

Home Economics Extension News

By Mrs. Onnie S. Charlton, Home Economics Extension Agent

During January, through our home demonstration program we began work on one of the major problem areas to be studied this year. From January through June emphasis will be on foods and nutrition. The particular group we will work in is the vegetable-fruit group with our study on foods that provide vitamin C.

We want every homemaker to realize that the food her family eats, influences the health of the family more than any other factor. The right food helps you to be at your best in health and vitality. Poor health is never good economy.

Why did the planning committee recommend that we study foods that provide vitamin C? Because a little survey pointed

up these facts. Six out of 10 homemakers did not prepare and serve to their family daily, a food high in vitamin C. Now in our study from January through June our objective is to have homemakers know vitamin C foods, why the body needs vitamin C, and ways to prepare and serve these foods, so they will change family food habits. Along with this we will study the production of vitamin C foods in the home vegetable garden.

Vitamins are a group of substances usually found in foods in small amounts. Our bodies need them for growth and development. I am afraid that in the minds of many people, vitamins are not classified as food nutrients. They think vitamins are medicine that one purchases.

Food experts remind us that in spite of all the advertising you hear and read, it is not too difficult to get the vitamins you need from food.

We are studying that the absence of a vitamin in sufficient amounts can result in malnutrition and specific deficiency diseases. Surveys repeatedly show that vitamin V, or ascorbic acid, is one of the vitamins that North Carolinians most often fail to get in the recommended amounts.

Severe lack of vitamin C causes a disease called scurvy. If one does not get enough vitamin C, these symptoms usually occur: general weakness, skin diseases, soft tissues, hemorrhages in body tissues, easy bruising, gums spongy, sore, swollen, bleed and teeth may loosen. In babies, lack of vitamin C will show in improperly formed bones and the babies hurt when handled.

Some good sources of vitamin C are: grapefruit or grapefruit juice, orange or orange juice, raw strawberries, broccoli, cantaloupe, green pepper and sweet red pepper.

Some fair sources are: tomatoes and tomato juice, raw cabbage, white and sweet potatoes cooked in the jacket, brussels sprouts, collards, garden cress, kale, mustard greens, spinach, turnip greens, honeydew melon, tangerines or tangerine juice, watermelon and asparagus tips.

Vitamin C is a fragile, delicate substance. Because of its structure, it is more subject to loss than any other vitamin or mineral. It is unstable to heat, soluble in water and reacts readily with oxygen when exposed to air. With this in mind vitamin C foods must be prepared and served immediately. Never let them soak in water, cook too long, or left exposed to air.

May I remind you that all women in the community are invited to the home demonstration club meeting. The group meets once each month. Either the Home Economics Extension Agent or trained project leaders conduct the educational part of the meeting. Make it a habit to attend regularly. Through this method of Extension, we learn and improve family living.

A call meeting of the Warren Grove Home Demonstration club will be held this afternoon (Thursday) at the home of Mrs. Mattie Bonner at 2:30 P. M.

Tax Refunding Can Be Quicker

North Carolina taxpayers who expect refunds on their 1964 tax returns may file them directly with the International Revenue Service Center at Chamblee, Ga., where the payments are scheduled, District Director J. E. Wall announced today.

Special envelopes for this purpose, and instructions for their use, are contained in the annual tax return packages taxpayers receive.

Faster service to taxpayers

and savings in handling costs to the Government will result from the new procedure.

Those who must pay additional tax with their returns should send them to the District Director, Internal Revenue Service, Greensboro, as in the past.

Wall said filing of refund returns directly with the Service Center is one of several innovations being tested this filing period in the seven states of Internal Revenue's Southeast region.

Just as it pioneered in the electronic computer processing of tax returns, the region is serving

Fred Tunstall Now Undergoing Training

GREAT LAKES, ILL.—Seaman Recruit Fred M. Tunstall, 17, USN, son of Mr. and Mrs. Fred M. Tunstall, Route 3, Edenton, has begun basic training at the Naval Training Center, Great Lakes, Ill.

The nine-week training includes naval orientation, history and organization, seamanship, ordnance and gunnery, military drill, first aid and survival.

as a pilot in other new operations designed to improve tax administration.

Church To Continue Pre-school Classes

Second semester classes for the Immanuel Christian Kindergarten will begin Monday, February 8, 1965. Enrollment is now being taken by the school director, Mrs. Gail Ware, has announced.

Parents wishing information should call the director at 482-3567. Pamphlets containing information concerning the school will be sent upon request.

