

Miss Blount's Summertime Suggestions

Try July Salads On Hot Summer Days For Change

By Miss Virginia Blount,
Home Service Director,
July Salad

A well-balanced tri-salad offers the solution to the one-dish meal for early summer days. Wash and chill the salad greens, in this case lettuce, chicory and cress. Cut cooked asparagus into inch lengths and marinate in French Dressing. Prepare cubes of tongue and chicken for the second section of the salad, also hard cooked eggs for a garnish. Moisten with mayonnaise. For the corn salad, mix two cups of kernels of cooked corn with an equal amount of cooked baby lima beans. Add two chopped pimientos and T. of chopped green pepper and French Dressing. When ready to serve, arrange in the salad bowl, place the three salads and separate with line of watercress.

Vegetable Plate Salad

Select six medium sized tomatoes; cut a slice from the stem end of each tomato after it has been washed, then scoop out the tomato

pulp and chill. Make a salmon salad by combining one cup and one-fourth a flaked salmon with one cup of tomato pulp, one half a cup of diced celery, one T. minced green pepper, 1½ t. lemon juice and 2 T. mayonnaise. Marinate six stalks of cooked broccoli. Slice a cucumber and chill. When ready to serve, fill the tomato cups with salmon salad and arrange each cup on a nest of lettuce with a stalk of broccoli and slice of cucumber beside it. Garnish with deviled egg halves and slices of stuffed olives.

Avocado Salad with Lemon Ice

Avocado is the name usually used in Florida, while calavo is the name adopted by California growers to differentiate it from the old alligator pear which is now considered inferior. Choose fruit which is firm to the touch, yet slightly soft and sufficiently ripened for flavor. Cut lengthwise in halves, toward the center, split open and remove the hard pit. Fill the cavity with lemon ice and decorate with thoroughly chilled mayonnaise put through a pastry tube. This is attractive garnished with ivy leaves.

For the lemon ice, mix together two cups of sugar and three cups of water, bring to boiling point and cool the syrup, add one cup of strained lemon juice and freeze in electric refrigerator, beating with electric mixer well twice during the freezing.

A few minutes after she had testified in a case, Mrs. Sadie Baker, 71, of Toledo, O., dropped dead of heart disease in court.

ENFIELD BOY IS FATALLY INJURED BY AUTOMOBILE

Dewey Ray Harris, of Enfield, age eleven, died Saturday night in a Rocky Mount hospital from injuries received late Saturday afternoon when he was struck by an automobile and knocked from the bicycle he was riding near his home about five miles from Enfield. He suffered a fractured skull and a broken leg and was in an unconscious condition until the end came about midnight.

Rev. L. B. Manning, of Fountain, and Rev. D. A. Windam, of Greenville, conducted the funeral services that were held at his home Sunday afternoon at 4:30 o'clock. Girl friends of the little boy had charge of the many flowers that covered the grave in the family cemetery near the home.

Young Harris is survived by his parents, Mr. and Mrs. Willie D. Harris, a sister, Jean Harris, and a brother, Albert Harris, all of near Enfield.

Birthday Party

Marshall Simpson celebrated his 7th birthday last Wednesday, July 15 at his home on Hamilton Street. Games were played after which refreshments were served to the following:

John and Lucille Williams, Geo. and Hugh McNeil, Helen and Mack Knight, Sammie Wood, Benjamin Webb, Jr., Dorothy Howard, Camilla and Norma Rose Spikes, Elaine Welch, Edward Simpson, and Marshall Simpson.

Stephen Yankoudes tied a large kite around his waist, a stiff breeze came and the coast guards rescued him a 100 yards from Long Island Sound shore.

Eph, a giant circus elephant in Sarasota, Fla., has met many notables, but when Sally Rand appeared, Eph turned away.

W. L. Clements' Mother Buried At Oak Grove

Funeral services for Mrs. M. E. Clements were conducted Thursday, July 9, at the home of her daughter, Mrs. Annie Norwood, Barley, Va. Rev. Morgan, pastor of Ebenezer Church, officiated. The attendance was large and there were many floral tributes.

She is survived by ten children, E. M. Clements and Eugene Clements, Lawrenceville, Va., D. C. Clements and Fred Clements, Suffolk, Va., Wm. L. Clements, Roanoke Rapids, N. C., Mrs. Annie Norwood, Barley, Va., Mrs. R. A. Weaver, Holland, Va., Mrs. T. E. Weaver, Suffolk, Va., Mrs. G. W. Story and Mrs. F. L. Gray, Hopewell, Va., and forty-nine grandchildren, twenty-seven great grandchildren and one great great grandchild.

Mrs. Clements was a member of Ebenezer Church in Greenville County and is well-known in this community. If she had lived until Aug. 18 she would have been 77 years old.

Pallbearers were her five sons and one nephew, Claude Norwood of Barley, Va. Flower girls were twelve grandchildren. Interment was in the family cemetery at Oak Grove Church in Northampton County.

Whether it can be regarded as a distinction or not, J. R. Paul, of Siaton, Tex., has served possibly the shortest jail sentence—one minute.

As he asked for a job in the shop of an undertaker, Joseph Bianchi of Philadelphia fell dead.

