

Proper Family Feeding Is Important

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National Defense is a subject uppermost in the minds of all of us during the present world crisis, and many people are wondering what share they may have in the defense program. There is one way at least that every homemaker can serve her country. She can do her bit by feeding her family food that will keep them in the best physical condition. Young men going into military training; young people going into the defense industries; older people taking over more work at home and on the farm; children in school and out—all need to be strong and well. The right food and enough of it, for every man, woman and child builds for the present and for the future. By eating the food needed for good nutrition, all can help make America strong for what ever lies ahead.

The right food will provide materials for growth and health—for building muscle, sound teeth and bones, and blood. They must supply energy, also. No single

food will build a strong body, keep it in good running order, and allow energy for the day's activities. But most foods have more than one kind of food value and some foods furnish important food values more cheaply than others.

In planning the food for the family milk is a good starting point. It is well known as an economic source of valuable food elements. Every child should have a quart a day and every adult a pint.

Vegetables and fruits are especially important for their minerals and vitamins. They also add interesting color and flavor. An adequate vegetable allowance includes at least two servings of vegetables each day in addition to potatoes. It is a good idea to have one of the vegetables served raw. And be sure to serve a leafy green or yellow vegetable every day. It is not a bad plan to have potatoes at least once a day because they are an inexpensive food that contain appreciable amounts of some of the valuable minerals and vitamins. A good variety of fruits

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broken down into more than a hundred neighborhoods.

When this work is complete we expect to have between 700 and 1000 men and women as neighborhood leaders, in these hundred or more neighborhoods. Each leader will be responsible for a group of farmers within a radius of a few miles of where they live. Surveys will be made from time to time in these different neighborhoods for the purpose of finding out what type of farming is being carried out in that particular neighborhood and what the more urgent needs are for the future developments of that neighborhood.

The extension workers will be prepared to put on a definite program if called for in the different neighborhoods. This is a farmers' program which each farm family can take part in and if it develops as is hoped it will be, it will, no doubt, go a long way in solving many agricultural problems in the different neighborhoods. For instance, after the survey is made perhaps some neighborhoods will want to put on a special dairy, beef cattle, hog, poultry, garden, cotton, tobacco, field crops or other programs. In this way efforts will be concentrated on such programs which will be best suited for each particular neighborhood. Such a program in full force will give us a diversified program in the county and one which best meets the needs of the farmers. These neighborhood and community leaders keenly feel their responsibility in developing such a program for their county and they are willing to go to the limit for the good of all. These leaders took an active part last year in the Victory garden, food and feed, scrap, War Bonds, farm machinery, canning and various other programs. These leaders are also taking part in all programs which we are trying to promote this year, because it is a program for the people, of the people and by the people.

TO SAVE 100 TONS OF TIN THIS YEAR

New York.—Cutting the tin content of toothpaste and shaving cream tubes will save about 100 tons of tin in 1943.

While Egypt has banned egg exports, eggs are being sold there for 24 cents a dozen.

both cooked or raw is needed. Two fruits a day aid good nutrition. If possible, have one of these, a citrus fruit or tomatoes.

Eggs and meat are good building foods. An egg a day and at least one serving of lean meat is recommended.

Besides potatoes, cereals and breads are the important energy foods because of the starch they contain. Serve a whole grain cereal and at least one serving of whole grain bread. In the milling process of white flour and white cereals, the germ and bran are removed, and with them go the iron and vitamins B and G—food elements so necessary and yet so often found in insufficient amounts in diets. We are hearing much these days about enriched flour, white flours to which vitamins and minerals are added to replace those removed in the milling process. This enriched flour which is the miller's contribution to the national defense program is now available in the stores everywhere. Again bread may rightly be called the staff of life.

Some fats are needed in the daily diet and no diet would be complete without a few sweets. But use sweets with discretion at the end of a meal. Serve in between or at the beginning of meals, sweets take away the appetite for essential foods.

This in general is a pattern for a good diet. Does your family have all of these foods every day in the year?

Farm families can grow these foods at home. Of course it takes good planning and work but the health and satisfaction resulting are well worth the labor. Every farm family whether landlord or tenant should have a good year-round garden with a liberal variety and supply of vegetables to use fresh in season and a surplus for canning and storing for winter use. Fruits for home use need to be grown more generally in North Carolina.

More family cows and more poultry flocks are needed for the milk and egg supply.

Vegetables, fruits, milk and eggs are the protective foods. They furnish minerals and vitamins that are necessary for good health.

See to it that none of the food values are lost in the kitchen. Vegetables lose food values when stored too long. Dairy products and meat are in danger of spoilage if not kept cold. When you cook vegetables, remember that short cooking in a small amount of water cuts down the loss of vitamins and minerals.

A knowledge of nutrition helps you to get your money's worth when you buy food. The grocer cannot label all foods according to the vitamins and minerals they contain. But everybody who goes to market can carry a knowledge of food values that will help to make wise choices.

The more you know about the way food affects health, the better you can plan meals to keep the family fit.

The agricultural extension Service has material that will aid in planning nutritious meals for the family. It may be had upon request.

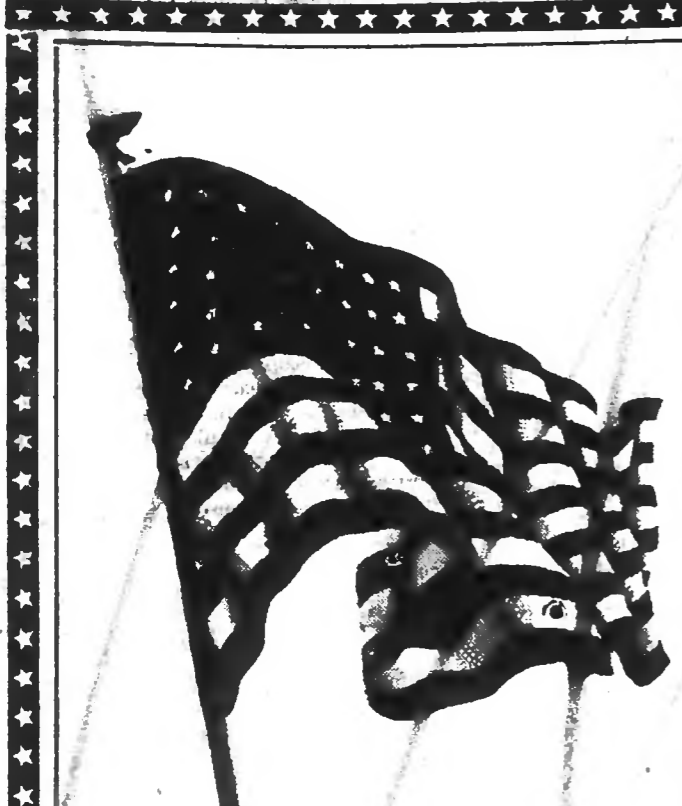
Sweden has a wood-felling campaign to avert a fuel shortage.

Land Use Planning Program In County

By Mrs. Annie H. Greene, home demonstration agent; J. B. Snipes, county agent; H. C. Colvard, assistant county agent; James E. Rollins, Assistant county agent.

The purpose of the Land Use Planning Program is to help the farmers in the different counties to see their problems, then work out solutions for them. This program started in the state in 1936 and much work has been done on it up to date but there will be more to do in the future.

Last year some hundred meetings were held with the people dividing the county up into thirty communities and selecting 309 leaders. This year an executive committee has been elected and the thirty communities are being



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