

# HOME DEMONSTRATION CORNER

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

The home agents announce the following schedule:

**Monday, February 26:** The Shaw Springs and Enterprise Home Demonstration Clubs and the Epworth Enterprise Community Club will meet at 7:30 p. m. at the Epworth-Enterprise Clubhouse.

**Tuesday, Feb. 27:** The agents will attend an all-day training school in Wilson.

**Wednesday, Feb. 28:** There will be an Agricultural Foundation Meeting at 7:30 p. m. in Henderson at the County Courthouse.

**Thursday, March 1:** Agents will attend an all-day training school in Wilson.

**Paschall Home Demonstration Club** will meet at 2:00 p. m. at the home of Mrs. Albert Perkinson. The foods and nutrition leader will give the demonstration.

**Friday, March 2:** Embro Home Demonstration Club will meet at 7:30 p. m. at the home of Mrs. Claudia Stallings. The foods and nutrition leader will give the demonstration.

Last month in the Home Demonstration Clubs the demonstration was "How To Stretch Your Food Dollar." In studying this subject several things about food packages were called to the attention of the women seeing the demonstration. You too may be interested in some of this information.

What's behind the package? Wrapped in today's package are services and convenience not even dreamed of ten years ago.—New complete food dinners, instant puddings, minute products. Short cuts that make tasks like cake making, jelly making and home laundering quicker.

The modern package holds a better product than ever before. The quality is more uniform, the home preparation easier and more sure of success. Today's directions are simple to follow. There's accurate information about uses and number of servings. The package is handy, too, practical in size. It gives new kind of protection, yet it is simple to store and appealing to look at.

All these modern values are part of today's living, within the reach of every food shopper who looks for them.

**WHAT SHOULD A PACKAGE TELL YOU?**  
You can check—

**The Quality**  
The first ingredient named must be in the greatest proportion; the second in the next greatest proportion and so on.

The package size may not be a true indication of the actual amount inside as the product may have settled during shipment, it may enclose a smaller package for better protection, or it may be fairly large to help prevent breakage and pilferage.

A familiar package may be reduced in quantity. Frequently an increase in product costs to the manufacturer is compensated by a reduction in quantity rather than a raise in price.

"Sale" items may not be what they seem. A package says "Regular \$1.00 size for . . ." The package may actually be a smaller size than the one you recall as the "regular size."

**The Price**  
The larger sizes may be there for your convenience and mean no actual savings per ounce or serving.

Compare both seasonal price changes and price differences between quantities and brands. The Packer's Name and Address

You may have additional questions or comments on the product, its use or storage. It's good to know—

## Cards of Thanks

Copy for cards of thanks must be in this office by Tuesday night, earlier if possible, accompanied by 50c to cover cost of insertion.

I wish to take this opportunity to express my sincere appreciation to my friends and relatives for the many acts of kindness shown during my recent illness and since my return home. I wish to especially thank the staff of Warren General Hospital.

MRS. ALBERT HIGHT  
I wish to take this opportunity to thank my many friends, relatives, neighbors and also my pastor for the cards, letters, flowers, gifts, fruit and visits during my recent stay in Duke Hospital. Each deed was greatly appreciated.

VAN COLEMAN

The Foods and Standards Division of the State Department of Agriculture, and the Federal Food and Drug Administration are constantly checking for mislabeling in regard to quantity and actual content. Check with these agencies if you have a question concerning quality standards, weights or measures.

**What Should A Package Cost?**  
It depends on what you're buying, of course. How much convenience? How much protection?

In recent years the per person per year expenditure for package materials has been about \$55. Cost of assembling, filling, and handling about three-fourths more, bringing the total to an estimated \$100 per year.

**Wrapping It Up**  
All packaging problems have not been solved. Some packages are too large, some too small, too hard to open and too extravagant. Perhaps it is time to ask some serious questions. Convenience . . . at what price? The markets are attuned to your wants and desires. It is up to you, the consumer, to make your wishes known.

**Announcement By Negro Agent**

PEGGIE P. DREW  
County Negro Home Ec. Agent  
DOROTHY RUTH EDGE  
Assistant County Negro Home Ec. Agent  
Phone 204-1

The Negro home agents announce the following schedule:

**Monday, Feb. 26:** 12:30 p. m., Epworth Home Demonstration Club will meet at the home of Mrs. Patience Hill. Mrs. Ella Carter, Foods and Nutrition Leader will give the demonstration.

**1:30 p. m., Olive Grove Home Demonstration Club** will meet at the home of Mrs. Gertrude Carter with Mrs. Virginia Wilkins as co-hostess. Mrs. Elizabeth Fitts, Foods and Nutrition Leader, will give the demonstration.