4th July Picnic

Mr. and Mrs. John House chaperoned a truckload of boys and girls from Calvary and Thelma community on a picnic at Colerain the 4th of July. Swimming and bathing were enjoyed by everyone. But while there we are sorry to learn that little Caswell House fell from some high steps but was not seriously injured.

Grif over the theft of his pet dog, his sole companion, caused the suicide of Henry Porter, of Stratford, Conn.

SUNDAY DINNER Suggestions

By ANN PAGE

PRACTICALLY all foods are either somewhat cheaper or at least no higher than they were a week ago. Butter is no higher, lemons, after a temporary slump, rose again but most fruits and vegetables are very reasonable or cheap.

Meats, particularly beef and lamb, are considerably lower with the greatest difference in forequarter cuts. Broiling and frying chickens are attractively priced. Egg production is keeping up well so that prices, except for the very top grade, are unchanged.

New potatoes are somewhat cheaper and new sweet potatoes are in market. Good sweet corn is now plentiful and cheap.

Here are three menus planned for different budget levels.

Low Cost Dinner

Round Steak Mashed Potatoes
Green Beans
Bread and Butter
Chocolate Pudding
Iced Tea Milk

Medium Cost Dinner

Fried Chicken Parsley Potatoes
Corn-on-the-Cob
Bread and Butter
Tapioca Cream with Peaches
Iced Tea Milk

Very Special Dinner

Broiled Beefsteak or Chicken
Lima Beans Sweet Corn
Tomato Salad
Rolls and Butter
Raspberry Cream Tarts
Iced Tea Coffee

Everyday Cooking Miracles

BY VIRGINIA FRANCIS

Director Hotpoint Electric Cookery Institute

There's a certain day each week and a certain number of days each spring and fall when mops, brooms and curtains rule the whole household. Housecleaning days, of course! And aren't those the days when most of us want to send the offspring up to grandma's and bar the doors to hungry husbands? Takes

Cooker heat units that you can trust them for hours and hours with your most prized dish. Complete meals may be cooked in this large cooker without any exchange of flavors, and meats—even the tough, inexpensive cuts—can be rendered tender and tempting. Real cooking miracles they are. And remember, the Thrift



The ability of the thrift cooker of the electric range to cook complete meals is a real boon to homemakers during house cleaning time.

too much time to stop and prepare a meal—to say nothing of going into the kitchen every five minutes to see how the stew is stewing.

And that's another thing! Why is it that stew is almost as synonymous with cleaning day as turkey is with Thanksgiving Day? Is it because stew is one of the least evil of the cooking evils? Whatever the case may be, we are here not to undermine cleaning day and stew, but to uplift them.

The meal problem on busy cleaning days has now been solved to the whole family's advantage. You may carry on the cleaning tasks without kitchen interruptions and still serve the family a fine dinner by preparing this meal in the Thrift Cooker of a modern automatic electric range.

Cooks Complete Meals

The Thrift Cooker is the large economy unit installed in the cooking top of the electric range. Foods may be cooked in this well-insulated container without danger of burning or scorching, and without requiring a watchful eye. In fact, so well controlled and disciplined are the Thrift

Cooker is only one feature of the modern electric range.

Now for the "twin image" of one of these Thrift Cooker meals. This meal consists of a combination of fresh, succulent vegetables cooked together in the bottom of the cooker while a luscious salmon loaf is cooked in the top. You'll find it easy and quick to prepare too!

Salmon Loaf With Vegetables.

1 large can salmon 2 eggs
1 cup soft bread crumbs Cauliflower
1 tablespoon chopped Carrots
parsley Potatoes
Pepper Turnips
Few drops onion juice Beans
1 cup milk

Mix together the first seven ingredients and place in a small mold. Prepare vegetables, leaving the cauliflower whole.

Place 1 cup water in Thrift Cooker with rack in place, and bring to boil on High. Arrange vegetables in Thrift Cooker kettle. Place salmon loaf on top of vegetables. Cover kettle. When steam comes from vent turn to Low. Steam 45-60 minutes.



A. & P. BREAD

14-Ounce Loaf 5c

BARBECUE ROLLS

Package of 8 10c

WATERMELONS

EXTRA LARGE 33c

TOMATOES

Fancy 4 lbs. 25c

VINEGAR

RAJAH PURE CIDER; ½-Gal.

23c Per Gallon 35c

HEINZ CUCUMBER PICKLE

Per Jar 19c

HEINZ TOMATO JUICE

2 cans 15c

IONA SPAGHETTI

5 cans for 25c

YUKON BEVERAGES

Assorted Flavors 3 28-Ounce Bottles 25c

SUGAR

10-lb. Cloth Bags for

55c

JEWEL 8

lb. Ctn. 95c

FRUIT JARS

Quart Size 75c

Pint Size 60c

SUNNYFIELD FLOUR

Plain or Self Rising 24 lbs. 85c

IONA FLOUR

SELF RISING

24 lbs. 79c

Graham Crackers or Ginger Snaps

Merita-Pkg. 10c

STEW BEEF lb. 12½c

BACON

Sliced lb. 33c

FRANKS

Tender lb.

21c HENS and FRYERS

Fresh Crab Meat - Fresh Fish - Luncheon Meats

A & P FOOD STORES