

**HOME DEMONSTRATION CORNER**

EMILY BALLINGER, County Home Economics Agent  
ANN RACKLEY, Asst. Home Economics Agent

The home agents announce the following schedule:  
Monday, Sept. 18: There will be a special interest demonstration on "Seafood Cookery" at 2:30 p. m. in the assembly room of the county agricultural building. Mrs. Jo E. Gilmore, Extension Nutritionist from N. C. State College, will give the demonstration. Everyone interested in seeing the demonstration is invited to attend.

The Tar Kiln Community Club will meet at 8:00 p. m. at the community building.

Tuesday, Sept. 19: Zion Home Demonstration Club will meet at 2:30 p. m. at the home of Mrs. George Robinson.

Wednesday, Sept. 20: Oakville Home Demonstration Club will meet at 2:30 p. m. at the

home of Mrs. C. B. Bottoms.  
Thursday, Sept. 21: Afton Home Demonstration Club will meet at 2:30 p. m. at the home of Mrs. Melville Hicks.  
Friday, Sept. 22: Elberon Home Demonstration Club will meet at 2:30 p. m. at the home of Mrs. C. H. Stegall.

**Recipe For A September Day**  
With September we think of school — autumn leaves and maybe even a crisp apple. The following recipe is one that came to my desk this week and I would like to share it with you. Apple Crisp and Dutch Apple Cake are blended into one recipe to produce a delicious fruit flavored yeast treat.

**APPLE CRISP CAKE**  
1 3/4 cup milk  
1 4 cup sugar  
1 2 teaspoon salt  
2 tablespoons margarine  
1 4 cup very warm water  
1 package or cake active dry or compressed yeast  
1 egg, beaten  
1 1/2 cups sifted flour  
3 apples, pared and thinly sliced  
1 4 cup soft margarine  
1 2 cup brown sugar  
1 2 cup sifted flour  
1 teaspoon cinnamon  
1 2 teaspoon nutmeg  
Scald milk; stir in sugar, salt and margarine; cool to lukewarm. Measure very warm water into large mixing bowl; sprinkle or crumble in yeast and stir until dissolved. Add lukewarm milk mixture. Add beaten egg and 1 1/2 cups flour.

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**GARDEN TIME**

M. E. Gardner  
N. C. State College

The damage caused by the fall webworm has been especially severe this season. A large number of forest and shade trees are attacked by this pest and the injury caused is not only unsightly but seriously interferes with normal growth due to the destruction of leaves which manufacture food for the plant.

The tent caterpillar is sometimes confused with the webworm, but it attacks plants earlier in the year. Then, too, the tent caterpillar builds its nest in the crotches of limbs and leaves the nest to feed. On the other hand, the webworm envelops its food supply in the web.

It is too late now to do anything this season but you should be prepared to cope with these pests next year. Consult your county agent or vocational agricultural teacher for control measures or write the Department of Entomology Extension, N. C. State College. Now is a good time to seed your lawn. We should give priority to the use of certified seed and good seed bed preparation. Have your soil tested and correct soil reaction (pH) to satisfy the needs of the kind of lawn you are building — Bermuda, Bluegrass, Fescue. Be sure to clear away roots, brick and broken stones, and particles of mortar. This is especially important when making new lawns.

Remember these basic principles and try to satisfy them as best you can. The top 2 or 3 inches of soil should be your plant food supply and should consist of the best soil you can obtain. Well decomposed compost worked into this layer would

Stir until well blended. Spread batter in well greased 13" x 9" x 2" baking pan. Arrange apple slices on top. Cut margarine into mixture of brown sugar, 1/2 cup flour and spices; sprinkle over apples. Cover; let rise in a warm place free from draft until doubled in bulk, about 1 hour. Bake in hot oven (400 deg. F.) for 30 minutes. Serve warm, with vanilla ice cream if desired. Makes 12 servings.

be best. The next 3 or 4 inches of the layer-on-layer idea should be composed of good topsoil and should serve as your moisture reserve.

The bottom layer of 4 or 5 inches should serve as the drainage area and should be composed of sub-soil or fill dirt which is porous enough to prevent the formation of wet areas in the lawn which will give trouble until corrected.

This sounds like a lot of trouble doesn't it? Well, it is, but I know of no better method if you want a lawn about which both of you and your neighbors can brag a little.

**Ten Million Americans Suffer From Emphysema**

Over ten million people in the United States, most of them past 40, are afflicted with emphysema, a chronic lung condition of uncertain origin, characterized chiefly by shortness of breath. It is more prevalent than lung cancer and tuberculosis combined and is increasing.

