

Hostess DEEDS

by Jan Christensen

News items this week from Anson, Wilkes, Burke, Columbus, Orange and Perquimans counties.

LIVE VISUAL

Whether intentional or unintentional, there's nothing like a live visual to get the point across, reports Mrs. Nancy I. Landen, assistant home economics extension agent, Anson County. She cites this example:

4-Hers attending camp at Swannanoa were listening to a lecture about snakes, poisonous and non-poisonous, and how to distinguish between them. Having heard the hog-nosed snake described, an eleven-year-old boy raised his hand and, pointing several feet away, asked, "like that one crawling out there?" Amazed, the instructor looked and answered, "Why yes, just like that one!" The snake was captured and remained the topic of conversation for the day.

BAMBOO PICKLES

Ever eat bamboo pickles? If not, you may wish to try this unique, recipe concocted by Mrs. T. W. Ferguson, Wilkes County.

Shuck young bamboo sprouts; cut in circles. Cook them 10 to 15 minutes. Chill. Pack in pint jars. Add one clove garlic, one small pepper pod, head of dill, 1/8 teaspoon alum. Cover with the following solution: Boil 6 cups vinegar, 7 cups water and 1 cup salt. Seal jars and process in boiling water bath for 10 minutes.

"Bamboo pickles may be used in casseroles or eaten as is," Mrs. Ella Rose Reavis, assistant home economics extension agent, notes.

MENTAL HEALTH

"Knowing Ourselves and Understanding Others." That's the subject Home Demonstration Club members in Burke County have been studying, according to Mrs. Jane C. Arndt, home economics extension agent. When asked what she'd learned, one woman said, "We came to the conclusion there are things about

ourselves and others we don't like. Perhaps, some of these things can be changed, but we will have to accept many things we don't like and make the most of them."

SENC-CRAFTS

A new project, SENC-Crafts, is being undertaken in Columbus County, Mrs. Elaine N. Blake, home economics extension agent, reports.

Purpose of the project is to help develop interest and skill in handicrafts, art work and other handmade articles among the people of Southeastern North Carolina, she states. Items made by local craftsmen will be sold on consignment at the Boys' Home Country Store at Lake Waccamaw, Mrs. Blake indicated.

HELP FOOD STAMP RECIPIENTS

Home economists are helping food stamp recipients in Orange County improve their eating habits, Mrs. Elizabeth U. Meldau, home economics extension agent, reports.

Each month program participants receive a one page leaflet along with their certification letter. The first letter titled "Daily Pointers To Good Health" discussed the four food groups; the second letter "Selecting and Buying Food" offered tips on making wise food choices. "Leaflets covering related topics are being planned," Mrs. Meldau said.

FIX FAMILY TOASTER

Tony Lane, a member of the Livewire Electric 4-H Club in Perquimans County, reported to a meeting with an automatic toaster under his arm. It seems the family toaster was not functioning properly.

The 4-H members and their leader Dick Bryant, an agricultural engineer, took the toaster apart and discovered a broken heating element.

In addition to learning how to fix the toaster, the 4-Hers learned other facts about automatic toasters, including how they operate and the care they need, Mrs. Paige Underwood, associate home economics extension agent, notes.

You And Social Security

Q—How can I determine the value of my Savings Bonds, many of which were purchased at least 20 years ago?

