

Agriculturally Speaking

By RUSSELL KING
Extension Chairman

Some of you may have read about SHIITAKE, the Japanese Forest Mushroom (*Lentinus edodes*). This is the major edible mushroom in Asia. In 1978, the Japanese industry employed almost 200,000 people and generated \$1.1 billion in retail sales. Most production was by small farmers.

The mushrooms are grown on small diameter hardwood logs and are produced over a 3-5 year period. It is possible for 100 pounds of logs to produce 10-30 pounds of fresh mushrooms. There appears to be considerable potential for production of these mushrooms.

A leader in production technology in the United States is Toby Farris. He plans to move to Asheville shortly where he will manage the Forest Mushroom Research Project.

A word of caution should be mentioned concerning poisonous mushrooms. Do not eat any mushroom unless you know they are not of the poisonous type. When eaten, some poisonous mushrooms cause a slow agonizing death. Contrary to folklore, there are no general rules or ways to separate edible from poisonous mushrooms.

If you need more information concerning mushrooms, please contact me at the Warren County Agricultural Extension Service.



Warren County High School students who placed in the District III Future Business Leaders of America competitive events recently were, left to right, Debbie Buckner, third place in the Stenographer I event; Kim Pitchford, second place in the Mr. FBLA event; and Maggie Patrick, second place in the Clerk Typist I event. The three students will attend the FBLA State Leadership Conference in Charlotte and will compete with FBLA members from around the state. (Community Schools Photo)

Zion Homemakers Meet

By FRIEDA HOLTZMANN
The Zion Extension Homemakers Club met at the home of Eleanor Hayes on Thursday at 2 p.m.

Mrs. Hayes, president, presided. The meeting was opened with the group singing, "My Faith Looks Up To Thee."

The hostess used the Psalm 100 for the devotion.

The president announced that the District Extension Homemakers Day will be held at McKimmon Center in Raleigh on March 27. Registration and lunch will be \$6.

Frieda Holtzmann, Warren County certified volunteer leader explained the Certified Volunteer Unit (CVU). This involves keeping records for volunteer services done in the Extension Homemakers organization and other community activities.

Everlyna Norwood, family resource and child development leader, gave an in-

teresting program called "Our Midlife Journey." She pointed out that there is a developmental sequence in adult life and physically there is a peak and a decline. Other points included that there are developmental tasks for the adult at each period,

that there is an individual life structure; and that young adults form an occupation and mid-life adults modify the occupation.

The meeting was closed with the collect.

The hostess served a delicious salad course, potato chips, and coffee.

Triangle Homemakers Meet In Fields Home

By MARY PATILLO
The Triangle Homemakers met in the home of Mrs. Louise Fields on Feb. 23.

Mrs. Fields, president of the group, gave the devotion.

The educational program was given by Mary Patillo. The topic was "Midlife Journey."

She reported that there are 1,455,000 people in North Carolina between the ages of 40 and 65. These "pilgrims" on a midlife journey are often facing declining strength and physical attractiveness, financial and emotional strain of teenage and college-age children; personal and family development of one's values and goals; and more money and

freedom as children leave home.

There are many changes in one's life and these were discussed during the program.

Suggestions for coping with midlife crises included volunteer work, and participating in classes such as crafts and sewing.

Eleven members were present for the meeting. The club adjourned by repeating the collect and refreshments were then served.

Visit Paid Here By Mrs. Ingram

The wife of N.C. gubernatorial candidate John Ingram visited Warrenton briefly last Wednesday on behalf of her husband's campaign.

Virginia Brown Ingram made stops at the Warren County courthouse and several banks and businesses as well as radio stations WVSP and WARR.

She was accompanied by Warrenton Attorney and State Representative Frank Ballance and Mrs. Jim Davis of Warrenton, whose parents are friends of the Ingrams.

Earlier in the day, Mrs. Ingram spoke at a luncheon at the Holiday Inn in Henderson attended by about 25 area women.

Ingram six years ago waged an unsuccessful campaign against Jesse Helms for one of North Carolina's Senate seats. In his race for governor, he is up against eight Democratic candidates seeking the party's nomination in the May 8 primary.

Ingram is currently N.C. insurance commissioner.



DAILY HIT
Will: "Your wife asked you for \$70 yesterday... \$100 the day before... and \$50 today. What does she do with all that money?"
Bill: "I don't know. I never give her any."

Warren 4-H Members Attend Raleigh Meet

Two Warren County 4-H'ers attended the State 4-H Council Conference at the Royal Villa Hotel in Raleigh February 17-19.

State Council Representative David Hayes, son of Mr. and Mrs. Henry C. Hayes and member of the Snow Hill Pioneers 4-H Club, and North Central Secretary-Treasurer Ivan Barnes, son of Mrs. Portia Barnes and member of the North Carolina State University Collegiate 4-H Club, were participants in the weekend conference.

