

Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, Negro Home Demonstration Agent

We are pleased to note that attendance at home demonstration club meetings this month improved over the last two meetings. Plans made by the County Council and approved by the clubs were:

1. Planned Recreation will be carried out in August meetings. Clubs will entertain the children of their community.

2. September meetings will be joint meetings with all men and women of the community invited to be present. Our work will be on "Farm and Home Account Keeping." The Farm and Home Agents will work together in these meetings.

3. Clubs will sponsor a Home Demonstration Queen Contest which will end at the Achievement Day Program at the latter part of October.

Our demonstration this month was on "Milk In Our Breakfast." We presented a filmstrip on this and in our lesson emphasized the importance of eating a well balanced breakfast every day and ways we can use milk in our breakfast dishes.

A committee composed of 4-H Club Leaders and 4-H Club members met July 17 to make plans for a 4-H Club Exhibit to be displayed at the State Fair. Those present were: Mrs. Arizona Fleming, chairman, Mrs. Martha Carter, Mrs. Mozella Roberts, Doris Leary, Valerie Nixon, Norman Newby, Andrew Newby and J. C. Sawyer.

We know our vegetable supply is short this season. We urge all home makers to can all available vegetables and fruits for the non-producing seasons. Remember acid foods—fruits, tomatoes and pickled vegetables, should be canned in a boiling water bath. Low-acid vegetables, all vegetables except tomatoes should be canned in the pressure canner.

How Safe Is Your Home?

Accidents do not just happen. They usually are caused by carelessness, haste, fatigue and poor housekeeping practices. Make your home a safe place in which to live.

Falls often occur in steps that are broken, uneven, cluttered, poorly built, poorly lighted, with loose carpet and slippery wax or water.

Fractures and Bruises result from doors ajar, drawers left open, boxes or chairs used as ladders, scattered toys, poorly lighted rooms and carelessness with washing machines and electric fans.

Cuts and Scratches result from open scissors, knives improperly used, sharp metal toys, upturned garden tools, needles and pins within reach of children, exposed

sharp instruments, nails, glass and saws.

Strains are caused by lifting of too heavy an object or failure to lift heavy objects correctly.

Poisonings result from careless use of medicines, disinfectants and insecticides. Poisons not clearly labeled, taking medicine without reading the label, failing to keep poisons in a locked place of their own cause many accidents.

Burns are caused by smoking in bed, careless use of matches, spattering grease, scalding liquids, unscrubbed fireplaces, defective chimneys, faulty wiring, carelessness with outdoor fires and starting fires with kerosene or gasoline.

Firearm Wounds result from carelessness with guns, pistols, shells and fireworks. The "unloaded" gun is often the cause of serious or fatal accidents.

CIVIC CALENDAR

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A meeting of the official board of the Methodist Church will be held at the church Monday night, July 29, at 8 o'clock.

Chowan Tribe of Red Men will stage a watermelon slicing at its meeting Monday night, July 29, at 7:30 o'clock.

Chowanoke Council No. 54, Degree of Pocahontas, will meet Friday night, July 26, at 8 o'clock. Edenton Jaycees will meet tonight (Thursday) at 7 o'clock in the Penelope Barker house.

Four Chowan County churches have announced plans for a concerted revival effort to cover the month of August. The four included are Center Hill, Ballard's Bridge, Macedonia and Rocky Hook.

Town Clerk Ernest J. Ward, Jr., issued a final reminder early this week relative to purchase of dog licenses for fiscal year 1957-58.

A District meeting of Veterans of Foreign Wars will be held in Edenton Sunday afternoon, July 28 with a dinner meeting beginning at 10 o'clock.

Watermelon cutting to be held by Club Scout Pack 154 at playground Tuesday evening at 6 o'clock. Each den is responsible for its own melons.

An associational-wide Leadership meeting of the Baptist Church will be held in Hertford Baptist Church tonight (Thursday) at 8 o'clock.

CENTER HILL CLUB MEETS

The Center Hill Home Demonstration Club met Tuesday night, July 16, at 8 o'clock at the home of Mrs. Rosser Bunch with Mrs. Willie Byrum co-hostess.

The president, Mrs. H. T. Hollo-

Revival Speaker



REV. KENNETH D. BERG

For a revival meeting at the Bethel Baptist Church August 18-25, the Rev. Kenneth Donald Berg, pastor of the Powers Memorial Baptist Church at Hopewell, Va., will be the evangelist.

well, called the meeting to order with a short devotional. Plans for the annual picnic were made to be held on the lawn of the Center Hill Methodist Church with the entire community to be invited in August. Dates called to the club's attention were craft

camp at Manteo and Farm and Home Week August 5-8. All members were urged to attend. A report on Boy Scout Troop 154 was heard.

Mrs. B. P. Monds, foods leader, reviewed the "scotch your wagon" idea as compared to foods. "Scotch your food for freezing by scalding and chilling to save food vitamins and color. Scotch your vegetables at the peak of their flavor," she said.

