

### Poultry versus Red Meat During Lenten Season Discussed by Nutrition Expert

Questions are often asked concerning the use of poultry in Lenten dishes. Today, Miss Jo Earp, food and nutrition specialist for the N. C. Agricultural Extension Service, answers questions from homemakers.

Question: "What are some cheap meat substitutes?"

Answer: "Common meat alternates include poultry, fish, eggs, dry beans and peas, and cheese. Dry beans and peas are likely to be the cheapest of these foods on the basis of cost per serving. Cottage, Swiss and Cheddar type cheese may be more economical to buy than many cuts of meat—also poultry and eggs, especially when they are in plentiful supply. Certain fish, depending on the locality and supply, are inexpensive."

Question: "What are the signs of spoilage in fresh poultry?"

Answer: "Off-odors and off-flavors are the first indications of spoilage. Mold, discoloration, and a putrid odor indicate advanced spoilage."

Chicken can be prepared in many ways as a favorite dish for the family or company. The most popular ways to cook young, tender chickens are to broil, fry or roast them. It is when you have one of those older bird—not so tender—that all sorts of tricks are needed to make a toothsome dish. You can make a number of different dishes from a hen after it is stewed.

### Plant Beds Need Care

North Carolina farmers should keep a sharp look out this year for "damping off" in their vegetable plant beds, warns J. C. Wells, Extension plant pathologist at N. C. State college.

"Damping off is caused by fungi in the soil which rot the seed or kill the young seedling," says Wells. "In addition, roots are sometimes decayed, resulting in stunted plants. The disease does the most damage during periods of comparatively warm, cloudy weather."

There are several methods of controlling damping off, says Wells. Two consist of plant bed

treatments:

Two pounds of methyl bromide per 100 square feet of plant bed. "This will give excellent control for damping off, as well as control nematodes and weed seeds," he says.

However, in some cases it may be necessary to supplement methyl bromide treatment with fungicide drench treatments, he says. If this becomes necessary, there are three materials which can be used:

The first is 76 per cent Ferbam. "It should be mixed one-half pound to 50 gallons of water and applied at the rate of one-half gallon per square yard," says Wells. "The first application should be made immediately after seeding, with following applications at 10-day intervals until plants are ready to set."

The second material is 50 per cent Captan, mixed two pounds per 100 gallon of water and applied at the rate of one-half gallon per square yard. "The first application should be made immediately after seeding, with following applications at 10-day intervals until the plants are ready to set," says Wells.

The third material is Semesan. Farmers should follow manufacturers' directions listed on the package.

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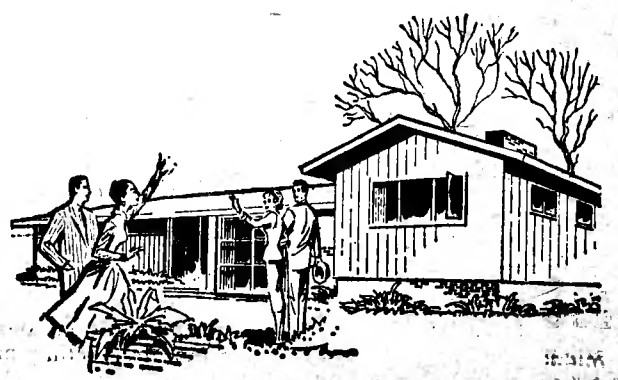
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