

Vance County Weekly Extension News

sponsored by J. W. Sanders, County Agent; J. T. Richardson, Assistant County Agent; and Hettie F. Plummer, Home Demonstration Agent.

Club girls are busy getting in their reports. Those who entered the contests had to have their records in the office September 29 as they had to be in the Raleigh office October 1. All records of boys and girls must be in our office by November 15 as the annual reports of all extension workers must be in the Raleigh office December 1. We are expecting everyone—boys, girls, men and women to let us have their check-up early in order to finish our reports early. We usually have to work on reports Thanksgiving in order to get them in on time. Human nature is a funny thing. We just like to put off things until the last minute and then rush.

The Golden Belt Fair begins October 3. This has been a hard year to make field crops and gardens but if every one will do a little we can have a good agricultural exhibits.

October finds the careful gardener with a multitude of tasks on his hands according to Glenn O. Randall, of the State College Department of Horticulture.

Since this month is the time to plant hardy or spring flowering bulbs such as tulips, narcissi, and Dutch hyacinths, special attention should be given to the preparation of the soil. Most bulbs require that the soil be pulverized to a depth of eight to ten inches.

Hardy bulbs respond favorably to commercial fertilizers, the formula most commonly used being 3-8-10. Such fertilizer should be applied at the rate of two to three pounds per 100 square feet of soil. Stable manure should not be used as a fertilizer unless it is thoroughly decayed and carefully mixed with the soil.

Randall also pointed out that October is the time of year when many lawns become dormant. A top dressing of thoroughly rotted stable manure and good fertilizer about two inches deep should be made more vigorous growth.

In the flower garden, annual seedlings such as sweet peas, poppies, pansies, and snapdragons may be planted now for spring blooming. The seed should be sown lightly with a mixture of well rotted manure and garden soil.

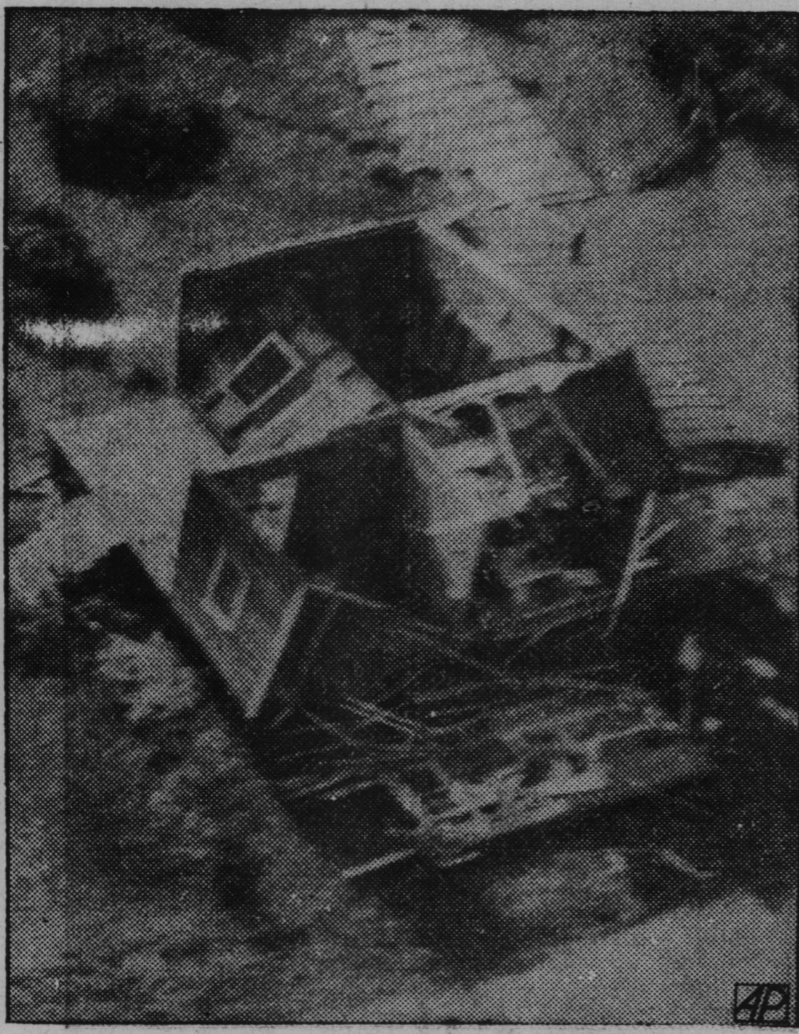
All shrubs, especially lilacs and azaleas, should be examined for scale insects. Those plants which naturally drop their leaves after frost

