By MISS YORK KIKER N. C. Dept. of Agri.

careful handling of meat,

make it easy to understand why

North Carolina is a leader in

our modern "old-fashioned"

country-style hams. The new

method is a far cry from the

old days of hog killing when the weather had to be just right.

Do you remember all the work

involved and the chore it was

to prepare the meat on hog-kill-

ing day? Frequently you would

be terribly disappointed later

when hams would spoil, were

too salty, or were not top qual-

ity. Maybe you were a "city

slicker" who would buy country

ham from a farmer. Often they

were good, but frequently the

quality was not dependable.

Now, quality is assured with the

curing ingredients measured

accurately, the temperature

and moisture carefully con-

hams plus the fact that coun-

able in most grocery stores.

These slices may be pan fried

very quickly until the fat is

translucent. Be careful not to

brown ham for it will become

hard. Breakfast in a restaurant

not long ago was terribly dis-

appointing for the ham was

cooked until it was brittle

and almost tasteless. Good

cooks differ in ideas about that

southern red-eye gravy. An

easy way is to take up ham when

done then pour the fat into a

gravy bowl. Add a small amount

of water to the pan, bring

to a boil and pour into the gravy bowl with the fat Some older

folks add a tablespoon of strong coffee to the gravy. Have you

ever wondered where the name

red-eye came from? The fat

and water part separate to make

gave the final report of the

club's Anti-Litter Campaign citing as highlights the bulletin-

board contests at John Graham

High School and Mariam Boyd

Elementary School; garbage

cans that were painted and

placed on some of the streets

here in Warrenton, and of ef-

forts made to encourage busi-

ness places and homeown

ers to "Keep Warrenton Clean

Dec. 23 from 7:30 to 8:30

p. m. was the date set for

judging the annual citywide

Christmas Decorations Con-

test. Mrs. S. H. Brown, Mrs.

C. H. Hawkins and Mrs. E. W.

Harris will serve as judges.

\$100.00 - the Civic Award for

1970, given annually by the Ox-

ford-Henderson Chapter of the

Delta Sigma Theta Sorority.

The check was presented to the

president by Mrs. C. H. Haw-

The club received a check for

And Free Of Litter."

winter night?

Enrollment in occupational | Assembly, provided exploraeducation classes is growing in North Carolina. Almost 200,000 high school students took occupational education courses last year. They represented about 53 lationships between regular percent of the school population.

During the 1964 - 65 school year, on the other hand, only 40 percent of the students were enrolled. Projections for the future show that more than 300,000 students will be enrolled. Projections for the future show that more than 300,000 students will be enrolled in occupational education classes by 1977. They will represent 80 percent of the total student body.

According to Dr. Charles Law, Director of Occupational Education for the State Education agency, the North Carolina program is growing in size, scope and emphasis. In years past students could study agriculture, homemaking and a number of limited trades offerings. Today North Carolina's comprehensive high schools make training available in everything from horticulture to short-order cooking and from office management to marketing techniques.

State School Superintendent Craig Phillips considers occupational education one of the best solutions to the State's growing dropout problem. By teaching a student about the working world, the opportunities available, and how to meet those opportunities, students who might otherwise become bored with school will remain motivated. Occupational education means relevance to many.

In moving toward a more comprehensive occupational education program the State is offering courses or instruction to handicapped youngsters, younger students, and gearing subject matter for the disadvantaged. Students are learning about the job market as well as developing actual trade

The Middle Grade's Occupational Exploration Program, authorized by the 1969 General

HAMME VICTORIAND IL JOHN DO

At this time

of year, may we prescribe all that's good as we

TO WELL AT LE ST BROTHER

Best of Health

thank you, our customers and dear friends.

tory experiences to stu as early as grade six. The model program, according to Dr. Law, emphasizes the recurriculum areas-math, English and so forth-and the world of work.

Warrenton, North Carolina

And in recent action of the State Board of Education, occupational Education has been "extended downward" so that regular State and federal funds may be expanded for seventh and eighth grade occupational programs.

Occupational education, said Dr. Law, is now offered in some 622 high schools across the State. The programs within these schools are being expanded to provide more diversification, he said.

Library News

MRS. L. S. DANIEL

A blessed Christmas and a prosperous New Year to all the friends of the Warren County Memorial Library. We will reopen after the Christmas holiday on Monday, Dec. 28. Our circulation continues to be excellent in spite of the December rush.

