

Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, County Negro Home Economics Agent

Did you see the exhibit on display at Shopwell's Fashions that club women put up in observance of National Home Demonstration Club Week? We hope so.

The committee that did the exhibit was composed of Mrs. Johnnie B. Sessoms, Chairman, Miss Gussie Elliott, Mrs. Clara B. Simons, Mrs. Lindsey Blount and Mrs. Mable Jordan. Mrs. S. S. S. gives this explanation as to why they chose this milk exhibit: "The exhibit was on the use of milk in our meals. We entitled the exhibit, 'Parade of Milk and Milk Products'. The exhibit was quite attractive and much was gained from the suggestions of how to use milk for breakfast, dinner and supper.

"We chose using milk as our exhibit because it is our number one nutritional problem — generally, we don't serve enough milk in our meals. Do you use enough milk in your meals? Children need from 3 to 4 cups each day; teenagers need 4 or more cups and grown-ups need 2 or more cups everyday. We can eat milk dishes as well as drink milk in order to get our day's supply.

"Milk is needed to build and maintain strong teeth and bones to regulate the heart beat. Milk has good quality protein to build and keep our muscles strong.

"Our exhibit showed that milk can be obtained through drinking or eating in every meal and in some of the following forms: (1) Whole milk; (2) Dry milk; (3) Evaporated milk and condensed milk. These forms can be included in drinks, sauces, vegetables, meats, bread and desserts.

"Our exhibit also showed several milk products such as cheese, butter or cottage cheese, ice cream and creamed cheese which also play an important part in our health.

"The vitamins that are contained in whole milk are needed for growth and to maintain health and vigor.

"Vitamin A helps to keep eyes in good condition and builds resistance to infection.

"Vitamin C and D helps in the use of calcium and phosphorus. So you can see that milk is a food not just a beverage.

"And in the caring of milk always remember these three things: Keep it cold; keep it covered; keep it clean."

Mrs. Jordan, Home Demonstration Council President, explains other activities carried out during the month of May: "In our Council meeting when plans were being made, it was the thinking of the group that even though we have been emphasizing gardens for several years, there are far too many families who are not taking advantage of the soil they have, so they encouraged each representative to go back to her club and stress the importance of having a garden and plan to have a garden tour with each member entering a garden, plus inviting a non-club member to enter. This entire month was set aside to observe gardens, beginning last week.

"We are stressing producing, conserving and eating. A good garden adds materially to the well-being of the family by supplying foods that might not otherwise be provided. Fresh vegetables direct from the garden are superior in quality to those generally sold on the market, and in addition are readily available when wanted.

"The vegetable garden should be given a definite and prominent place in the farm enterprise as it serves the double purpose of providing a health insurance policy and a savings account for the family.

"Vegetables are among Nature's best foods. They furnish valuable material for building and regulating the body and maintaining health and growth.

"Another phase of observing this week was to have all members enter the spring clean-up campaign.

"To be healthy requires more than eating and drinking the right food. Sanitation has its part to play. Habits of cleanliness and neatness will always give you pleasure. Habits of carelessness and untidiness will always cause you embarrassment. We invited every homemaker in the neighborhood to join us in our cleanup campaign. We stressed the point that we were not interested in cleanliness for just that week, but always.

"The Council made this goal — to have each family clean home and surroundings thoroughly. To repair, if needed, porches, steps, add screens to windows and doors.

"We are trying to interest every homemaker in the county to become a Home Demonstration member. Last week we visited non-members giving them an insight of the club work and invited them to join their neighborhood club. We expect to see many new faces this month."

Idea Of Planning Committee Raised

Continued from Page 1, Section 1 local persons to foster the preservation of Edenton's historic background which is a natural asset.