Miss Jacqueline Pugh, Assistant Home Agent, gave an interesting demonstration on pattern types which was very informative. All pattern companies now use the same basic measurements. Members paired off to measure

each other for the new pattern sizes. Members were told "a pattern should be bought by measurements and not according to the size one wears in ready-made clothes."

A flower quiz was played during the social hour during which most refreshing refreshments of iced drinks and cookies were served.

RETURN FROMS VACATION

Miss Mairred Morris has returned from a week of vacation during which she attended the "Miss North Carolina Pageant" at Burlington and visited her parents, Mr. and Mrs. Joe Morris of Kenly.

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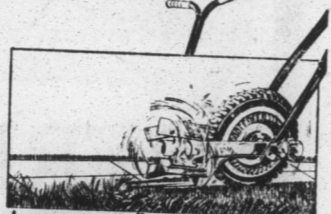
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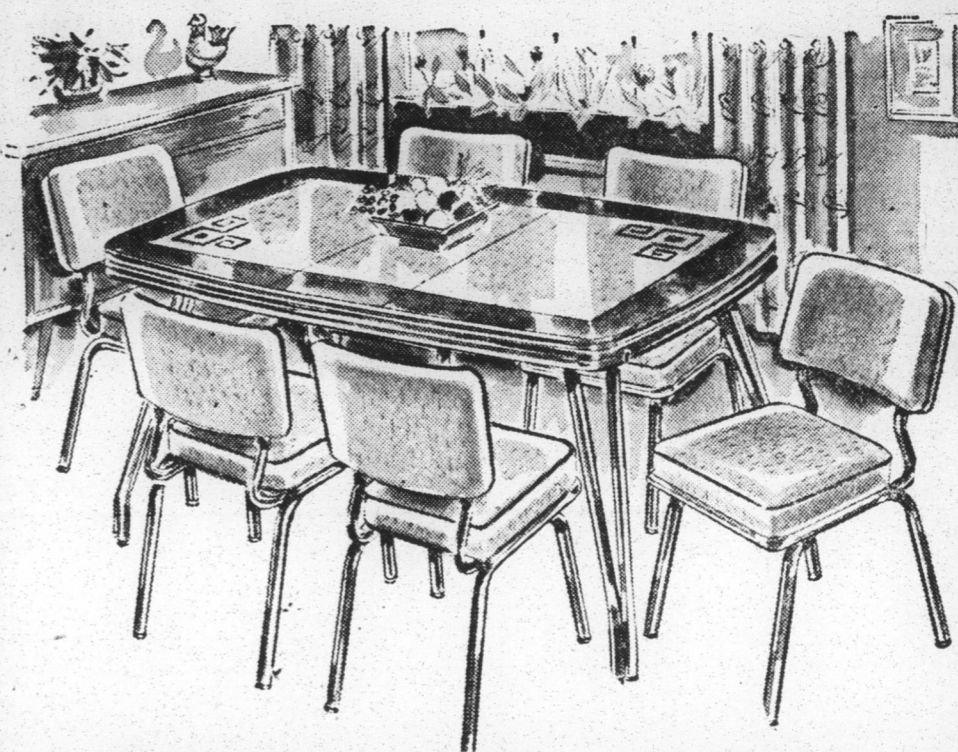
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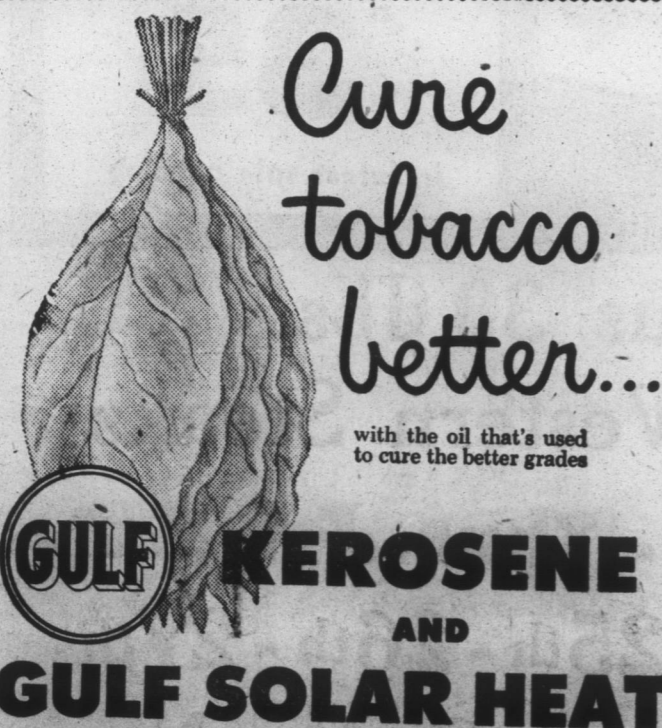
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