

## Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, County Negro Home Economics Agent

We wish to thank the communities for working so nicely on the Red Cross Drive. On very short notice, after learning the need, leaders organized and canvassed their respective communities. The following was reported:

Hudson Grove, \$51.00; Warren Grove-Green Hall, \$32.00; Center Hill, \$14.34; Triangle, \$6.68; Paradise Road, \$5.50; Ryans Grove, \$5.00; St. John, \$2.75.

Under our work on Foods and Nutrition Home Demonstration Club women have set up these objectives: (1) To have all families know and appreciate the relationship of good health and an adequate diet. (2) To have all families eat the 7 Basic Food Groups daily. This month our demonstration was on "Green Beans Dressed Up."

This vegetable is liked by most families and can be used often as one of the five servings of fruits and vegetables every one needs to eat daily. They add color, flavor and texture to your meal. To get the most food value, cook green beans in a small amount of water for a short period of time. To do this start beans in boiling water and use a tight fitting lid. You will get one-third more vitamins B (thiamine) and C (ascorbic acid) than when you cook them in much water for a long time. Green beans are a fair source of vitamin A value in the body. One cupful will meet one fifth of your day's vitamin A needs.

We have a lesson sheet which gives eight ways to prepare green snap beans. You may get one from our office if you wish.

May I remind you that some of the factors which contribute to poor nutrition are: irregular meals, too few vegetables and fruits, too little milk, too many sweets, food fads and frequent snacks.

To supply the body with the many different nutrients needed daily, means should include milk for every one—children, 3 to 4 cups; teenagers, 4 or more cups; adults, 2 or more cups; two or more servings from the meat group; 4 or more servings from the vegetable-fruit group; and 4 or more servings from the bread-cereal group.

It would be well for families to conserve all surplus foods in order to have plenty the year around and of course when we produce and conserve foods at home, the family saves money.

**How To Can Snap Beans**  
Wash beans. Trim ends; cut into lynch pieces.

**Raw-Pack**—Pack beans tightly to ½ inch of top. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving ½-inch space at top of jar. Process in pressure canner at 10 pounds (240 deg.F.) pints 20 minutes; quarts, 25 minutes.

**Hot Pack**—Cover prepared beans with water and boil 5 minutes. Pack hot beans loosely to ½ inch of top. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling liquid, leaving ½ inch at top of jar. Process in pressure canner at 10 pounds (240 deg.F.) pints 20 minutes; quarts 25 minutes.

## Farm Tenancy Shows Decline

Farm tenancy in North Carolina decreased sharply from 1954 to 1959, reaching its lowest level since 1880.

A preliminary report from the 1959 Census of Agriculture shows that 31.4 percent of the farms in North Carolina were tenanted in 1959 as compared with 36.9 per cent five years earlier. The national percentage was 20.5 in 1959.

Translated into actual numbers, North Carolina had 59,925 tenants in 1959 as compared with 98,819 in 1954. The total number of farms in the state declined from 267,906 to 190,567 during the period. A change in the definition of a farm accounted for 16,661 of the loss.

Dr. Selz C. Mayo, head of the Department of Rural Sociology at North Carolina State College, says that farm tenancy in North Carolina reached its

peak about 1930.

While the percentage of tenants has been declining since then, the decrease in North Carolina has not been as rapid as in other Southern states. He attributes this slower decrease to tobacco, which has been called America's last great unmechanized crop.

In 1959, for example, 18 Tarheel counties still had over half their farms operated by tenants. Edgerombe led the list with 74.1 per cent. Others (listed in order of tenancy percentage) were Greene, Wilson, Pitt, Nash, Robeson, Hertford, Granville, Scotland, Person, Lenoir, Martin, Vance, Halifax, Wayne, Berrie, Hoke and Caswell.

All counties falling in the over 50 per cent category are heavy producers of tobacco with the exception of Scotland, Berrie and Hoke, which produce

either cotton or peanuts in large amounts.

Watauga had the distinction of having the lowest percentage of tenants in 1959—1 per cent as compared with 8 per cent in 1914.

Most mountain counties had very few tenants. Alexander, Alleghany, Avery, Burke, Caldwell, Macon and Watauga, for example, had less than 5 per cent.

Hyde, Jackson, Mitchell and Orange had more tenants in 1959 than they did in 1954. Percentage of increase was small in each of these counties, however.

Dr. Mayo says that where tenancy rates are low the tenant is usually in one of two categories: first, he may be a young farmer without much capital working toward farm ownership; or secondly, he may be a relative of the landlord beginning to assume ownership.

"In either case," Dr. Mayo added, "his position is much different from the traditional tobacco or cotton sharecropper."

## Thomas Parks Dies After Short Illness

Thomas Jarvis Parks, 42, of the Cowpen Neck section died Wednesday afternoon of last week at 5:25 o'clock in Chowan Hospital after an illness of only two days.

