

the message board

REDUCING HEAT

The difference between a house that's comfortable to live in without air conditioning and the one that needs air conditioning to keep its cool can be the use of appliances within it.

During the summer months, the careful and limited use of appliances can reduce the amount of heat within a house, say specialists.

The recommend turning off light bulbs, radios, tv's and phonographs when they are not in use. When possible do heavy baking in the cooler time of the morning or evening.

Use the washer, dryer and iron during cooler periods of the day. This saves on energy used for the fan or air conditioner and also avoids peak electrical load periods.

Use small appliances as much as possible instead of the large oven. The oven may produce more heat than is needed, use more energy and put a strain on the house cooling unit.

CORN ON COB

Corn on the cob is a Tarheel summer favorite.

Although its available nearly every month of the year, it's most plentiful and least expensive here from mid-May through mid-September, according to specialists with the NORTH Carolina Agricultural Extension Service.

When buying corn on the cob, look for ears that are well covered with bright, plump kernels. The husks should be fresh and green.

The silk ends should be free from decay or

worm injury and the stems should not be discolored or dried.

Avoid ears with undeveloped kernels as well as very large overmature kernels. Also avoid kernels with depressed areas on the outer surface.

When you bring corn home from the store, place it in the refrigerator without delay and then cook it as soon as possible.

If corn is held too long or at too high a temperature, the sugar in the kernels starts to turn to starch.

COCKROACH

Cockroaches are among the most hated of pests that enter the home. If you have them, the first step toward control and elimination is a good cleanup.

N. C. Agricultural Extension Service specialists suggest good sanitation first and bug killers second in cockroach control.

These pesky bugs eat about the same things that humans eat. Therefore, unless a house is kept unusually clean, there is always a crumb or two lying around for the roaches to nibble on.

No matter what else you do, the extension specialists suggest, you will have have roach control without good sanitation.

Garbage and trash should be disposed of properly. Leftover food should be refrigerated and not left out on a table, stove top of shelf to attract pests.

Once the house is clean, apply a ready-to-use household roach killer to those areas where roaches hide during the

day. These places include cracks and dark places under and behind refrigerators, stoves, cabinets, washing machines, floor and ceiling molding, sinks, bathtubs, closets, bed frames and drawers.

The insecticides that work best on roaches contain one of the following: Baygon, Dursban or diazinon. Read the label for container contents to see if the material has one of these ingredients before you buy it.

There are two kinds of cockroaches commonly found in North Carolina. They are the small, brownish German cockroach and the larger, dark-colored, short-winged oriental cockroach. The oriental may be found outdoors during summer. If outdoor treatment is needed, use a water-based insecticide such as malathion.

Use caution in using the roach sprays inside the house and the malathion outside. These are poisons and should be used only according to label directions.

RAYMOND A. WILLIAMS has joined Swett & Crawford as assistant vice president it was announced today by W. F. W. Fellows, president of Swett & Crawford Group.

Williams is based in the Los Angeles branch and assumes responsibility for the production and marketing of excess/surplus lines business.

A graduate of the University of North Carolina at Chapel Hill, Williams was a nominee for the Outstanding Young Men of American Award in 1973.

Dr. H. Hamilton Allen has been named to the N. C. Board of Nursing by Gov. James B. Hunt Jr.

The Board is composed of 12 members, all appointed by the Governor. Members serve for a term of four years.

Dr. Allen practices general surgery and has offices at 2125 New Walkertown Road. He is an assistant professor of clinical surgery at the Bowman Gray School of Medicine.



What could be more appropriate for a beach party than thick, juicy beefburgers sizzling on the grill? For an element of surprise, conceal a tasty filling in each burger.

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Russell Reunion Slated

The descendants of Mrs. Bethania Hauser Williams Russell will hold their annual reunion in the Yadkinville Community Center Saturday and Sunday, July 21-22. The most numerous area residents of the family group are the Carters, the Hausers and the Russells.

The members of the families are descendants of a slave, Bethania, who was brought to Yadkin County from the community of Bethania to serve as the house slave of Theophilus C. Hauser. Mrs. Dixie Russell Moore of Washington, D.C., a daughter, survives Bethania.

Saturday's events, will include a viewing a photographs of past reunions and individual accomplishments, and a dance where the music will be furnished by "The Brief Encounters," most of who are descendants of Bethania who is affectionately referred to as "Granny Thane."

The group will worship at the Pleasant Grove Baptist Church at 11:00 a.m. on Sunday and assemble for dinner at the community center at 1:30 p.m. Awards will be given to the oldest and the youngest descendant, the descendant with the largest number of children present, and the person traveling the farthest distance to attend the reunion.

The family members number more than 300 and live in all parts of the United States and abroad.

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