



INFOGRAMS

By Mary J. Whitmore
Home Economist

GARDENING IS
FOR EVERYONE

Anyone can grow a garden-even you! Gardening has become one of the most popular hobbies in America since the threat of food shortages and rising food prices. Savings in food costs, ease of growing, garden freshness and unequalled quality, are all good reasons for having your own garden. And there are many side benefits as well, such as recreation, a change of pace for office workers, interesting experiences for children and pride and satisfaction of showing off what you have grown.

In North Carolina there are excellent soils and climate for gardening. You can grow more of the vegetables and many fruits and you can harvest fresh food from your garden almost year round.

Space needn't be a problem. Even apartment dwellers can get into the act with a window box or mini garden. The radish, leaf lettuce and onions you can grow in a window box will make a mighty tasty salad. If you want to add some home grown tomatoes, grow a few in a bushel basket or bucket on your patio or porch. Don't "knock" using some of these places until you have tried them.

If you do have limited space outside, you will want to consider producing food for the most nutrition. Good choices would be carrots, onions, beets, broccoli, cabbage, winter squash, spinach, snap beans, cauliflower and tomatoes. Radishes, lettuce and garden peas add a pleasant variety to meals, but provide less nutrition for the space they use.

In a year, we eat about \$100 worth of fruits and vegetables per person, or \$400 a year for a family of four. Some or all of this can be produced at home. A half-acre garden, properly managed, could supply these needs.

The out-of-pocket cost for such a garden (seed, fertilizer, etc.) would not exceed \$50. Thus the value of such a garden would be about \$350 or about one dollar per day. Many of us don't have the land or the desire to produce a half-acre garden. So the opportunity to save money would be reduced as the size of the garden is reduced.

Even a very small garden can result in savings though. For example, one good tomato plant can produce \$4 to \$5 worth of tomatoes. Eight to ten tomato plants can provide an adequate fresh supply for a family of four and result in a \$40 to \$50 savings in the food budget.

Your County Agricultural Extension Service can be a valuable source of gardening information. Publications on gardening are available, covering such information as soil preparation, planting dates, varieties, fertilization, and insect and disease control. Now is the time to make plans and start spring plantings. So, why not join millions of your American neighbors this year and plant a garden? Make yourself welcome to the great outdoors.

Yes, We All Talk

By Marcus H. Boulware

HOW THE SPEECH IS OUTLINED

One of the most valuable steps in speech training is the construction of a speech outline, that is, set down the ideas in outline form. This permits easy analysis, development, and organization.

The outline is not a hindrance but an asset. The clearness of topical points, content, and arrangement of a speech is tangible evidence of efficient predelivery outlining.

The speaker who uses an outline in the preparation of the speech finds the effect beneficial. It helps to assure self-confidence through positive construction. The lazy person or careless person avoids the outline and scribbles an inadequate plan of speech construction. The speaker should look upon the outline as a valuable aid and reap the rewards of time saved, anxiety abandoned, and successful communication advanced.

Usually the outlined in marked off into these divisions: (1) introduction, (2) body, and (3) conclusion.

Each division reveals a special purpose. The introduction reveals the subject of the speech. The body elaborates upon the subject. The conclusion reviews and ends the speech.

READERS: For answers to questions on speech, include a self-addressed long business envelope with stamp, and send to M. H. Boulware, 430 Mercury Drive, Tallahassee, Florida - 32304.

Bennett College Who's Who

GREENSBORO

Seventeen young women at Bennett College, Greensboro were selected to Who's Who Among Students in American Colleges and Universities. The selections were announced at the annual Recognition Service.

Honorees were Debra Alston, a senior Home Economics major, Greensboro; Linda Perkins Christopher, a junior Early Childhood Education major, New Orleans, La; Katies Gales, a junior Interdisciplinary Studies-Business major, Winston-Salem; Thorna Humphries, a junior Interdisciplinary Studies-Mathematics major, Ft. Lauderdale, Fla; Sally McKellar, a senior Pre-medicane major, Lumberton; and Diane Stevens, a junior Biology major, Fayetteville.

