

Negro Home Demonstration News

By Mrs. Annie S. Charlton, County Negro Home Economics Agent

Garden project leaders in Home Demonstration Clubs are teaching that in order to grow quality sweet potatoes you must start with good seed. In order to get good seed it is recommended that:

1. Grow own plants—it's cheaper.
2. Buy certified or select disease free seed.
3. Use only potatoes one inch in diameter or larger.
4. Use potatoes free of Scurf or Black Rot.

Bedding—

1. Locate in new place where it can be watered.
2. Treat bed with Bethyl Bromide Gas 10 days to two weeks before bedding.
3. Fertilize bed with 12 ozs. 8-8-8 per square yard.
4. Use three ozs. Nitrate of Soda per square yard after each pulling and water.
5. Bed between March 15-25.
6. Allow one inch between potatoes under two inches in diameter. For potatoes over two inches, just so they do not touch.
7. Treat seed with Semesan before bedding—1 lb. to 7½ gallons of water.

While the rural clubs are studying recommendations they must follow to produce quality sweet potatoes, the urban club—Edenton—worked on meal planning to include foods from the Basic 4 Food groups. The demonstration emphasized two new vegetables—ways to prepare and serve asparagus and broccoli.

Homemakers rarely consider the variety of broccoli when shopping. The stalks, bud clusters and leaves on a bunch of broccoli are all edible.

When shopping buy fresh broccoli that has:

1. Compact, well formed, and unopened bud clusters. Buds opened enough to show yellow or purple color are past their prime.
2. Dark green or purplish-green color. Yellow or damaged leaves mean over-maturity and require extra trimming.
3. Tender firm stalks to insure freshness. Tough woody stalks indicate over-maturity and

will not be tender. Wilting stalks and leaves may prove wasteful and unsatisfactory.

Frozen broccoli is usually available the year around. The label on the package states the style and weight of the contents of a package of frozen broccoli.

Fresh broccoli is perishable and should be used as soon after purchasing as possible. Keep it in the refrigerator, preferably near 32 deg.F. until it is used. Fresh broccoli should be stored in a tightly covered container or moisture proof bag until it is used.

Frozen broccoli should be kept frozen until it is to be prepared for cooking. This will insure full flavor and texture of the vegetable.

Broccoli enriches meals with food value. A half cup of the cooked vegetable, whether fresh or frozen, gives nearly three-fourths of the vitamin C and about half of the vitamin A needed daily by every adult. Besides this high vitamin content, broccoli makes an excellent green for calorie watchers since it contains only 22 calories per half cup.

Good quality broccoli is fresh and tender and full of wholesome eating. Boiled fresh broccoli has a natural sweet flavor of its own. Housewives may stress this flavor by serving broccoli seasoned with butter or

IN MEMORIAM

In loving memory of our dear wife and mother, Mrs. Janie B. Boyce, who departed this life 3 years ago, February 22, 1959.

When the evening shades are falling And we're still sitting all alone In our hearts come a longing If you only could come home.

Oh how hard we tried to save you Tears and prayers were all in vain For the angels came and took you From this world of care and pain.

Always true, unselfish and kind Few in this world her equal to find A beautiful life came to an end She died as she lived, everyone's friend.

HUSBAND AND CHILDREN

James Henry Long Dies In Norfolk

James Henry Long, 72, retired insurance agent of Continental Life Insurance Company, now Southland Insurance Company, died early Thursday morning in Norfolk General Hospital.

A native of Perquimans County, he lived in Norfolk for 30 years. He was the husband of Sally Bagley Long and a son of Thomas J. and Elizabeth Harrell Long.

He was a member of First Baptist Church, a past master of Corinthian Masonic Lodge No. 268 and a member of Norfolk Scottish Rite Bodies and Khedive Temple.

Besides his widow, surviving are two sisters, Mrs. Gertrude L. Fleetwood of Edenton and Mrs. Mary L. Bowles of Rockville, Va.

Funeral services were conducted at Holman-Brown Funeral Home Saturday morning at 11 o'clock with burial at 2:30 P. M., in Beaver Hill Cemetery in Edenton.

SURVIVORS OMITTED

In the account of the death of Mrs. Elizabeth Margaret Chappell in last week's issue of The Herald several survivors were inadvertently omitted.

Survivors not mentioned included a sister, Mrs. George Twiddy of Edenton and three brothers, Jesse Etheridge and Lucius Etheridge of Edenton and Elmer Etheridge of Jacksonville, N. C.

SUNDAY SCHOOL LESSON

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laid at the door of modern urban living. The rural society once characteristic of America provided powerful incentives and controls for purity in relationships between men and women. Once a family settled in a countryside or small town, it took root like a tree. Everybody knew everyone else. A good name in a community was a family's most prized possession. Urban life of today, however, is characterized by impermanence and the impersonal. We live



amongst strangers. The old monitor for righteousness, "What will the neighbors say?" has waned. Most of the exterior incentives and controls which helped our grandparents behave themselves are gone.

But no matter what the trend of our times, the reasons for purity are not passé. They are as valid today as fifty years ago, as two thousand years ago. We have to live with ourselves! The Christian moral code is not an artificial requirement forced upon us. It is part of the warp and woof of our being, written in our flesh and spirit, in our nervous system, in our awareness of self and our yearning for fellowship, both human and divine. It is the way we are meant to live.

Sex is not a private affair. It involves others. The marriage ceremony is a symbol of that fact. It represents a contract we make in holy vows not only with one another, but to society, and with God. Violation of the moral code prior to marriage blights and cheapens the marriage relationship. Violation of the moral code after marriage does likewise furthermore, it places the home itself in jeopardy.

We need to strengthen our commitment to purity by guarding our minds. Purity of life must begin in purity of mind. We must guard our actions. We must remember we are trusted. And prayer is our shining armor, the invincible weapon. We are never tempted beyond our strength—if we pray. Prayer purifies the mind and reinforces the will for righteousness. The hosts of evil meet their match in a man on his knees.

(These comments are based on outlines of the International Sunday School Lessons, copyrighted by the International Council of Religious Education, and used by permission).

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Continued from Page 1, Section 1

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