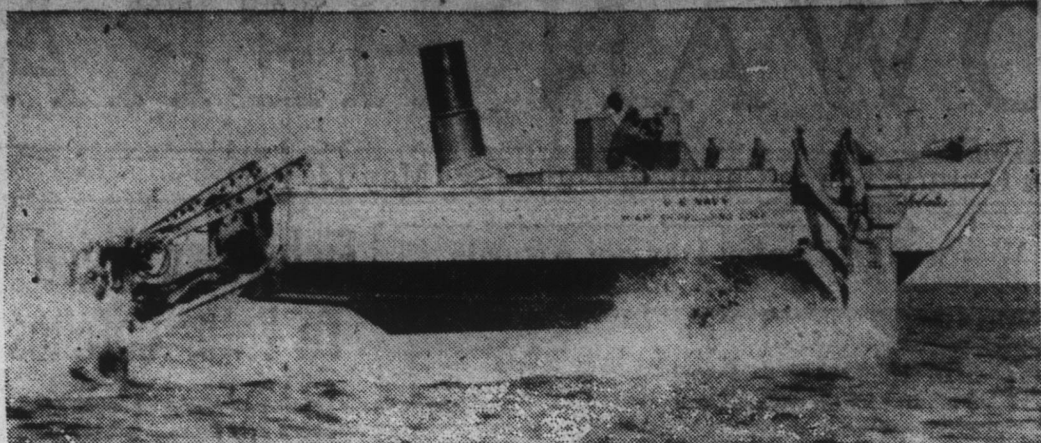
In order to plan and promote interest along these lines on a long-range basis, the Woman's Club has formed a Community Planning Committee comprised of many interested persons in the community. The purpose of the Community Planning Committee will be the development, preservation, restoration and beautification of Edenton in an effort to make this earliest Colonial "capital" of North Carolina even more valuable and historic. Needless to say, this activity will have a direct benefit on the economy by attracting thousands of tourists and visitors annually.

While the Edenton Community Planning Committee realizes that much study and planning is necessary for a complete long-range program, there are some immediate problems with which the committee is deeply concerned. In accordance with a recent meeting, the Edenton Community Planning Committee urgently requests that the Edenton Town Council consider the following:

1. That the proposed new building for use as a Municipal Building be designed and constructed along Colonial lines; we feel it is very important that public buildings in Edenton should conform with Colonial architecture;

2.—That the Town Council employ an architect experienced in Colonial architecture to prepare designs and plans for the Municipal Building.

3.—In an effort to assist the Town Council in this matter, we respectfully submit the following as architects whom we



GOES LIKE A HALOBATES—You can't liken the strange craft, above, to anything else in the water. It's a "Halobates," a hydrofoil-equipped craft powered by a gas-turbine engine. "Smokestack" is the exhaust for the engine, more conventionally used to power certain types of aircraft. Hydrofoils are the equivalent of underwater wings. When adequate speed is reached, the boat rises above the water and zips along on the wing surfaces alone. Shown in action off Miami, Fla., the specially equipped landing craft, weighing 15 tons, has exceeded 30 knots during tests. Navy officials and a shipbuilding company are co-operating.



MR. CHEERFUL — Casey Stengel needs no rose-colored glasses to induce a beatific expression under the combined effects of spring training and the warm sun of St. Petersburg, Fla. But when the Yankees hit the road...

believe are qualified to design the proposed building: Ed Pugh, Jr., Elizabeth City; Finley Ferguson, Norfolk; John Bredden, Suffolk and Frank Benton, Wilson.

4. We respectfully request the cooperation of the Town Council in this important matter to Edenton's future historic development and we will be grateful to be advised of your decision before the next monthly meeting of the Town Council.

MRS. BRITTON DIES

Mrs. Sallie Shaw Britton, 81, widow of D. Roy Britton, a resident of Colerain for 60 years, died Monday morning at the home of her daughter, Mrs. J. K. Coggins, at Cary.

Mrs. Britton was the daughter of Judge William P. Shaw and Mollie Askew Shaw. She was a member of Colerain Baptist Church, a Sunday School teacher and active in the Woman's Missionary Society for many years. She was also a charter member of the Colerain Woman's Club.

Surviving are two daughters, Mrs. Coggins and Mrs. W. H. Smith of Salisbury; two grandchildren and three great-grandchildren.

Funeral services were conducted Wednesday afternoon at 3 o'clock at the Colerain Baptist Church. The Rev. P. T. Worrell, pastor, officiated and burial was in Hillcrest Cemetery.

Some wake up to find themselves famous; others stay up all night and find themselves notorious.

A man always has two reasons for doing anything—a good reason and the real reason. —J. P. Morgan.

Dr. Bond Will Attend Meeting Of Heart Group

Dr. Edward G. Bond will attend the annual meeting of the North Carolina Heart Association to be held at the Sir Walter Hotel in Raleigh Thursday, May 21, when three of the nation's leading heart specialists will be the speakers. Dr. Bond is a director of the North Carolina Heart Association, Inc.