The objective of the conference was to implement the state 4-H health project.

Mrs. Scott Is Club Speaker

By SIBERNIA WYCHE
Mrs. Roberta Scott, club leader, spoke to the Oine 4-H Club recently on black history. It was interesting and informative.

Marie Downey, club president, opened the February 20 meeting. Members recited the pledge of allegiance to the flag and sang the Negro National Anthem.

Five of the boys reported on helping with planting shrubbery at Warren Nursing Center.

Mrs. Anna Bullock was thanked for opening up her home to the club for their meeting.

Fifteen members and six leaders were present for the meeting.

After saying the 4-H motto: "To Make the Best Better" and adjournment, refreshments were served.

Workshops on teenage stress, leadership, foods and nutrition, and a workshop conducted by state council officers was included in the activities.

Delegates also attended a semi-formal banquet and afternoon of shopping and lunch at Crabtree Valley Mall.

Olive Grove Club Gathers

By THELMA BYRD
The Olive Grove Homemakers Club met recently in the home of Mrs. Maxell Howard. The meeting was called to order by the president and the devotion was led by the hostess.

The education program, given by Mrs. Bettie Howard, was titled "Midlife Journey." It was designed to help citizens in midlife to reflect on the experience of middle age and to relate their experience of middle age to developmental periods and tasks of adults.

Each member signed an evaluation sheet stating how much the meeting was enjoyed. The business part of the meeting was discussed with six members present. Committee reports, given by the chairmen, were also reviewed. The meeting adjourned by signing the club collect and saying grace.

Refreshments were then served.

Variety
Variety meats include liver, brains, heart, kidneys, sweetbreads, tongue, and tripe.

Gardner

(Continued from page 15)
Agents of N.C., Inc.

His past service includes being a member of the North Carolina National Guard for 20 years; chairman of the Warren County Industrial Development Commission; chairman of the Boy Scout fund raising drive; president of the Warrenton Lions Club; president of the Warren County Fair Assn.; district governor District 31-G Lions International; Scout Master, troop 617, Warrenton; secretary, N.C. Lions Assoc. for the Blind; president of Warren County TB Assn.; chairman of TB Assn.; chairman of TB Seal Sale and Easter Seal Sale; recording secretary of Warrenton Rural Fire Department; and member of Board of Directors, Warren Academy, Inc. He also served on the N.C. Bureau of Employment for the Blind.

His service to the Warrenton Baptist Church includes chairman of the Board of Deacons, Sunday School teacher, and choir member. He has also served as president of the Couples Class and Allen Bible Class and director of the Sunday School.

His honors include Silver Beaver Award from the Boy Scouts of America and Lion of the Year in 1961 and 1972 from the Warrenton Lions Club. His hobbies are golf, boating and music.

Sign-Up Period Extended Here, ASCS Head Says

The sign-up period for 1984 cotton, feed grain, rice and wheat programs was recently extended through March 16, and Warren County ASCS Executive Director Thomas E. Watson this week urged farmers to avoid a last-minute rush in signing up.

Watson said the summer fallow rules were also changed by the U. S. Department of Agriculture so that the requirements would be the same as they were in 1983 and in previous programs. Prior to this action, Watson said, acreage designated for the 1984 programs could not have been land intended for summer fallow in the current year. Other provisions of the 1984 programs will remain unchanged, he said.

According to a statement by Agriculture Secretary John R. Block, these changes will clear away some of the obstacles which made it difficult for farmers to make sound decisions about the programs. Also, many farmers have not been able to finalize crop operating plans including financing and lease arrangements. Since producers must sign a binding contract in the 1984 acreage reduction programs, with liquidated damages for failure to comply, they are reluctant to sign up until their operating plans are more complete.

"Both USDA and private sector analysts say that when most farmers compare these programs with their own operating plans, they will find participation is to their advantage," Block said. "This extension will give producers the time needed to weigh the benefits of participation against the risks of no price protection which they would otherwise face."

Granular Flour
Instant flour is granular flour that pours through a sieve like salt. It is supposed to dissolve in hot or cold liquids more easily than regular flour.



John D. and Ann Mustian of Raleigh recently celebrated their 50th wedding anniversary at a reception in their honor hosted by their children and their spouses on February 12. The Mustians were married on Feb. 9, 1934 at the Baptist parsonage in Warrenton by the Rev. R. E. Brickhouse, and the Mustians lived in Warrenton before moving to Raleigh in 1942. Their children and their spouses on hand for the celebration were: the Rev. and Mrs. Tom Womble of Clemmons, N.C. and Mrs. R. D. (Bob) Mustian of Raleigh, the Rev. and Mrs. Neal Tolson of Gainesville, Fla. and Capt. and Mrs. J. David Mustian of Alexandria, Va. The Mustians have eight grandchildren and one great-granddaughter.



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