and which show scale should be sprayed as soon as the leaves have fallen with an oil spray recommended for this purpose.

Evergreen shrubs can also be sprayed to advantage at this time. If they show serious infestation, it may be advisable to use dormant strength spray.

New Plastics
Four U. S. Department of Agricultural

THIS WAS A CHARLESTON HOME



The wreckage shown here is all that remains of a Charleston, S. C., residence that was in the path of the furious tornado that struck the historic "City by the Sea," killing 28, injuring 200 and doing unestimated property damage.

ture research workers have developed a method for converting sawdust, straw, and wood waste, and waste sugar cane stalks into synthetic plastics. The new material has a high resistance to water and moisture, and may be used for electrical insulators, door knobs, auto steering wheels, radio panels, buttons and other articles.

Fire Hazard.

Every home especially those in rural areas, should be inspected for fire hazards during Fire Prevention Week, which has been set for October 3-15.

Cemetery Lot Sold

City of Henderson sold a Elmwood cemetery lot to C. Moore, Sr. for \$120 in the only really deed filed with the Vance Registry yesterday.

Odd Facts In Carolina By Carl Spencer

I. KETCHUM IS JUSTICE OF THE PEACE! JACKSONVILLE.

TAKEN FROM THE CAPTAIN'S CABIN OF A CAPTURED PIRATE SHIP -

IN 1902 J.L. SCOTT, DEMOCRAT WAS MAYOR OF GRAHAM AND OWNED THE ONLY DRY GOODS STORE IN TOWN IN WHICH JOE S. HOLT, REPUBLICAN WAS HIS ONLY SALESMAN. THIRTY YEARS LATER, JOE S. HOLT BECAME MAYOR OF GRAHAM AND OWNED THE ONLY DRY GOODS STORE IN THE TOWN!

BEAUTY SHOP RECEIVED POSTAL CARDS FROM TWO GIRLS WITH THE SAME NAME (CATHERINE FLEETWOOD) BOTH WANTING THE SAME WORK, SAME DAY AND AT THE SAME HOUR. THEY LIVED IN SEPARATE TOWNS! - ELIZABETH CITY.

19 TOMATOES ON ONE STEM! - GROWN BY MRS. CLARA PITTMAN, KINGSTON

THE DEN BOARD

PASS TH' BEANS!

WHEAT, OATS AND MILLER, THREE STUDENTS, ATE AT THE SAME BOARDING HOUSE AT THE SAME TIME! U.N.C. CHAPEL HILL.

A Georgia candidate for governor who promised all the poor people a farm was defeated. The poor people don't want to get poorer. What this country needs is a system of logic explaining why a political candidate will spend \$75,000 for an office that pays \$7,500 a year. An Ontario woman celebrating her 106th birthday says the secret of longevity is hard work. Too bad a woman can't keep a secret.

