

# Warren Church Hosts Health Pros



Participating in the UNC seminar session of health care at Coley Springs Baptist Church were Richard Davis, Joe Lennon, director of the Warren County Health Department; Mrs. Thelma Davis, coordinator of screening for the church; Mrs. Mildred Kearney; Regina Young, GBSC Health Project in Raleigh; Eunice Clemons, field coordinator, UNC; Dr. Hommed B. Shreim, Jordan; Mrs. Grace Mule, Kenya; Grace Mashaba, South Africa; Mrs. Olyinke Okojie, Nigeria; Dr. John Hatch, professor of health education, UNC; and the Rev. L. G. Brown, pastor of Coley Springs Baptist Church. (Staff Photos)

Participants were enrolled in the month-long seminar at UNC titled, "Short Course in Health and Development."

The group met at Coley Springs Church to see firsthand how rural areas deal with problems of diabetes, hypertension and health problems relating especially to children.

According to Dr. John Hatch, program coordinator for the seminar, the health professionals, predominantly from Third World countries, are taught various self-help strategies of health care.

The church is actively participating in a program begun by the General Baptist State Convention titled, "The Health and Human Services Project."

The church's pastor, the Rev. Luther Brown, is a graduate of the project's 10-week session focused on improving the health of North Carolinians.

Hatch said he wanted his seminar participants to see the Coley Springs clinic because he believes it is part of the best community health education program in the state.

"The unique thing about this program is that it is community controlled," he said. "An institution, the church is doing something to encourage people to improve their health."

A half-inch slice of French bread contains 45 calories.

Coley Springs Baptist Church was host last Friday to health care professionals from Kenya, Jordan, Nigeria, and South Africa as part of a seminar arranged through the University of North Carolina Public Health Department.

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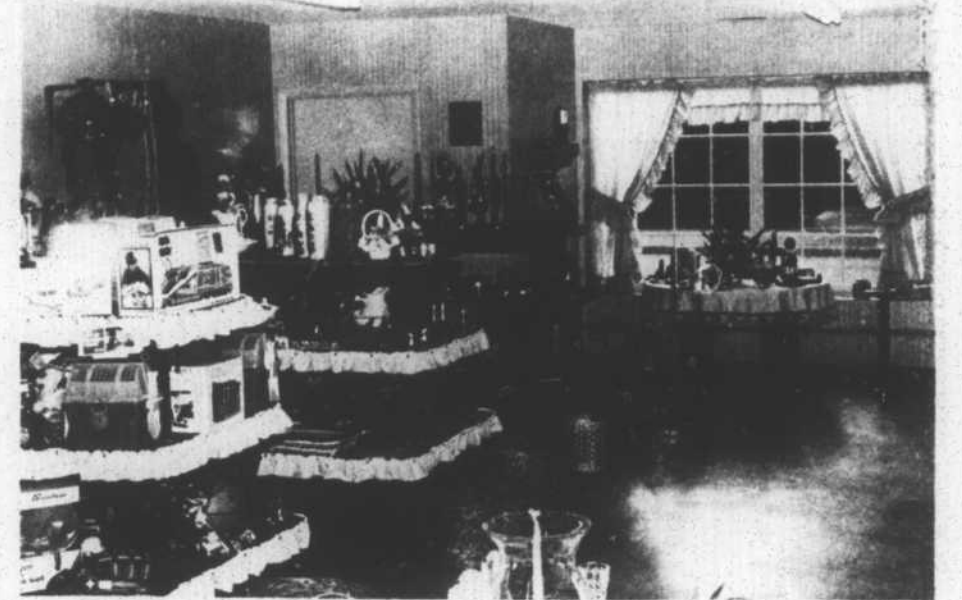
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This is the new building housing four Warrenton firms which was built on the site of the Warren Theater, destroyed last spring by fire. The building was erected by Warrenton Realtor J. T. Fleming. One of the businesses which it houses is the new gift shop, shown in photo below. (Staff Photos)



## Sewer Plant

(Continued from page 1) motors and all other damages incurred as a result of water damage.

This caused Commissioner Billie Lanier, with others joining in, to declare in such an event that the town would not accept the plant. He further suggested that this should be of concern to the Corps of Engineers, HUD, EPA, and any others who helped finance the cost of building the plant.

