

WITH THE FARM WOMEN

By MAIDRED MORRIS

Strawberry Chain

Plans are under way now in Green County to start a 4-H strawberry chain. Miss Joyce Foster, assistant home economics agent, reports that five boys and five girls will be selected to receive 500 strawberry plants each.

Each 4-H Club member will be responsible for caring for his strawberries and returning 24 quarts of berries to the Strawberry Show and Sale in payment for plants received.

4-H Achievement

Carrie Tyson, Fayetteville, Rt. 7, has found that 4-H project work pays off if good records are kept. Recently at the 4-H achievement program, she was announced as county winner in frozen foods, home management, food preparation, home improvement, dairy food demonstration, and safety. Carrie received \$65 as project winner in these fields.

Mrs. Era K. Robinson, home economics agent, reports that Carrie is now serving as president of the southeastern district 4-H organization.

Litter Bags

Miss Catherine Aman, assistant home economics agent in Chowan County, says that 4-H Club members are busy selling litter bags as a county council project. The litter bags are seen plastic with the 4-H emblem and the slogan "Keep North Carolina Clean" on the front of the bag.

One hundred bags have been sold, so many of the 4-H families now have a litter bag in their car. More bags have been ordered.

Housecleaning Chores

Junior 4-H girls in Orange County have proven that they liked the demonstration on "Help Mother With Housecleaning." They recently exhibited dust cloths they made following the demonstration. The girls reported 97 dust cloths were treated and 58 dust cloths were exhibited.

According to Mrs. Kathryn P. Miller, assistant home economics agent, ribbons were awarded to the girls exhibiting dust gloves.

Craft Experts

Thirty 4-H'ers in Macon County recently attended a craft workshop. The majority of the group chose to work with wrought iron and reed. Hot dish mats and letter holders were the favorite articles made.

Mrs. Jessie D. Cabe, assistant home economics agent, reports the Cartoogechay junior 4-H members have chosen crafts and tree identification as group projects.

Miss Sally Kesler, 4-H leader, will supervise the group.

Health Program

"Would you like to solve a mystery?" That was the question asked 4-H members in Iredell County at recent club meetings. The mystery was "The Case of the Missing Clover, Good Health."

Miss Doris Teeter, assistant home economics agent, reports that Sue Stradley, Iredell County's queen of health for 1959, conducted a special program at her senior club meeting. Several health committees are being organized to stress good health habits throughout the year.

Health For All

A Case Of Expansion

There comes a time in every woman's life when she notices that they're making size 12 smaller than they used to.

Then one day while she's visiting a friend, she sees a scale in the bathroom. Just out of curiosity, she steps on, takes a look... and hurriedly hops off again. Ouch! Ten pounds! Where'd it come from? And, what's more important, how is she going to get rid of it?

The ten pounds came from continuing to eat the same amount of food while gradually growing older with the passing years and getting less and less active. Firmly ignoring "crash" diets, fad diets, and non-prescription drugs (at best they're a waste of money, at worst downright dangerous), she will lose that ten pounds slowly and gradually. How? By keeping her fingers out of the bowl of potato chips or peanuts while watching TV; by walking firmly away from the dinner table while she wants a second portion of cake or ice cream; and generally by avoiding snacks, which she knows perfectly well are high in calories and low in nutritive value.

Our friend is going to lose no more than a half pound or a pound a week, as long as she wants to do it on her own. If she wants to lose any faster than that, she'll go to a doctor for instructions and supervision.

Many women have made haggard, tired, nervous wrecks of themselves trying to get whittled down to willowy in three weeks. Don't!

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4-12 Lb. Shen. Valley Young Hen Turkeys L B 39c	Our Own — Homemade Sausage L B 55c	18-OZ. 20-OZ. "A" GRADE ROCK Cornish Hens E A C H 59c	LOCAL — NEW SMOKED HERRING CUT OR ROE bunch 49c	LUTER'S SELECT — USDA GRADED PORK Liver - 25c
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BETTY CROCKER — YELLOW Cake Mix P K C 33c	DETERGENT — 3c OFF CHEER LARGE BOX 29c	25-LB. BAG RALSTON PURINA Dog Food bag \$ 1.89	12-OZ. SWIFT'S PREMIUM CORNED BEEF can 49c	1 1/2 LB. JIM DANDY Grits 2 boxes 21c
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GMC White CORN MEAL 5-Lb. Bag 29c	Pillsbury or Ballard's BISCUITS 3 cans for 25c	weekend Specials	200's Swanee Facial Tissue BOX 10c	No. 303 Field Peas and Snaps GOLDEN ISLE 2 cans 35c	OUR OWN — ECO Instant Coffee 2-oz. jar 29c
			NEW! DUNCAN HINES APPLE RAISIN, BUTTER PEAN, AND FUDGE NUT CAKE MIX pkg. 39c	No. 1 Tall Bonnelle's Spaghetti WITH SAUCE 3 cans 25c	Our Own ECO DETERGENT large size 29c

FRESH-FROM-THE-HARVEST-TO-YOU PRODUCE	New Kellogg's Handi-Pak O. K. pkg. 33c	New—Old Virginia Peach PRESERVES 4-lb. jar \$ 1.29	No. 303 Fredrica Cut Green BEANS 2 CANS 25c	PET — EVAPORATED MILK 4 TALL 63c 6 SMALL 45c
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Juicy Florida ORANGES or GRAPEFRUIT 5-lb. mesh 39c	Fancy Cello Carrots bag 8c	Hi-Hat Slicing Tomatoes basket 15c	U. S. No. 1 — B Size WHITE Potatoes 25-lb. bag 59c	Harrell's Ye Ole Virginny Pure LARD 4-Lb. Carton 39c	New—Giant Size Kellogg's Special "K" CEREAL 10 1/2-OZ. PKG. 43c	4-OZ. R. BIRD IMITATION Vienna Sausage can 10c	NO. 1 TALL—TWIN PET DOG FOOD 3 CANS 25c
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			RED MILL — DRY NAVY BEANS roll 10c	1 1/4 LBS. ROBERTS Vanilla Wafers bag 29c	1/2 LB. COUNTRY ROLL OLEO roll 9c
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More for Your Money WITH J. H. Green Stamps	Mix 'Em or Match 'Em Bush's Navy — Blackeye Peas — Great Northern and Butter Beans — BEANS 10.99c	Our Own — ECO Liquid Detergent... 35c	Free Delivery — Friday & Saturday
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