

STATE COLLEGE HINTS TO FARM HOME-MAKERS

By RUTH CURRENT
State Home Demonstration Agent
The familiar expression, "three square meals a day", is more than a happy ideal in feeding children. It is a necessity for proper nutrition, say the nutritionists. If one meal a day is very light or omitted altogether, a child nearly always fails to get enough food and also the particular foods he needs, even if other meals are ample. They say that eating too little at breakfast or lunch usually results in irritability or fatigue before the next meal.

Because children can take only so much food at one time, they cannot make up by an extra heavy meal the nourishment missed at a skimpy or neglected meal. Therefore, busy or careless mothers who let their children go off to play or

GLENVILLE NEWS

The Glenville baseball team played Highlands Sunday for the first game of the season, scoring 9 to 11 in favor of Highlands. Marshall Moody played a good game, making one home run hit, for his first game.

The team will go to Highlands next Sunday for a game there. Both teams made some errors, but both made exceptionally good

to school without a proper breakfast, or do not provide them with more than a pick-up lunch, may unthinkingly contribute to poor nutrition in their children.

In planning the day's meals, provide for at least one-fourth of the food needed for the day at breakfast, for more than one-third at lunch and at dinner or supper at night.

Nutritionists suggest that at least one fruit or vegetable (beside potato) be served at every meal. At least once a day food rich in vitamin C should be served—tomatoes, citrus fruit, or strawberries, for example. Once a day, also, children should have green or yellow vegetable, rich in vitamin A. At every meal they should drink at least one tall glass of milk. To stimulate appetites, every meal should have one hot dish.

The rule that water should be boiling before vegetables go in to cook has added support from recent research. Turnip greens, put on to cook in about their own weight of cold water and cooked 30 minutes from the time boiling begins, hold only about a third of their original vitamin C. But those put into boiling water and boiled the same length of time hold three-fourths of their C. Likewise, asparagus and green beans, cooked by these two methods, retain more vitamin C when started in boiling water.

NET FARM INCOME MAY DROP IN 1949

Farmers will have to keep a close eye on all of their operations this year if they expect to maintain their net income at present levels, says T. K. Jones, farm management analyst at State College.

Continued high production costs and declining prices for agricultural products are in store for 1949, Jones says. Lower net income will mean that farm families will be forced to accept lower standards of living. If families are to avoid this reduction in living standards, they must develop plans to cushion the effect of falling farm prices.

Most farmers have the alternative of increasing the efficiency of present enterprises or adding supplementary enterprises which can be fitted into present farming systems, according to the analyst.

He points out that efficiency can be increased by the use of recommended practices on all enterprises. Many farmers use recommended practices on the main crop, such as tobacco, but neglect other enterprises and fail to operate them in such a way as to obtain a profit.

On many farms, says Jones, a fuller use of the resources of land, labor, and capital could be obtained by adding other enterprises. The choice of the kind of supplementary enterprises to add will be governed by market demand and available resources.

Increasing livestock enterprises offer a good opportunity for making adjustments in view of the present favorable feed price relationships. The long-time program for a sound North Carolina agriculture is based on increasing the production of livestock and livestock products in the State.