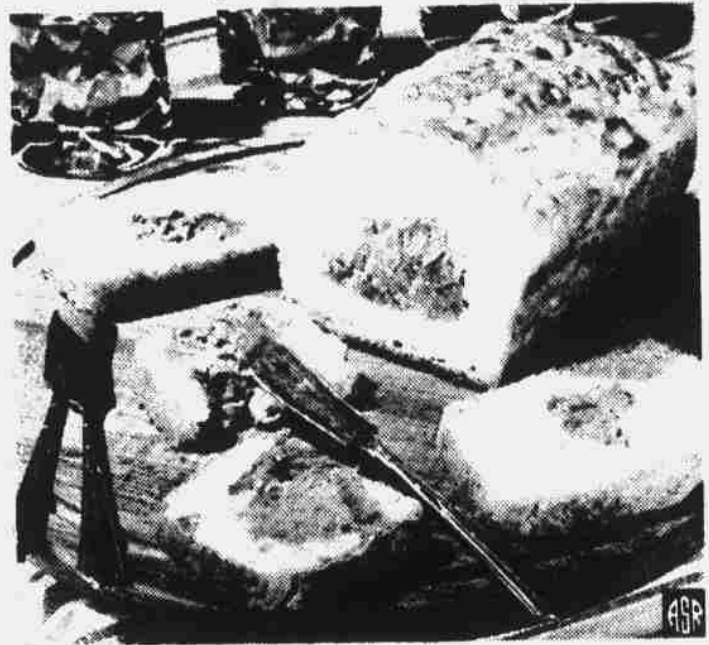
Others are Deborah Beale, a senior Dietetics major, Asheville; Sheryle Clowers, a Special Education major, Macon, Ga.; Dorothy Gibson, an Interdisciplinary Studies major, Atlanta, Ga.; Cheryl Johnson, a Journalism major, Montgomery, Ala.; Bettye Phifer, a junior Political Science major, Mt. Holly, N. J.; and Celestine Wilson, a Clothing major, Jamaica, N. Y.

Others include Donna Caldwell, a junior Dietetics major, Washington, D. C.; Ophelia Foye, a senior Psychology major, Selma, (NC); Gail Gordon, senior Education major, Brooklyn, N.



PROMOTED - LT. COL. MATTHEW H. PEACH, Director of Fayetteville State University's Air Force ROTC program since May 1974, has been promoted to the rank of Colonel, effective March 1. Col. Peach, a native of Columbia, Missouri, is a graduate of Tuskegee Institute, Alabama. The 22-year veteran of the U. S. Air Force, who also serves as professor of Aerospace Studies at FSU, is married to the former Ella Thurman of Montgomery, Alabama. (FSU Photo by John Henderson)

Spread-A-Bread



Slicing is believing. Each serving has a light, crusty bread surrounding a uniquely spreadable mixture of deviled ham, peanut butter and a dash of mustard. Cheddar cheese mixed with the quick bread batter is a tantalizing foil for the ham and peanut-flavored spread.

Spread-A-Bread is a whole meal, a sandwich loaf to simply slice and serve. Its nutritional qualities deserve flaunting, too. Enriched self-rising flour contains the B-vitamins - niacin, thiamine and riboflavin - plus the minerals, iron and calcium. Spread-A-Bread has all this plus the protein and added nutrients of what's inside.

Enriched self-rising flour lets you forget the salt and baking powder. They are already added, saving you measuring and mixing steps.

Spread-A-Bread

1 loaf

- | | |
|------------------------------------|-------------------------------------|
| 2 cups enriched self-rising flour* | 1/2 cup grated Cheddar cheese |
| 2 tablespoons sugar | 1 can (4 oz.) deviled ham |
| 2 eggs | 2 tablespoons crunchy peanut butter |
| 1/2 cup milk | 1 teaspoon prepared mustard |
| 1/4 cup oil | |

Y.; Sheree Johnson, an Interdisciplinary Studies-Psychology major, East Orange, N. J.; and Bertha

Scarborough, a senior Mathematics major, Lynchburg, S. C.