



Mrs. Mary Hargrove, Rt. 1, Warrenton, said, "Mrs. Davis has certainly helped me in showing me the correct methods of preparing foods for freezing. I have a new freezer and I want to fill it because we will need a lot of vegetables this winter. There are 14 in my family." Mrs. Hargrove and Mrs. Elizabeth Davis, Expanded Nutrition Program Aide, are looking over some of the food Mrs. Hargrove has frozen.

Expanded Nutrition Plan Helps Needy Warren County Homemakers

By EMILY BALLINGER

In recent months much has been said about reaching new audiences with educational programs. This concept has been applied to the Home Economics Extension Program. Through the Expanded Nutrition Program which was provided for by special Federal funds, nutrition program aides were employed in over half the counties in North Carolina. Warren County program aides have been working since April 1, 1969. The four nutrition program aides in the county are Mrs. Edith Clark, Mrs. Hazel Dale, Mrs. Elizabeth Davis and Mrs. Sally Patillo. The aides were trained by Miss Emily Ballinger, Home Economics Extension Agent, and have been working under her supervision.

The purpose of the program is to help families not usually reached by Extension agents or other agencies to improve nutritional quality and adequacy of their diet. It is

a program whereby the nutrition program aides work with the homemakers in improving menu planning, food production and buying, food preservation and meal preparation.

The Warren County nutrition program aides are at present working with 110 families with a total of 745 persons in these families.

Through their work, the nutrition program aides have found that many of the families are not getting recommended daily food requirements in their diet so they have been stressing planning and preparing better balanced meals. Most of the families they are working with have children so they have especially been stressing getting more milk in the diet. In doing this, they have stressed the food values in milk and have shown homemakers how to prepare non-fat dry milk and use it in food preparation. The non-fat dry milk they point out has more of the food value of whole milk and is less expensive. This fact appeals to

the budget conscious homemaker. In addition to emphasizing the use of milk in the diet, the program aides have stressed the proper preparation of vegetables with encouragement that the families include more in their diets, and they have methods of preparing economical cuts of meats. Recently, the aides have devoted much of their time to showing homemakers how to can and freeze foods. In working with the homemakers, they have found that prior to their helping them, they had not been following recommended food conservation practices and had had considerable amounts of spoilage of foods.

Most of the homemakers with whom the aides are working have expressed sincere appreciation for the aides working with them and helping them improve their diets. The aides report they have seen considerable amount of progress being made with the families with whom they work.

Crafts Pay Off For Alamance Homemaker

Crafts pay off for Mrs. Cleo Smith, Burlington, Rt. 1. The Alamance County homemaker learns as many craft ideas as she can, Mrs. Ann D. Jones, associate home economics extension agent, says. Then she sells the items that she makes or she uses them as gifts.

As one hobby, Mrs. Smith mounts wedding, graduation and anniversary invitations on plaques and gives them to the sender, Mrs. Jones adds.

The recipients thank Mrs. Smith for the gift saying they probably would have stuck the invitation in a drawer for keeping. But now they can display it attractively and proudly.

Halifax

(Continued from page 11)

are instructed through the use of programmed media in adult basic education and are prepared for the High School Equivalency Examination which is administered once a month at the Halifax County Technical Institute. Already, one former student from Warrenton has been able to secure her high school certificate which enabled her to get a position which she could not have obtained otherwise. Several others have made application to take the Equivalency Exam. Other courses that were taught in Warren County this past year were Quantity Food Preparation, Bookkeeping, Sewing, Electric Arc Welding, Food Services, and Nutrition.

Courses of an occupational or cultural nature can be established in any community served by the Halifax County Technical Institute provided there are enough people interested for a class to be organized and provided that classroom facilities are available.

Those Warren County residents who are interested in taking advantage of the opportunities offered them by the Halifax County Technical Institute are encouraged to make their wishes known to Bill Hudson, Director of Adult Education, at the Halifax County Technical Institute or call 696-4188.

As it orbits the earth, the moon spirals outward at a rate of about one foot every 90 years.

Williams Is Farming His Ancestral Acres

By L. E. HARDAGE Extension Chairman

Very few young men are interested in farming today, especially those under 30 years of age. Leon Williams, son of Mr. and Mrs. Fredrick Williams of the Inez community, recently returned to the home farm and has taken over the operation of this farm.

Leon has completed his military duties and completed a two year course in Agriculture at North Carolina State University this past January.