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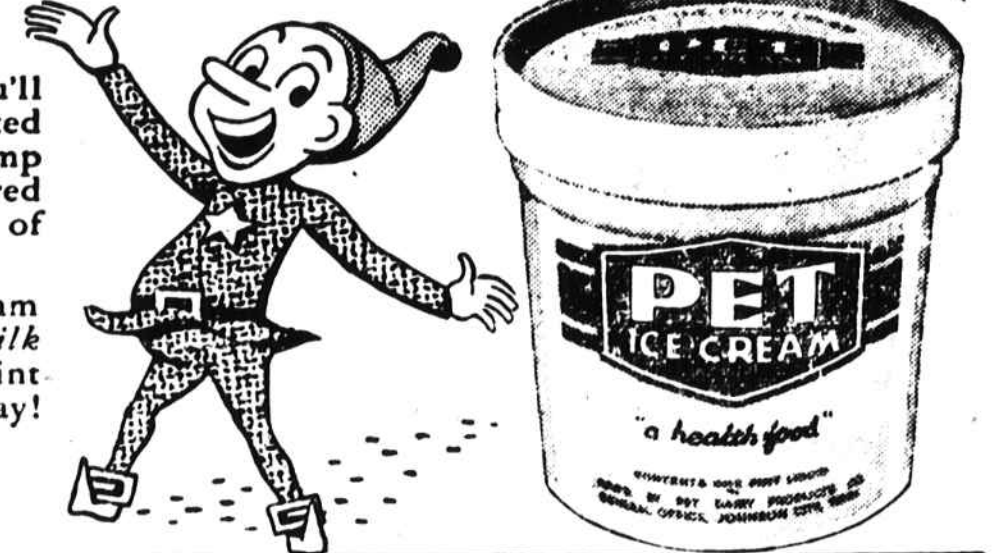
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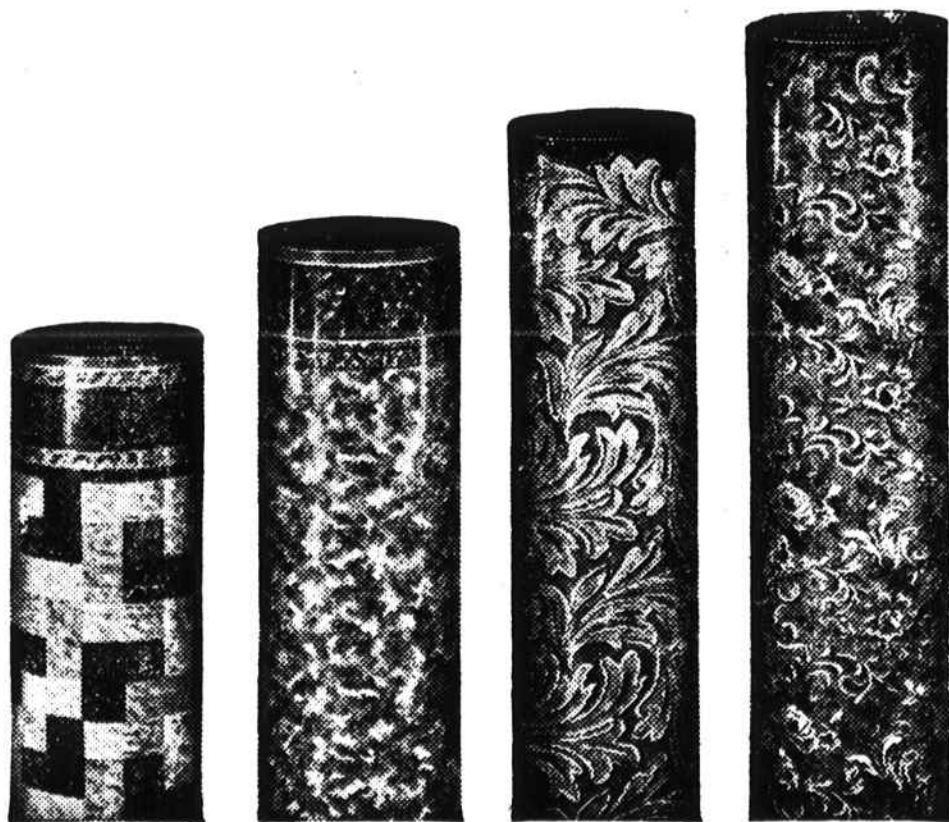
The Woman's Missionary Society of the Glenville Wesleyan Methodist met Thursday, April 14, at 11 o'clock at the parsonage of the church. The meeting was called to order by the president, Mrs. Ellen Monteith. After songs and devotional a short scripture, the 33rd Psalm, was read. Then a business meeting for the year was held. To supplement the society's funds the ladies are making some lovely aprons and handkerchiefs to sell. The next meeting will be held Thursday, May 12, at the parsonage.



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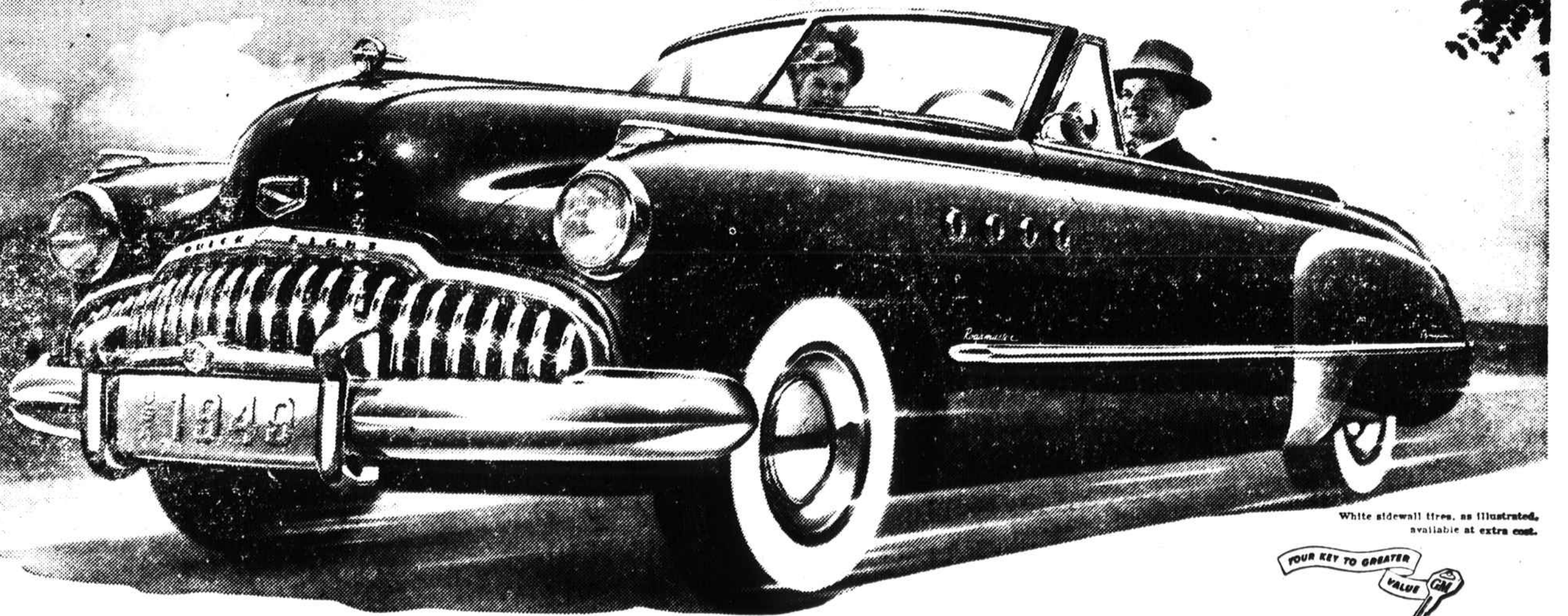
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