



Mrs. C. E. Swenson, Jr., wearing a colonial costume she made of lavender and white check polyester, from a copy of the original Dolly Madison pattern, shows the group a picture of

crewel embroidery, a type of needlework especially dear to the pioneer woman. (Staff Photo)

American Heritage Program Presented Here

By **MRS. BERTHA FORTE**
Extension Agent

Mrs. C. E. Swenson, Jr., county music and cultural arts chairman for extension homemakers, presented a program on "Our American Heritage" to club leaders on Monday, in the Home Economics Extension Office.

A display of arts and crafts were set up along with suggested music for each month's program in the area of music and cultural arts.

Mrs. Swenson gave a resume on each of the following historical capsules and made reference to the appropriate display or music for each: 1) The First Singing Schools in the Colonies, 2) American Painting and Painters Before 1800, 3) Crewel Embroidery in the Colonies, 4) The First American Composer, 5) Currier and Ives, 6) American Glass, 7) The National Anthem, 8) John James Audubon (Art), 9) Patchwork Quilts, 10) Stephen Collins Foster (Music), 11)

Workshop Held

In Food Service

Mrs. Mabel H. Davis of Wise, member of the board of directors of The North Carolina Mental Health Association and a member of the Children's Services and Chapter Organization and Affiliation of the NCMHA, attended the quarterly meetings of the North Carolina Mental Health Association in the Whispering Pines and the North Carolina Senior Citizens Federation, Inc., at the Sheraton-Crabtree Motor Inn in Raleigh.

Grandma Moses (Art) and 12) Artisans of the Appalachians. Leaders in the Extension Homemakers Club are asked to help create awareness and interest in the area of music and cultural arts by presenting one of the historical capsules in each month meeting, and to encourage participating in the arts of special interest.

In addition to the presentation by Mrs. Swenson, the

Mrs. Davis Is Meet Participant

The February meeting of the Franklinton Branch of the National Association of University Women was held in the home of Mrs. Mabel H. Davis in Wise on Feb. 1.

Mrs. L. P. Johnson's devotional period, based on the theme, "Reach Out and Touch," emphasized that life must show itself in love and deeds.

Mrs. Bertha B. Forte, home economics extension agent, addressed the group on "Recycling for Thrifty Use." She stressed the need to place maximum value on what one has at hand, base intentions on needs and determination, take inventory of, and evaluate surplus items, change or improve family attitudes, contribute to charitable organizations, avoid criticism, create novelty gifts, conserve energy, time, and money, give more, live and learn to share with others.

The group discussion and business sessions were interesting and profitable. The fellowship hour by the Warren County group was enjoyed by all members.

leaders were given other general information on the arts by Mrs. George C. Robinson, who attended the 1975 Cultural Arts Seminar.

Attending the meeting of music and cultural arts leaders were: Mrs. Veatrice P. Davis - Thrift Hill Club, Mrs. Gracie M.

Bender Named 4-H President

By **MICHAEL KILIAN**

Danny Bender was chosen president of the Ridgeway 4-H Club for 1976 during a meeting at the Ridgeway Community Club on Jan. 29. Other elected officers were Randy Holtzman, vice-president; Gary Holtzman, secretary-treasurer; Michael Kilian, reporter and Cynthia Dortch, recreation leader.

Cynthia Dortch, past president, called the meeting to order with Randy Holtzman leading the pledges. Richard Holtzman served as song leader. New club members were welcomed. They were Michael and Daryl Kilian and Karen and Teressa Holtzman.

Steven Brooks, county extension agent, was special guest. He discussed club projects for the year and introduced the gun-safety project. The club decided to undertake this project and

Cards Of Thanks

The family of Mr. Gid O. Tharrington, Sr., would like to thank all their friends and relatives for all food, flowers, visits, prayers and all acts of kindness extended them in their time of bereavement.

A special thanks to Mr. Dorman Blaylock for his kindness and services rendered.

