

President Of North Carolina Federation Of Home Demonstration Clubs Sends Message On Observance Of Ninth National HD Week

BY MRS. CHARLES GRAHAM
President N. C. Federation of Home Demonstration Clubs

It is with a feeling of pride in our organization that I greet you on the occasion of the 9th observance of National Home Demonstration Week. I know you rejoice with me in this opportunity to tell the world of what Home Demonstration work means to you and me, to our families, to our communities, to our state and nation. There are 47,000 of us in North Carolina who have come to know and appreciate the scope of the home economics information available to us through the extension service. At our monthly club meetings we are given trained assistance and timely information in the use of more efficient home-making methods and techniques; in food production, conservation and preparation; in the wise use of family income; in the training and guidance of children and youth; in the selection and care of clothing and household equipment; in the development of team work in the family; and many other subjects looking toward a better life for all people.

Within recent years the scope of our program has broadened to include such fields as health and safety, citizenship, international relations, education, and music. In each of these fields we have done work of far-reaching importance. Such a program of education and service is a powerful force in the life of our State.

No one will dispute the logic of our continuing theme of the week—Today's Home Builds Tomorrow's World. That is another way of saying that home-builders are world builders. The home demonstration program gives us the tools and the know-how. It is our responsibility to use them so that tomorrow's world will indeed be a better world.

The Man In The Kitchen

By MARTHA STILLEY
Virginia Electric & Power Co.
Home Economist

What man hasn't had a secret, or perhaps not so secretive, yearning at some time to get into the kitchen and be the master of some exotic and taste-tantalizing dish. Here are some recipes suggested to you would-be chefs which you will find both practical and genuinely good to eat.

Many a man has won fame as a cook by his mastery of the French Omelet. Egg cookery is a satisfying experience for the man cook, because most egg recipes are quick to make. The French Omelet is not only quick to prepare but is a real company show piece, as well.

A must for any omelet is a heavy 8 to 10 inch skillet, which should be lightly buttered. Combine in a bowl 2 eggs, 1 tbs. liquid, ¼ teaspoon salt, for each serving. (8 eggs are a maximum for an eight inch skillet.) Stir together—do not beat. Empty into heated skillet, keeping heat low to set the eggs. Break large bubbles with the tip of a spatula—do not stir. To let the egg set, tilt the pan and lift the omelet at the edge to let any

uncooked egg touch the skillet. When surface is just set, pour a hot filling over half the omelet and remove from heat. There are many fillings that may be used. Try crumbled crisp bacon and mushrooms; hashed brown potatoes and thin sliced onions; or shredded sharp cheese and snipped chives.

To remove omelet from pan, grasp handle of skillet, and tilt skillet forward. Use a spatula to fold and roll the omelet over the filling and out onto a hot platter.

Another favorite receipt that lends itself to the male touch is the ever popular tossed salad. Here's a variation of a tossed salad that's mighty good:

- ½ head lettuce
- ½ head cauliflower
- 6 spring onions
- 6 ounce swiss cheese
- 3 hard cooked eggs
- 2 ripe tomatoes

garlic. Break ½ head cauliflower into pieces. Tear lettuce into pieces with hands (do not cut—you can taste the difference) cut cheese, onions and tomatoes into pieces. Just before serving, toss lightly with dressing below. In a jar or blender, put ½ cup salad oil; 3 tablespoons vinegar; ½ small Bermuda onion, chopped; 2 tablespoons minced parsley; 1 tablespoon minced green pepper; 1 teaspoon confectioners sugar; 1 teaspoon salt; 1 teaspoon dry mustard; ½ teaspoon red pepper. Cover, set aside 1 hour; shake for 5 minutes before using, or blend in blender for 1 minute.

Congressman Praises Work Of HD Clubs

"You are democracy in action and totalitarianism is endeavoring to destroy what you represent," said Congressman L. H. Fountain, of the Second North Carolina District, as he addressed women of Nash, Halifax, and Edgecombe Counties at their annual district federation meeting recently in Roanoke Rapids.

"The history of home demonstration in North Carolina is a glorious story of spiritual, mental and material growth," remarked Congressman

Fountain. "Your goal has been to give better, deeper more abundant life to the farm family. The old farm house is little akin to the modern farm home of today with its comfort and convenience. It is because of your activity that America has made amazing progress. In a relatively short space—40 years—revolution in home-making has taken place. The utilization of new findings might have been slow but for home demonstration.

"You women have strong and hap-

py families reflecting everything that America is and America does," said Fountain. "One of the greatest assets of your organization is that it is concerned with the very root of democracy. You as homemakers hold a unique responsibility in developing in your children the democratic way of living.

"Today, however," continued Fountain, "is not the time for eulogy of past accomplishment. We can't always dwell in the good. We are look-

ing out of lighted windows onto a darkened world.

"But have we not the answer to our problems? Have we not known it all along. Is it not the picture of America on its knees praying to the Almighty for guidance?

Those perfectly contented with themselves are blinded by self-satisfaction.

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Sheriff of Chowan County

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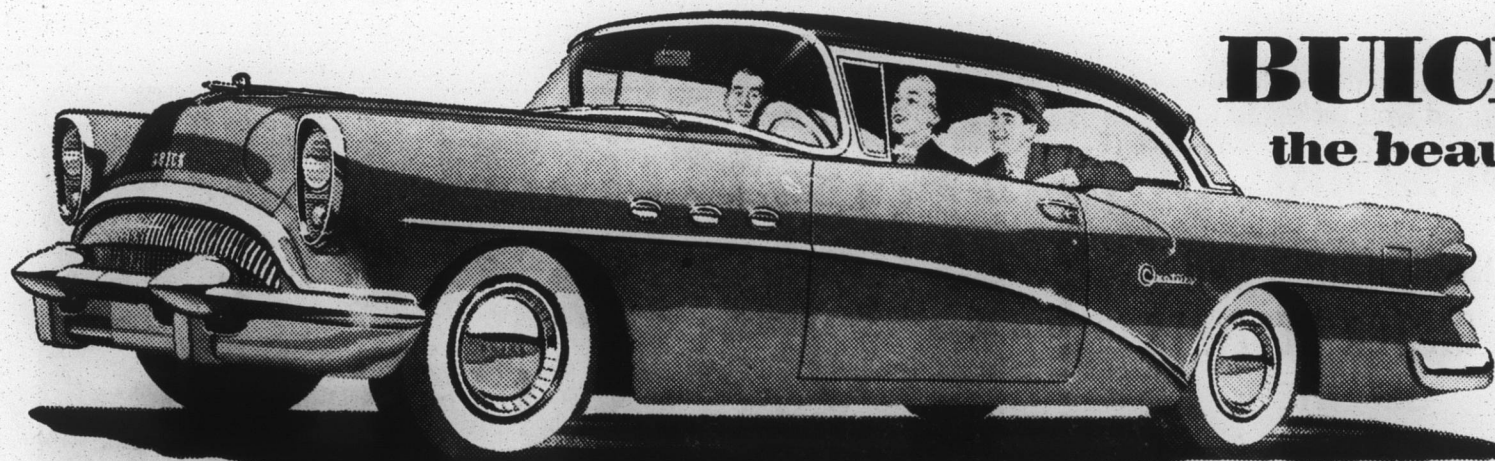
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