RECIPES DEMONS TRATED IN "STAR IN MY KITCHEN" AT STEVENSON THEATRE

DANISH COFFEE BREAD

- Temperature: 400° F.
 - Time: About 30 minutes
 - 1 cake compressed yeast
 - 2 tablespoons lukewarm water
 - 2 cups milk, scalded and cooled
 - 1/2 cup melted Spry
 - 1/2 cup sugar
 - 1/2 teaspoon salt
 - 1/8 to 2/16 - cardamom seeds, crushed (1 1/2 teaspoons)
 - Grated rind of 1 lemon (1 tablespoon)
 - 3 eggs well beaten
 - 4 cups Pillsbury's Best Flour
 - 1/2 cup butter
1. Soften yeast in lukewarm water.
 2. Add remaining ingredients in order given, except the last 1/2 cup butter reserved for steps 4 and 5. Mix well.
 3. Place in greased bowl; cover and let rise in warm place (80 to 85° F.) until double in bulk (about 2 hours).
 4. Turn out dough on floured board; knead until dough is smooth and elastic. Roll out 1/4 inch thick; dot center with small bits of butter, using 1/2 cup.
 5. Fold over one-third of dough to cover butter; dot top of this fold with remaining butter; fold unbuttered dough over this, pressing edges together firmly.
 6. Roll out 1/4 inch thick; fold each end to center; fold again making 4 layers of dough.
 7. Pat and roll out 1/4 inch thick. Spread center of dough with cooled Fruit Filling.

FRUIT FILLING

- 1 cup sliced dates
 - 1/2 cup currants
 - 1/2 cup raisins
 - 1/2 cup water
 - 1/2 cup sugar
 - 1 teaspoon cinnamon
 - few grains salt
1. Put all ingredients together in saucepan; stir and cook until thick. Cool.
 2. Fold one end of dough to center to cover filling; fold over remaining end of dough to center with edges meeting but not overlapping.
 3. Pat or roll out 1/4 inch thick; cut into 3 sections. Place each in greased pan, or place side by side in large pan with melted butter brushed between the sections.

TOPPING

- 1 egg white
 - 1 tablespoon water
 - 1/2 cup sugar
 - 1/2 teaspoon cinnamon
 - 1 cup chopped or sliced almonds
1. Beat egg white and water together. Use to brush over top of each cake.
 2. Combine sugar and cinnamon; sprinkle over dough. Sprinkle almonds on top.
 3. Cover and let rise about 45 minutes. Bake in moderate oven. When cool, cut crosswise into 1/2 inch strips to serve.

BEAUTY CARE FOR THE HANDS

When your hands look rough and red from washing dishes with ordinary soap switch to Lux in the dishpan. You'll be amazed at the results—your hands will grow softer and whiter—dishpan hands will disappear. Lux doesn't dry the oils of the skin because it has no harmful alkali which ordinary soaps may have. That's why it's like beauty care right in the dishpan. The economical big box costs surprisingly little, too.

ONE CRUST PIE OR BAKED PIE SHELL

- 1 1/4 cups sifted Pillsbury's Best Flour
 - 1/2 teaspoon salt
 - 1/2 cup Spry
 - 3 tablespoons cold water (about)
- Sift flour and salt together. Add 1/2 cup Spry to flour. Cut in with pastry blender or two knives until mixture looks like meal. Add remaining Spry and continue cutting until particles are size of a navy bean. Sprinkle water, 1 tablespoon at a time, over mixture. With a fork, work lightly together until all particles are moistened and in lumps. Add just enough water to moisten. Press dampened particles together into a ball. Do not handle dough any more than necessary. To make a one-crust pie with Spry Pastry Mix, use 1/4 cups of the Mix.

BANANA COCONUT ROLLS

- 6 firm ripe bananas
 - 2 tablespoons lemon juice
 - Shredded coconut
- Peel bananas. Roll in lemon juice and then in coconut. Place in well-greased baking dish and bake in a moderately hot oven (400° F.) 15 to 20 minutes or until coconut browns and bananas are tender. Serve hot with hot lemon, orange or other fruit sauce. Six servings.

