

Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, Negro Home Demonstration Agent

Happy New Year To All!

We are going through a pretty tough period right now. There is an urgent need for us to do all we can to plan how we can increase our net income for 1958.

Every home maker would like to have a comfortable, convenient, attractive home, proper clothing for the family, and all other necessities that the family will need for better family living. Maybe you did not get to do all the things you wanted to in 1957. Now, a new year is here, and you have a second chance to do the things you did not get around to do last year.

Here are a few suggestions for you to think about.

Family Success Depends Upon:

1. Cooperative family planning.
2. Record keeping.
3. The use of research information.
4. Will power and hard work to have something better than you already have.

Plan Now To Have:

1. A vegetable garden large enough to conserve for non-productive months.
2. Grow some small fruits this year. Also raise your own poultry and swine.
3. A comfortable, convenient, attractive home both inside and outside.

4. Adequate rooms with comfortable furniture and furnishings.
5. Home conveniences essential to better living.
6. Necessary household equipment for the upkeep of the home.
7. Adequate clothing for the entire family.

Work Hard To:

1. Get family cooperation by planning together how to increase income in order to get things you need.
2. Increase production and follow better management practices.
3. Keep the home in tip-top condition.
4. Try to avoid letting your property run down. The sooner repairs are made the less they will cost.
5. Tenant farmers care for home as if it were your own. Make repairs and keep surroundings attractive.

Remember to live within your income. Handle money with good judgment, read labels, learn to judge good quality, compare prices, shop around for the best buy, spend wisely, save first for the things you need, buy only the things you can afford, and do like the little "ant," put some away for a "rainy" day.

New Year's Resolution For Wives Help Husband's Heart

Women can play an important role in safeguarding the health and hearts of their husbands in the year ahead, according to Dr. John B. Hickam of Duke, president of the North Carolina Heart Association.

Pointing out that the family breadwinner is more vulnerable to heart disease, Dr. Hickam today suggested that wives follow these seven New Year's resolutions to help their husbands to a happy and healthy 1958:

- "I resolve that in 1958, I will—
- "1. Persuade my husband to stop worrying about 'symptoms' which may or may not indicate heart disease, and to clear away doubts by consulting a doctor;
- "2. Serve food that will give proper nourishment without adding excess weight, remembering that overweight overworks the heart;
- "3. See to it that he gets plenty of rest, to ease the workload on his heart;
- "4. Encourage him to exercise regularly and moderately so that he can keep physically fit;
- "5. Get him to agree to take an adequate vacation, to quit going to the office on Sundays and holi-

days, and, if possible, to stop him from bringing work home at night;

"6. Do all within my power to let him enjoy peace of mind and to help him avoid tensions and anxieties; and

"7. I will set a good example by applying all these rules to myself, maintaining the good health and good spirits that are so vital to my job as homemaker."

For both husbands and wives, Dr. Hickam added this word of advice:

"Help fight heart disease by helping the Heart Fund. Remember that your contribution to the Heart Fund campaign, which will be conducted all over the nation during February, gives you an opportunity to invest in the hearts of those you love."

RED MEN MEETING

Chowan Tribe of Red Men will meet Monday night, January 6, at 7:30 o'clock. The new sachem, Hurley Ward, urges a full attendance.

A lamentable tune is the sweetest music to a woeful mind. —Philip Sidney.

AROUND THE FARMS IN CHOWAN

By C. W. OVERMAN, Chowan County Agent

Freezes May Have Damaged Peanut Germination

Extension and Research workers are very much concerned over the damage possibly done to peanut germination by the freezes. Dr. Moore is in the process of running quick tests for germination on peanuts affected by the freeze and is encountering the damaged results. The higher percent of moisture in the peanuts at the time of the freezing weather increased the freeze damage.

Where possible, growers should save or obtain their seed from peanuts picked before the freeze. This is the safest approach. Where seed are being saved from peanuts picked after the freeze, which means from now on, extreme caution should be used to try to remove the freeze damaged peanuts from the stack before picking.

Freeze damaged peanuts will most likely be found in the cap of the stack and on the east and south sides. Examine your stacks carefully to determine where the damage is. Remove the cap of the stack down for about 8 to 12 inches. Use a pitch fork or a rake, tear off the peanuts on the damaged side of the stack. Then pick the stack of peanuts except for the bottom 6 to 10 inches leaving the bottom out to go with the other portions removed. This should result in seed peanuts reasonably free of damage. But to be sure of germination, draw a half gallon sample of peanuts from several bags, take them to your county agent who will assist you with sending in for a germination test.