The guest speakers will be Dr. Irvine H. Page, director of research at the Cleveland Clinic Foundation, Cleveland, Ohio, and a past president of the American

Heart Association; Dr. Charles A. Hufnagel, professor of surgery at Georgetown University Medical School, Washington, D. C., and inventor of the artificial heart valve which bears his name, and Dr. R. Bruce Logue, chief of medical service and professor of medicine, Emory University Hospital, Atlanta, Ga.

Dr. Bond points out that heart disease was the leading killer in 1957 and released the following figures: Cardiovascular, 977,280 deaths or 53.7%.

Cancer, 254,780 deaths or 15.6%. Accidents, 97,350 deaths or 6.0%.

Pneumonia, 61,000 deaths or 3.7%.

Diabetes, 27,930 deaths or 1.7%.

All others, 317,570 deaths or 19.4%.

Several announcements were made of forthcoming events—Farm Home Week, June 8-11, for which the Council will pay partial expenses of one delegate; 4-H dress revue and health pageant, June 5; County 4-H demonstrations, June 12, and National 4-H Church Sunday.

Mrs. Overman thanked the club women for their cooperation with the music festival planning, the cancer drive and the Red Cross drive and mentioned the

fact that more work needed to be done on the Red Cross drive.

Miss Iola Pritchard, Extension food conservation specialist, gave a demonstration on "Judging Canned Products." It was regretted that so few of the club women were present at this demonstration, as Miss Pritchard gave much valuable information on canning for prize-winning appearance, as well as high quality of flavor and texture.

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HOUSE FOR SALE — TWO- bedroom in Westover Heights. Low down payment. Mrs. J. L. Pettus. Phone 2435. tfe

Watch Repairing— For prompt, dependable service — See J. J. Ross, Jeweler, formerly Forehand's Jeweler, next door to Belk-Tyler's Store. Phone 3525. may14,21,28

4 WOMEN—WE CAN ASSURE you of a good steady income if you can work outside your home 3 hours a day. For interview in your home call Robertsonville 3241 or write Box 245, Robertsonville, N. C. tfe

FOR RENT — TWO-BEDROOM house in Westover Heights. Rent \$10.00 per week. Phone 3583. R. R. Hall, 29 Westover Heights. tfe

18-FT. CRUISER WITH 40 HP electric start Mercury motor and tandem trailer. Good condition. Phone day 3517, night 3537. ttc

APARTMENT FOR RENT—TWO bedrooms, cook stove, refrigerator and oil space heater furnished. For information call 3853. tfe

MEBANE HOMES THREE-BEDROOM BUNGALOW built on your lot with no down payment. Low monthly payments. FHA approved and financed. Turnkey job. For further information call P. E. Cayton, Representative Mebane Homes, 500 Office St. Phone 3388, Edenton. tfe

2-ROOM FURNISHED APART- ment for rent. Private bath. Phone Edenton 3293. apr30 tfe

FOR RENT — THREE HOUSES with two bedrooms and carport. New paint inside. \$50; or will sell. Call or see Dr. A. F. Downum. tfe

For Sale
TOMATO PLANTS
Early Giant Hybrid Homestead
Burpee Big Boy Hybrid
PEPPER PLANTS
California Wonder (sweet)
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OPPORTUNITY—MAN OR WO- man—If you are a self-starter, like outside sales work, have your own car. This is an opportunity to make some real money. No investment. Contact H. B. Harris, 605 E. Main Street, Elizabeth City. may14,21,28, ju4e

HELP WANTED—MAN WANTED to supply Rawleigh Products to consumers in Chowan County. Big Insecticide season, just ahead. Good time to start. No capital required. Write Rawleigh's, Department NCE-310-557-B, Richmond, Va. may14,21,28

HELP WANTED—MEN (2) NOT afraid of work! Serve customers on food route in Edenton area. Will consider housewives. Write Box 5071, Dept. S-3, Richmond, Va. May14,28 pd

SEVERAL USED REFRIGERATORS in A-1 condition. Western Auto Associate Store. tfe

FOR SALE OR RENT—HOUSE on Highway 32, formerly occupied by John McIver. Call 2542. Itp

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NO. 2 1/2 RED & WHITE can
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