

April Observed As Dairy Month By Chowan 4-H Girls

Demonstrations Given At Various Club Meetings

The 4-H Club girls of Chowan County have cooperated with Home Demonstration Clubs during the month of April in observance of dairy month. The theme of the monthly home demonstration program was "Production, Care and Use of Milk." Dairy leaders gave a report on the production and care of milk and a 4-H girl gave the demonstration on the use of milk.

Girls giving demonstrations were Jackie Bunch, Sara Margaret Asbell, and Barbara Parrish of Chowan 8th and 9th Club, Jean Parrish of Chowan 6th and 7th club, and Bernice Jordan and Yvonne Copeland of Chowan Senior Club. Neighborhood leaders assisted in preparation of materials and training of girls for these demonstrations. Those helping were: Mrs. Henry Bunch, Mrs. T. O. Asbell, Mrs. Roland Evans, and Mrs. H. H. Lane. They tell the value of milk and suggest ways of getting more milk in family meals.

Jackie Bunch specialized in eggs a la golden rod. She gave her demonstration in the following meetings:

April 3, Gum Pond Club, Mrs. Charlie Peele, hostess.

April 4, Advance Club, Mrs. T. E. Winslow, hostess.

April 12, Beech Fork, Mrs. Stillman Leary, hostess.

April 24, Rocky Hock, Mrs. Henry Bunch, hostess.

Sara Margaret Asbell prepared creamed peas and appeared on the program in the following clubs:

April 5, Center Hill, at Center Hill Community House.

April 12, Enterprise, Mrs. E. E. Harrell, hostess.

April 24, Ward, Mrs. O. M. Blanchard, hostess.

April 26, Oak Grove, Mrs. Marvin Bunch, hostess.

Barbara and Jean Parrish, as a team, prepared soft custard and gave attractive ways of serving this dessert. They gave their demonstration on April 9 in Chowan Club at Cross Roads Community House and on April 16 in Byrd Club at the home of Mrs. Elvie Umphlett.

Bernice Jordan and Yvonne Copeland together prepared potatoes with cheese sauce. They were the guests of North Edenton Club on April 13 at the home of Mrs. Buck Wheeler and of Ryland Club on April 17 at the home of Mrs. H. H. Lane.

These demonstrations have given 4-H girls an opportunity to acquaint people of the county with some of the activities of 4-H Clubs and tell the story of our most perfect food—milk. Club members have greeted these demonstrations with much interest and enthusiasm.

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Extension Director Extends Tribute To Volunteer Leaders

Contagious Enthusiasm Has Spread to Countless Homes

In observing the sixth National Home Demonstration Week, M. C. Wilson, director of Extension Work, U. S. Department of Agriculture, has sent the following message to the half million volunteer leaders in home demonstration work:

"I want to pay tribute to you homemakers for your helpful and devoted service. Because of your belief in home demonstration work, your contagious enthusiasm has spread to countless other homes. Each one of you is recognized by your fellowhomemakers as a leader in your community—a leader who has the know-how and is ready to help others. Through you, the efforts of your county home demonstration agent have been multiplied over and over again.

"You know so well how to adapt homemaking information to local conditions. Your rewards for this unselfish leadership in organizing groups and teaching other homemakers are the satisfaction you get in knowing you have been of service in helping others to help themselves.

"Today we need leadership of the highest type. You who have had training and experience in home demonstration work are well equipped to take part in mobilization activities—promoting education programs that will help rural people with health and safety measures during an emergency as well as in normal times.

"Your influence as leaders is also extending to other countries. In connection with the Point 4 programs, extension home economists are working

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side by side with agriculturists to help underdeveloped countries increase their food production and raise their general standard of living.

"So I rejoice with you in the progress of home demonstration work both in this country and abroad. I have great hope in your theme, "Today's Home Builds Tomorrow's World."

War Orphan Writes Letter To BPW Club

(Continued from Page One)

be exactly on 29 April. I am rather well developed. I am 166 cm tall, rather strong, have dark hair and eyes, with long pigtales, olive colored skin, but with colored cheeks, my companions say that I am not ugly.

Before the war I was in a sea colony at Anzio, then we were sent to Rome to a colony of nuns, but since my leg was becoming always shorter my aunt sent me to the clinic and I entered on 8 September 1946 and am still here. During some brief intervals I went to the colonies at Nettuno to get some sea air and became strong in order to face another operation. When I can move I spend my time doing some work but I get tired at once because I am all bandaged up to my shoulders. When I must be motionless I read books which kind ladies bring to me each Wednesday. They bring us beautiful and instructive books and I always try to learn because I did not go much to school and only went up to 4th grade grammar school. I don't have a father and my mother is very far away and therefore she comes to see me seldom. Since 1946 she came but twice because the trip is very expensive.