**Tuesday, Feb. 27:** 1:00 p. m., Wise Home Demonstration Club will meet at the home of Mrs. Ida Baskerville. Mrs. Millie Jones, Foods and Nutrition Leader, will give the demonstration.

**2:30 p. m., Norlina Home Demonstration Club** will meet at the home of Mrs. Mable Sledge, Foods, and Nutrition Leader, who will give the demonstration.

**Wednesday, Feb. 28:** 12:30 p. m., Bethlehem Home Demonstration Club will meet. Mrs. Mittie Harrison, Foods and Nutrition Leader, will give the demonstration.

**Thursday, March 1:** 12:30 p. m., Forke Chapel Home Demonstration Club will meet at the home of Mrs. Ethel Alston. Mrs. Mary Williams, Foods and

## Nutrition Leader, will give the demonstration.

7:30 p. m., Liberia Home Demonstration Club will meet at the home of Mrs. Annie Young. The Foods and Nutrition Leader will give the demonstration.

**Friday, March 2:** 1:00 p. m., Jordan Hill Home Demonstration Club will meet at the home of Mrs. Ida Palmer. Mrs. Helen Milam, Foods and Nutrition Leader, will give the demonstration.

**ANNOUNCEMENTS**  
Wednesday, Feb. 28: 1:30 p. m., Dr. Lewis Thorpe of the Boice-Willis Clinic, Park View Hospital, Rocky Mount, will speak in the Assembly Room of the Community Center on the subject of "Cancer." The public is cordially invited to attend.

7:30 p. m., Vaughan Rural Community Development Unit will meet at the school.

**HEALTH AND SAFETY TIPS**  
In connection with last week's news article, here are a few staple items that it would be well to include in your stock of medicine supplies . . . as listed in "Today Health Magazine."

**Aspirin** — To get rid of headaches or the aches and pains accompanying a cold.

**Calamine lotion** — For minor skin irritations, insect bites and the early stages of poison ivy.

**A cough syrup** — containing soothing ingredients and no habit forming drugs.

**Petroleum** for chapped skin and superficial burns, cuts and bruises.

**Adhesive bandages, roll bandages, sterile gauze pads and adhesive tape.**

**An oral thermometer, and a rectal one for small children.** A bulk or mild saline laxative for occasional use.

**Epsom salts and rubbing alcohol.**

**Sick room supplies** such as hot water bottle, ice bag, vaporizer, enema bags, medicine droppers, tongue depressors, tweezers, scissors, a handy reference poison chart, and a good first aid manual.

**An antiseptic for wounds.** Don't bother with antiseptic for minor cuts. Hot water and soap will do a good job.

**A final word of caution:** Keep your medical supplies out of the reach of small children. The candy coated aspirin are fine for children, but they also are tempting and children sometimes will eat the whole bottle of the small pills with dire results.

There are other useful household medical supplies and equipment, but those listed here will handle most minor home ailments and injuries. Do not try to treat a more serious illness or injury yourself. Call your doctor.

**Not His Impression**  
According to The Machinist, "Cal Calipers says he keeps reading in the papers where Brigitte Bardot is retiring, but he never thought so."

**Agricultural products** are responsible for one fourth of all exports from the United States.

## Miss Ann Rackley Honored At Tea

Miss Ann Rackley, Warren County Assistant Home Economics Agent, and March 4th bride-elect of John K. Killian, was honored at a tea on Tuesday afternoon by the Home Demonstration Club Women of Warren County held at the Arcola Clubhouse. The clubhouse was beautifully decorated throughout in a bridal motif of pink, green and white.

Greeting the guests were Mrs. R. M. Shearin of Arcola. Receiving with the honoree were her mother, Mrs. W. H. Rackley of Smithfield, and mother of bride-elect, Mrs. John G. Killian of Ridgeway. Mrs. Willis Fleming of Henderson and Miss Emily Ballinger of Warrenton.

The punch table, covered with an imported embroidered linen cloth, bore a lovely pink flower arrangement in an epergne used with silver candleabra at one end, and at the other end a crystal punch bowl from which Mrs. Carlyle King of Littleton poured delicious fruit punch. Bridal ices, mints and nuts were also served from the table. Assisting Mrs. E. E. Hecht of Ridgeway in serving were club members from the various home demonstration clubs of the county.

Mrs. William Ellington of Dreyer presided at the guest book, and good-byes were said to Mrs. C. P. Pope of Churchill. Approximately 100 club members from all sections of the county attended. Out-of-county guests were Mrs. Oscar Patterson and Mrs. Almond Thompson of Smithfield.

The home demonstration club county council and the 4-H club county council presented the bride-elect with gifts of silver in her chosen pattern. Other gifts of silver and crystal were also presented her by the various clubs.

