

### First Union Bank No. 66

First Union National Bank grew enough in 1968 to move from 73rd largest in the country to 66th. C. C. Cameron, president and chairman of the board, announced today.

are ranked annually by the American Banker. In the January 31 edition of that magazine all 1968 rankings will be released.

First Union National Bancorp, Inc., the holding company of which FUNB is part, closed the year with total assets of \$956.5 million. Assets reported in 1967 were \$869.8 million.

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1:16-3:24

## listaff DEEDS

by Jan Christensen

### STEP-SAVING KITCHEN

"Planning a kitchen for my new house has more than an enjoyment," reports Mrs. J. W. Hill, 421 Cecil St., Durham.

She made this statement to Mrs. Mary J. Whitmore, assistant home economics Extension agent, after Mrs. Whitmore helped her analyze and plan a kitchen to meet the special needs of her family.

After reviewing some of the principles of arranging kitchen work centers, Mrs. Hill commented that, "it will really save a lot of steps to have my kitchen divided into work centers that include a specific space for dishwashing, mixing, cooking, serving and planning." This way, she won't smash into each other while performing kitchen chores.

Mrs. Hill, who is employed outside the home, suggests that other women could save a lot of time and energy in the kitchen

### COMFORT AND WARMTH

James Blackwell, Reidsville, Rt. 7, shows the way for low-income families to make their homes comfortable and convenient, says Mrs. Zedie V. Jackson, home economics Extension agent, Rockingham County. During the past two years, Blackwell, who lives with his mother on a small farm and does parttime work, used his leisure hours to add warmth and comfort to their house.

First, he underpinned the house; then added a cement porch. In 1968, he added a bathroom with septic facilities and in-laid the kitchen and bathroom floors.

By doing his own work he was able to save about \$700.

### AS THE TWIG IS BENT

Why does one eat certain foods and refuse others? Studies show that food habits are gradually developed from infancy through childhood by many types of experiences, some favorable, some unfavorable, says Mrs. Lois P. Williams, home economics Extension agent, Mitchell County.

Favorite foods may be traced to childhood memories of "happy family meals" or special gatherings with relatives and friends. Is chocolate cake your choice? If so, it could be you always had it on your birthday as a child.

Do you dislike stew today? If so, it could be because it was always served on washday, when your mother was cross and you felt neglected.

Negative influences may also be linked with the way foods are cooked. You may not like spinach today if all you ever ate was stringy or you may refuse liver if it was always leathery when you ate it.

What does all this mean to Extension Homemakers Club members? They believe it is a challenge to not only prepare nourishing meals, but to provide a pleasant atmosphere in order that favorable attitudes toward food may be formed.

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### Crop Research Topic Of Meeting In Raleigh Friday

The research that is going into developing new crops will be one of the topics discussed at the annual joint meeting of North Carolina's seed organizations Jan. 31 in Raleigh.

Dr. Glenn W. Burton, U. S. Department of Agriculture research geneticist, will review new crops research for the Tar Heel seedsmen as one of five program speakers.

The 24th annual meeting of the Foundation Seed Producers and the 40th annual meeting of the Crop Improvement Association will be held on the North Carolina State University campus. In conjunction with the meeting, the N. C. Seedsmen's Association will hold its annual short course.

The meeting begins in Williams Hall at 8:30. Business sessions proud of their new Mental Health Center, reports Mrs. Nancy H. Litley, assistant home economics Extension agent.

And the members of the Starlight Extension Homemakers Club are no exception. They are helping out at the new center by furnishing coffee and cookies for persons waiting for testing programs.

are scheduled at 8:50. Dr. P. H. Harvey, head of the Department of Crop Science at N. C. State, will give a report on departmental activities. This will be followed by Dr. Burton's new crops discussion.

Other speakers are Dr. T. E. Nichols, Jr., N. C. State extension marketing economist, who will speak on seed marketing; Weldon B. Denny, executive director of the N. C. Agricultural Stabilization and Conservation Service, who will speak on the effects of ASCS programs on spring planting; and Gene Sullivan, N. C. State extension agronomist, who will speak on the N. C. Seed program.

A luncheon at 12:30 will feature the presentation of the "Seedsmen of the Year" award and a talk by Dr. Albert G. Edwards, Raleigh minister. Special individual programs on peanuts, cotton and soybean corn small grain will be held in the afternoon.

The Crop Improvement Association, currently headed by Ed Mann of Washington, N. C., and the Foundation Seed Producers, headed by J. T. Moss of Youngsville, will elect officers.

One out of five persons killed in traffic accidents are pedestrians.

When an automobile strikes a solid object head-on at 55 miles per hour, it is demolished in seven-tenths of one second.

### S/Sgt. Jenkins Wins Award

NORTH CHARLESTON, S. C.—Staff Sergeant David R. Jenkins, brother of Mrs. Annetta L. Whitsting of Rt. 1, Kings Mountain, N. C., has been recognized for helping his unit earn the U. S. Air Force Outstanding Unit Award.

The 437th was cited for exceptionally meritorious service during its combat and resupply air-lift operations around the world from July 1967 to July 1968.

This marks the third time in

four years the wing has been honored as an outstanding air-lift wing.


The sergeant, who served during the Korean War, has been on duty in Vietnam.

He attended Ashley High School, Gastonia, N. C. His wife, Marian, is the daughter of Mrs. Lou A. Stone of Rt. 1, Easley, S. C.

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