BANANA TEA BREAD

- 1 1/4 cups sifted Pillsbury's Best Flour
 - 1/2 teaspoon soda
 - 1 1/2 teaspoons cream of tartar
 - 1/2 teaspoon salt
 - 1/2 cup Spry
 - 1/2 cup sugar
 - 2 eggs well beaten
 - 1 cup mashed banana (2 to 3 bananas)
- Sift the flour, soda, cream of tartar and salt together 3 times. Rub the shortening to a creamy consistency with the back of a spoon. Stir the sugar, a few tablespoons at a time, into the Spry and continue stirring after each addition until light and fluffy. Add eggs and beat well. Add flour mixture, alternately with banana, a small amount at a time. Beat after each addition until smooth. Pour into a well-greased loaf pan and bake in a moderate oven (350° F.) about 1 hour or until bread is done. Makes 1 loaf, about 8 1/2 x 4 1/2 x 3 inches.

LEMON MERINGUE PIE

- 1/2 cup water
 - 7 tablespoons cornstarch
 - 1 1/2 cups water
 - 1 1/2 cups sugar
 - 3 egg yolks, slightly beaten
 - 1/2 cup lemon (grated rind and juice)
 - 1 tablespoon butter
 - 1 baked pie shell
 - 3 egg whites
 - 6 tablespoons sugar
 - 1 teaspoon lemon juice
- Mix 1/2 cup water and cornstarch to thin paste. Combine 1 1/2 cups water and sugar in top of double boiler and bring to boil over direct heat. Add cornstarch paste and cook until mixture begins to thicken; return to double boiler and continue cooking until thick and smooth (15 minutes). Pour over slightly beaten egg yolks; return to double boiler, and cook 1 minute longer. Add lemon rind and juice and butter and blend well. Cool, stirring occasionally. Pour into pie shell. Beat egg whites until stiff but not dry. Add sugar gradually (1 tablespoon at a time), beating constantly. Add lemon juice and beat. Spread meringue lightly on filling and bake in slow oven (325° F.) 20 minutes, or until firm and delicately browned.

CARMALLOW FROSTING

- 1/2 cup granulated sugar
 - 1/2 cup hot water
 - 3 tablespoons Spry
 - 2 tablespoons butter
 - 1/2 teaspoon salt
 - 1/2 teaspoon vanilla
 - 1/2 cup caramelized sugar syrup
 - 3/4 cups sifted confectioners' sugar
 - 1 egg yolk, unbeaten
 - 6 tablespoons scalded cream (about)
- Place granulated sugar in skillet and stir constantly over medium heat until sugar is melted and rather dark. Remove from fire, add hot water gradually, and stir until dissolved. Combine Spry, butter, salt, vanilla, and caramelized sugar syrup and blend. (Remaining syrup can be stored for future use.) Add 1/2 cup confectioners' sugar gradually, creaming well. Add egg yolk and mix well. Add remaining sugar, alternately with cream, beating until smooth and stiff enough to spread. Add just enough cream to make a nice spreading consistency. Makes enough frosting to put between layers and on top and sides of Carmallow Chocolate Cake.

BANANA FRITTERS

- 1 cup sifted Pillsbury's Best Flour
 - 1/2 cup sugar
 - 1 1/2 teaspoons salt
 - 2 teaspoons baking powder
 - 1 egg, well beaten
 - 1/2 cup milk
 - 2 teaspoons melted Spry
- Sift together the flour, sugar, salt and baking powder. Combine egg and milk, and add gradually to dry ingredients, stirring until batter is smooth. Then stir in Spry. This is a stiff batter.

POTATO SALAD

- 4 cups sliced cooked potatoes
 - 2 cups diced celery
 - 1/2 cup capers
 - Salt, pepper
 - Miracle Whip Salad Dressing
 - Boiled or baked ham
 - Stuffed olives
- Toss together the potatoes, celery, capers, seasonings to taste, and salad dressing to moisten well. On a round chop plate place a border of crisp lettuce. Add a row of sliced ham, then fill the center of the plate with potato salad so that the ham slices outline the mound of salad. Cut additional sliced ham into Julienne strips and sprinkle them over the top of the salad. Garnish the plate with stuffed olives.

