

Homemade Women's Band Has Fun 'Concert' Tour

By JANICE CHRISTENSEN

It may not be Alexander's Ragtime Band but a good many people from Wayne County have been invited to "come-on-and-hear." The group, known as the New Hope Rhythm Band, has gone from humble beginnings to 20 strong, says Mrs. Evelyn Raper, extension home economics agent. The music makers got started when Mrs. Paul Rose, music chairman of the county's Extension Homemakers Clubs, gave out some directions for making homemade instruments.

The following month the women got back together with their makeshift instruments and made some pretty dissonant music together. But they enjoyed the session and decided to continue.

"In the months that followed, the band increased the number of instruments, the number

of participants and the performance quality," the agent verifies.

Before long the group designed costumes, added a dance step or two, and went on the "concert" circuit, playing at various rest homes and Cherry and O'Berry Hospitals.

"I can't think of anything we could have done in our music program that we would have enjoyed more," Mrs. Rose said.

CLEANS PLATE

A little switch in thinking paid off for a Durham County homemaker. When Mrs. Perlie Warren, extension program aide, started working with a family in the Expanded Nutrition Program, she found the homemaker very disgusted. Her grandson refused to eat vegetables.

Mrs. Warren shared a casserole recipe calling for a combination of ground beef and vegetables with the home-

maker. The dish was a success; the grandson cleaned his plate, vegetables and all.

"This homemaker learned that by preparing the same foods a new way, she could accomplish her goal," the aide told Mrs. Mary J. Whitmore, associate home economics extension agent.

SOAP BOX

There are several ways to keep young children entertained on bad weather days.

Dorothy Mobley, associate home economics extension agent, Richmond County, suggests you save your empty soap or detergent boxes. The children can stack them to make forts and houses or they can build "tunnels" to drive their toy cars and trucks through. If the boxes fall, the children won't get hurt.

The boxes don't take up much storage room and when they wear out, you can throw them away, the agent observes.

Dwarf Apple Trees Fit Limited Growing Space

By M. E. Gardner
N. C. State University

Dwarf apple trees are produced in the nursery to meet a demand for trees that require less growing space than standard trees but yet can supply the needs of the family for fresh apples and apples for processing.

Dwarf trees begin bearing much earlier than standard sorts and the dwarfing does not affect the size or quality of the fruit produced.

Dwarfing rootstocks for apples have been investigated more thoroughly than for other fruits. The East Malling Research Station in England has done outstanding research in this field and has produced rootstocks with different degrees of dwarfing. They are classified as very dwarfing and semi-dwarfing. We will stay with the full dwarfing types because these are the most satisfactory around the home where space is usually limited.

Trees may be identified at the nursery by variety and by the East Malling Roman numeral assigned to the degree of dwarfing.

Malling IX has been widely tested and is considered to be the best of the full-dwarfing stocks. The trees will grow six to eight feet high in 15 or 20 years if they are planted in good soil and given proper care. Such trees usually produce about a bushel or more of apples each year.

If you can't get varieties grafted on Malling IX, you may be able to get Malling VIII or VII.

Dwarf trees do best in soil that is moderately open and well drained -- not in heavy clay or soil that is too open and sandy to retain moisture. The full dwarfs need only 10 to 12 feet between trees; or you may be able to find use for trees in your landscape.

Dig a hole plenty large to accommodate the roots without crowding. Set the tree as deep as it

WOOL & WINE OR THE PILL?



Fine tree bark, wool and wine went into a mixture the ancient Greeks thought would prevent pregnancy. That was about 2,000 years ago. It's now just ten years since ORTHO-NOVUM, the leading brand of oral contraceptives first became available.

stem or whip, head it back to 30 inches. This should be all the pruning necessary the first year. Provide firm stake support for two or three years until the roots become firmly established in the soil. This is essential.

For varieties I would suggest Golden Delicious and Rome Beauty or Red Rome. You will have a choice of varieties. Just be sure to include Golden Delicious as one of them to provide for pollination.

grew in the nursery row. You can tell by observing the soil stain line at the base of the trunk. As you dig the hole, separate top and subsoil. Place the topsoil around the roots and pack firmly. Add subsoil and continue to pack soil to about three inches of the top. Finish off with loose soil.

If the tree is a single

food news & cues

from the Quaker Test Kitchens



Corn Bread Pudding — Great For Breakfast!

If you have any breakfast-skippers at your house, put Custard Corn Bread Pudding on the menu. All will be present and accounted for! It satisfies sweet tooth and nutrient needs at one and the same time. What more delicious way could you find for serving your family enriched corn bread, milk, eggs and raisins? Custard Corn Bread Pudding, in smaller portions, might also be served for a wholesome dessert — in the same way you'd serve a traditional bread pudding.