THE FAMILY

I would like to express my thanks to my pastor, friends, and relatives for cards, flowers, fruit and visits, also Dr. Bunch and nurses for their kindness. CLARENCE J. HARRIS

The family of Peter Coleman O'Mery wish to thank each and everyone for their kindness shown us at the time of his death and funeral.

THE FAMILY

I wish to thank the many persons who remembered me with gifts, cards, letters, thoughts and prayers while I was a patient in Warren General Hospital. Especially, I wish to thank Dr. Charles Bunch.

RUBY CLARY

William P. Alston and family wish to express their appreciation to the Warren General hospital staff, Dr. Patel, the Duke Medical Center and doctors on Strudwick Ward for their service to him. Thanks for the donations, visits, cards, phone calls and flowers. A very special thanks to the St. Stephen Church pastor and members.

May God bless each and everyone.

WIFE, SONS & DAUGHTERS In Memoriam

We the members of The Philathea Class of the Warren Baptist Church wish to offer this tribute of love, respect, and appreciation to a beloved member, Mrs. C. L. Harmon, who went to be with the Lord on December 30, 1975.

Her strong faith, humble spirit and courageous loyalty to her class and church revealed to all who knew her that she was one who walked with God. Her example of loyalty to her church and her faith in the Lord Jesus Christ will continue to be an inspiration to all who knew her.

Therefore, we request that a copy of this tribute be sent to The Warren Record, and to each of her children, and a copy be placed in the minutes of the Philathea Class.

Respectfully submitted,
ELIZABETH ROOKER
MRS. L. O. ROBERTSON, SR.
MRS. H. W. WHITE.

Meeting Holds Special Interest

By **EMILY BALLINGER**
Extension Agent

To add interest to one's wardrobe from time to time, individuals enjoy wearing plaid fabrics. One only has to stroll through a fabric shop or ready-to-wear clothing store to know that plaids are very popular now in both men's and women's clothing.

Are you interested in learning some of the principles that will help you master the

art of using and matching plaids? If you are you will want to attend a special interest meeting to be held in the Warren County Agriculture Building, Warrenton on Feb. 11. The program "Mastery of Matching Plaids" will be given by Miss Emily Ballinger, Home Economics Extension Agent. The meeting which will last approximately one hour will be given at 10:00 a. m. and again at 2:00 p. m.

If you are interested in improving your skills in sewing plaids, you will want to attend one of these meetings.

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Feb. 5, 12, 19, 26-p.

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Dry-Heat Can Produce Sick House Plants

Caring for house plants can become frustrating this time of year, especially when the plants begin to show signs of ill health.

These signs are very likely to show up in the form of "burned" leaf edges as if they had been scorched by flame. If you have plants with this symptom, the problem may be house heat.

Henry J. Smith, extension landscape horticulturist at North Carolina State University, said house plant troubles often show up during winter when dry heat causes marginal burning or browning of leaves.

Another major source of house plant problems is too much water. There seems to be a natural tendency to want to water a plant too frequently when it is in the house during

cold weather. This will cause lower leaves to turn yellow and drop off.

Too little light is another cause of sickly house plants.

This will cause them to grow spindly and one-sided. Smith suggests adding moisture to the room air to raise the humidity and help prevent leaf burning. Water the plant only when the soil is dry to the touch of your fingers.

Smith feels that these two corrective measures alone will cure most of the problems with house plants.

If your plant isn't getting enough light, either move it to a better lighted window or consider using a special fluorescent light designed for plant culture.

WHEN YOU SEE ME, DON'T THINK OF INSURANCE... BUT WHEN YOU THINK OF INSURANCE, SEE ME!

While I was on vacation near a Sioux Indian village, I recall the following conversation. "Ugh, welcome to Sioux Indian village." Thanks, are you a Sioux Indian boy? "Ugh, me boy named Sioux." Funny, you don't look Siouxish. Oh, I'm sorry. "And I don't necessarily look like an insurance man. But I am an insurance specialist, ready to serve when you need me."

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