SPRY PIE CRUST

- 2 1/2 cups sifted Pillsbury's Best Flour
 - 1 teaspoon salt
 - 1/2 cup Spry
- Sift flour and salt together. Add 1/2 cup Spry to flour. Cut in with pastry blender or two knives until mixture is as fine as meal. Add remaining Spry and continue cutting until particles are size of a navy bean. Sprinkle water, 1 tablespoon at a time, over mixture. With a fork, work lightly together until all particles are moistened and in small lumps. Add just enough water to moisten. Press dampened particles together into a ball. Do not handle dough any more than necessary. Makes 1 two-crust 9-inch pie. To make a two-crust pie with Spry Pastry Mix, use 2 1/2 cups of the Mix. Cold milk may be used instead of water for pastry with a special golden bloom.

CRISP OATMEAL COOKIES

- 3 cups Quaker Oats
 - 1 cup brown sugar
 - 1/2 cup boiling water
 - 1/2 teaspoon salt
 - 1 cup Pillsbury's Best Flour
 - 1 cup Spry
 - 1 teaspoon soda
- Mix the Quaker Oats with the sugar and flour; add melted Spry and mix well. Dissolve soda in boiling water and add to mixture. Form the dough into a roll and chill thoroughly. Slice thin and bake in moderate oven 5 to 10 minutes.

ASPARAGUS-VELVEETA SAUCE

- 1/2 lb. Kraft Velveeta
 - 1/2 cup milk
 - Hot cooked asparagus
- Slowly heat the Velveeta and milk in the top of a double boiler, stirring occasionally until Velveeta is melted. Serve a generous amount of this hot sauce over each portion of asparagus.

BANANA FRITTERS

- Melted Spry
 - 4 medium bananas
 - 1/2 cup Pillsbury's Best Flour
 - Fritter batter
- For shallow frying, have 1 inch of melted Spry in frying pan. For deep-fat frying, have deep kettle 1/2 to 3/4 full of melted Spry. Heat Spry to 375° F. (or until a 1-inch cube of bread will brown in 40 seconds). Cut bananas crosswise into quarters, halves or 1-inch thick pieces. Roll pieces in flour, then dip into fritter batter, completely coating the bananas with the batter. Shallow fry or deep-fat fry in the hot Spry 4 to 8 minutes or until brown and tender. Drain on unglazed paper. Serve very hot. Six to eight servings.

BANANA FRITTERS

- 1 cup sifted Pillsbury's Best Flour
 - 1/2 cup sugar
 - 1 1/2 teaspoons salt
 - 2 teaspoons baking powder
 - 1 egg, well beaten
 - 1/2 cup milk
 - 2 teaspoons melted Spry
- Sift together the flour, sugar, salt and baking powder. Combine egg and milk, and add gradually to dry ingredients, stirring until batter is smooth. Then stir in Spry. This is a stiff batter.

POTATO SALAD

- 4 cups sliced cooked potatoes
 - 2 cups diced celery
 - 1/2 cup capers
 - Salt, pepper
 - Miracle Whip Salad Dressing
 - Boiled or baked ham
 - Stuffed olives
- Toss together the potatoes, celery, capers, seasonings to taste, and salad dressing to moisten well. On a round chop plate place a border of crisp lettuce. Add a row of sliced ham, then fill the center of the plate with potato salad so that the ham slices outline the mound of salad. Cut additional sliced ham into Julienne strips and sprinkle them over the top of the salad. Garnish the plate with stuffed olives.

SPRY PIE CRUST

- 2 1/2 cups sifted Pillsbury's Best Flour
 - 1 teaspoon salt
 - 1/2 cup Spry
- Sift flour and salt together. Add 1/2 cup Spry to flour. Cut in with pastry blender or two knives until mixture is as fine as meal. Add remaining Spry and continue cutting until particles are size of a navy bean. Sprinkle water, 1 tablespoon at a time, over mixture. With a fork, work lightly together until all particles are moistened and in small lumps. Add just enough water to moisten. Press dampened particles together into a ball. Do not handle dough any more than necessary. Makes 1 two-crust 9-inch pie. To make a two-crust pie with Spry Pastry Mix, use 2 1/2 cups of the Mix. Cold milk may be used instead of water for pastry with a special golden bloom.