Surviving are his wife, Mrs. Alice Hassell Parks; a daughter, Loretta Geanne Parks, at home; a brother, Herman W. Parks of Newport News; four sisters, Mrs. Gladys Byrum, Mrs. Carrie Kinnamon, Mrs. Maggie Harrell and Mrs. Minnie Rogerson, all of Edenton.

He was a member of the Macedonia Baptist Church where funeral services were held Friday afternoon at 2:30 o'clock. The pastor, the Rev. Gordon Shaw, officiated and burial was in Beaver Hill Cemetery.

## Insurance Agents Attend Luncheon

Two residents of Edenton are among the representatives of the Metropolitan Life Insurance Co., scheduled to attend the annual business meeting and luncheon of the company's Veterans As-

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Glen Montgomery, agent in the Anacostia office, Washington, and president of the local association, will preside. The speakers will include F. Courtney Williams, superintendent of agencies for the Southeastern territory.

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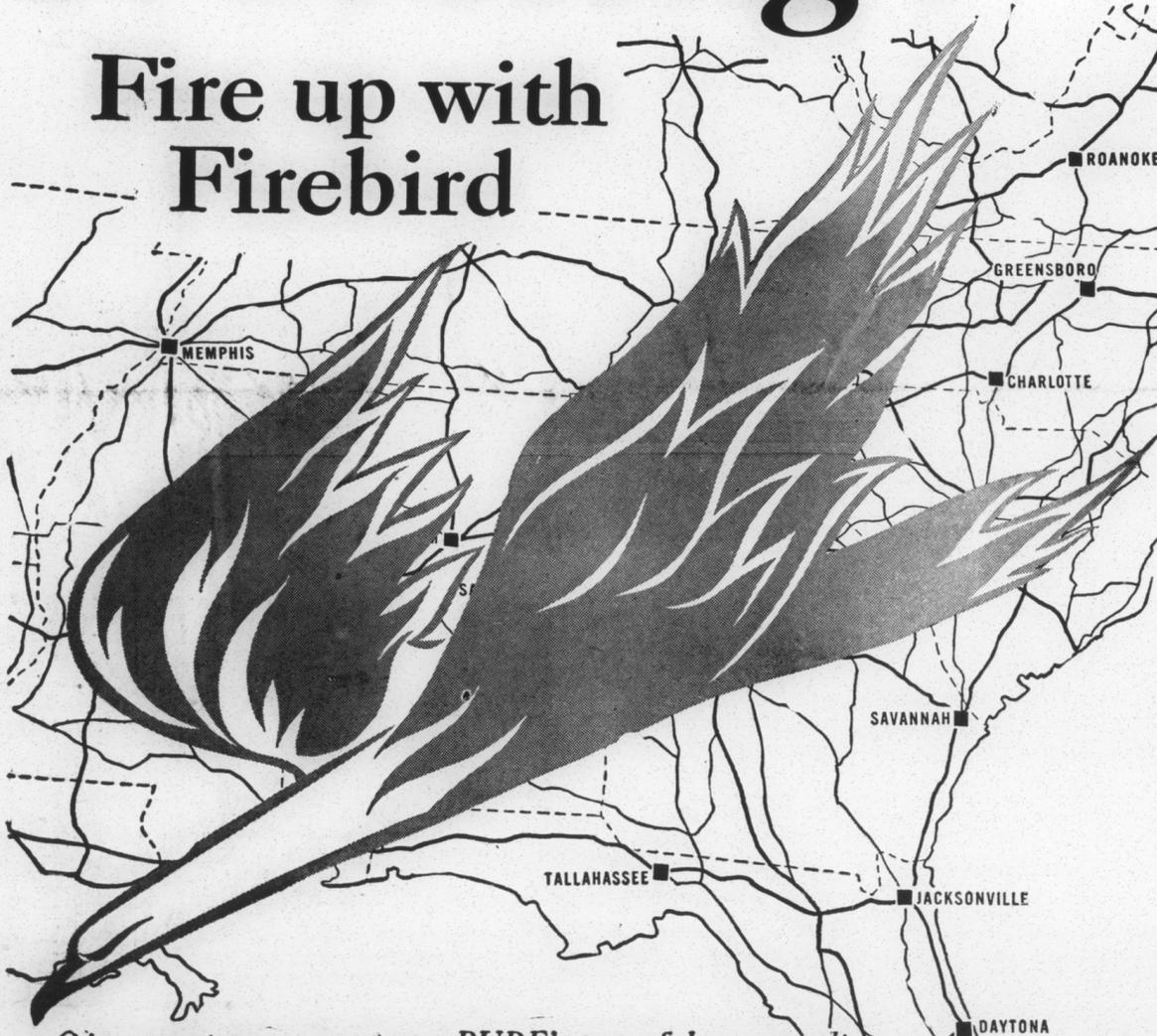
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