or fan- and lamb tongues usually are sold cy meats. They all refer to the ready-to-serve. To prepare fresh highly nutritious organs of beef, tongue: Place in pot and cover calf, pork and lamb . . . which are with water. Add 1 teaspoon salt not classed as regular cuts. Va- for each quart of water. Simmer riety meats include: liver, tongue, from 3 to 4 hours or until tender. heart, kidneys, sweetbreads and Plunge tongue into cold water to

For the homemaker who is in- white sauce. terested in good nutrition for her

especially high in vitamin A and expected in the near future.

(2) Delicious: Famous chefs have long recognized the delicacy and flavor of variety meats . . the homemaker can profit by their example. Many people have never taken the opportunity to try variety meats . . . or perhaps they have not eaten them when wellprepared.

(3) Economical: The price per pound of liver, tongue, heart, etc. is often about half that of regular economy meat cuts and considerably less than the expensive cuts. The price is low because the demand is small. You can expect about 4 servings from a pound of Midgette; her grandmother, Mrs. is little or no waste.

tongue. Liver is considered one of ron served ice cream and cake.

the more tender variety meats. But, in cooking, remember that beef liver is less tender than the others. Braising is recommended for pork and beef liver . . . while broiling, baking and frying are satisfactory cooking methods for lamb and calves liver. Pork liver usually sells at 1/3 the price of calves liver and 1/2 that of beef liver. All are high in nutritive values. Pork liver is the highest in iron. Nutritionists recommend that liver be included in the diet at least once each week.

Tongue is one of the least tender of the variety meats. It is sold The organs and glands of an ani- fresh, pickled, corned and smoked. . sometimes called meat sun- enough for family meals. Pork cold with a chili or horseradish

Wondering What's New? Dehyfamily and at the same time is drofreezing . . . a new food prolooking for ways to stretch her cessing method developed by the meat dollar . . . variety meats "fit USDA at its research center in Albany, California. Dehydrofreez-(1) Nutritious: Variety meats ing combines the advantages of are recognized as suppliers of two commonly used food preservamany nutrients in extraordinary tion methods . . . dehydration and of the variety meats furnishes eliminates certain of the disadvanabout the same amount of pro- tages of each. Currently dehydrotein as an equal serving of lean frozen fruits and vegetables are meat. Liver, kidney, brain and produced for commercial use. Dissweetbreads provide considerable tribution of dehydrofrozen prodamounts of vitamin C. Liver is ucts to the retail consumer is not

See you at the District Federa-

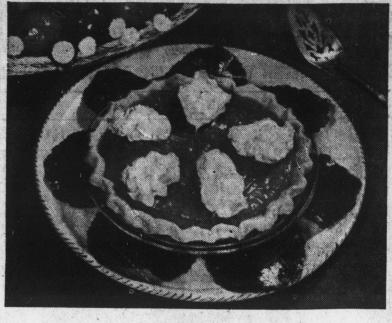
BRIDAL SHOWER

A Bridal Shower was given Mrs. Ernest Lee Styron Monday night at the home of Mrs. Eliva Ballance in Hatteras. More than 30 people attended.

Games and contests were enjoyed by all. A beautiful wedding cake with a bride and groom had been baked for the honoree.

The bride's mother, Mrs. Vance most of the variety meats. There Fred O'Neal; her little sister and two of her cousins were present.

Today, let's discuss liver and The hostess, Mrs. Murray Sty-



brains. Tripe and oxtails are us- loosen skin. Remove skin and cut ually classed as variety meats al- away roots. Slice and serve hot or It's Easy As ABC To Make Perfect Lemon Cream Pie

My mail indicates fresh, tangy lemon meringue pie to be an all season favorite in many a family. But the mail indicates, too, that many women have problems making this pie so that it looks good, tastes good and doesn't run when cut.

Lemon meringue pie is easy to make. You just have to observe a few rules, take time to make it, and most of all serve it within a few amounts. A 3-oz. serving of any freezing . . . at the same time hours after it is made. It just isn't a pie that keeps well.