The peanut crop is one of our main agricultural life lines. While plenty of good peanuts are available now, they may not be available at planting time next spring. Poor germination of seed results in a poor stand, more grass and weeds to fight, and a poor crop yield. Now is the time for peanut growers to hedge themselves against poor germination of seed. Your county agent is attending a special meeting relative to this problem, on Tuesday, December 31. As soon as possible we will give you further information on this situation.

According to the newspaper, the government loan on peanut has been changed so that peanuts

of higher damage content can be accepted under loan. Naturally, the higher the damage goes, the further the price drops. In peanut stacks in the field at the present time, there are good peanuts and poor peanuts. Before picking we recommend that you remove the cap from the stack and also the bottom 6 to 8 inches because these are the areas of the stack which contain most of the damaged peanuts. Pick the caps and bottoms separately from the rest of the stack and market them separately. This is the recommendation we have from our specialist and research workers. This recommendation is based on actual field trials on farms. Although the damaged portion of the stack picked separately brought considerably less per pound, the big bulk of the stack containing the good peanuts graded well. This was compared with peanuts graded where the whole stack was picked together. The final return resulted in several cents per pound more on the average from the peanuts that were separated.

I realize that this is a lot of trouble, but we have encountered a most unusual weather situation. This we cannot help but with some care and some extra work we can get the most possible from what we have.

Music is the only language in which you cannot say a mean or sarcastic thing. —John Erskine.

Mary Chappell Tuesday P. M.

Mary Roberson Chappell, died suddenly in Chowan Hospital Tuesday afternoon at 4:30 o'clock. She was the widow of the late Howard Chappell.

Surviving are a daughter, Mrs. John A. Bunch, and one grandchild. She was a member of the Edenton Methodist Church.

Funeral services will be held at the Williford Funeral Home this (Thursday) morning at 11 o'clock. The Rev. Earl Richardson, pastor of the Methodist Church, will officiate and burial will be in Beaver Hill Cemetery.

Palbearers will be Walter Bond, Tom Shepard, Luther Keeter, James Dail, Will Bunch and Lloyd Burton, Jr.

Hospital Patients

Visiting Hours: 10 to 11 A. M., 2 to 4 P. M., and 6 to 8 P. M. Children Under 12 Years of Age Not Permitted To Visit Patients.

Patients admitted to the Chowan Hospital during the week of December 23-29 were:

- White: Mrs. Mary Burton, Edenton; Mrs. Barbara Dunlow, Edenton; Mrs. Mary Dickey, Hertford; Mrs. Peggy Kittler, Edenton; Mrs. Percy Hollowell, Tyner; Mrs. Percy Williams, Edenton; Mrs. Katherine Allen, Hertford; Billy Harry, Edenton; Mrs. Frances Shore, Edenton; Billy Driver, Edenton; Mrs. Dormanda Spear, Creswell; Infant Mary Elizabeth Haley, Edenton; Robert Eugene Cobb, Edenton; Charles H. Shaw, Charlotte.

Dunlow of Edenton, a daughter; Mr. and Mrs. Lloyd C. Burton, Jr. of Edenton, a son; Pfc. and Mrs. Charles E. Dickey of Hertford, a daughter; 1st Lt. and Mrs. Simon J. Kittler of Edenton, a daughter; Mr. and Mrs. Emerson Boyce of Edenton, a son; Mr. and Mrs. Robert L. Hollowell of Tyner, a son; 1st Lt. and Mrs. Harry S. Shott of Edenton, a daughter; Mr. and Mrs. Paul J. Spear of Creswell, a son.

Visiting ministers for the week of December 30 - January 5 are: White, the Rev. Joseph Bouman; Negro, the Rev. J. E. Tillet.

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1958		
TWTFSS	SMTWTFS	SMTWTFS
AN	MAY	SEP
1 2 3 4	1 2 3 4 5 6	1 2 3 4 5 6
8 9 10 11	8 9 10 11 12 13 14	8 9 10 11 12 13 14
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29 30 31	29 30 31	29 30 31

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