

Agriculturally Speaking

Tobacco Farmers To Meet At Nashville

By L. B. HARDAGE
On Tuesday, May 31, at 7:30 p. m. at the Nash County Agriculture Building in Nashville, located on Highway 64 Business East of Nashville at edge of city limits, an important meeting on tobacco will be held. Recently some new grade changes have been adopted which are designed to encourage the presentation of cleaner tobacco. The quality of tobacco will also be discussed with particular emphasis on lower stalk leaves. Representatives from the Grading Service, Flue-Cured Stabilization, N. C. Community Center

Site Of Meeting

By JOANNA HARRISON
The Oine Community 4-H Club held its monthly meeting Tuesday night of last week at the Oine Community Center. Twenty-two members were present. The meeting was called to order by President, Angela Downey which led to the pledge followed by a prayer led by Mrs. Sallie Patillo. A song was also led. Old business concerned a trip, picnic, and dance to be coming up soon. New business discussed was on the Share The Fun Contest which was to come up Saturday, May 21, at the Lion's Den in Warrenton. New business also discussed was planning educational programs for the year and getting up a softball team. The meeting then adjourned. Cookies and punch were served.

Department of Agriculture, and the Extension Service will discuss some of the new changes and problems facing the tobacco industry. All tobacco growers and related Agri-business representatives are urged to attend this meeting. This meeting is being sponsored by the following organizations: Farm Bureau, Grading Service, Flue-Cured Stabilization, N. C. Dept. of Agriculture, Extension Service, FHA, Federal Crop Insurance, Warehouse Association, Leaf Exports Association, Farm Credit Service, Tobacco Growers Information Committee, and others. Please make an effort to attend.

Graduates

William Mason, Jr., son of Mr. and Mrs. William Mason of Manson, was graduated cum laude on May 8 from North Carolina A&T University. He received the B.S. degree in Agricultural Education. He is a 1973 graduate of Norlina High School.



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MRS. FAYE LEWIS, Prepares Shrimp Salad

Seafood Meeting Enjoyed

By EMILY BALLINGER
Extension Agent
The demonstration on "Seafood Cookery" presented by Mrs. Faye McCotter Lewis, Home Economist with the North Carolina Department of Commerce, gave the sixty people in attendance at the meeting at the Lion's Club Building last week information on fin fish and shell fish from the mountains to the sea. Mrs. Lewis discussed buying, storage, and preparation of various types of seafood from Mountain Trout from streams of North Carolina to the North Carolina Blue Crab found along our coast. For many people seafood means fried fish but Mrs. Lewis pointed out in her discussion the different types of seafoods and the many ways of preparing and serving these delicious protein foods. She gave information on preparing fish and shell fish for cooking; tips and recipes for baking fish and cooking seafood outside; weight watchers recipes using seafood and other seafood recipes for various types of dishes. She prepared and served five seafood dishes. These included Scallop-Vegetable Salad, Party Fish Log, Blue Crab Salad in Lime Mold, Clamdigger Dip and Shrimp Seabreeze.

The Party Fish Log recipe is as follows:
PARTY FISH LOG
1 pound fish fillets, fresh or frozen
1 package (8 oz.) cream cheese, softened
1 tablespoon lemon juice
2 teaspoons grated onion
1 teaspoon horseradish
1 teaspoon liquid smoke
¼ teaspoon salt
½ cup chopped pecans
2 tablespoons chopped parsley
Assorted crackers
Place fish fillets in one quart of salted boiling water; simmer until fish flakes easily (approximately 8 minutes). Flake fish and remove any excess bond. Combine cheese, lemon juice, onion, horseradish, liquid smoke, salt and fish; mix thoroughly. Chill for several hours. Combine pecans and parsley. Shape fish mixture into a log or ball. Roll in nut mixture. Serve with crackers. Makes approximately 2 cups of spread.

Council Tells Of Tour To Be Held In Raleigh

By L. B. HARDAGE
Extension Chairman
Butch Meek, Vernon Whitmore and Bob Traylor, who compose the Agri-Business Council for the Triangle Improvement Association of which Warren County is a part, announced a tour to be held at N. C. State University in Raleigh. This is an excellent opportunity for the public to see the latest projects and facilities at N. C. State University. Both men and women are encouraged to attend. Here is what you will see:
I. Horticulture Greenhouses—A conservatory of over 1000 different plants, house plants, hanging plants; research on fruits, vegetables, and ornamentals.
II. Phytotron - Completely controlled growth chambers with different climate conditions created. Study the effects of light, temperature, water, etc. on flowering and growth habits.
III. Agricultural Engineering - Solar heated curing barn, new tobacco leaf processing methods, new equipment research, recycling animal waste, etc.
IV. Agronomic Services - Nematode assays, soil testing, plant tissue analysis. See these tests being run.

Here is the itinerary:
Wednesday, June 22, 1977
9:00 a. m. - Assemble at N. C. State Faculty Club and divide into four groups.
9:15 a. m. - Depart for first stop by bus.
9:30-11:15 - Tour I and II.
11:30-1:15 - Luncheon at Faculty Club - talk by N. C. State officials.
1:30-3:15 - Tour III and IV.
3:30-4:00 - Faculty Club and departure.