SPRY PASTRY MIX

- 4 pounds (16 cups) Pillsbury's Best Flour
 - 2 tablespoons salt
 - 2 pounds (4 1/2 cups) Spry
- Sift flour and salt together into a large bowl. Add 1 pound Spry to flour and cut in until mixture is as fine as meal. Add remaining 1 pound Spry and continue cutting until particles are size of a navy bean. Put Spry Pastry Mix in a covered container and store on the pantry shelf for use as needed. Do not keep Spry Pastry Mix in the refrigerator—it will stay fresh and sweet at room temperature for an indefinite period. This amount of Spry Pastry Mix will make:
- 17 one-crust pies, or
 - 8 two-crust pies, or
 - 1 one-crust pie, or
 - 8 1/2 dozen 8-inch tart shells

FEATHER SPONGE CAKE

- 1 medium size banana
- 1/2 cup confectioners' sugar
- 1/2 cup lemon juice
- 1/16 teaspoon salt
- 1 1/2 teaspoons vanilla
- 1 1/2 pints coffee cream
- Slice banana very thin and add to sugar. Mix well. Add lemon juice and coffee cream and pour into freezing tray and allow to freeze firm. Remove to ice-cold mixing bowl; add vanilla, and beat with electric or hand beater until mixture becomes very light. Return to freezing tray and allow to finish freezing without further agitation.

MODERN HOME LAUNDRING

- Cottons and Linens
- White cottons and linens will come from your week's wash at least five shades whiter, and will last two or three times longer if you follow these hints.
1. Sprinkle Rinso into tub. Add lukewarm water and stir a few seconds. You will be delighted with the lively, lasting suds. After using once or twice, you can easily estimate how much soap is needed (it's really very little) for rich lasting suds in hard or soft water.
 2. White clothes should be soaked an hour or two or overnight. If you soak your white clothes even ten minutes in Rinso, the results will be amazing. If there are badly soiled spots, sprinkle a little dry Rinso on them, roll the garment and push it well under water.
 3. The wash water for white cottons and linens should be as hot as is available, preferably around 140 degrees. Several loads of clothes may often be washed without changing the water in the machine. When the suds die down, the cleansing power of the soap is spent. Either add more Rinso—or if the suds have become very dirty, make a fresh solution.
 4. The more completely the dirty suds are wrung or spun out of the clothes, the easier the rinsing is, and the less hot water is required. Have water for the first rinse as hot as the wash water. In the second and third rinses, use as hot water as convenient.
 5. In washing machine or tub, Rinso and lukewarm water washes colored cottons and linens so they keep bright as new. To avoid fading and streaking, never use hot water, harsh bar, chipped or powdered soaps. Never soak colored clothes longer than 20 minutes, and then only provided they are color-fast.
 6. Shake Rinso into tub and add lukewarm water. Sprinkle dry Rinso on soiled spots, roll garments and push well under water.
 7. Wash in lukewarm Rinso suds. Rinse in lukewarm to cool water.

LATTICE TOP PEACH PIE

- 3 1/2 cups canned sliced peaches, drained
 - 1/2 cup sugar
 - 1 tablespoon quick-cooking tapioca
 - 1/2 teaspoon salt
 - 1 recipe Spry Pie Crust
 - 1 tablespoon butter
- Combine peaches, sugar, tapioca, and salt. Let stand while pastry is being made.
- Roll 1/2 of pie dough and line a 9-inch pie plate. Roll remaining dough and cut in narrow strips (about 3/4-inch).
- Place fruit mixture in pastry-lined pie plate and dot top with butter. Arrange pastry strips across top to form a trapezoidal lattice. Trim pie, moisten edge, and place wider strips (3/4-inch) around rim. Press with finger tips to seal edge. Bake in hot oven (425° F.) 30 to 40 minutes. To use Spry Pastry Mix, use 2 1/2 cups of Mix and about 5 tablespoons water.

