

# HOME DEMONSTRATION CORNER

EMILY BALLINGER, County Home Economics Agent

The home economics extension agents announce the following schedule:

Monday, May 27: Epworth-Enterprise Community Club will meet at 8 p. m. at the Epworth-Enterprise Clubhouse.

Arcola Community 4-H Club will meet at 8 p. m. at the Arcola Community Building.

Tuesday, May 28: There will be a leaders training school for foods and nutrition leaders at 2:30 p. m. in the home agents office.

Wednesday, May 29: Drewry Home Demonstration Club will meet at 2:30 p. m. at the home of Mrs. C. B. Curtis, Sr.

Thursday, May 30: Office.

Friday, May 31: Arcola Home Demonstration Club will meet at 2:30 p. m. at the Clubhouse. Mrs. Robert Gupton will be hostess.

Homemakers Week will be held at State College June 18-21. Headquarters for the week's program will be the college union on State College campus.

On Tuesday, the State Home Demonstration Council will meet in the ballroom of the college union and that night beginning at 7:30 there will be a talent program presented by home demonstration club members.

The annual meeting of the N. C. Organization of Home Demonstration Clubs will be held in the ballroom of the college union on Wednesday morning, June 19. That afternoon there will be tours of State College Campus and points of interest in Raleigh. At 8 p. m. there will be a reception at the home of Dr. and Mrs. H. Brooks James.

An excellent selection of classes will be offered on Thursday and Friday as follows:

1. Wonderful World of Frozen Foods and How it Enriches Our Lives, by Miss Nita Orr, Frozen Foods Specialist.

2. Ideas for Landscaping, by John H. Harris, in charge Extension Horticulture.

3. Crewel Embroidery, by Mrs. Frank Ledbetter, Troy.

4. Wash and Wear or Wash and Weep?, by Barbara Van Ginkel, Maytag Co., Newton, Iowa.

5. Color in Fabrics, by Extension House Furnishings Department.

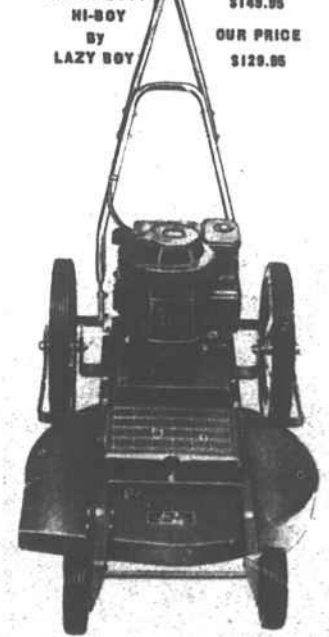
6. Flower Arrangements for the Home, by Charlotte Womble, Extension Housing and House Furnishings Specialist.

7. Getting the Quality Look in Home Sewing by Mrs. Edna Bryte Bishop, well known teacher, lecturer and author.

8. Making and Remodeling Hats, by Mrs. A. B. Hafer.

9. Food — Pocketbook and

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church.

Community Development Tuesday, May 28: 7:30 p. m., Vaughan Community Development Meeting will be held as scheduled.

## Afton News

Mr. and Mrs. Roy Morton of Raleigh spent Sunday with Mr. and Mrs. Tom Limer. Miss Lou Limer returned with them to Raleigh for a visit.

Misses Sarah Ann Fuller, Lula Belle Fuller, Carol Hobgood, Gloria Munn, Mary Long and Mrs. Jim Limer attended a Piano Recital given by the pupils of Mrs. Walter Crowder on Tuesday night in the South Hill Methodist Church.

Miss Margaret Ann Rideout of Chowan College, Murfreesboro, spent the weekend at her home here.

Mr. John A. Reavis of Fort Lauderdale, Fla., Mr. and Mrs. M. H. Hicks and Mel were Wednesday night supper guests of Mr. and Mrs. B. L. Reavis, Sr.

Master Ben Reavis of Henderson underwent a tonsillectomy in Maria Parham Hospital, Henderson, on Saturday. Among visitors on Sunday were Mr. and Mrs. B. L. Reavis, Sr. and Mrs. Mel Hicks.