Neal was requested to take pictures of the high water, and to make a list of all other complaints and failures and recommendations and bring the list with him to the called meeting.

Neal in his conversation with the reporter yesterday said that the sewage filtration plant is working well with the exception that automatic relays will not work, which is still being worked on by the manufacturers of the system.

He said a sub-contractor is supposed to follow the design as submitted by the engineer. However, he said that while the electrical contractor followed the design of the engineers, that he told them that the system would not work.

Neal concluded that what bothers him is that while builders of other defected machinery are busy trying to correct their trouble, no concern is being exhibited about the three wrongly placed motors and their relays. And here, he said, is the heart of the trouble.

## Deadline

(Continued from page 1) applications for absentee ballots to be in her office by the end of the week.

Voters who will be out of town on election day, but who do not wish to vote by absentee ballot, may participate in one-stop voting. They may cast their vote at the County Board of Elections Office in the Hendricks Building on Front Street in Warrenton from 9 a. m. to 5 p. m. Monday through Friday.

To be eligible for one-stop voting, residents must bring evidence of their inability to vote on election day.



"When I left the ranch I was a three-letter man." "You mean there were athletic teams there?" "No, I sat on a hot branding iron."



The health professionals from the Warren County Health Department, seated at right, discuss health care with professionals from overseas during a meeting held Friday night at Coley Springs Baptist Church.

# Youths Have Eventful Day At Local Lions Den

By MISS EMILY BALLINGER

Home Extension Agent Youths in the Warren County Expanded Foods and Nutrition Program (EFNEP) had a very eventful day recently when they attended day camp held at the Warren County Lions Den and Fairgrounds. Some 100 youths between the ages of 9 and 14 attended the camp.

The Expanded Foods

and Nutrition Education Program is a part of the overall Agricultural Extension Program designed to work with families with limited resources in foods and nutrition education.

Camp participants attended classes on Foods and Nutrition taught by EFNEP aides, Mrs. Anna Bullock, Mrs. Edith Clark, Mrs. Elizabeth Davis and Mrs. Carolyn Edwards; Table Setting and

Service taught by Miss Emily Ballinger, home economics extension agent; Crafts with Miss Margaret Woods, associate home economics extension agent, as instructor and recreation led by George W. Koonce and Glenn Woolard, extension agents, 4-H. A total of nine volunteers also assisted in preparing and serving food and other phases of the camp activities.



Miss Emily Ballinger, Home Economics Extension agent, teaches a class in table setting and service.



A crafts class is being taught by Miss Margaret Woods, associate Home Economics Extension agent.



As far as they can tell, experts say the average dream, even though it may seem to encompass a person's whole life, lasts only a second or two.

## Canning Without Salt Or Sugar

Canning without salt or sugar is perfectly safe.

Salt is usually added for flavor and taste only though it does help to preserve the color and texture in canned vegetables. However, it doesn't do anything to help prevent spoilage, says Dr. Nadine Tope, extension food conservation specialist, North Carolina State University.

Sugar helps canned fruit hold its shape and adds color and flavor but also does nothing to prevent spoilage.

If you want to can vegetables without salt, prepare the food according to instructions in your favorite reliable recipe book.

The processing time for canning vegetables without salt is the same as for vegetables with salt.

Fruits can be canned successfully in water, in their own juice or in other extracted juice without added sugar.

Prepare the fruit for canning, using either the raw or hot pack method. The hot pack method is preferred by extension specialists.

Cover the fruit with hot juice or water leaving ½ inch headroom. If you want to add an artificial sweetener you'll get the

best flavor by waiting and sweetening the fruit at serving time. Some sweeteners tend to get bitter when heated, Dr. Tope says.

To help prevent darkening, you can add ¼ teaspoon crystalline ascorbic acid to each quart of light fruit after packing.

Processing times are the same for unsweetened fruit as for fruit canned in syrup.

### Three Days

If you order more than \$25 worth of goods from a door-to-door salesperson, you have three business days to cancel that order if you change your mind.

## Now Is Time To Make Cucumber Pickle

By CYNTHIA HIGGINS

Storms may have ruined many crops across the state but cucumbers are in great supply. Because of the abundance, this would be an excellent time for pickling. Pickles may be made from fruits or vegetables and are classified according to basic ingredients and method of preparation. Since we are blessed with an abundance of cucumbers this summer, you might want to try either brined or fresh pack pickles. Brined pickles are fermented or cured in a salt solution and various spices for about 3-6 weeks. Fresh packed are soaked in a brine solution for several hours or canned in a spicy vinegar solution without brining.

