



KEEPS HIS SHIRT—Senatorial Candidate W. Kerr Scott and old friend Hubert E. Olive shuck their coats for shirt-sleeve conversation and barbecue. Scott said he wanted to show that although he lost 36 bull calves in a walking contest, he hasn't lost his shirt.

Home Demonstration Week Being Observed

National Home Demonstration Week, which is being observed this week, is a time for paying tribute to volunteer club leaders.

What is a volunteer home demonstration leader? What does she do? She is a club woman giving voluntarily of her time and talents to promote home demonstration.

Today in North Carolina there are subject matter leaders in the 1,800 clubs of the state—foods and nutrition, clothing and food conservation, home management, poultry, gardening, and family relations leaders. These women report at club meetings on latest findings in their specific subject matter field; they may also plan, prepare and present the monthly demonstration.

Mrs. Charles Graham of Linwood, president of the North Carolina Federation of Home Demonstration Clubs, says she thinks of volunteer leaders as topsoil. "As the rain and the sun must filter through the topsoil

before reaching the subsoil, so it must be through volunteer leaders that many unreached families will be reached," says Mrs. Graham. "These leaders realize that theirs is a two-way position," continues Mrs. Graham. "They, as leaders, are growing stronger as they help others.

There are also leaders active in furthering the "extra" home demonstration projects like music, citizenship and international relations, health and safety, and education. All leaders are working to broaden and strengthen their program.

Norman, Okla.—A University of Oklahoma professor of Criminology, Dr. Gilbert Geis, 29, did some extra curricular sleuthing recently and nabbed four freshmen who were trying to sell copies of his final examination in advance—at \$30 a throw. The four had devised the novel plan of poking in trash cans for discarded mimeograph stencils used

Cottage Cheese Cheapest "Meat"

Cottage cheese has often been tagged "the cheapest meat you can eat", says Rita Dubois, regional consumer marketing specialist at State College.

For example, the 12 ounce carton of cottage cheese sold by most dairy plants will cost you but 22 cents, but will furnish you about one-half of the protein needed daily by the average adult. Cottage cheese is a low calorie food, too. The 12 ounce carton furnishes but eight per cent of the calories needed each day by an average adult.

According to Miss Dubois, Tar Heels have not been eating much cottage cheese in the past. She offers two reasons: first of all, there has not been enough surplus milk in the state to make cottage cheese; second, eating habits in North Carolina have been such that cottage cheese was included in daily diets.

Consumption of cottage cheese in North Carolina ranks 47th in the United States. The average amount of cheese eaten per person per year is .167 pounds. The national average is 2.9 pounds per person per year.

R. B. Redfern, dairy extension specialist at State College, says that if the average person in North Carolina ate as much cottage cheese as the average person in the United States, there would be 9,056,000 more pounds of cottage cheese consumed in the Tar Heel State. Nearly 60,373,500 pounds of milk would be needed to make this much cottage cheese. Dr. Redfern suggests that by making more cottage would also have a chance to supplant their dairy income.

GETTING HIS REWARD

"Do you know?" said the little man, "that your great big hulking brute of a bulldog killed my wife's dear little unoffending pet poodle."

"And what about it?" asked the big man defiantly.

"Well," said the little man looking around carefully to see that nobody was near, "Would you be offended if I gave you a new collar for your dog?"

Planting faster results in getting the seed too deep for proper germination, as well as unequal distribution.

Says Corn Often Planted Too Fast

Low corn yields may be attributed to many things, says Sherman N. Shelton, Jones County Negro farm agent for the Agricultural Extension Service. One cause that is often overlooked is planting too fast.

Shelton says many of his neighboring farmers are planting their 1954 corn too fast. The result, he says, is apt to be a spotty stand and low yield on many farms this year.

The Negro county agent says it is ironical that many farmers plan ahead to produce a good crop of corn by following almost all recommended practices but when it comes to "putting the seed in the ground they get in a hurry."

Shelton quotes George Murrell, one of Jones more progressive farmers, as saying one of the requirements for producing a top corn yield is "to have plenty of stalks to the acre." For best planting, Shelton and Murrell advise keeping the tractor at a steady 3½ miles per hour. This means that planting corn is a tiring task, says Shelton. But the results pay off. A 3½ miles per hour it takes a full 10-hour day to cover a 10-acre field.

it's Baby Week

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