Children attending the school, which is held in the Immanuel

Baptist Church building, just off Route 32 toward Suffolk, will be picked up each morning at 8:30 A. M., and returned home at 11:30 A. M., by the school vehicle. Transportation is provided free within the city area. A small charge is made for children outside the city limits.

The director urges that parents with five year olds enter them as soon as possible in order that they receive basic preparation for school, and the discipline and training necessary.

Children from three through five years are accepted in the school.

What'd He Say?
Mirandy—My sakes, John writes he threw the hammer at 200 feet.
Joshua—Gracious, he must've hit his thumb an awful whack!

WHAT DOES YOUR HOROSCOPE SAY?
There's a message for you in the stars. Like to read interesting and intriguing facts about human behavior? See what your Horoscope says. It's a regular feature you can enjoy weekly in **THE BALTIMORE NEWS AMERICAN** on sale at your local newsdealer

Merry Hill News

By Mrs. Ethel Winborne

Mrs. George Oliver of Cary spent the weekend here with her brother Sammie Adams.

Mrs. Cecil White spent Thursday in Edenton with Mr. and Mrs. Johnnie Keeter.

Mr. and Mrs. Ralph Johnson of Norfolk spent the week-end with his mother, Mrs. Kate Johnson and Mrs. C. T. Baker.

Miss Nina Love returned to Wingate Sunday to resume work at Wingate College after spending last week at home with her mother, Mrs. J. P. Love.

Mr. and Mrs. Chesley White and daughter Marian, were the guests of Mr. and Mrs. Milton Robertson of Rosemead Sunday.

Mrs. E. J. Pruden, Jr., visited her aunt, Mrs. Ada Greene of Harrellsville Friday.

Mr. and Mrs. Tommie Cobb of Elizabeth City visited Mrs. Virgie Baker Sunday.

Mrs. David Mizelle and daughter Bettie of Edenton spent Thursday with Mrs. C. T. Baker.

Mr. and Mrs. Livingston White of Edenton spent Sunday with S. V. Coward and family.

Jimmie Love of Stanfield spent the weekend at home with his family.

Mr. and Mrs. L. I. Bowen of Windsor visited his sister, Mrs. J. W. Winborne Sunday afternoon.

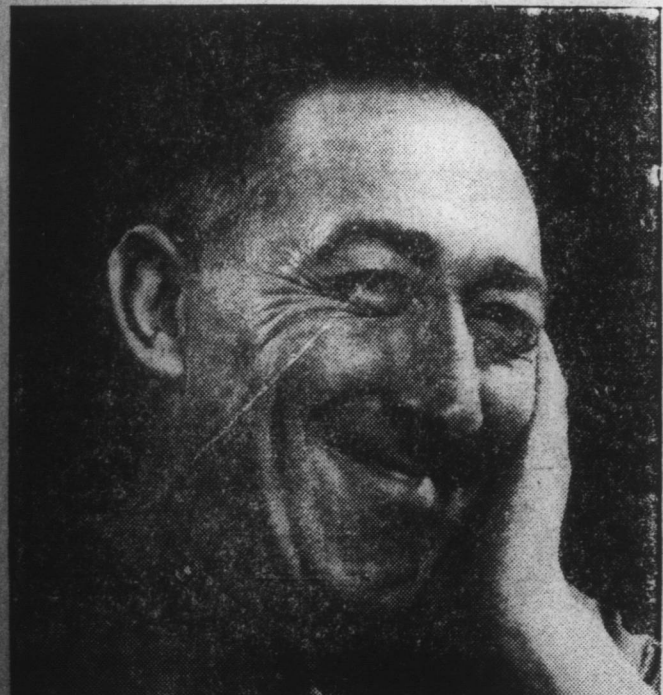
Mrs. John Weaver White and Mrs. Hilary Cobb of Newport News were the recent guests of Mrs. Cecil White and Mrs. White accompanied them to be the dinner guests of Mr. and Mrs. Rupert Barnacastle and Miss Maggie Mae Barnacastle.

Mr. and Mrs. Roy Baker and Ronnie Taylor left Thursday for Tampa, Fla., to spend some time with Miss Sarah Baker and Shelia.

Mr. and Mrs. Charlie Graves III, of Atlanta, Ga., spent a few days here last week with her parents, Mr. and Mrs. L. C. White.

Mr. and Mrs. Lillie T. Northcutt and daughter Judy of Ahoskie visited S. V. Coward and family.

Mr. and Mrs. Donnie Smithwick and son of Newport News spent the week-end with their parents, Mr. and Mrs. Gilbert Layton and B. L. Smithwick.



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