

**This Week
With Macon
County Agents**

By **MRS. FLORENCE SHERRILL**
(County Home Agent)
Summertime means melon time — whether you call it cantaloupe or muskmelon. Years ago they were always known as muskmelon. They got their name from the slightly musky odor that is given

off from the ripe melon. Through trade usage, "cantaloupe" has become the name applied to muskmelons as grown in this country. Actually, cantaloupe is the name given to melons of a certain group grown mostly in Europe. In America, cantaloupe has become the generic name of the small, oval, heavily netted musk-scented muskmelon.
All cantaloupes are muskmelons, but not all muskmelons are cantaloupes. Many varieties of cantaloupes are on the market, which are divided into three groups according to color of flesh: pink meat, green meat, and salmon meat. Most of the cantaloupes at

the present time have salmon-colored meat.
Most varieties are so much alike in outside appearance that identification by variety is often difficult.
Honeydew — Firm, satin smooth rind; creamy white or pale yellow color; a distinct pleasing aroma.
Honeyball — Slightly netted rind; light yellow color; slightly soft to the touch; fragrant.
Cranshaw — Fairly smooth rind (no netting and little ribbing); green and gold colored rind; rich fragrant aroma.
Casaba — Rough furrowed rind; golden yellow; no aroma.
Maturity in cantaloupes can be determined by the condition of the netting, the color of the skin under the netting, the resilience and the condition of the scar at the stem end.

This scar should be slightly sunken and calloused, showing that it was harvested at the stage called "fullslip," when the fruit is separated readily from the stem. If not fullslip — part of the stem adhered to the melon, leaving a jagged appearance.
A ready-to-eat cantaloupe will feel springy when general slight pressure is applied. Pressure by the thumb at the ends is not a good test. The netting should be coarse, well defined; the rind showing through may be lighter green or have a greyish or yellow tinge.
Buying cantaloupe is like buying a "pig in a poke" — you have to get inside before you can be absolutely sure of its sweetness and quality. There are some outside guides, though:
1. Ripe, not over-ripe, netting should be coarse and prominent.
2. Color should be slightly golden. However, a fullslip melon may have a green cast and still be good. Deep yellow denotes over-ripeness.
3. Odor, musky fragrance.
4. Scar at end should be slightly

sunken, smooth, and well colored. Fullslip indicates maturity.
Wrap ripe melons in aluminum foil or in plastic bags before storing them in the refrigerator. The fragrant melon aroma readily mingles with other foods. You can ripen melons at room temperature for several days if the melon was not immature when picked. Ice on cut melons will dilute the flavor and, besides, only chills the part it touches.
Cantaloupes are distinguished by sweet flavor and fine textured flesh. Most varieties have orange-colored flesh while some have green flesh.
Cantaloupes are not only good, but are good for you. They are an excellent source of vitamins. Weight watchers adore melons. They are low in calories and high in vitamins A and C.
Melons are neither cooked, baked, nor canned. They can be frozen. They are also used almost exclusively as dessert, in salads, or in fruit juice to make a cooling beverage. A good food for breakfast, lunch, or dinner.
Approximate number of servings from a pound of melon yields 2½ servings. One quarter of an average size cantaloupe yields one serving.
For freezing cantaloupe, select thoroughly ripe melons. Cut and remove seeds. Cut flesh out with a melon scoop or peel melon and cut into chunks. Pack melon chunks in moisture-vapor-proof containers. Pack in layers with waxed paper between each layer. Cover with 40% syrup (three cups sugar to four cups water), or mix chunks with one cup sugar to 6 cups fruit before packaging. Serve partially thawed.

**W. T. FOUTS
PASSES AT
HOME HERE**
Merchant 45 Years;
Rites Held For Native
At Iotla On Sunday
William Theodore Fouts, a native of this county, died Friday at his home on Franklin, Route 3. Seventy-seven years old, he had been seriously ill for three weeks

and in declining health for several months.
Funeral services for Mr. Fouts, a merchant for 45 years, were conducted Sunday at 2 p. m. at the Iotla Baptist Church, of which he was a member. Officiating were the Rev. M. C. Wyatt, pastor, the Rev. Jud Duvall, and the Rev. W. L. Sorrells, of Lenoir, a former pastor at Iotla. Burial was in the church cemetery.
Mr. Fouts was born October 5, 1887, the son of William Riley and Mrs. Mary Tanner Fouts. He had served as clerk of his church. On March 3, 1917, he was married to Miss Mary Aldora Rickman, who survives.
Other survivors include five sons, Milton, of Franklin, Route 4, William R., of Triangle, Va., Marshall, of Route 3, Remon, of Sylvia, and Merritt, of Alexandria, Va.; four daughters, Mrs. Lois Franklin, of Osceola, Pa., Doris Lynch, of Route 3, Mrs. Dessie Mae Guyer and Mrs. Frances Taylor, both of Charlotte; a brother, Green T. Fouts, of Route 3; and 17 grandchildren.
Nephews serving as pallbearers were Ralph and Albert Fouts and John, Leslie, Glen, and Lester Campbell.
Bryant Funeral Home was in charge of arrangements.
Many small North Carolina packers are training buyers to buy on grade in anticipation of the time when hog quality improves enough to permit buying on grade.