The name is a Greek word meaning inflation. The lungs are puffed up with air that the victim cannot expel. As he expends more energy trying, he has less reserve to do anything else. The mysterious malady is just beginning to receive the research it deserves writes Grace Naismith in a September Reader's Digest article, "Emphysema—Our Most Neglected Disease?"

When emphysema is the diagnosis, drugs which cause relaxation of bronchial muscle, used in special machines or hand bulb devices are part of the treatment. Air passages must be cleared. Oxygen therapy is also used.

No apparatus, however, will replace the muscular activity of the patient himself. Says Dr. Alvan L. Barach, consultant in medicine at Presbyterian Hospital, New York, "A program of inhalation of oxygen while walking has resulted in increased exercise capacity in most of 100 patients, with a corresponding improvement in physical fitness and mental outlook."

To avoid emphysema, good posture, daily exercise, and the cultivation of good breathing habits are advised. Prompt medical treatment should be sought for any shortness of breath, sinus infection, prolonged or repeated chest colds and particularly chronic coughs.

The article is condensed from Today's Health, a publication of the American Medical Association.

**Davis Attends Religious Retreat**

SEOUL (AHTNC) — Staff Sergeant Arnold B. Davis, 31, whose wife, Delores, lives on Macon road, Warrenton, N. C., recently attended a five-day religious retreat at the Army's Far East retreat site near Seoul in Korea.

Protestant, Catholic and Jewish chaplains alternate planning the program of the retreats, which include group discussions, individual conferences and guided tours of areas near the site. The purpose of the retreat is to provide the soldier with the opportunity to meditate and discuss religious matters with a chaplain of his faith.

Sergeant Davis, a television engineer with the Armed Forces Korea Network, entered the Army in 1947 and arrived overseas on this tour in July 1960.

The sergeant is a 1947 graduate of Warren County Training High School, Wise. His parents, Mr. and Mrs. Richmond W. Davis, live in Wise.

**Dr. Massey Named Committee Head**

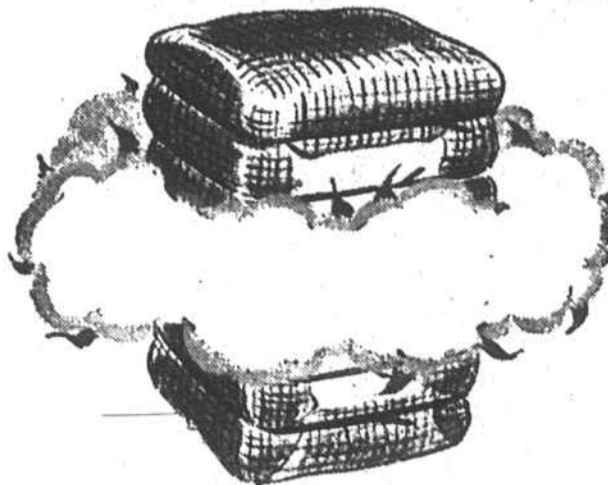
Dr. S. H. Massey, Jr., has been elected chairman of the Finance Committee of the Warrenton Baptist Church. Dr. Massey succeeds General Claude Bowers, who has resigned this important position in the church due to being out of town so often because of his state office.

Others serving on the committee with Dr. Massey are C. E. Rodwell, W. A. Miles, Tom Frazier and Monroe Gardner.

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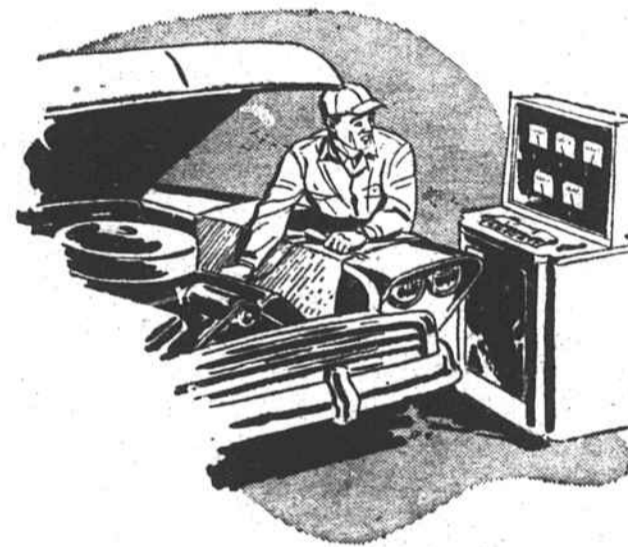
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