SESSION MEETING

convince them that overall prices added. were reasonable. They also learned that some roasts, steaks and other meat cuts do sell at prices that will not raise have with that will not raise havoc with their food budgets.

BEAUTIFUL COMMUNITY
Members of the Monroeton 4-H
Sgt. Goins earned the award

sion agent, says.
The 4-H'ers bought three oil

white, and set them out for litter Infantry. barrels. They put the drums at the community building, fire staand picnic area.

VEGETABLE BLOCK PRINTING On State Board Vegetable block printing is a favorite craft of many Scotland

tension agent.

TRAIN AIDES

Home management aides, working with the OEO program in ing with the OEO program in Dr. William Sasser of N. C Wake County are now prepared Wesleyn College, Rocky Mount with their cleaning problems,



By WILSON GRIFFIN

That beautiful seed necklace may be poisonous. Seeds found in tropical jewelry such as the jequirity bean (Indian bean crab's eye, prayer bean o lucky bean), have a poisonou Several deaths in children have occurred from chew ing and swallowing these beans. The jewelry is to be worn and admired, but not

Health is precious . . . let us help project yours . .

1

"It's amazing," one lady said, "how we can get into a rut and become so satisfied with our present choices, when a little knowledge and self-acceptance an help us learn and save so much for our families."

BEAUTIFII. COMMINITY

FT. BENNING, GA. (AHTNC)
—Sergeant Fred D. Goins, 21, son of Henry L. Goins, Route 1, Besemer City, N. C., received the Army Commendation Med al while serving with the 197th Infantry Brigade, Ft. Eenning, Ga., March 9. FT. BENNING, GA. (AHTNC)

club. Rockingham County, are working hard to beautify their his last assginment with the 1st community, Jane K. Stuart, as-sistant home economics Exten-Vinh, Vietnam.

The sergeant is a cook in Com-The 4-H'ers bought three oil drums, painted them green and white and set them out for litter white and set them out for litter and set them ou

## Louise Weimore

Miss Louise Wetmore of Lin-County homemakers, asserts Ann colnton has been appointed to M. Braswell, home economics Exension agent.

The women are using raw pomittee of the Board of Piano tatoes, okra, onions, cabbage or Certification of the North Caropeppers to print designs on place lina Music Teachers Association. mats, aprons and kitchen cur- The State Administration Com-Not only do the ladies have conversation pieces; they also have lovely finished products they are proud to display, the agent observes.

TRAIN AIDES

mittee is charged with the responsibility of the Administrative details of the Certification program. Mrs. Harriette Line Thomp son of Queens College, is chair man of this state committee of these members. mittee is charged with the rethree members.

assist low-income families is President of the North Carolina Music Teachers Association Joseph Lammers of Queens Col leve, and Dr. Harold Luce, for merly of U.N.C. Greensbard, are the immediate past presidents.

Mrs. Mary Etta Crane of Cherryville is the new District Chair-man of Piano Certification. man of Piano Certification, which office Miss Wetmore held for three terms.

Miss Wetmore, also, has served on the State Piano Committee at U.N.C. Greensboro for three terms, to select the piano judges and piano contest numbers for the State High School Piano Contest held annually at U.N.C.

### Edwir Ware In Fraternity

Edwin L. Ware, Kings Mountain, a student at Western Caro-lina University, has been initiated into the brotherhood of Alpha

Phi Omega service frater history and social science, is ac tive in student affairs holding membership in the International Relations Club and the Young

Democratic Club. He is the son of Mr. and Mrs. Franklin L. Ware.

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County have gotten out "of a rut," so far as their food buying cratices go, reports Betty Jean Barr, associate home economics Extension agent.

Some of these women believed strongly that they could not afford to shop at a large supermarket; prices were too high gotten buying certain meat cuts would throw off their food buying ce

W-D GOV'T, INSP. CUT-UP

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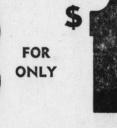
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