

Food Conservation, Home Gardens Can Stretch Family Food Dollars

At this time of year when you're planting that spring garden, remember that you'll be making your food dollar go a lot farther at the same time. One of the emphasis in Home Demonstration Club work in North Carolina is toward better money management and this is one way you improve your money management.

Mrs. Stewart Shuford, Caldwell county home demonstration club member, and one of the winners in the Home Demonstration Leadership Awards program, says, "I'm sure everyone is interested in making the food dollar go just as far as possible and if you're willing to swap some of your spare time for money, spent at the grocery store, then gardening is worth trying.

"It doesn't take a large piece of ground to grow a few vegetables. They can be put right in your flower garden. The cost would be only about three to five dollars above the cost of growing flowers and it doesn't take many heads of lettuce and broccoli or pounds of tomatoes to repay that amount.

"My family enjoys gardening and we are fortunate to have a large one. We like to try new and different vegetables. Last year we raised 25 varieties. This helped us have a more varied, well-balanced diet, and reduced our expenses for food to a very small amount. And we have the advantage of using the vegetables right at the peak of their freshness for eating and conserving instead of taking what we can get at the grocery store.

"My home demonstration club work has helped us greatly in finding the best varieties of vegetables for eating, canning, and freezing. It has also taught us correct, tested methods of doing this. The service is available to anyone just for the asking.

"To us, gardening is very rewarding; because it pays big dividends in delicious, healthy meals all year

long at very little expense."

So why don't you take a few afternoons to plant you a home garden that will help you stretch your food dollar?

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Base, Goldsboro, before May 8, 1958. Apply at any post office for application forms or information as to where forms may be obtained. Applications may also be obtained from Civilian Personnel office, Sey-

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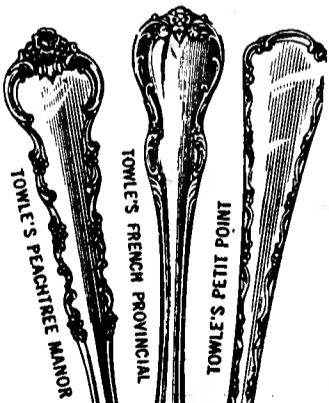
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