

DRIED FLOWERS

The leaves and flowers of summer can be enjoyed year round through one of several drying methods.

According to Charlotte Womble, housing specialist with the North Carolina Agricultural Extension Service, flowers should be picked at their prime or just before they reach full color and should be as free of moisture as possible.

six to eight stems. Tie with string or wrap with rubber bands and hang upside down.

Drying time will vary from one to three weeks, depending on the plant material. Most wild plants, grains and seed pods dry particularly well by the hanging method. Pussy willow is one of the easy spring flowers to dry by this method.

GROWING APPLES

The oldest drying method is to hang the plant upside down in a dark, dry storage room. The room should be warmer than the outside temperature and as dark as possible so materials will retain their color.

Cut the plant when dry, strip off leaves and assemble in bunches of

high quality, almost unblemished apples in the home garden is possible but it isn't easy. The fruit tree has too many pests lurking about for trouble free production.

Extension specialists suggest that each home gardener must decide

how much effort he or she is willing to put into protecting the apples.

If you are willing to accept blemished apples, such as those we used to pick up around grandfather's old ignored tree, then you can

pared to spray - and often. You may prefer to settle for a compromise and accept some damage.

Keep a box of baking soda in the glove compartment of your car to

seat cushion or floor mat. Keep a sprinkling of soda in the ashtrays to prevent cigarettes from smoldering in the car.

silk sewing

Silk is an easy fabric to handle and sew on but it requires care for a long life.

The best threat to use when sewing on silk is polyester, say specialists.

They also recommend using a press cloth instead of dampening silk when pressing.

Because silk has a natural tendency to give, garments made from it should be lined and not fit too tightly.

When sewing sheer fabrics such as chiffon, stitch with a tissue paper backing for firmness and stability.

SMOKE ALARMS

According to authorities, most home fires start at night.

At that time, smoke a poisonous gases can overcome members of a sleeping family before they become aware of fire, say extension specialists.

A smoke detector is a small investment, but it can save your family's lives.

For the best protection, specialists recommend installing a smoke detector of a type approved by Underwriter's Laboratories or other nationally recognized testing laboratory on each house level.

If you limit yourself to one detector, the best place to install it is on a hallway ceiling in the bedroom area.

The Message Board

Helpful Hints

For Households

extinguisher for an engine fire. Should fire occur, turn off the ignition and toss the soda on the engine. Soda will also smother a blaze should a fire start in the

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Urban Gardens

From Page 19

County trying to prove that city slickers can grow luscious ripe tomatoes, green peas and beans, onions, lettuce, carrots, cucumbers and a host of other garden goodies they never thought they could.

The idea is to save on food budgets and, in some cases, to provide nutrition missing from family diets.

Graves is the only urban garden-aid in the state and works year round.

Like the vanishing breed of country doctors, Wilma Graves makes house calls. She helps families decide

what they want and need to grow; helps them select the right variety of seed; advises them on how much to buy and works along beside them throughout the planting and growing season.

It's not a job for someone who doesn't like dirt. But it's just right for Wilma Graves.

"When you grow up in the country," said Wilma, "you just love the dirt." "Besides," she adds, "it's good exercise. I don't like being shut in."

The Urban Garden Project, financed by A&T State

University Agricultural Extension Program in Greensboro in cooperation with the Alamance County Agricultural Extension office is now in its third year. There are at least 36 families and as many as 41 additional individuals participating in this year's project.

An individual might plant just one row in one of the 7 plot locations. A family might have several rows. The rows are assigned according to family size. Plots vary in size from 700 sq. ft. - the smallest - to 45,000 sq. ft. - the largest.

Even after house calls and visits to the 7 plot locations, the phone might ring in the middle of the night. One of the garden participants might just want to chat. But that's not something that bothers Wilma Graves. She genuinely likes and understands the people she works with and she likes the fact that they have so much confidence and trust in her.

Meanwhile the work goes on. The Burlington Housing Authority helps with getting the word out about the project to its

residents. Various private individuals, a church and a real estate agency have allowed the use of land owned by them for the gardens at no cost to the participants. The Alamance County Community Service organization has donated garden supplies. Wilma Graves donates much of the fertilizer herself and the gardeners furnish the rest.

This year, "Rain has been a problem," said Graves, but things are beginning to look up.

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TURKEY NECKS	FRESH	4 LBS. OR MORE	49¢ lb.
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