Many beautiful Christmas poems have been written. This one is a favorite: CHRISTMAS EVE AT HOME

Let us forget for a little while tonight

The clamor of the world, its wild unrest,

And let us set a candle with its light upon a sill,

And know how very blest is any home, though humble it may be,

If Christ be worshipped, and if love be there-

In a Christian land where a people may be free

To live and labor, and to love and share -GRACE NOLL CROWELL





Mrs. Henry H. Green's flower garden of the summer can now be seen as true "Winter Wonderland." The area uniquely decorated with running cedar, boxwood plants, wild ferns and pine are tipped with snow, while golden Reindeer frolic about to Christmas music played by sparkling red elves on golden horns

Inside, the warmth and spirit of the wintery holiday, Christmas, is also present. A bare branched sweetgum tree has been quickly converted into a pear tree. The unique decoration downing the tree heightens the beauty of it. The decoration used consists of colorful sparkling jeweled pears that hang gracefully from the white branches while partridges nestle between them. Miniature clear twinkling lights give the effect of sun upon freshly fallen snow.-G. W. Koonce.

Wildlife & Afield BY JIM DEAN

Take a tootball stadium and cram it with some 40,000 avid gridiron fans, and you've got visible proof that a whale of a lot of folks are fond of foot-

A huge gathering of golf addicts on the links at a major golf tournament is instant evidence that hooks and slices demand the attention of a great number of Tar Heels. Same goes for automobile racing, basketball and the other major athletic sports which get the support of the fans.

Because it is obvious that so many people follow these fine sports, it is understandable that newspapers, television and radio give them a lot of coverage. The ink is well-deserved because so many like to read about them.

Unfortunately, the press has generally failed to acknowledge an equally large and avid audience of readers-the men, women and children who enjoy such outdoor recreation as fishing, hunting, camping, hiking, boating and birdwatching, just to name a few.

The proof that outdoor recreation enthusiasts are at least as numerous as athletic sports fans is not hard to produce.

Take golf, for instance. It's a fine game, and somewhere between eight and ten million Americans play it with even more fans following the results of tournaments in the media. It obviously deserves good coverage, and it gets it.

But wait. There are 15 million licensed hunters and 33 million licensed fishermen in the nation, not to mention the estimated 15 million more anglers who fish legally without licenses.

Does hunting and fishing not to mention other outdoor pursuits-get as much coverage as golf? Of course not, yet this is only one of many similar

Even in North Carolina, license sales prove that roughly one out of every five people in state hunts or fishes or both. That's more than a million folks. Given the additional number of people who participate in other forms of outdoor recreation, and you've got a group that compares favorably with the vast numbers of athletic sports fans. In all fairness, this lack of

coverage is not entirely the fault of the press. After all, outdoorsmen are usually invisible. Never do they congregate by the thousands to cheer a deer or root for a coot. By nature, and by necessity, they pursue their sports quietly and unobtrusively. The angler seeks solitude, the hunter the same. Hikers like the lofty loneliness of the mountains, skiers search out snow-clad retreats.

Only among some campers is there any tendency to congregate, but even then they are not as visible as a stadium full of football fans.

Do this. Next summer, when you're on a trip, count the cars carrying visible camping or outdoor equipment. You'll be amazed at the number, and no doubt wonder how many people are headed for outdoor pursuits with equipment you can't

There may be 40,000 people in several stadiums across the state, but on a spring, summer or fall day, easily that many or more Tar Heels may be tucked away in generally secluded spots across the state enjoying the outdoors.

The snub on outdoor recreation seems particularly inappropriate in an era when the fight has been joined to save the environment (the outdoor enthusiast's stadium).

