

Agriculturally Speaking

'Milk Measures Up' Is Theme Of Month

By L. B. HARDAGE
For many years, the month of June has been a time when our neighbors in the dairy business hold a celebration they call June Dairy Month. It's their way of calling attention to the qualities of their industry, milk and dairy products.

combination laborers, managers, investors, veterinarians, purchasing agents and environmentalists. They make a tremendous financial investment in their business, and their business has a tremendous financial impact on our state's economy.

We agree with our friends in the dairy business — Milk Measures Up!

Schedule

HEALTH DEPARTMENT SCHEDULE
Week of June 20-24
TUESDAY: GENERAL CLINIC including immunizations, VD tests, blood pressure checks and allergy shots. No appointments needed. Planned parenthood counseling by appointment only.

Wednesday: PEDIATRIC CLINIC by appointment; 7:30 p. m. Educational outreach: Prepare of Parenthood, Ridgeway Volunteer Fire Department.

Thursday: MATERNITY AND FAMILY PLANNING CLINICS by appointment.



Mrs. Hattie Henderson of the Ridgeway Community and Mrs. Sallie Patillo, Expanded Foods and Nutrition Program Aide with the Warren County Extension Service look over Mrs. Henderson's garden.

Enrollment Leads To Garden Bonanza

By EMILY BALLINGER
Home Extension Agent
Mrs. Hattie Henderson of the Ridgeway Community has been enrolled in the Expanded Foods and Nutrition Educational program for approximately 18 months. She says the program, which is a part of the Warren County Agricultural Extension Service's educational program, has been most helpful to her in learning how to improve the diet of her family of four.

Mrs. Henderson says she finds it quite rewarding to try new ideas and the pretty garden she has this year is a first for her. With the encouragement from Mrs. Sallie Patillo, Extension Program Aide working with Mrs. Henderson, she planted a vegetable garden. By the last of May she had eaten squash, garden peas and cabbage from her garden. She will also be harvesting other vegetables in a few days. Mrs. Henderson is so proud of her

garden that she says she shows it to everyone who visits her. She also points out that fresh vegetables are saving her money on the food bill now, and she is also freezing some for use later.

Stress Battle Requires Rest, Time To Sleep

By BERTHA B. FORTE
Extension Agent
There's an unpleasant condition we all suffer from at various times in our lives—and it's called stress. Though it's mainly mental in nature, it can affect our physical health as well.

And if we don't find ways to get relief from it, we can suffer from such ailments, as diarrhea, headaches, or sleeplessness. What's more, if the stress is severe and lasts a long time, we can get into real trouble with high blood pressure, a heart condition or ulcers. It adds up to this. When we're under stress, the worst thing to do is try to hide it. When we deny feeling and hold them inside, they tend to build up. And all of a sudden we may lose control and explode into an angry rage.

So it's better to face stress openly. Talk about your problems with a sympathetic family member or friend.

Since you can't always avoid the causes of stress, try taking extra good care of your health. Schedule some time for fun and relaxation. Let physical exercise work off some of your tensions.

Eat right and get enough rest and sleep. And above all, recognize that stress is a normal part of life.

But it doesn't have to make us unhappy, angry people or affect our health.

Cool Spring 4-H Club Has Meeting

By SHIRLEY WILSON
4-H Reporter
The 4-H'ers of Cool Spring held their monthly meeting at the home of Mrs. Cornealia Williams at 8 p. m. on Tuesday, June 7.

For the old business, the members discuss the workshop which was held at Mariam Boyd School and also talked about the different departments.

For new business the members planned their educational topics for the remaining part of the year and who will do them. They also planned a trip for the third Saturday, June 18. Members will go to Satterwhite Point for a picnic. The menu will be hot dogs, hamburgers, and cheese, punch and potato chips. The 4-H members will bring a dollar to share in the cost.

The meeting was then closed with the serving of refreshments.

Several Camps Await Members

By GEORGE W. KOONCE
Extension Agent
Church, School Bands, Social Clubs and Civic Clubs, etc., here's a 4-H Cookie. Did you know that 4-H camps are available for your use — Well they are and in a big way. Fred Wagoner, N. C. 4-H Camp Director, has announced that the following full weeks for 150 campers per week are available if you need them.

Millstone 4-H Camp near Ellerbe, is available the week of July 25-30 and Schaub 4-H Camp at Waynesville, is available the weeks of July 4-9 and July 25-30. Also these and other 4-H camps are available to rent for groups desiring to have week-end encampments, retreats, etc.

The director has announced the possibility of interested groups getting two long weekends at Swannanoa 4-H Camp near Swannanoa, on the dates of July 2-5 and July 8-11; and one long weekend at Betsy-Jeff Penn 4-H Camp near Reidsville on July 22.

Groups interested in using the camps should write or call for further information to Fred H. Wagoner, 4-H Specialist, Box 5157, North Carolina State University, Raleigh, North Carolina 27607. Telephone 737-3242.

Council To Meet

By GLENN WOOLARD
Assistant Extension Agent
The 4-H County Council meeting will be held tonight, June 16, at 8 p. m. The meeting will take place at John Graham High School Auditorium in Warrenton. All club officers, adult leaders, and junior-teen leaders are asked to attend. Each club should be represented.

The business to be discussed includes proposals for the 4-H County Flag, a swimming instruction program, special interest classes and N. C. 4-H Congress.

Mrs. Mary M. Jordan will give a brief program on public speaking. Mrs. Jordan is an English teacher at John Graham High School.



Members of the Wise-Paschall 4-H Club who participated in the bike ride were, left to right; Tina Salmon, Harry M. Leete, Jr., Julian King, Susan Currie, Pamela Currie and Frank Stegall. (Photo by G. W. Koonce)

Club Has Good Time On Bikes

By SUSAN CURRIE
If you want to lose weight, get a suntan, or just have fun you should have been with Wise-Paschall 4-H Club on June 13. The club had a busy and fun afternoon on bikes. The bicycle trail ride was aimed to teach the members safety rules and precautions to take to insure safety.

The club members met at the Wise Community Building at 10 a. m. on Monday morning. A bicycle safety program was given by Pam Currie. The program was centered on Rules, Turn signals, and other safety reminders.

The riders had lunch at noon and the ride was underway at 1 p. m. Club leader, Sue Salmon, was on hand to make sure rules were observed and there was no carelessness. The seven riders were Tina Salmon, Man Leete, Susan Currie, Frank Stegall, Julia King, Pam Currie and club

Reunion Planned

The descendants of Aaron and Louisa Thompson will hold their annual reunion at the Lions Den in Warrenton on Sunday, June 26. Lunch will be served at 12:30. All friends and relatives are cordially invited to come and bring lunch.

leader, Sue Salmon. All members observed the 10 safety rules. The ride was approximately 5 1/2 miles, beginning at the Wise Community Building and ending at the home of Grady Salmon. The bike ride was not only an enjoyable adventure but also a learning experience about bicycle safety.

Cucumber Workers NEEDED

Contract Labor

- ★ 100 Acres to be Picked
- ★ Start by June 20
- ★ Transportation Necessary

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The bathtub was invented in 1850 and the phone in 1875. This means that for 25 years people could sit in the tub without hearing the phone ring.

Psychiatrist to patient: "Just when did you discover that you enjoy paying your income taxes?"

Sign over feather pillow display: "Buy now before down goes up."

Hear about the new solar-powered dryer? It's called a clothesline.

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