**Marriage Licenses**  
Nancy Jo Paschall, white, of Rt. 2, Norlina, to Ray Gene Ledford of Raleigh.

Barbara Juanita Flynn, white, of Boynton, Va., to William Howard Ricketson of Boynton, Va.

Jeanette Hendricks, colored, of Rt. 1, Norlina, to Junious Nathaniel Johnson of Rt. 1, Norlina.

Clara Reabie Nicholson, colored, of East Orange, N. J., to Ernest I. Johnston, Jr., of East Orange, N. J.

Margaret Louise Guill, white, of Wylliesburg, Va., to Curtis Wayne Thorp of Drakes Branch, Va.

Sarah Bettie Minggia, colored, of Rt. 2, Littleton, to James William Thornton of Portsmouth, Va.

**Like Humans**  
Just as human beings hold hands when they are courting, some birds may hold bills. Puffins nibble at each other's bill. Ravens lock bills in a gesture suggesting a prolonged kiss.

You begin to feel your age when you realize that the beautiful blonde looking your way is giving your son the once over.

## LITTLETON NEWS

Mrs. Clarence West visited little Susan Tant in Warren General Hospital on Monday.

Joseph Edwin Stansbury, Jr., and Miss Harriet Cheek were in Rocky Mount on Monday night.

Mr. and Mrs. Alex Phelps and daughter, Beverly, were in Warrenton on Sunday afternoon.

Mr. and Mrs. Horace Palmer and Mrs. Bessie Pritchard were in Roanoke Rapids on Thursday.

Mr. and Mrs. Herbert Hudson and daughter, Diane, of Richmond, Va., visited Mrs. Vergie Reid and Miss Shirley Reid over the weekend.

The Senior Class of Aurelian Springs High School attended a dinner at Buck Overton's in Rocky Mount on Monday night.

Mrs. Rosamond West spent several days last week in Fort Jackson, S. C. with her husband, Pfc. West, who has been transferred to Texas.

Mr. and Mrs. Thomas Riggan were Sunday visitors of Mr. and Mrs. Willie Liles, Sr., Willis Liles, Jr., has accepted a position with J. P. Stevens Co. in Roanoke Rapids.

Mr. and Mrs. Willie Jenkins and children of Richmond, Va., visited her parents, Mr. and Mrs. James A. Myrick and Mr. and Mrs. Loyd Salmon recently.

Mr. and Mrs. Raymond Harris and sons, J. R., Phil and Alvin Parker, were Sunday visitors of Mrs. J. B. Hamm and Bennie Hamm in Petersburg, Va.

Mrs. Annie Crawley and grandson, Walter Gray Crawley, and Joe Ed Stansbury were in Warrenton on Tuesday.

Sunday dinner guests of Mr. and Mrs. Bernice West were Tommy West, Mrs. Cora Mae Johnston, Miss Ruby Smiley, Mr. and Mrs. Robert West and children, Betty Jean, Brenda, Mary Lois and Philip, Mrs. Annie Lee Hilliard and children, Dorothy, Henry F., Jr., and Bernice, Pfc. Don Peatny and Pvt. Fred West of Fort Jackson, S. C., Mrs. Fred West and Justis West.

Mrs. Robert West and children visited Mr. and Mrs. J. Allie Tharrington in Hollister on Sunday.

Mr. and Mrs. Cleveland Pike and children spent the weekend with Mr. and Mrs. Smith in Wilmington.

Mr. and Mrs. Alvis Fleming and children, Charles and Nancy, were Sunday night dinner guests of Mr. and Mrs. Willie Gray West.

Pfc. Don Peatny of Fort Jackson, S. C., was a weekend guest of Pfc. Fred West and Mrs. West and also visited Mr. and Mrs. Bernice West on Sunday.

Willie Gray West and Robert West were in Petersburg, Va., on Monday.

Pfc. Fred West, Mrs. West and Mr. and Mrs. Bernice West visited in the home of Mr. and Mrs. M. T. Dickens on Sunday afternoon.

## Mrs. H. W. Mitchell and Miss Ethel Harrison attended the Methodist District Conference in Rocky Mount on Sunday afternoon.

Mr. Elliott Isles visited Clifton Crawley on Sunday.

Miss Emma Lewis Whitaker and Si Hoskins of Warrenton visited Miss Ethel Harrison on Friday evening.

Mr. and Mrs. Clarence Carter and children of Raleigh spent Saturday night with Mr. and Mrs. Ed W. Liles and visited Mr. and Mrs. Walter Pike on Sunday.

Mr. and Mrs. William Gardner of Greensboro spent the weekend with Mrs. Doris Taylor.

Elmo Shearin, Luther Aycock and Albert Wilcox were in Warrenton on Monday.

