

Rural Women Need Art Of Budget Keeping

Farm Woman Will Find Great Satisfaction In The Keeping Of Family Records

WILL DETERMINE HOW THINGS GOING

It Is Satisfying To Know That You Are Just A Good Manager, And Budget Keeping Will Prove Stimulating

MISS RUTH CURRENT In The Southern Planter

There never was a time when the holders and spenders of the farm family income needed more than now to be guided by a wise-spending plan. Once a plan is started it becomes interesting and stimulating rather than, as to many, a seeming hardship. It is satisfying just to know that you are a good manager. Every rural homemaker should learn the art of keeping books and spending the income by a plan.

Spending By A Plan
A good story has come to us from Mrs. N. J. Daniels, home demonstration club woman of Oxford, I hope many of the readers will do just what Mrs. Daniels has done, become so filled with curiosity and desire to follow the club program that a spending plan will become a part of their home defense program. It is a good defense measure and one that is practical for any time. Mrs. Daniels says:

"I found it interesting to compare month-by-month accounts. Soon I began to find it profitable. At the end of 1940 I checked over my expenditures and used the findings as a basis for planning the year's budget. I could tell approximately what routine expenses would be. I listed the absolute essentials—taxes, insurance, and such definite items. Household labor, laundry, education, gifts, incidental and personal expenses could be estimated rather accurately. I checked the family wardrobe with a view to deciding what must be bought this year. An estimate of normal household replacements was made. It was rather easy to estimate the amount of food to be bought though rising prices have upset the budget in that and other respects.

"Having listed the necessities, it was next in order to note the wants. That list was checked by the 'can't do withouts' and, sad to relate, most of the wants are still wants!

"I have found that planning my spending has decided advantages. One is that I buy more wisely. I do not buy on the spur of the moment and consequently I have been able to 'catch many leaks,' and get only those items which give maximum service or fill the largest need.

"There is a definite satisfaction in being able to tell at any time exactly how much money has been spent, in estimating how it must be spent, and in continual planning to get the greatest return for it economically, physically, and socially."

Spent More On Car Than Food
Mrs. Maurice Grant, president of the White Plains Home Demonstration Club in Alexander County, kept a complete Farm and Home Record in 1941 and says her experiences and the results have been helpful for better planning for the year to come. "You know," she says, "We found we spent more on our car than we did for food. We just used it for short trips like to town and around in the community. All the expense was for gas and oil except one tire and the license."

Mrs. Frank Walden of the Rocky Springs Home Demonstration Club, also in Alexander County, says: "I didn't think I ever had any new clothes scarcely until I kept a record. We found out we had more than we thought we had. And I enjoyed keeping the record, too."

People Will Like You—If
You will agree with me that this program for the 4-H boys and girls in Henderson County on Self Improvement is a good one and will do a great deal toward developing these young people. Each of the following points was discussed by a club member at the club meeting.

People will like you: (1) If you have the right attitude toward others. (2) If you always look your best. (3) If you mind your manners. (4) If you know how to get along with other people. (5) If you are sympathetic and kind.

Getting information of this type is another reason why boys and girls like 4-H Club Work.

There Is Something For Each To Do
During the meeting of the Berryhill 4-H Club in Mecklenburg County, Melbert Dixon was asked to tell what a Senior 4-H club member could do in the Victory Program. Here is what she said.

"If I were H. V. Kaltenborn, Edwin C. Hill, or even Grady Cole I would probably make a long speech on how to win the

At Carolina



BUCK PEAY



KING WALDEN



GEO. WALDEN

war, but since I am just Melbert Dixon I will tell what I, as a citizen of the United States, can do when it comes to this important matter of defense.

"All of our available men have tramped off to the Army camps to peel potatoes and carry guns, while we women and girls are left at home to keep things going. At first I thought that there was nothing we could do except grab our knitting needles and sit in the corner and furiously knit socks and sweaters. Now, however, I realize that we each have a much larger task. There is something for each of us to do, something that we as citizens of this free country should look upon as a privilege rather than a duty.

"It is not necessary for me to say much about buying Defense Bonds and Stamps because practically all of us are buying them. The important thing is to keep it up. We can save paper, help our parents conserve, learn not to be so wasteful. We can attend school regularly and make every minute count. One of the most precious things in our Defense Program is Time and we should strive to make every minute useful.