Q—I already have changed GI Bill fields of training twice, and I'd like to make a third change. May I do so?
A—VA will approve a third change of fields of study only if you can establish a need for a short, intensive course which will prepare you for employment in a critical occupation for which there is a shortage of skilled workers.

KIDNEYS MUST REMOVE EXCESS WASTE

When kidney function slows down, many folks complain of nagging backache, loss of pep and energy, headaches and dizziness. Don't suffer longer with these discomforts if reduced kidney function is getting you down—due to such common causes as stress and strain, over-exertion or exposure to cold. Minor bladder irritations due to cold, dampness or wrong diet may cause getting up nights or frequent passages.

Don't neglect your kidneys if these conditions bother you. Try Doan's Pills—a mild diuretic. Used successfully by millions for over 50 years. While often otherwise caused, it's amazing how many times Doan's give happy relief from these discomforts—help the 16 miles of kidney tubes and filters flush out waste. Get Doan's Pills today!

DOAN'S PILLS

pensive.
I finish because I get tired because I am writing in bed laying on my stomach.

Again I thank you and all the other kind ladies. I always say my prayers for my benefactresses.

To all kind regards and to you a special kiss.

Your loving,
PAOLA SCLEP

Vets' Question Box

Q—Is there any deadline on VA hospital care as there is one on a number of other VA-administered benefits?

A—There is no deadline for VA hospitalization. Veterans may be admitted to hospitals at any time, so long as they meet eligibility requirements.

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Chowan Club Women Improve Communities

(Continued from Page One)

of civic pride in that community. Many others have made a great deal of im-

provements also. The N. C. Rural Mail Carriers' Association has excellent recommendations for mail boxes which are available in the home agent's office.

Every Home Demonstration Club in Chowan County is urged to have a community projects and in most cases they have been very successful. One club has acquired a building which is used as a community center; another improved their community building by sanding the floors, buying screens and replenishing the equipment; and two other clubs are making every effort to get community buildings.

Some of the other projects include church grounds, library, and one club is planning a recreational program for children from 6-12 years of age

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this summer.

The had and indifferent part of this story refers to those people who don't seem to care about the appearance of their own premises or the county. Are you one of these? If so, don't admit it, but mend your ways.

The home agent will be glad to assist groups or individuals with plans for home or community improvements.

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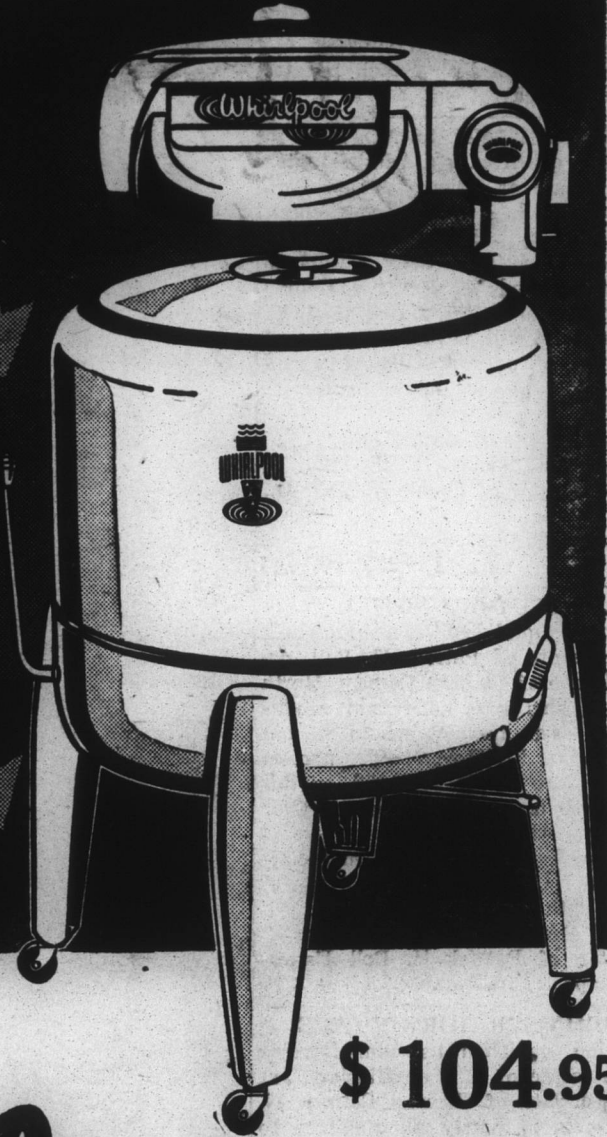
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