Leon states his reasons for returning to the farm is because he likes farm life and feels that in the years ahead, farming offers a good future to a young person who is willing to work hard and plan well.

Leon's farming operation in 1969 consists of the following:

Cotton, 102 acres; Tobacco, 18 acres; Corn, 24 acres; Cucumbers, 2.8 acres; Oats, 15 acres; Hay, 54 acres; 50 acres of pasture and a small beef cattle operation.

The tobacco, cucumbers, 6 acres of cotton and 20 acres of corn is rented to one-half share tenants. The balance of the crops are made by Leon. He uses 4-row equipment to handle this large amount of cotton.

All of the cotton was treated for grass and weed control and a complete insect control program has been followed. His yield should be from one to one and one half bales of cotton per acre.

Leon cash rents the entire farm except the beef cattle. This is operated on a one-half share basis with his father.



Every now and then we get an unusual request for information. This time it was about Purslane.

A lady reader sent me a plant for identification. Then she wanted to know whether or not the plant, or plant parts, were edible.

Some of my readers will recognize Purslane (sometimes called Pursley) as a persistent weed pest in the home vegetable garden. It is reported that the plant probably originated in western Asia but is now widespread in many parts of the world.

The botanical name of Purslane is Portulaca oleracea. Portulaca grandiflora is a popular dwarf annual flower and is a member of the

Purslane family.

While most people consider Purslane as a weed to be rid of, others may want to plant seed and use the leaves much as you would the pot herbs for cooking; or in salads. If you want to try this plant, use the variety Sativa (Portulaca oleracea sativa). This is a variety of the common Purslane best suited for culinary use. Remember, too, that it does best in sunny locations in well drained soils.

While visiting a friend the other day, I discovered the heaviest infestation of leaf miners on boxwood leaves that I have ever seen. The leaves were peppered with small specks topside and tiny brown

slightly raised areas on the undersides.

Upon examination, we found tiny larvae (worms) in the mines. At this stage in the life cycle of the insect, foliage sprays, such as Lindane or DDT, are ineffective because the larvae are protected in the mines. Foliage sprays, however, are effective if applied as soon as new growth is initiated in the spring.

To kill the larvae in the mines at this season of the year, it is necessary to use a systemic poison such as Cygon. We used Cygon as recommended by the manufacturer.

It is necessary to thoroughly wet the foliage and stems of the plants so that the material will be quickly absorbed and translocated to all parts of the plant. It thus becomes systemic and will kill the larvae in the mines.

Despite its name, barely one-eighth of Iceland remains ice-covered year-round, National Geographic says.

ON THE FARM And On The HIGHWAYS

SUREST SIGN OF
TOP QUALITY
"IT'S PERFORMANCE
THAT COUNTS"



We Are Indeed Proud
That

"Phillips 66"

Played A Big Part In This Year's
Tobacco Crop In Warren County



Best Wishes
To Farmers
Everywhere

WE SINCERELY HOPE THAT YOU REAP
RICH REWARDS FROM YOUR LABORS OF
THE YEAR. MAY YOUR EVERY EFFORT
MEET WITH SUCCESS.

Phillips 66 Fuel Oil Cured It And Phillips 66 Gasoline Will Bring It To Market

BOWERS And BURROWS OIL COMPANY, INC.

DISTRIBUTOR IN WARREN, VANCE AND GRANVILLE COUNTIES

Phone: 257-3181

Warrenton, N. C.

NOTICE TO HUNTERS

FOR EACH FIREARM OR AMMUNITION
SALE THE FEDERAL LAW REQUIRES-

BE 18 YEARS FOR LONG GUN OR AMMO-

BE 21 YEARS FOR HANDGUN OR AMMO-

MUST SHOW IDENTIFICATION-

SIGN DEALERS GUN RECORD AT TIME OF
PURCHASE-

Giving the dealer false information could result in a \$5,000 fine, 5 years imprisonment or both.

Owing to the above required registration of ammunition and firearms, the following dealers have agreed that the following rules will be followed in making sales of ammunition effective Sept. 1st, 1969.

No gun shells-any gauge - will be sold in less than box lots (25 shells) with the exception of buck load shells.

The same will apply to all type cartridges - rifles or pistols - all will be sold only in standard factory boxes.

WARRENTON, N. C.

Lanier Hardware Co.

W. A. Miles Hardware Co.

Warrenton Supply Co.

NORLINA, N. C.

Traylor's Hardware

E. G. Hecht & Sons

Pridgen's Market