"We may feel that we are just a few insignificant citizens and that the little we do won't help any, but every person's help is necessary to the defense of our country. In Germany, the citizens put their country first; they put their whole faith and trust in a cause that isn't even just and think of what we Americans can accomplish if we back our government to the limit because we know that our cause is right. We're fighting for our Liberty and Freedom."

Wool Is Scarce—Protect It
When flowers bloom in the spring it is time for homemakers to make ready organized spring housecleaning—storing for winter clothes, bedding, cleaning walls and woodwork. Sometimes we hear someone say, "I do dread spring house cleaning." And when you ask why you find out that this person upsets the whole house at one time rather than taking just one room at a time in an organized way and having ready the necessary equipment that makes for easier and better work.

Did you know that wool, once so abundant is now very scarce? And those who know best the status of the wool market say that it will be scarce for several years to come. So, "a word to the wise is sufficient."

Plan to store safely all the precious articles made of wool—your blankets, sweaters, suits, coats, even gloves, hats, and socks. Nothing should be stored that is not absolutely clean. Every article or garment should be

Eating Of More Vegetables Urged

Mrs. McKimmon Says That The Mechanics Of The Kitchen All Mixed Up With Nutrition Of The Family

By JANE S. McKIMMON
We are now in the midst of the vegetable season and the more we eat the better it will be for us.

But no matter how the seasons may come and go the housekeeper has always the same responsibility towards vegetables in the kitchen. "It is there," says the Market Basket, that she writes the final chapter in the life history of the cabbage and spinach but for any vegetable there can be no better climax than to be served up in a nourishing and appetizing meal."

I believe the crux of the matter is that just how nourishing that cooked food is will depend upon the method of cooking and how well it conserves the vitamins and minerals.

A not so wise woman with a Ph. D. degree remarked to me once, "I am not interested in the mechanics of the kitchen." No? said I, then perhaps you are interested in the nutrition of the family and that is all mixed up with the mechanics of the kitchen.

One does not need to go further to discover the truth of this statement than to many public eating places where he swallows the bronzed looking greens or wilted, exhausted cabbage which has given up its water soluble vitamins and minerals under too long cooking in too much water; or he eats the soggy indigestible fried potatoes served in a meal for which he begrudges the fifty to seventy-five cents he must pay.

Like the Ph. D. some people do not know that there is a scientific procedure for preserving food values when meals are prepared and the family and the public are mal-nourished because ignorance has deprived them of the necessary food elements.

In this day when the trained woman has seen the guess taken out of cookery she knows that some of the vitamins are destroyed in food when it is heated in the presence of air or as they are soluble in the water in which they are cooked, vitamins may be lost if that is thrown away. It all depends on the cook and how much water she uses. Heat does not destroy mineral salts, but they, too, are soluble in water. Sometimes it is hard to believe that those good old southern cooks who gave us vegetable soup every day or so did not know that they were also saving for us the vitamins that formerly went to the kitchen in the potliquoer when vegetables were cooked separately.

Now if you wish to preserve the color of your green vegetables the main thing to remember is cook them in an uncovered pan, for chlorophyll, the color pigment, is easily affected by cooking when there is acid present. Leaving off the lid, however, will allow vegetable acids that volatilize to go off in the air. For red vegetables such as beets cook in a covered pan and let your first rule for cooking all vegetables be, "Use the least amount of water that is practical," to save food value.

Why not try to make your vegetables look attractive, taste good, and retain their food value at the same time. We are all tremendously affected by these things.

The Editor of a marketing magazine, I once read, was vociferous in his criticism of the way in which one merchant announced string beans as a seasonal specialty. "String beans," said he, "Why don't you advertise them as stringless beans, for that is what they really are." You can really feel the difference.

We used to call these beans snaps in the south and the name snap beans does sound crisp and attractive. The editor said it was certainly a more truthful description of what they were.

Right in line with this reasoning, I place the effect a dinner I once attended had upon those who ate.

Women all over the United States at that time were serving raw vegetables to their families and many of them were good; but friends, don't serve too many raw things at one meal.

You may come away from the table as I did, feeling as if you had been dining with your pet Jersey or you had just joined the vegetarian society and wished you hadn't. I will go some distance with these raw food enthusiasts but I draw the line at raw Irish potatoes; and raw turnips are not my favorite by any means. We don't like the thought of the thing.

After all, it is hard to change ones food habits and, to my mind, a good hot dish of butter beans, turnip greens, or corn on the cob can't be improved upon by all raw.

