

### STATE COLLEGE HINTS TO FARM HOME-MAKERS

By RUTH CURRENT

State Home Demonstration Agent

**Iodized Salt**—Many people think of iodine as a brown liquid in the medicine chest rather than as a food essential. Yet small but steady quantities of iodines are needed by the body for normal growth and development, healthy skin and hair, alert mentality and physical vigor as well as for preventing goiter.

People who know—our physicians, nutritionists and other groups concerned with health are asking homemakers to look for the

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### Local President Thanks Mead Workers

It was most gratifying from statement published in The Herald on February 16 that the members of our local contributed to the Jackson County March of Dimes to the amount of \$480.03. The writer was not on the job during the time this drive was made but Mr. Elden Hooper had charge of his drive for our local. I was absent by reason of illness.

Our local and myself are indebted to Mr. Hooper for this fine piece of work. We are also very grateful to Mr. Ralph Kemmerer for his fine spirit of assistance in helping Mr. Hooper put this over for the management.

Jess F. Brown, President  
Sylva Local 12866.

word "iodized" when buying salt and to make sure they are getting this health protection for their families. Because only one part iodine in 10,000 parts salt is needed. Iodized salt is no more expensive than salt without this nutrient.

Iodine is essential for normal growth and development. Iodine hunger is the cause of much fatigue among adolescents, physicians say. Returning iodine to salt is similar to enriching flour to make up for vitamins and minerals removed from the grain in milling.

Food specialists say in planning a food storage center, one of the first steps should be the selection of the storage containers. Glass or transparent plastic containers seem a better choice than opaque ones, since a glance tells the contents. Wide-mouthed containers are usually preferable.

Nutrition specialists recommend having an extra set of graduated measuring cups to leave right in the containers in which some

### 'Grandma of Year'



**NOMINATED "Queen of the Hollywood Grandmothers," Joan Bennett looks more like an ingenue. Little of her youthful beauty is missing as this "glamor gram" takes time out during the filming of her latest picture. (International Soundphoto)**

staple foods are stored. For example, have a 1-4 cup measure in the cereal package, while a 1-cup measure is placed beside the double boiler in which the cereal is cooked.

Keep a 1-3 cup measure in the sugar and a 1-2 cup size in the flour canister. This idea saves time when filling the sugar bowl or when scooping out flour into a sifter.

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### How Many Consumers Per Farmer?

While farmers have been working to increase the carrying capacity of their pasture land, people in cities, in increasing numbers, are concerned about the carrying capacity of the farm — how many consumers per farmer.

According to J. L. Stewart, Chairman of the Jackson County PMA Committee, about 130 years ago one farmer was able to produce enough for himself and family and 3½ people living in town. That meant that one farmer was able to provide the food and fiber to meet the needs of 3½ additional people — merchants, lawyers, doctors, carpenters, and others.

But today, says Mr. Stewart, each farmer is producing enough for his own needs and that of his family and in addition, enough for 13½ people who are not farming. That's an increase of 10 people per farmer or nearly four times as many as one farmer provided for 130 years ago.

Although currently there is an abundance of some farm commodities — more than can be marketed at fair prices of some commodities — the chairman explains that population is increasing about 2 million per year and the number of consumers depending on one farmer can be expected to increase.

That is one of the main reasons, he points out, why the country cannot afford to waste soil and water resources. To use these resources to produce more than is needed now is one way to waste these resources. Another waste is to use this land to create other surpluses or to allow land taken out of surplus crops to deteriorate through lack of protection from erosion or the waste in growing weeds.

In recent years, the chairman

### Nephew Of Sol Schulman In Cast Of Stage Show

Arnold Schulman, son of Herman Schulman, Miami Beach hotel operator, is now playing in the Broadway Stage Play "Come Back, Little Sheba."

Mr. Schulman, besides being an actor, is an author and play writer and is writing for television. He has had many articles published in leading publications. Young Schulman started writing while a student at the University of North Carolina and was active with Carolina playmakers at Chapel Hill.

Next spring he expects to bring to Broadway a play written by himself and produced by the Theatre Guild.

### Words of the Wise

Speech was given to the ordinary sort of men whereby to communicate their mind; but to wise men, whereby to conceal it. —(Robert South)

states, farmers and consumers have been working together thru the national Agricultural Conservation program to conserve soil and water. Now with the problem of surplus crops and diverted acres again facing the nation, there is still greater need for basic understanding and a close working together of the two groups. As Chairman Stewart sees it, "Farmers of Jackson County have a primary responsibility to the consumers, a major part of which is to protect consumer interests by conserving the source of food and fiber. Consumers, on the other hand, should understand why it is necessary to adjust production so that farmers may continue to provide a balanced abundance of agricultural commodities without wasting soil."

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