

On The Home Front

(Items this week from Wake, Forsyth, and Rowan Counties.)

SPENDING PLANS
Home Demonstration Club members in Wake County are taking time now to review their saving and spending plans. Mrs. Natalie Wimberley, home economics agent, says it is important to check spending plans periodically to see that the plan is working as it should. She says that now is especially a good time for farm families to adjust spending plans as estimated income becomes actual income.

PREPARE WHOLESOME LUNCHES
What did you fix for your child's school lunch today? Food and nutrition leaders in Forsyth County have become concerned because so many children do not get sufficient nutrients in their school lunch. Mrs. Lottie Hairston, home economics agent, says the school lunch should fit into the total meal plan for the child. The leaders will be responsible for helping parents plan for more nutritious lunches whether prepared in a lunch box or chosen at the school cafeteria.

ADEQUATE WIRING
Homemakers in Rowan County have been studying home wiring, reports Mrs. Louise Salda, home economics agent. "We want them to realize the importance of adequate wiring in order to get maximum use of home appliances," she added.



AT PRESIDENT'S RECEPTION — Dr. Roy Lee, of the Bennett College science faculty, helps to put these freshmen at ease during reception at residence of President Willis B. Flayler recently. Left to right, seated: Misses Eddyce Pope, of Washington, D. C.; Karlene Roberts, of Jacksonville, Fla., and Diane Wyche, of Charlotte; standing, Misses Gloria Farham, of Dinwiddie, Va. and Linda Millet, of New Orleans, La.



COLLEGE PRESIDENT CITED AGAIN — Dr. Samuel D. Proctor, right, president of A&T College at Greensboro, receives another plaque in commendation for his services to A&T College and the U. S. Peace Corps. He has been cited many times previously for his work with the college and the Peace Corps. This plaque, given by the Cabarrus-Rowan Counties Chapter of the A&T Alumni Association, was presented at a special dinner meeting at the Concord Logan High School recently. C. C. Griffin, principal of Logan School and president of the chapter, makes the presentation as George Knox, Cleveland, vice president of the chapter, who presided, looks on from center.

GARDEN TIME

A Research Triangle reader, who lives in Chapel Hill, called me this week and said that he was having difficulty locating a plug type aerator to aerate his lawn. In an earlier column, I had suggested this type as being superior to the tine or spike type. I was a little bit surprised that he could not find one, for in either Chapel Hill or Durham, we located one in Raleigh for him and she seemed pleased about it (he called me; I called his wife).

The primary purpose of aeration is to admit a good supply of oxygen to the roots. It also helps water and nutrient penetration during dry periods when irrigation is necessary. To a lesser extent it is an aid in helping drain away excess water from the surface in lawns that become compacted and are likely to be wet.

Remember this, too, that aeration of the roots is not the complete answer to a successful lawn, because many factors are involved — nutrition, good drainage, irrigation, proper mowing, weed control and control of insects and diseases. Perhaps the greatest single factor in having a good lawn is the preparation of the seed bed — the "layer cake" method is a good plan to follow. This method provides

He'll Walk All The Way:

Arrival Of "Hardrock" Simpson From Burlington To Highlight State Fair

A feature of the opening day program of the 96th annual North Carolina State Fair will be the arrival of Paul "Hardrock" Simpson, holder of many world records for distance running and walking.

Simpson, who could teach the Marines and the Kennedys a thing or two about walking, hiking or running, estimates that he has travelled some 160,000 miles a-foot since he started running at the age of eight years, doing two miles to and from the grocery store for his mother.

For those who remember the late C. C. Pyle, and his cross-country union-derbies Hardrock participated in both Coast-to-Coast events in 1928 and 1929, placing fifth in the latter, walking and running the 3,685 miles at an average of 6 1-3 miles per hour.

Having raced men and horses in distance events throughout this country and Canada from 1927 through 1950, he put away his track shoes that year after doing 57 miles on his 57th birthday.

The Burlington postman has been persuaded to come out of his retirement for this special "walk" from Burlington to State Fairgrounds. He'll do the EGG-actly 60-mile walk in his 60th year in about 14 hours.

He expects to arrive at the State Fair a short time before the official opening hour at Noon on Monday, Oct. 14. His sponsor for this event is the North Carolina Egg Marketing Association, and the occasion of the walk is to attract public attention to the observance of October as Egg-tober for the Good Egg State.

DEAR SALLY

DEAR SALLY: BY SALLY SHAW
We have moved into a new home, and since all our friends are eager to see it, we're inviting a big group of them to dinner. Since the preparation of the meal will require all my attention when these guests arrive, how can I tactfully suggest that they refrain from prowling about the house on their own until I can be with them? It will be impossible for my husband or me to show each guest around individually, and we'd like to take them all on a "Cook's Tour" together when all are assembled — and after the dinner is all over. Can you advise me? MRS. T.

DEAR MRS. T.: Simply say, "I know that you all want to see our house, but let's have dinner first, and then we'll show it to you later, all together. I know it will be more fun that way."

DEAR SALLY: My wife and I have been married for three years (no children yet), and we're planning our first vacation trip next month. The big trouble is she wants to take her mother along. I like her mother well enough, she's never given me the slightest trouble, but still I'd like to enjoy this vacation alone with my wife. Her mother doesn't need a vacation, she owns her own home, has plenty of money, and takes trips of her own. But still and all, my wife (who is her mother's only child) is insisting that we take her mother along with us, that she can't stand the thought of leaving her all alone while we're away having fun. How about this? GEORGE.

DEAR GEORGE: Take a firm stand on this. You and your wife should have this vacation alone together. You might add a special romantic touch to the matter with the idea of making this a "second honeymoon." But in any event, make it clear to your wife that she's not a little girl anymore, that she's a married woman, and that it's time she was cutting these apron strings.

about three inches of good top soil or compost, for plant food in the top layer, the second layer, about four inches, should serve as a moisture reserve and should contain a high percent of organic matter. The bottom layer should provide good drainage.

A reader in the Greensboro area sent in a number of Grimes Golden Apples showing typical symptoms of boron deficiency. He did not know what the trouble was and requested that I help him.

On the surface of the fruit, boron deficiency is expressed as slightly sunken areas in the skin which may be greenish or brownish. Internally, brown corky spots are found in the flesh, which, under severe deficiency conditions, may extend all the way to the core. On the bark, a condition develops commonly referred to as measles.

A soil application of one-half pound of ordinary borax, once every three years, usually corrects the trouble. The borax should be applied evenly around the tree under the spread of the branches and only to bearing trees. Boron is a minor or trace element and is only needed in small amounts. If too much is applied, toxicity may result.



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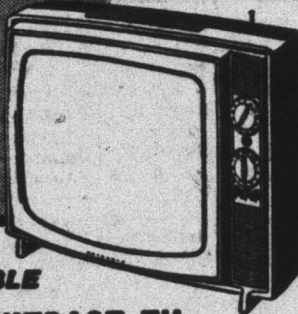
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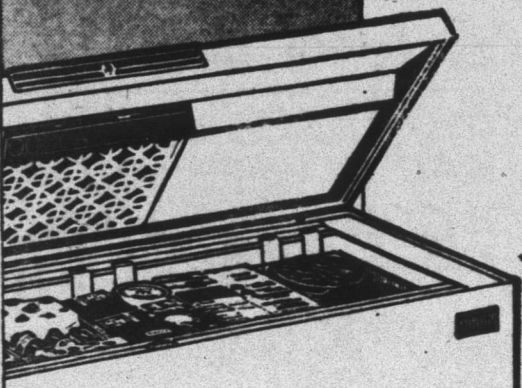
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