Miss Elsie Hudson of Louisville visited Mrs. J. K. Pinnell and Mr. and Mrs. J. H. Andrews on Sunday. Miss Hudson, Mrs. Pinnell and Mrs. Andrews visited Mr. and Mrs. W. E. Turner in Vicksboro on Sunday afternoon.

Mr. and Mrs. Vernon Steed of Greenville were Sunday night supper guests of relatives here.

Mrs. Helen Mabry is spending this week with her mother, Mrs. Rebecca Felts, in Henderson.

Mr. H. H. Steed is a business visitor in Baltimore, Md., this week.

### Attend Graduation

Mr. and Mrs. Peyton B. Rogers will attend the graduation exercises of Miss Betty Rogers at Gardner-Webb College, Boiling Springs, on Sunday. Betty will return with them to her home here following the exercises.

### Sharp Kid

And then there's the little porcupine who bumped into the cactus plant in the dark and asked: "Is that you, mother?"



## GARDEN TIME

Ascorbic acid (vitamin C) has been a magic word in the daily dietary requirements, especially of infants and young children.

Although the exact function of vitamin C in body functions is not fully understood and its relationship to enzymes is not yet clear, it is known to be essential in growth processes and is found most abundantly in active growing tissue and seems to be necessary for the proper growth and functioning of all living cells.

The deficiency effects of vitamin C are expressed chiefly in the bones, blood vessels and teeth. The pathological changes of scurvy, for example, are the direct results of marked deficiency of this important vitamin. Hemorrhages may occur due to fragile capillaries which result from growth failure of connecting supporting tissues and perhaps loss of cementing substances between cell walls.

The highly developed and specialized food processing industry of today has made it possible for the average mother to find adequate sources of vitamin C 12 months in the year. In the minds of many vitamin C and freshly pressed citrus juice, through common notion, were considered to be the same. But now with the almost universal use of supplementary vitamins in the ration of young children, the addition of fruit juices to the diet has become less important as a primary source of vitamin C and more important as a supplement to the dietary program.

As a wholesome in-between-meals food that satisfies hunger temporarily but does not interfere with normal appetite, there is nothing to compare with fruit juices. In addition, the idea of giving vitamin C fortified fruit juice to sick infants and children is sound because the requirements of both vitamin C and fluids are increased by body infections.

There are many juices available for infant feeding—orange, pineapple, apple, grape, etc. In an attempt to compare citrus (orange) vs. non-citrus (apple) juices in infant feeding studies have been conducted using two carefully selected groups of babies.

The results of this study may be briefly summarized as follows: the conclusion drawn would seem to indicate that the apple juice was more readily accepted by the infants than was the orange juice. In addition, those infants fed the non-citrus (apple) juice exhibited less disorders of rash, colic, excessive flatulence, changes in stools and "spitting up" than those who received the citrus (orange) juice.

The National Apple Institute is supporting research studies of this nature and the N. C. Apple Growers Association, as a member of the Institute, is also in support. The complete report is covered in a reprint from the "Virginia Medical Monthly" and is available for distribution.

If you would like a reprint of this report I will see to it that you get one if you will write me.

## Local Women Awarded Corsetiers Degrees

Mrs. R. D. Miles and Mrs. S. L. Crinkley of the Style Shop have just been awarded the Graduate Corsetiers (G. C.) degree from the Gossard Foundation Forum sponsored by the H. W. Gossard Co., one of America's leading manufacturers of foundation garments.

Mrs. Miles and Mrs. Crinkley received their degree after intensive study and group discussions on custom fitting, fashion, sales techniques and fashion merchandising ideas. The Gossard Foundation Forum was held in Atlanta, Ga., at the Henry Grady hotel.

Hay conditioned with a crusher will dry faster and more uniformly than hay conditioned with a crimper. New Holland tests show.

Negro FARM AGENT NEWS LEONARD C. COOPER Negro County Agent I. W. MURFREE Asst. Negro County Agent

## MILK PRODUCTION

As milk production in the United States again reached a record of 125.9 billion pounds in 1962, we are still involved in a controversy of some form of limitation on the production of milk.