CUSTARD CORN BREAD PUDDING
Makes 6 servings

1/2 pan corn bread*	1/2 cup sugar
1/2 cup raisins	1 teaspoon vanilla
2 cups milk	1/2 teaspoon salt
5 eggs, beaten	1 tablespoon butter

Heat oven to moderate (350 F.). Crumble corn bread into a greased 2-quart shallow baking dish. Add raisins; toss. Combine milk, eggs, sugar, vanilla and salt; beat well. Pour over corn bread and raisins. Let stand 10 minutes. Dot with butter. Sprinkle with nutmeg, if desired. Bake in preheated oven (350° F.) 30 minutes or until knife inserted in the center comes out clean. Serve warm or cold with milk or cream.

***CORN BREAD**

1 cup enriched corn meal	1 egg
1 cup sifted all-purpose flour	1 cup milk
4 teaspoons baking powder	1/4 cup vegetable oil
1/2 teaspoon salt	

Heat oven to hot (425° F.). Sift together corn meal, flour, baking powder and salt into bowl. Add egg, milk and oil. Beat with rotary beater until smooth, about 1 minute. Bake in greased 8-inch square pan in preheated oven (425° F.) 20 to 25 minutes. NOTE: Any remaining corn bread may be split, toasted and buttered for a breakfast treat.

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CAT-APULT YOUR KITTY TO FAME



Kid Kadoo is not only the pride and joy of Mr. and Mrs. Craig Leese of Chicago, but also the envy of 28,000,000 cat-owning households. Last year, Kid Kadoo was named 1972 Kitty Pan All-American Glamour Kitty.

If your family cat wins the annual Kitty Pan All-American Glamour Kitty Contest now under way, you both will really have something to purr about!

In its eighth consecutive quest for feline "purr-fection," Waverly Mineral Products is on the prowl for a "new little holder" to this annual contest, which offers many prizes to cats and humans. Nine families will win. Highlight is an expense-paid 10-day stay at the glamorous Playboy Plaza Hotel in Miami Beach; in addition, owners of the new champion receive a color TV, jewelry, a color portrait of the cat, plus a mink-trimmed cape and a gold-plated crown for the cat.

Awarding of prizes, and the first elimination of entries, begins with selection of 50 regional winners, who all receive a year's supply of Kitty Pan Sanitary Absorbent, an official award and custom-designed Glamour Kitty jewelry of jade for the owners.

Next, the 18 semifinalists receive a trophy, a gold collar for the cat, which can be worn by the owner as a necklace, and a portable TV. Then, the nine finalists are flown to Miami where they will be greeted by a Mousemobile

Caravan, paraded downtown to the tunes of "Pink Panther," "Hold That Tiger," and other feline tunes, and sumptuously housed at the Playboy Plaza for final judging.

During pageant week, finalist will compete in a series of events for cats and a fashion cat show, which is highlighted by costumes of the owners' original designs.

Entering the oldest American household cat contest is very easy. Entry blank and instructions are printed on every package of Kitty Pan Sanitary Absorbent. All that's required are a photo of your cat, the entry blank, and a brief essay on why your cat should be the winner. Entries this year must be postmarked no later than March 30, 1973.

In the final analysis, the annual search for Kitty Pan's All-American Glamour Kitty is really a victory for the underdog. For while pedigrees aren't excluded, they haven't fared well in the last seven competitions. All previous winners have been mixed breeds; and the last two have lived in peaceful coexistence with the dog of the family.

This is one contest where you'll be happy that the cat got your tongue!

Guide To Cleaning Introduced

RALEIGH -- A voluntary guide to cleaning is showing up on labels attached to some pieces of upholstered furniture.

Mrs. Edith McGlamery, extension house furnishings specialist, North Carolina State University, says certain mills now provide cleaning information that will help consumers know how to take care of the upholstered furniture they buy.

If the care directions have a "W" it means that water-based cleaning agents or foam may be used for cleaning.

An "S" symbol means only mild, pure, water-free drycleaning solvents may be used for cleaning

the fabric. If there is a "W-S" on the code, water-based cleaning agents and foam may be used for cleaning. This fabric also may be cleaned with mild, water-free solvents.

If the fabric appears to have an "X" rating, it means the fabric should be vacuumed or brushed lightly to remove soil. The owner should not use foam or liquid cleaning agents of any type.

WAFR-FM

90.3

Durham's BLACK Radio

WALLCOVERINGS

Washable wallcoverings are attractive as well as practical. There are self-adhesive plastic panels and tile available that simulate brick, wood, stone or mosaic patterns. These can be cut with scissors to fit the space. Also mirror squares, whether plain, smokey or antiqued, make a small area appear larger, states Wilma Scott, extension house furnishings specialist, North Carolina State University.



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