Here are the things I've found in testing lemon pies. Maybe

they've been causing you trouble, too. The secret of a creamy smooth pie is to follow the accurate measurements in my carefully tested recipe. I have found that a thicker filling can be made over heat than cooking in a double boiler. By mixing the dry ingredients together you separate the starch granules; then by adding the hot water gradually, the mixture will be smooth before you start to cook it.

Having trouble with the filling being too thin or tasting starchy?

Well, both are caused if the mixture has not been cooked long enough. This cooking takes about 8 to 10 minutes, and it means you just have to stay right there and cook it slowly, stirring it all the while.

Here's another important hint: add the fresh lemon juice to the filling mixture after it has cooked, stirring the juice in slowly and gently. This keeps the cooked starch granules from breaking up. The

filling will have a fresher lemon flavor too if the juice is not cooked. One last tip, cool the filling before putting it in the cooled crust.

Spread with a meringue and bake in a moderate oven. Cool the pie away from drafts and serve it within a couple of hours. We've lots of tested pie recipes so if you'd like more write to me, Nancy Carter, P. O. Box 4358, Atlanta, Ga.

PERFECT LEMON MERINGUE PIE

- 1 8-or 9-inch baked pie crust
- 1½ cups sugar 7 tablespoons cornstarch
- 1/4 teaspoon salt
- 11/2 cups hot water
- eggs, separated teaspoon grated lemon peel
- 2 tablespoons butter 1/2 cup fresh lemon juice

Bake and cool crust. Mix sugar, cornstarch and salt in pan. Gradually stir in hot water. Bring to a boil over direct heat; then cook 8 to 10 minutes over medium heat, stirring constantly until thick and clear. Remove from heat. Stir several tablespoons of this hot mixture into beaten egg yolks; mix well. Pour this back into pan. Bring to boil, then cook over low heat for 4 to 5 minutes, stirring constantly. Remove from heat; stir in lemon peel and butter. Very slowly add lemon juice, stirring gently. Cool filling; pour into pie crust. Top with Meringue:

Place the 3 egg whites in a deep bowl. Beat until whites stand in soft peaks. Beat in 6 tablespoons sugar, adding only 1 tablespoon at a time, beating well after each addition. Continue until all sugar is used and whites stand in firm, glossy peaks. Start at edges of pie and work toward center; be sure to attach meringue securely to edges of crust. Bake in a moderate oven, 350 degrees, 15 to 20 minutes. Cool away from drafts.

SALVO PERSONALS

Mrs. Perley Farrow and childen of Buxton have returned home after visiting Mr. and Mrs. Graves

Mr. and Mrs. Cyrus Gray and daughter Penny of Norfolk spent Friday and Saturday with Mr. and

Mrs. Perry Farrow,
Mr. and Mrs. Luther Hooper and children of Manteo spent Friday with Mr. and Mrs. Aaron Hooper. Mr. and Mrs. Walton Midgett, Mr. Bowman and granddaughter of Norfolk visited Mr. and Mrs. Flora Midgett Sunday.

Mrs. Bettie Farrow recently vis-Norfolk.

Mrs. Claude Williams and daughter Ina Long of Manteo visited Mrs. Perry Farrow recently. William Hooper of Norfolk spent the week end with his parents, Mr.

and Mrs. Garland Hooper. Earl Whidbee of Elizabeth City visited his mother, Mrs. Melvina

Whidbee, Saturday.

Alpean and Debra Hooper of Manteo are visiting their grandparents, Mr. and Mrs. Aaron Hoop-

Sparrow Midgett is visiting in Elizabeth City.

Mrs. Blanche Pyland who has been visiting in Portsmouth, Va., with her sister, Mrs. E. M. Pearce, returned home Wednesday. She was accompanied by her daughter, Louise Rountree, who spent several days in Portsmouth.

Mr. and Mrs. Floyd Hooper and daughter, Donna, and Mrs. Myrtle Hooper spent Tuesday in Manteo. They were accompanied home by Sharron Hooper, daughter of Mr. and Mrs. Leslie Hooper.