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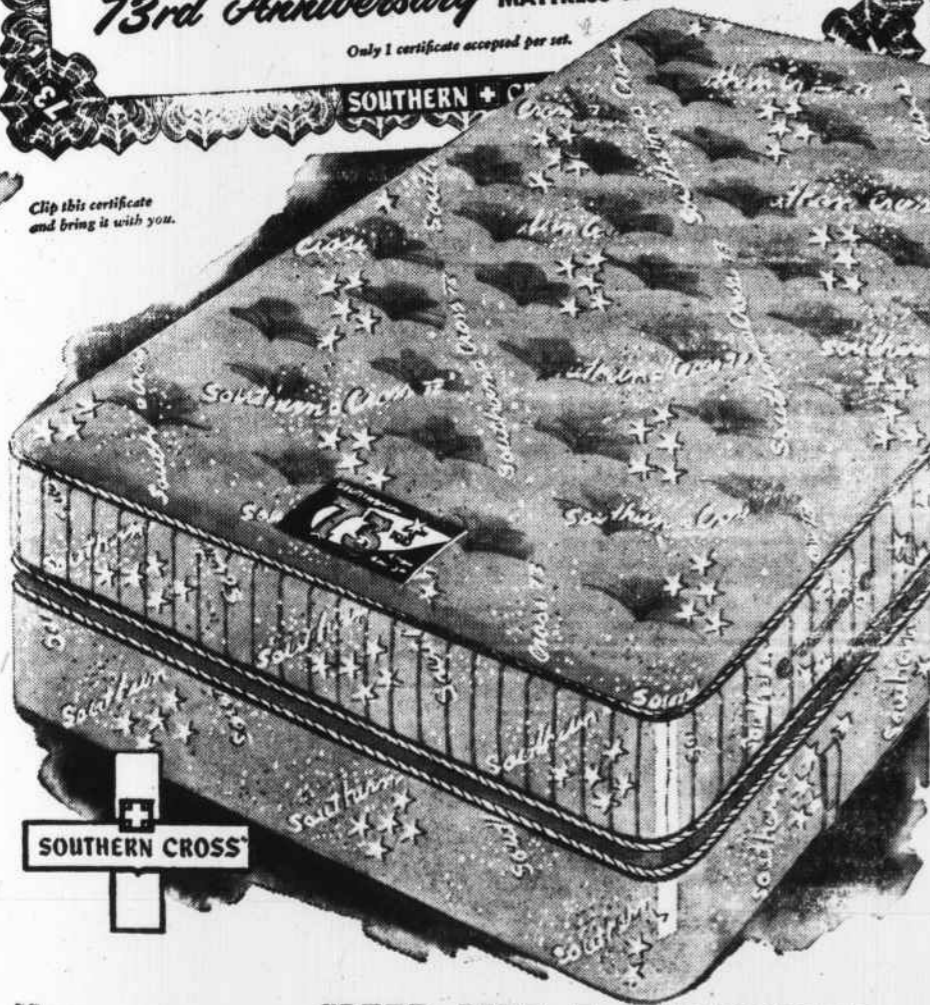
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Franklin, N. C.

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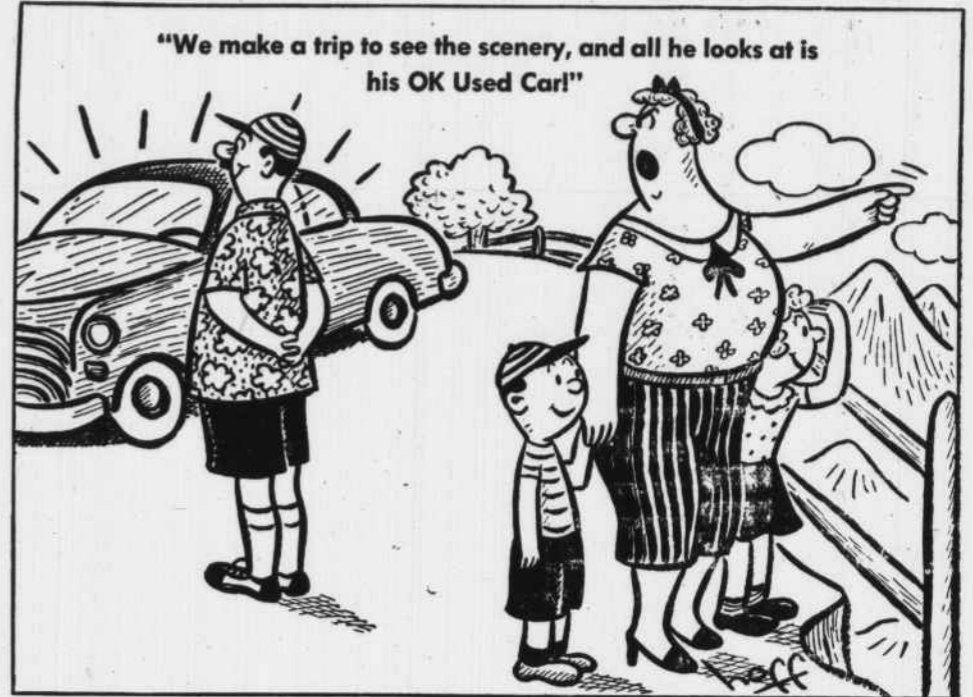
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