



HINTS TO Homemakers
BY RUTH CURRENT
STATE HOME DEMONSTRATION AGENT

STEPS TO SUCCESS IN REMOVING STAINS—Fresh stains are always much more easily removed. Old stains are stubborn and create problems. Make it a rule to check stains and children's garments before laundering. Treat stains while relatively fresh—it saves time.

Follow these five steps to remove stains:

Treat stains before they set, whenever possible.

Know the fabric. White and color-fast cotton, linen, nylon, rayon, Orlon, Dacron and similar new man-made fibers can take treatments that would be fatal to silk, wool or acetate.

Be sure the color is fast before

using bleach in stain removal strength or strong reagents on colored items. Test a small piece of a colored fabric first.

Know the finish. No matter what the fabric, if it has a "permanent" finish to give it crispness or wrinkle-resistance do not use any chlorine or chlorine-type bleach, either for ordinary laundering or for spot-removal unless the hang tag on the garment specifically says it can be bleached or unless you can test a sample of fabric first.

Always follow spot and stain removal with thorough rinsing. Usually an over-all laundering is advisable.

SUMMERTIME DRINKS — For those who are counting calories, these recipes may be made with non-caloric sweetener:

Orange and lemon juice punch (Makes 25 small servings)
6 cups fresh orange juice.
1 cup fresh lemon juice.
4 cups ginger ale.
½-cup maraschino cherry juice.
½-cup sugar
1 fresh lemon, sliced
1 fresh orange, sliced

Combine ingredients and pour over cracked ice or ice block. You may add 1 quart of lemon or orange sherbert to punch bowl just before serving.

COFFEE SHERBET—This recipe comes from Italy. It's made quickly and easily in refrigerator tray. Use two measuring cups of strong hot coffee, ½-cup granulated sugar, two teaspoons vanilla, whipped cream, (optional). Dissolve sugar in hot coffee. (Use more or less sugar, to taste). Cool. Pour mixture into refrigerator tray. Freeze until almost hard. Beat well, return to tray and freeze to sherbert consistency. Serve in sherbert glasses, top with whipped cream, if desired. Serves four.

GARDEN TIME

Population Is Growing, But Food Acres Shrinking Daily

Times are rapidly changing and we must change with them if we are to meet the challenge of the future. With 8,000 more mouths to feed each morning for breakfast, we are rapidly approaching a 300,000,000 population figure, which many of us will live to see. It is estimated that we will need 50 per cent more food in the United States before our youngest children reach 21.

The problem of feeding this expanding population is made more acute because, each day, we are losing more than 2,000 acres of land for food production. This land is either being lost due to soil erosion, mushrooming suburbs, or buried beneath the concrete and steel of super highways. At the same time, it is estimated that 100,000 families are leaving their farms each year.

Can we accomplish this job of feeding the expanding population? The statistics are not too favorable. We now have 2.4 cultivated acres per person. In 20 years, it is estimated that we will have only 1.8 acres; and in 40 years, only 1.4 on which to produce food. We must realize, however, that the production per acre has shown a sizable increase in recent years, and for this reason we are eating better today than ever before.

Forty-nine experiment station directors are unanimous in the opinion that we can feed our expanding population "if"; we continue our research; improve soil and water conservation; adopt common sense farming zones; and keep our freedom and profit incentives.

We can see, then, that the trend is toward fewer farmers utilizing less land to feed more people. This can only mean larger farms, more efficiently operated, and producing products of the highest quality.

never heard of it? Well, you want to keep your eyes open if you have hollies, and most of us do.

It came to my attention last summer because it completely defoliated some of my Bigleaf Japanese Hollies (*Ilex crenata rotundifolia*) while we were away. I discovered the insect again last week working on an American Holly (*Ilex opaca*). I noticed a tender terminal shoot that was wilting and the young leaves becoming distorted and discolored. The necessary precautions were taken before serious damage occurred.

The Spittlebug is about six- to seven-sixteenths of an inch in length, oval in shape, dark to almost black-brown, with two narrow orange cross bands on the wings. From this description it may be easily identified. This insect feeds on shoots and leaves of various shrubs by sucking juices from the cells. Young twigs and leaves are injured by their feeding punctures.

The eggs are laid on grass stems in damp places and the young (Continued on Back Page)



Carol Lynley, a favorite with teen-agers, gives her fans a fine performance in "Holiday for Lovers" at the Kehoe Sunday thru Tuesday.

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Rules for Daily Life

BEGIN THE DAY WITH GOD,
Kneel down to Him in prayer;
Lift up thy heart to His abode.
And seek His love to share.

OPEN THE BOOK OF GOD,
And read a portion there;
That it may hallow all thy thoughts,
And sweeten all thy care.

GO THROUGH THE DAY WITH GOD,
Whate'er thy work may be;
Where'er thou art—at home, abroad,
He still is near to thee.

CONVERSE IN MIND WITH GOD,
Thy spirit heavenward raise;
Acknowledge every good bestowed,
And offer grateful praise.

CONCLUDE THE DAY WITH GOD,
Thy sins to Him confess;
Trust in the Lord's atoning blood,
And plead His righteousness.

LIE DOWN AT NIGHT WITH GOD,
Who gives His servants sleep;
And when thou tread'st the vale of death,
He will thee guard and keep.

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