Potash Scarce In N. C. Soils

Piland Reminds Growers Of State That Most N. C. Soils Are Deficient In Potash, Especially Where Cotton, Corn And Tobacco Grown

Farmers are already thinking of their next year's fertilizer needs, and J. R. Piland, associate soil chemist of N. C. State College, reminds growers that the majority of North Carolina soils are deficient in potash. This is especially true, he says, in soils where cotton, corn, tobacco, and vegetable crops of the Coastal Plain are grown.

"In the fertilization of cotton where cotton rust is prevalent, the use of fertilizers containing 5 to 8 percent potash has materially increased yields," Mr. Piland reports. "Sometimes, under severe conditions of rust, side dressing with potash has prove beneficial."

The chemist says that, in general, the soils of the Coastal Plain are relatively low in their potash reserves, especially under conditions of inadequate fertilization. Tobacco has a high requirement for potash, and usually there is a noted response of the crop to this element with regard to the quality of the leaf produced. The tobacco fertilizer grades now recommended seem to furnish sufficient potash for the production of the crop in most soils.

Explaining the symptoms of potash deficiency, Mr. Piland says, "Potash deficiency is usually accompanied by yellowing of the leaves of the plant, with development of brown spots and death along the margins of the leaves. Cotton, tobacco, corn, soybeans, small grain, vegetables, and fruits are all subject to potash deficiency which can easily be identified by its characteristic leaf pattern."

The State College man suggests that where such conditions were noted in past crops, farmers should plan their fertilization program so as to eliminate this trouble again. He urges tobacco farm-

ers, especially, to consider the effect that potash might have on the quality of their crop.

NEW

A new wheelbarrow type of row-crop duster, powdered by the traction of the front wheel and capable of dusting two rows of plants simultaneously, has been placed on the market.

A 550-mile, 24 inch pipeline will be built from Longview, Texas, to Salem, Illinois, to help relieve the Eastern oil shortage.

Watch the label on your paper.

Cooking Eggs Is Ticklish Affair

There is a difference between "hard boiled" and "hard cooked" eggs, says Miss Mary E. Thomas, nutritionist of State College Extension Service. Likewise, soft boiled eggs may be hard cooked, she says.

Miss Thomas explained that eggs should always be cooked slowly, at moderate, even heat. High cooking temperatures make eggs tough. "For either soft cooked or hard cooked eggs with tender whites," the nutritionist said,

"the eggs should be placed in boiling water and then the vessel should be set back from the heat where the water will simmer but not boil. For soft cooking, leave the eggs in the water six minutes; for hard cooking, allowing 20 minutes.

"The same general method is followed in poaching eggs. That is, the water should be boiling when the eggs are put in, but the heat should be lowered immediately and the eggs cooked at the simmering temperature."

CARS AND TRUCKS

One-fourth of all trucks and

one-sixth of all automobiles manufactured and sold in the United States are purchased by the American farmer, according to the latest estimate.

ADVERTISING

Nine states are spending money to advertise farm products, and thus help farmers.

OATS

New hull-less oats have been developed by the North Dakota State College Experiment Station and distributed under the name "Nakota."

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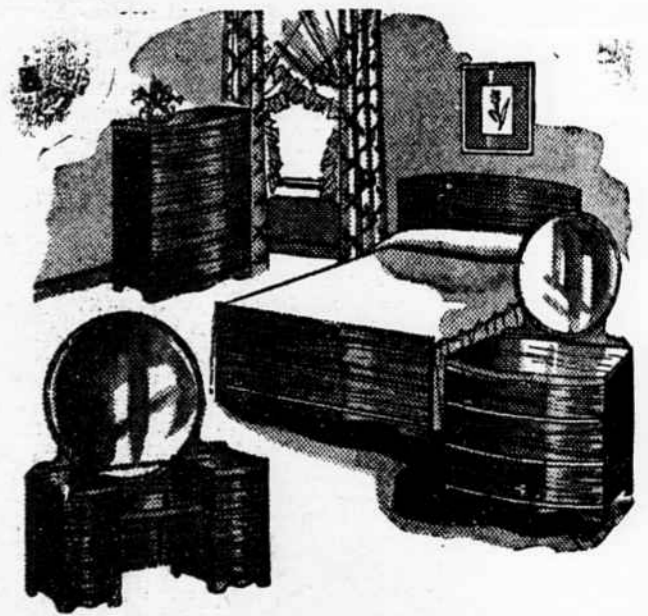
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