Another point worth making is that there are many basketball fans who fish and many racing fans who camp. The outdoor recreation enthusiast is not at odds with the athletic sports fan. In many cases, he is the same

Therefore, this is not a plea for more outdoor coverage at the expense of athletic sports. Rather, it's a suggestion that the various media bring the largely forgotten multitudes of outdoor enthusiasts into the

Garden Club Holds Christmas Meeting

The Town 'N Country Garden Club held its Christmas meeting on Wednesday night, Dec. 16th. in Alston's Club House, "The Flame," on Franklin Street with Mrs. E. W. Harris as hostess. The Club house was beautifully decorated for the yuletide season. Especially pressive was the beautiful Christmas tree and the brightly burning encased fireplace.

man, Mrs. V. C. Henderson,

layers and may have given the Marketing Nome Economist To prepare a whole ham for cooking, wash and scrub thoroughly with a stiff brush. Hopefully you will be lucky nough to have one of North A small amount of mold may Carolina's fine country style be present but that doesn't mean hams for the holiday season, the ham is spoiled. Trim off all dark, dry and hard edges. A recent visit to one of the most up-to-date ham curing Some people like to soak country-style cured hams covered plants, with its cleanliness and

in water for at least 12 hours;

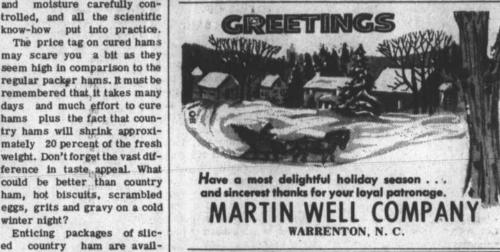
however, this is not necessary

for well-cured hams of good fla-

Mr. Jim Butler, of the N. C. Pork Producers Federation, says his favorite way to cook cured ham is to place the washed ham on a rack in a large boiler and cover with boiling water. Simmer (do not boil) until tender or the meat thermometer registers 160 degrees F. According to Mr. Butler, cooking time should be approximately 15 to 20 minutes per pound for whole hams. Allow ham to cool in the broth. The broth from my recent ham was refrigerated and used for cooking cabbage and beans. Part of the fat may be removed if there is an excess.

side up on a rack in an open pan. Bake uncovered and without water in a slow oven (800 degrees F.) until tender. This degrees F.) until telling degrees F.) until take 25 to 30 minutes per will take 25 to 30 minutes per about pound for whole hams, or about 45 to 50 minutes per pound for butts, according to Dr. John Christian at N, C. State University. A thermometer can take the guess work out of knowing when the ham is done. It should register 170 degrees F. inserted in the center of the

Country ham is ready to eat whether "boiled" or baked but may be glazed if desired. Happy eating to you. If you haven't had ham for the holidays, you will want to go out and buy slices or a whole one to enjoy now. When you taste country ham, you will understand why the North Carolina Department of Agriculture has featured them as outstanding gift items.





- WEDNESDAY, DEC. 23 - 7:00 A. M. TO 9:30 P. M. THURSDAY, DEC. 24 - 7:00 A. M. TO 5:00 P. M.



and here's wishing all of our good friends the jolliest of greetings . . . the warmest of thanks.

COCHRANE EASTERN, INC. WARRENTON, N. C.



Warrenton Insurance Agency, Inc.

W. MONROE GARDNER WALTER M. GARDNER



CAROLINA SPORTSWEA

WARRENTON, N. C.

Mrs. E. M. Brown, Yearbook chairman, passed out the yearnooks and reviewed the pro-

kins and Mrs. S. H. Brown, members of the Sorority. The president asked the members to give a rising vote of thanks for this great honor of the Garden Club being chosen to receive the 1970 Civic Award. The members participated in a round table discussion of "Using Clippings from Ever-greens for Christmas Arrangements and Decorations." A workshop 'Putting Christmas In The Living Room" was held. Afterwards on display were the following arrangements: Punch Table by Mrs. E. M. Brown and Mrs. S. H. Brown; End Table Mrs. M. H. Powell; Occasional

Tables, Mrs. V. C. Henderson and Mrs. G. J. Exum; Coffee Table, Mrs. E. W. Harris; Door Decorations, Mrs. A. M. Alston and Mrs. C. H. Hawkins, Window Decorations by Mrs. E. W. Harris.

During the social hour the hostess served a delicious tur-key dinner with all of the trim-

Christmas gifts were passed by Mrs. C. J. Exum from "Heart Sisters." A "Yuletide Jumble-Gram" game was conducted by the hostess. Mrs. A. M. Alston was the winner and received a beautiful Christmas cor-

Members present were Mrs. V. C. Henderson, Mrs. G. J. Exum; Mrs. C. H. Hawkins, Mrs. M. H. Powell, Mrs. S. H. Brown, Mrs. A. M. Alsto E. M. Brown and the I Mrs. E. W. Harris.