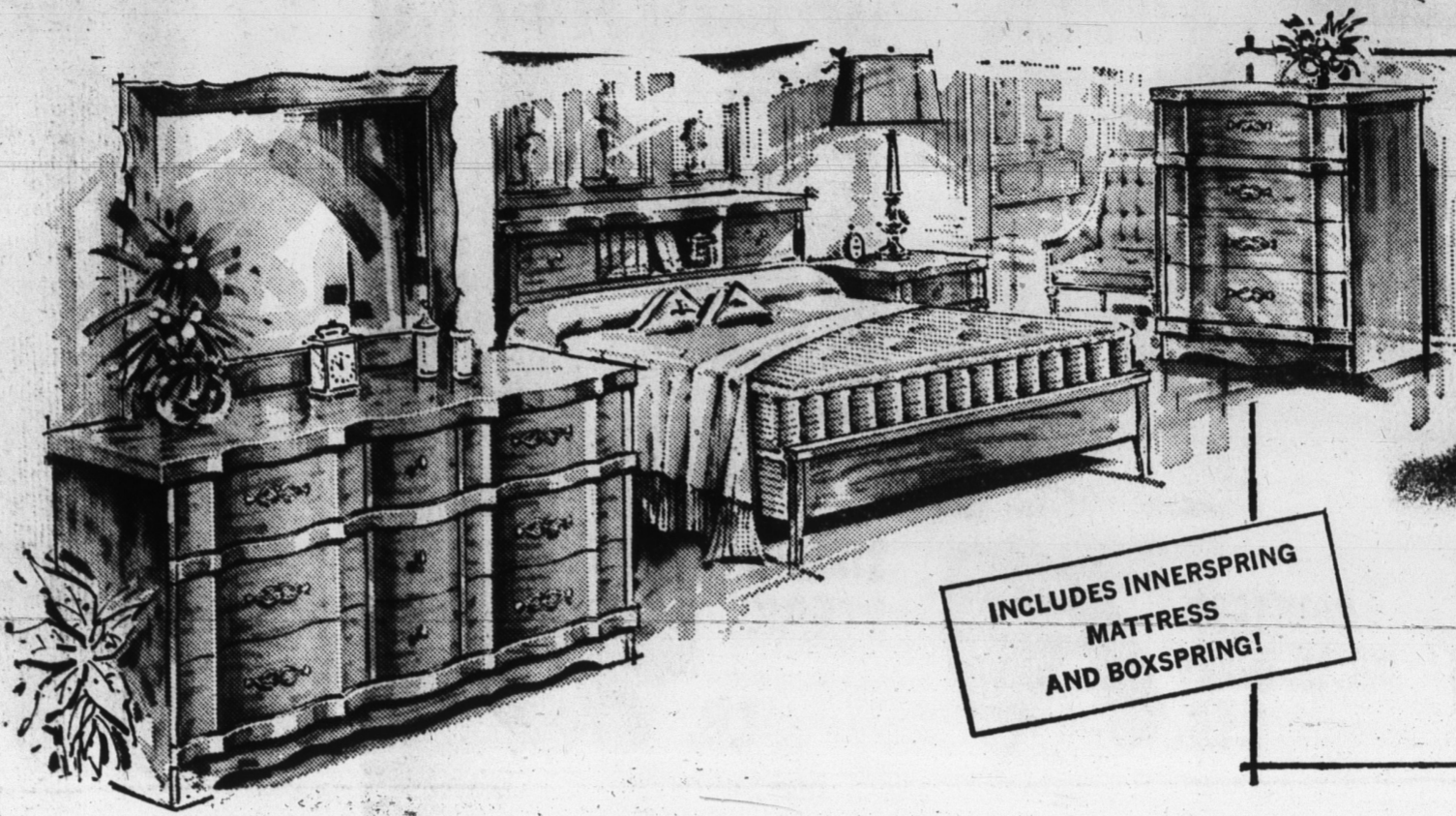
A—Bond tellers at banks and many savings and loan organizations will be glad to assist you. However, by sending 15 cents (in cash) to the Superintendent of Documents, Government Printing Office, Washington, D. C. 20402, you can obtain a Table of Redemption Values, which will give the current value of any Series E Bond you own. These tables are issued every six months, and the current edition covers the period from July through December, 1966.

Q—How many Savings Bonds are still being held by citizens, dating back to the start of the Bond Program in 1941?

A—There is no accurate way of determining the actual number of such Bonds still being held. The dollar volume of Series E and H Bonds outstanding, however, totals almost 50 billion dollars. Bonds redeemed during the same period totaled in excess of 100 billion dollars, those funds being used to serve the many needs of the Bond owners.