Reservations must be made no later than June 13 for this tour. The cost will be \$3.60 for lunch plus \$1.50 for bus transportation on the tour after you reach Raleigh. If you are interested in the tour, please come by the Agricultural Extension Office in Warrenton or see Butch Meek at Norlina.

Seward Selected

James M. Seward, a rising junior at A&T State University has been selected to participate in the 1977 Biomedical Sciences Program at Meharry Medical College, Nashville, Tenn. A Special Health Career Opportunity Grant from the Department of Health Education and Welfare provides funds for stipends for those attending the program. James is an honor student and a Presidential Fellow at A&T. He is a 1975 graduate of Norlina High School and the son of Ms. Vernell Seward of Rt. 1, Warrenton.

If you would like to have other fish recipes, you may get them from the Home Economics Extension Agent's Office in the Warren County Agriculture Building.

In summary of her demonstration, Mrs. Lewis pointed out the following facts about seafoods.
REMEMBER
1. Seafoods are easy to prepare and cook quickly.
2. Seafoods are 85 to 95 percent digestible.
3. Seafoods offer the maximum value per food dollar.
4. When purchasing fish allow 1/3 pound per serving when buying steaks or fillets, 1/2 pound per person for dressed fish, and 2/3 pound per person for whole fish.
5. Do not overcook fish, cook only long enough to soften the small amount of connective tissue present. Fish are done when they flake easily when tested with a fork.
6. Fish contains fats that are polyunsaturated.

Don't Let Slowdown Stifle Your Ideas

By MRS. BERTHA FORTE
Economics Agent
Maybe you can't move around as fast as you used to—maybe you have arthritis or rheumatism—but you can still have new interests, new ideas. Don't sit and rock and sigh for the "good old days." The past is not a time in which you can do anything. It is over. Memories can either build walls between you and the present, or they can serve to unite you with the present. If you live in your memories more than in your purpose, you stop exercising your mind, and it's your mind that keeps you young at any age.

During all of our working days we look forward to the time when we can take life easy and do the things we have always wanted to do. As someone very aptly said, "I look forward to the time when I can loaf and invite my soul." This is what hobbies are for—for relaxation and for a feeling of inner satisfaction. If we have hobbies, we never get to the place that we have nothing to do. "Having nothing to do" is the greatest threat to happiness in old age, or any age for that matter.


There are many different kinds of hobbies. You may want to be a collector; perhaps you want to collect poems, pictures, antiques, recipes, or things you enjoy. Your special interest may be roses, rock gardens, flower arrangements, or perhaps... Your hobby may be making needle-point, knitting, crocheting, quilting, or doing forms of handiwork. Some people choose painting for their hobbies; and there are others whose hobby is music, or reading, etc.

Local 4-H's Join Others In Trip To Carowinds

By GLENN WOOLARD
Thirty-eight 4-H's, their families and friends joined hundreds of others from all over North Carolina on Saturday, May 14, for a 4-H Day at Carowinds. Even with the early start at 6 a. m., the eagerness to get on the road was evidenced by the 4-H's asking, "When are we going to get there?" "The trip was both educational and a lot of fun," commented Glenn Woolard, 4-H Extension Agent. "I was really excited to see the parents and friends coming along with the 4-H's," he added. Mrs. Velvet T. Williams, a 4-H parent, enthusiastically stated, "I enjoyed watching the parakeets roller skating and riding the bicycle, but most of all, I enjoyed the boy singing the funny song at the 4-H Talent Show." The southwest district put on the 4-H Talent Show.

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Registration To Begin For Beef Referendum

The U. S. Department of Agriculture on May 13 announced June 6 as the beginning of a two-week registration period for the Beef Research and Information Order referendum and issued rules for the referendum. Anyone who was a cattle producer during 1976 can register to vote, either in person or by mail, at local Agricultural Stabilization and Conservation Service (ASCS) offices between June 6 and June 17. A list of those who register will be posted daily at ASCS offices and a final listing will be posted five days after registration closes. Those registered can vote between July 5 and July 15 at their ASCS office. For approval of the Beef Research and Information Order, at least 50 percent of those registered must vote and two thirds of them must favor it. The Order that producers will consider in the upcoming referendum would authorize a research and information program administered by a beef board of up to 68 producers. Board members would be appointed by the Secretary of Agriculture from nominations submitted by producer organizations. Each state or geographic area would be represented in proportion of its cattle production. The beef board could initiate a board spectrum of projects to improve beef production, distribution, and marketing. Such a program could include consumer education and information, and research. During the first three years of operation, the board could collect assessments of up to three-tenths of one percent of the value of all cattle sold. After that, the rate of assessment could be changed but could not exceed five-tenths of one percent—the maximum amount permitted under the Beef Research and Information Act. Producers not wishing to participate in the program could have their assessment refunded.



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