Although from a national standpoint there is an over-production of milk, this is not true in the southeastern states and particularly in the immediate area of White House Milk plants in Virginia and area of North Carolina. With present facilities for processing and markets that are available, much greater volume of manufactured milk is needed and higher production in the area would not be channeled into Commodity Credit Corporation purchases.

Recent production figures indicate that Virginia produced only 16% of the national milk supply, while North Carolina produced only 14%. Compiling the total production of both states, only 3 pounds of milk are produced per 100 pounds that are produced in the United States. Kentucky leads the southern states with 2% of the total National milk production, followed by Tennessee with 1.8, Maryland with 1.2% and Florida with 1%. The states of South Carolina, Georgia, Alabama, Arkansas and Louisiana all produced less than 1% of the milk produced nationally. Combining the total production of these southern states, production will only slightly exceed the pro-

duction of the state of Wisconsin with 14.4% of all the milk produced in the United States. As the production of manufacturing milk is one of the few farm commodities that is in short supply in the immediate area; and, as yet, there are no quotas or limitations on the amount that farmers can produce, many farmers may not be using their land to its fullest capabilities in producing a maximum return.

The production of manufacturing milk is an enterprise that fits well on farms with plenty of labor, and land that can produce enough pasture, hay and silage. It does not take a big outlay of money to get into this enterprise.

The returns a dairyman can expect from sales of manufacturing milk are directly related to how much milk his cows produce. As milk production increases, cost also rises; but so also do cash returns over cost.

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Dinner Meeting The Couples Club of the Warrenton Baptist Church held a dinner meeting on Monday night in the Assembly Room.

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# A LEGISLATIVE PROGRAM TO SAVE RURAL ELECTRIFICATION IN NORTH CAROLINA

The rural electric cooperatives of North Carolina have outlined to the General Assembly legislation they feel is essential to the existence of the rural electrification program in our state. Briefly, here is what they ask:

Elimination from the report of the General Statutes Commission of sections known as GS 62-110 and GS 62-111.

The first of these two sections calls for municipal electric systems and rural electric cooperatives to come under the jurisdiction of the State Utilities Commission. The cooperatives can find no reason in law, utility history, or the service of cooperatives and municipal systems, to place them under the Commission.

Regulation exists to give the consumer and the investor protection in a monopoly industry--to protect the interests of the buyer (who wants the best service at lowest cost) against that of the seller (who wants the greatest profit on his investment).

A member of an electric cooperative (or one who gets his power from a municipal system) is both the buyer and seller. He helps set his rates and conditions of service. Electric cooperative members have used their voices in the affairs of their cooperatives to reduce their rates on the average by 33.7 percent in 8 years (from 1952 to 1960).

The second section (62-111) would permit the sale of cooperatives without a vote of the owners. It would simply require application of a private power company and the approval of the Utilities Commission.

### PASSAGE OF H. B. 426

This bill is supported by rural electric cooperatives as a solution to conflicts which

North Carolina's rural electric cooperatives believe the adoption of this program would result in legislation that is fair and reasonable to all electric suppliers and in the best interests of the consuming public of the state.

If you have questions concerning this legislative program, please write Box 1699, Raleigh, N. C.

Halifax Electric Membership Corp. ENFIELD, N. C.

arise when towns annex areas which are being served by rural electric cooperatives. It represents a compromise between the aspirations of the towns and the rights of cooperative members to enjoy the benefits of their investment.

The bill would (1) give electric cooperatives the right to continue serving in annexed areas for six years, and the town could grant them a longer franchise if it so chose; (2) provide for financial compensation in cases where cooperatives had to withdraw from the annexed areas; (3) set up a commission to determine a reasonable basis on which electric cooperatives might be taxed and to make recommendations to the 1965 General Assembly.

### PASSAGE OF H. B. 816

This bill presents a solution to the problem of wasteful duplication of facilities—a problem which arises when one supplier builds lines into another's area in an attempt to pick up desirable loads which are developing.

The bill would (1) prevent one electric supplier from serving premises already being served by another supplier; (2) prevent one supplier from serving premises within 1,000 feet of another supplier whose lines were there first; (3) provide that if two electric suppliers have lines within 1,000 feet of a premise at the time the act is passed, the supplier which has lines closer would be entitled to serve.