AUNT JEMIMA WAFFLES

1. Measure 2 cups Aunt Jemima Ready-Mix for Pancakes into mixing bowl. In another bowl beat 1 egg and combine with 2 cups milk or water. Pour liquid and 2 tablespoons melted Spry into flour. Beat smooth. This makes six waffles.
2. Have waffle iron hot enough to bake a waffle perfectly in three minutes.
3. Grease iron lightly. An electric iron requires no greasing after paraffin has been brushed lightly on it before its original use.
4. Serve waffles as soon as done. Never stack. Stacking spoils crispness.

BANANA CREAM

- 1 medium size banana
- 1/2 cup confectioners' sugar
- 1/2 cup lemon juice
- 1/16 teaspoon salt
- 1 1/2 teaspoons vanilla
- 1 1/2 pints coffee cream
- Slice banana very thin and add to sugar. Mix well. Add lemon juice and coffee cream and pour into freezing tray and allow to freeze firm. Remove to ice-cold mixing bowl; add vanilla, and beat with electric or hand beater until mixture becomes very light. Return to freezing tray and allow to finish freezing without further agitation.

TO FRESHEN FINE FABRICS

When washing colored materials for the first time, test an inconspicuous part of the garment or the end of a belt in a tumbler of lukewarm water for two or three minutes. If test water shows only a very slight discoloration, material may be washed. If water is thick and cloudy, material is not washable. Turn garment inside out. (If you draw your stockings out of the leg inside out they'll be all ready for washing.)

Make a rich Lux suds in lukewarm water. Test the temperature with the back of your wrist. The warmer the water, the more likely colors are to run and fade. Wash quickly by gently squeezing the suds through and through the material. Don't soak colored materials or leave them in a heap while wet. Never rub or twist. Rinse thoroughly in lukewarm water. Roll in a Turkish towel, knead out moisture and then unroll immediately. Sometimes it is helpful to insert a white cloth in colored garments to prevent streaking.

When the garment is unrolled ease it to shape and press with a barely warm iron—smooth fabrics when slightly damp, crinkled materials when dry or nearly dry. If necessary stretch again while ironing.

After unrolling stockings from towel, ease foot to shape and stretch leg gently in length. Dry away from heat, never over a radiator.

KRAFT DINNER

- With Creamed Chicken
 - 1 pkg. Kraft Dinner
 - Hot creamed chicken
 - Parsley
 - Buttered green beans
 - Pimiento strips
- Cook the Kraft Dinner as directed on the package. Pack it into a buttered 6 1/2-inch ring mold. Unmold on a serving plate, fill the center with hot creamed chicken, and garnish the ring on the plate place groups or fatigs of whole buttered green beans, garnished with pimiento strips.

SALAD BOWL

- Lettuce
 - Cooked peas
 - Cooked cauliflower
 - Cooked green beans
 - Cooked carrots
 - Radishes
 - Tomatoes
 - Watercress
 - Miracle Whip Salad Dressing
- Line a salad bowl with crisp lettuce. Then in separate lettuce cups put generous portions of peas, cauliflower flowerets, Julienne green beans, Julienne carrots, sliced radishes and sliced tomatoes. Place these filled lettuce cups around the rim of the bowl, and fill the center with watercress. Serve with Miracle Whip Salad Dressing.

PANCAKES

1. Mix milk or water with an equal amount of Aunt Jemima Ready-Mix for Pancakes. In a twinkling the batter is ready.
2. Have griddle or skillet just hot enough. To test, put a drop of water on griddle. If it goes right up in a puff of steam, griddle is too hot. If it bounces around a second before evaporating, griddle is hot enough.
3. Grease griddle very lightly. Don't pour grease on griddle. Spread it thinly with pad.
4. Pour batter onto griddle. Let each side bake until a golden brown. Never pat cakes.