

Lifestyles



Closing season

The yard of M.A. Maxwell, N. Fulton Street, was chosen as the last Yard of the Month of the season. The awards are based on neatness of appearance and are sponsored by the Raeford-Hoke Chamber

of Commerce and the Raeford Junior Woman's Club. Yard-of-the-Month will start again in the spring.

NC's farms undergo change

Editor's note: This is the first in a series of four articles focusing on the change in North Carolina farm structure since 1950.

The business organization of agriculture in the United States and North Carolina has been undergoing a very rapid change in the past several decades. The number of very large farms has risen.

Public interest in the distribution of farms by size has been based on four questions:

(1) Are farms large enough to be efficient?

(2) Can the farm provide sufficient income for the farmer and his family?

(3) Are there enough farms to continue to provide the kind of competition expected in an enterprise economy?

(4) Will there be opportunities for young persons to enter farming in the future?

In 1950 there were 289,000 farms in North Carolina and about

Extension News

Willie Featherstone Jr.
County Extension
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5.4 million in the United States (Table 1).

The number declined by about 3.5% annually through 1982 in North Carolina and at about 2.5% annually for the United States.

For every 10 farms in 1950 in North Carolina, there were only three by 1982. Some kinds of farms declined at an even more rapid pace than the average.

North Carolina flue-cured tobacco farms declined at an annual rate of nearly 6%, leaving fewer than two farms in 1982 for every 10 marketing flue-cured tobacco in 1950.

Table 1. Farm Numbers in the United States and North Carolina.

Year	United States	North Carolina
1950	5,383,000	289,000
1960	3,373,000	191,000
1970	2,949,000	119,000
1980	2,428,000	93,000
1983	2,370,000	85,000

Perhaps even more important than the changing number of farms has been the growth in the number of large farms. There always has been a wide range in output between the smallest and largest farms, but the range of farm sizes seems to be increasing.

The relative importance of large farms in total output has been growing continuously over the decades.

In 1960, the largest 37% of the farms provided 84% of output. By 1983, the largest 40% of the farms sold nearly 90% of the output (Table 2). Because output is concentrated heavily among large farms, price supports can do very

(See FARMS, page 3B)

Commercial canning is safe

The commercial canning process is safe, but canned foods do not last forever.

Cans rust, rupture or get crushed. Corrosion is also a problem with high-acid foods like tomatoes. An acid food reacts continually with the metal container. Over several years, this will change the taste and texture of the food. Eventually, the nutritional value will be lowered. High temperatures (over 100 degrees) allow harmful bacteria to multiply.

On the other hand, frozen canned goods may burst. While extremely rare, botulism is the worst problem you can encounter in canned goods. Never use food from cans that are leaking, bulging or badly dented. Jars that are cracked, have loose or bulging lids and foods which smell foul should be discarded. Any container that spurts liquid when opened should be discarded. Don't even taste such food. If you suspect botulism, seal the product in a plastic bag and refrigerate it out of the reach of family members. Call your county health department.

To safely store canned goods, follow these guidelines:

-Keep unopened canned hams in the refrigerator and use within 6 to 9 months.

-Low-acid canned goods may be stored in a cabinet for 2 to 5 years. These include canned meat and poultry, stews, vegetable soups (except tomato), pasta products, potatoes, corn, carrots,

On the Front Burner

Alice Pettitt
Home Economics
Agent



spinach, beans, beets, peas and pumpkin.

-High-acid foods should be used within 12 to 18 months. These include fruit juices, tomatoes, grapefruit, pineapple, apples and apple products, mixed fruit, peaches, pears, plums, all berries, pickles, sauerkraut and foods treated with vinegar-based sauces and dressings like German potato salad and sauerbraten.

-Botulism is more likely to occur in home-canned foods. Boil all home-canned foods before serving. If the product smells all right, lower the heat and continue boiling, covered, for 10 minutes for a high-acid food and 20 minutes for a low-acid food. If a spoiled odor appears or the food is foaming or looks old, throw it out without tasting.

Savory Tuna Tetrazzini

7 ozs. spaghetti, cooked, drained
2-6 1/2 oz. cans tuna, drained, flaked
1-4 oz. can mushrooms, drained
1/2 cup chopped onion
1/4 cup chopped green pepper
2 tablespoons chopped pimento
1 cup milk
Pasteurized process American cheese

Combine spaghetti, tuna, mushrooms, onion, green pepper and pimento in 1 1/2 quart casserole. Heat milk and 2 cups (8 ozs.) cubed process cheese over low heat; stir until smooth. Pour over tuna mixture; cover. Bake at 350°F 25 minutes. Uncover; top with process cheese, sliced. Continue baking until process cheese begins to melt. 4 servings.

Four O'Clock Munchers

2 cups (8 ozs.) shredded pasteurized process American cheese
1/2 cup salad dressing
1/4 cup chopped green pepper
1/4 cup chopped peanuts
8 whole-wheat bread slices, toasted
Combine process cheese, salad dressing, green pepper and peanuts; mix lightly. Spread bread slices with process cheese mixture. Broil until process cheese begins to melt. 8 sandwiches.

Orange-Glazed Carrots

1 1/2 tablespoons butter or margarine
1/2 cup frozen orange juice concentrate, undiluted
1/2 cup brown sugar
6 cups cooked sliced carrots (about 2 lbs.)

In large skillet, melt butter and stir in sugar and orange juice concentrate until thoroughly blended. Cook over medium-high heat, stirring frequently, 5 minutes or until thickened. Add carrots and cook stirring frequently, 1 minute or until carrots are heated through. Makes about 8 servings.

Cape Fear Valley introduces early discharge

As part of a family-centered approach to maternal care, Cape Fear Valley Medical Center this month is introducing an early discharge program for mothers who have uncomplicated pregnancies and deliveries.

Under the new option, some mothers can be discharged with their infants as early as six to 24 hours after delivery.

Approved by the Medical Center's obstetrics and pediatric medical staffs, the concept eliminates the cost of additional

hospital days.

The hospital's fee for early discharge is \$700, less than half the cost of the traditional two or three-day stay for mother and infant.

The fee itself is not a discounted rate; cost savings are realized in fewer days in the hospital.

More than 4,000 babies are delivered annually at Cape Fear Valley. Physicians estimate that anywhere from 20 to 40% of mothers would qualify for early discharge.

Procedures and guidelines for the new program have been based on recommendations from the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists.

Only maternity patients who are determined by their obstetricians and pediatricians to be free of complications or conditions that might warrant skilled observation or treatment are eligible for early discharge.

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