BIBLE CLASS MEETS

The Bible Class met at the home of Mrs. Ernal Foster Friday night, with 13 members and one visitor, Mrs. Virginia Cole of Norfolk,

Mrs. Edna Garrish, Mrs. Pauline Oden, Mrs. Achsah Oden, each gave an uplifting story. Mrs. Kathryn Midgette read the Easter poem by Peter Marshall. Mrs. Maude Austin "10 tips on how and when to Read your Bible." The hostess served delicious refreshments. The class will meet at the home of Mrs. Winona Gray, April 20th.

TYRRELL MAN GRADUATES - QUARTERMASTER SCHOOL

Fort Lee, Va.—Army Pvt. Victor Dunbar, whose wife, Frances, lives on Route 1, Columbia, recently was graduated from the general equipment repair course at the Quarter Master School, Fort Lee,

In the 14-week course, he was trained to install, adjust and maintain a variety of quartermaster machinery and mechanical equipment. Such equipment included internl combustion engines, mobile laundry, baker, and field bath unit ited Mr. and Mrs. Cyrus Gray of equipment, petroleum equipment, and smoke generator equipment.

Dunbar entered the Army in July 1955.

HATTERAS PERSONALS

Mrs. Harry Austin has returned from Norfolk, Va., after visiting her children. She was accompanied home by her daughter, Mrs. Cantwell Miller and family, who will make their home here. Mr. Miller

is working in Norfolk. Mr. and Mrs. William Lingo of Norfolk spent the week end with Mr. and Mrs. Cecil Ballance.

Rev. and Mrs. Dan Meadows were in Elizabeth City Tuesday; also Mrs. Virginia Austin and Mrs. Wheeler Ballance.

Mrs. Cliffton Austin and son Cliff are home after spending two weeks at Ocracoke.

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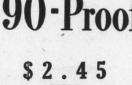
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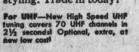
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ROY ELWOOD ROUGHTON LAID TO FINAL REST

Columbia.—Funeral services for Roy Elwood Roughton, 52, who died Thursday, April 5, at Norfolk General Hospital after several weeks illness, were held at Malachi's Free Will Baptist Church on Friday April 6, at 3:00 p.m. by the pastor, the Rev. J. O. Evans, assisted by the Revs. Don Wagner and H. G. Thompson of Ahoskie.

The choir sang "Under His Wing", "Jesus Lover of My Soul" and the "Last Mile of The Way". Pall bearers were cousins of the deceased: Floyd, Jessie, Albert, Harold and Billy Spencer, and Carlon Everton. Interment was in the church cemetery. Floral tributes were many and lovely.

Mr. Roughton was the son of the late Warren and Cora Sexton Midgett Roughton. He was a member of Malachi's Free Will Baptist Church, a native and life long resident of Tyrrell County, and a merchant in oil products for 18 years

He is survived by his wife, Mrs. Pearl Fleming Roughton; one son, Warren Roughton, and one daughter Mrs. Peggy Roughton Brickhouse; four brothers, Clyde and Lonnie Roughton of Norfolk, Charles Midgette of Norfolk and Rober: Midgett of Columbia Route One, and one grandchild.

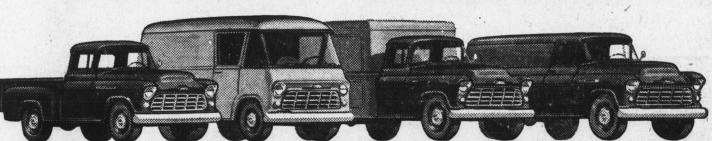
PLEDGER-DAVENPORT

Columbia.-Miss Phyllis Davenport, daughter of Mr. and Mrs. Joseph Benjamin Davenport, and Melvin Pledger, son of the late Mr. and Mrs. John Pledger, and Clerk of Superior Court of Tyrrell County were married Saturday April 7th at 5:00 p.m. at the Columbia Methodist Church, with the Rev. Robert H. Eason performing the ceremony. Close friends, families and relatives attended.

LANE-DAVENPORT

Columbia.—Miss Joyce Daven-port, daughter of Mr. and Mrs. Thomas Davenport and Hank Lane of the U. S. Marines, stationed at the Marine base in Edenton, and formerly of California, were united in marriage by the Rev. Don Wag-ner ,on Friday at high noon, April 6th, at the Columbia Baptist Church. Only the family and close PHONE 521 friends were in attenda

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