Because of acids involved in pickle-making be sure to use equipment that is stoneware, glass, pottery, stainless steel, enamel or aluminum. Do not use zinc, iron, brass, copper, galvanized metal or enamelware with chips or cracks. A crock, stone or glass jar is suitable for fermenting or brining. Good quality pickles require good quality ingredients including a high grade vinegar of 4 to 6 percent acidity (40 to 60 grain), cider or white vinegar can be used; however, cider vinegar is most commonly used because of its flavor. Use pure granulated salt, un-iodized can be used but materials added to the salt make the brine cloudy. Iodized table salt may darken pickles but is not harmful to use. Soft water is best for pickling because water high in lime may prevent proper acid formation. Use fresh whole spices for the best flavors; ground spices darken the pickle and old spices give an off flavor.

The good green color and crisp texture of pickles are obtained by use of a good quality vinegar, soft water, pickling salt, and proper methods of brining or curing. The use of a large amount of alum or lime is discouraged. Some of the most common problems in pickle-making are: softening of the pickle, hollow pickle, dark pickle, and shriveling. Pickles often become soft because the vinegar used was not strong enough or the brine was too weak. Processing will not cause pickles to become soft. Dill pickles will become soft if they are stored in an open container and the pickles are exposed above the brine. A warm storage area encourages soft or slippery pickles. Hollow pickles are due to faulty development of the cucumber or by allowing too long a time lapse between gathering and pickling. Too strong or too weak a brine could also cause hollow pickles. Dark pickles may be the result of minerals in water. Shriveling occurs when the pickles are placed at once into heavy syrup, too strong brine or too strong vinegar solution.

Processing is needed to assure good quality and to insure safety of the finished product. Processing

destroys organisms that cause spoilage and enzymes that affect flavor, color and texture. All pickled products should be processed in a boiling water bath. It will not make the pickles softer. Be sure to read recipe instructions for processing times for the various types of pickles.

Enjoy North Carolina's cucumbers and consider trying dill pickles or 14-day sweet pickles.

### Dill Pickles (short method)

30-40 medium cucumbers, cut in half lengthwise  
¾ cup sugar  
½ cup canning salt  
3 tablespoons mixed pickling spices  
Green or dry dill (1 head per jar)  
1 quart vinegar  
1 quart water

Combine sugar, salt, vinegar and water. Tie spices in a cheesecloth bag; add to vinegar mixture; simmer 15 minutes. Pack cucumbers into hot jars, leaving ¼ inch head space; put a head of dill in each jar. Heat vinegar mixture to boiling and pour over cucumbers, leaving ¼ inch head space. Remove air bubbles. Adjust caps. Process pints and quarts 15 minutes in boiling water bath canner. Yield: about 7 pints.

### 14-Day Sweet Pickles

Yield: 12 to 16 pints

2 gallons cucumbers  
2 cups salt  
1 tablespoon powdered, food-grade alum  
5 pints vinegar  
6 cups sugar  
5 teaspoons celery seed  
1 ounce box stick cinnamon (about 20 2-½ inch sticks)  
3 cups sugar

Into a clean crock or large jar, put clean cucumbers cut in half lengthwise. Bring salt and one gallon of water to boil and pour immediately over cucumbers. Weigh cucumbers down so all are under the brine with a plate with a jar of water on it. Cover loosely and let stand one week. Remove scum daily. On eighth day, drain, discarding brine. Cover cucumbers with one gallon boiling water and powdered alum. On ninth day, drain, cover with boiling water; repeat for 10th day. On eleventh day, drain. Combine vinegar, 6 cups sugar, and spices. Heat to boiling and pour over cucumbers. On twelfth day drain vinegar solution, add one cup sugar. Reheat to boiling and pour over cucumbers. Thirteenth day, repeat, add another cup sugar. On fourteenth day drain vinegar, adding 1 cup sugar and reheat to boiling. Pack pickles in clean hot jars. Cover with hot brine to within ½ inch of top. Adjust lids. Process in boiling water bath for 5 minutes.