Q—How many Savings Bonds are sold each year and what are the most popular denominations?

A—In the calendar year 1965, 100,657,000 individual Bonds were sold. Recent figures show that almost 70 percent of all Savings Bonds sold are in the \$25-\$200 range, those most commonly bought by Payroll Savers.



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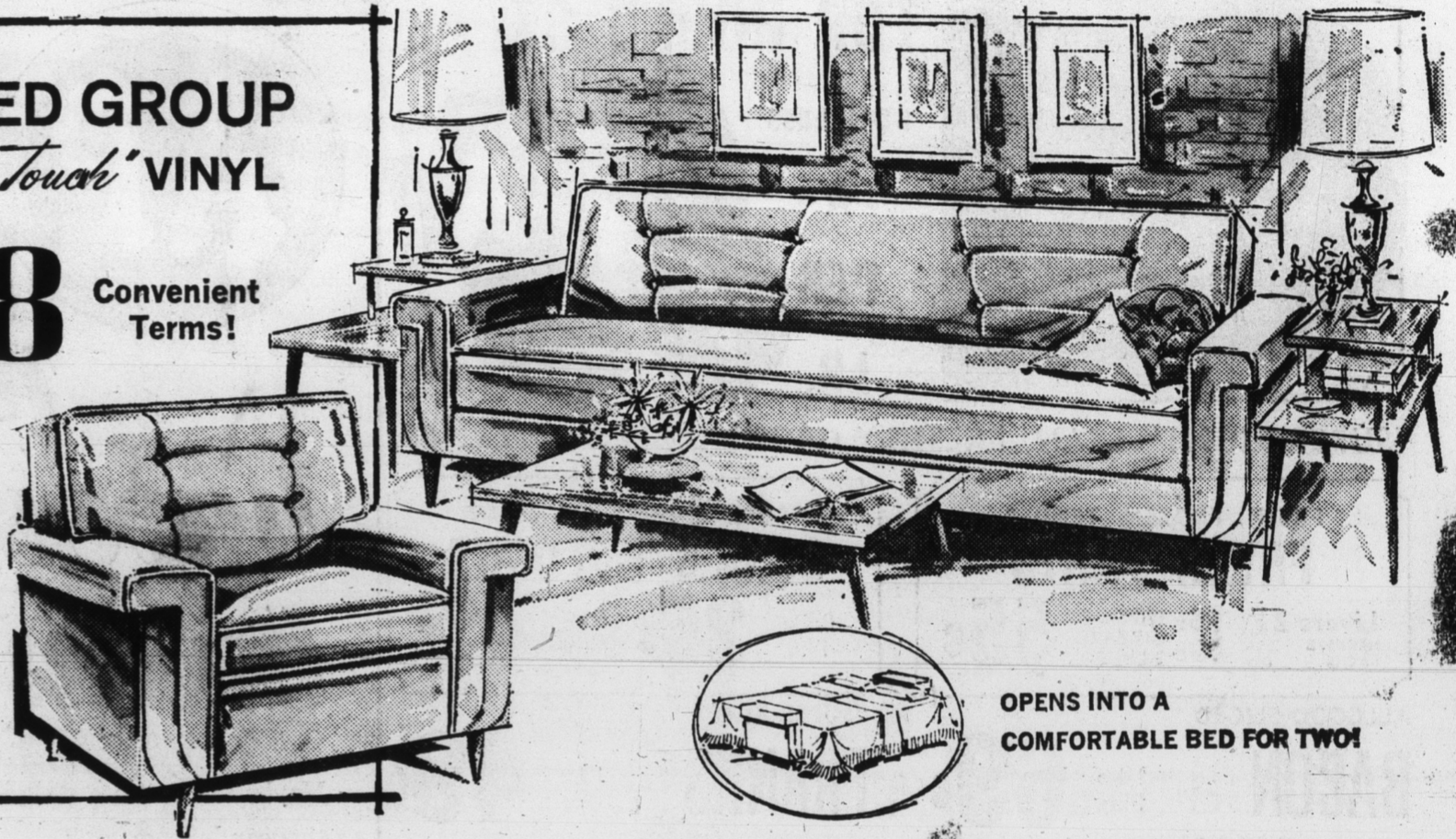
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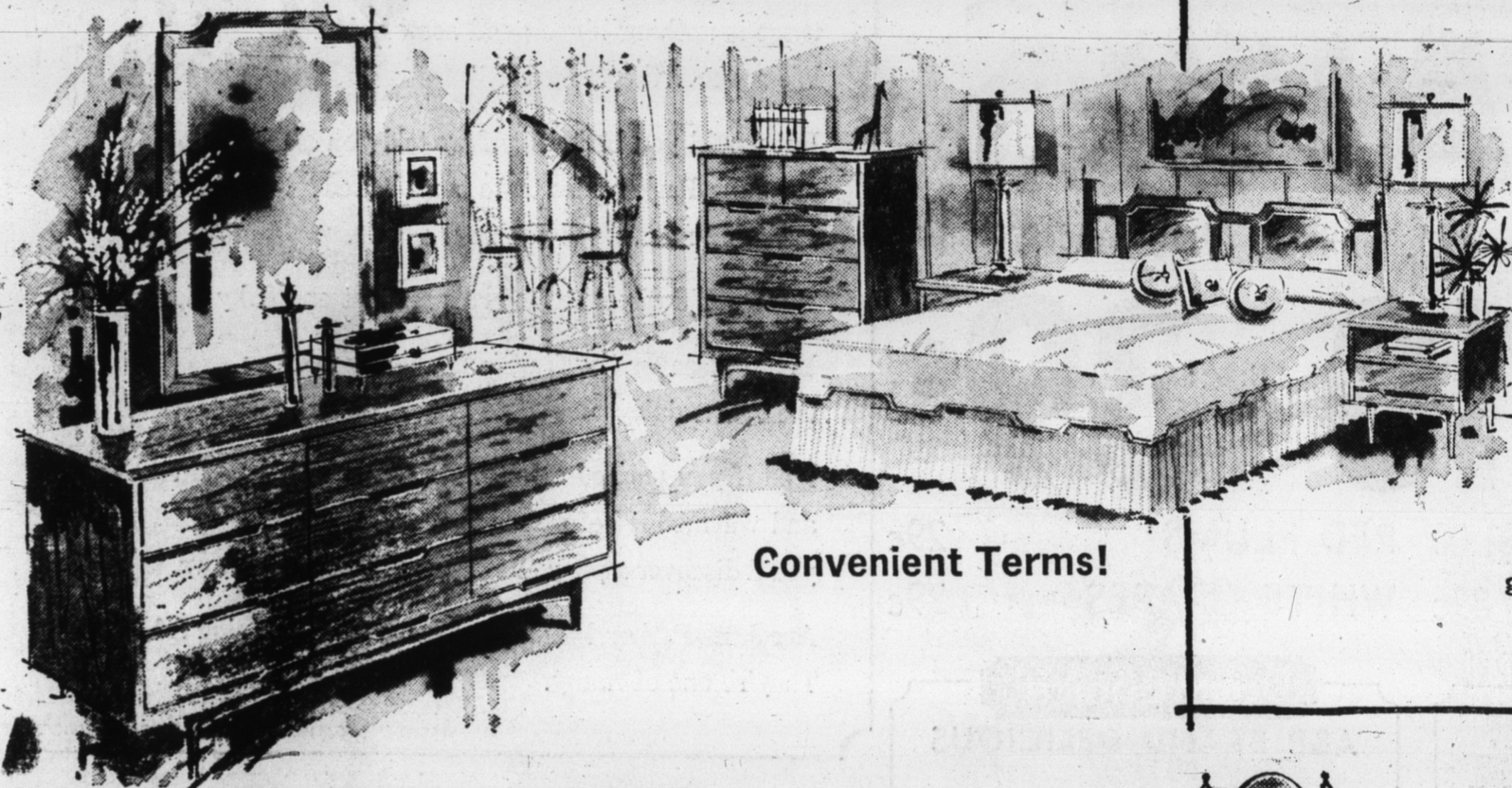