Mr. Robert T. Hardy of Grove Hill visited Mrs. Milton Overby at the home of Mr. and Mrs. Joe W. Neal on Monday. Mrs. Overby has recently returned home from Warren General Hospital.

Sunday visitors of Mr. and Mrs. Walter Perkinson were Mr. and Mrs. George Outland of Littleton and Mrs. William Perkinson and daughters of Newport News, Va.

W. T. Threewitts, Jr., of Greensboro visited relatives here on Monday night.

Mrs. Charlie J. Shearin visited Mrs. Charles E. Lewis on Wednesday.

Mr. and Mrs. Edward Spain visited Mr. and Mrs. Van Henry Spain in Henderson on Sunday.

Mr. Charles E. Lewis visited his father, C. R. Lewis, in Louisburg Hospital on Saturday.

Mr. and Mrs. Charlie J. Shearin, Mr. and Mrs. Dan Shearin and grandson, Wayne Lewis, spent Saturday night in Roxboro with Mr. and Mrs. Tommy Liles.

Mr. Willis Liles, Sr., is on the sick list.

Miss Sandra Shearin returned to Louisburg College on Sunday afternoon after spending the weekend here with her parents, Mr. and Mrs. Elmo B. Shearin, Sr. She was accompanied by her parents and Mr. Paul Williams.

Al Liles and Miss Faye



## GARDEN TIME

The official opening of the Second Southeastern Flower and Garden Show will be a gala event at the State Fair Arena, Raleigh, on Feb. 23.

The First Lady of North Carolina, Mrs. Terry Sanford, will be Honorary Hostess. She will cut a "ribbon" of North Carolina-grown orchids to officially start the festivities.

Of particular interest will be an enlarged display by the North Carolina State Florists Association which will be placed near the main entrance. The N. C. Commercial Flower Growers, the N. C. Orchid Society, the N. C. Federation of Garden Clubs and the N. C. Association of Nurserymen are the other participating groups.

Richard C. Beel, well-known Raleigh landscape architect, has planned 15 gardens offering a wide choice of themes. The average homeowner will find many new ideas which can be used in home garden planning. There will also be educational displays staged by N. C. State College, and also by commercial flower growers of this area.

A new feature this year will be public demonstrations of flower-arranging by the florists. A daily fashion show will be staged by the merchants of Cameron Village of Raleigh. This presentation last year was one of the daily highlights of the show.

Warren were in Rocky Mount on Monday night.

Mrs. Robert West and Mrs. Tommy West visited Mr. Jim Warren in Warren General Hospital on Monday.

Mr. and Mrs. Elmo B. Shearin, Sr. were in Enfield on Tuesday.

Mrs. Dorothy Shearin and children, Brant and Allen, visited Mr. and Mrs. Frank Pars on Sunday afternoon.

Joseph Edwin Stansbury, Jr., was an overnight guest of Ed Harris in Hollister on Monday night.

Mr. and Mrs. Wilford Isles and children were Sunday visitors of Mr. and Mrs. Elliott Isles.

Mrs. Clifton Crawley and children spent Saturday night in Norfolk, Va., with Mr. and Mrs. John W. Heptinstall.

Mrs. C. L. Kelly of Aurelian Springs spent sometime last week with her sister, Mrs. Maude Sauls, and niece, Mrs. Herbert Harris.

Mr. and Mrs. Elliott Isles visited Mr. and Mrs. Pete Harris in Halifax on Monday.

Mrs. Harry Landing and Mrs. Frank Dennis and children of Norfolk, Va., and Wheeler Cole of Richmond, Va., were weekend guests of their parents, Mr. and Mrs. T. W. Cole.

Mr. and Mrs. Sam Frazier and children, Kenneth and Francis, of Portsmouth, Va., Mr. and Mrs. W. W. Morris and children, Jimmy and Ronny, of Goldsboro, and Mr. and Mrs. Cecil Baines and children, W. E. and Carolyn Ann, of Portsmouth, Va., spent the weekend with Mrs. Lawrence Morris.

Mr. and Mrs. Robert Stainback and daughter, Karen, of Raleigh, Mr. and Mrs. Timothy Stainback and children, Renee and Connie Joe, of Raleigh, Mr. and Mrs. John Harris and daughter, Vickie, of Richmond, Va. and Mr. and Mrs. J. T. Harris of Littleton were Sunday dinner guests of Mr. and Mrs. Lawrence Stainback.

Mrs. Helen Kooper of Raleigh spent the weekend with her sister, Mrs. Mildred Oxenham.

Mr. and Mrs. Henry Riggan of Henderson visited Miss Fannie Moore and Macon Moore, Sr., on Sunday.

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