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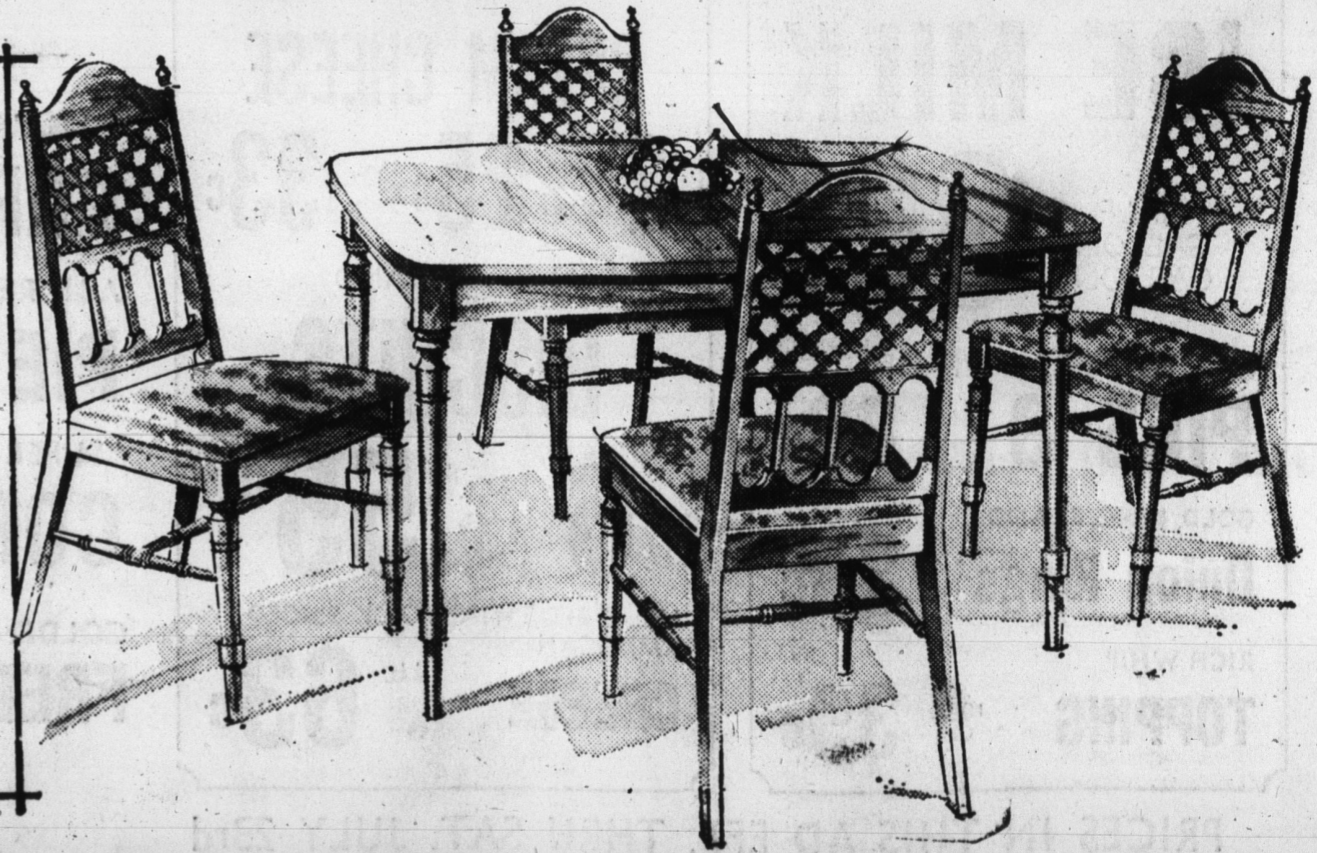


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