

### Home Demonstration Club News

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Macon County Home Demonstration Agent

#### AMBITION, VITALITY, ENERGY—CAN BE MINE

Eat right and live right and develop ambition energy, vitality. To eat right follow the daily food essentials given below, as edited by the State Extension department.

#### Daily Food Essentials

For growth and health, eat at least—

Milk—1 pint to 1 quart daily.

Vegetables—3 servings daily—1 starchy vegetable such as potatoes, 1 leafy vegetable such as collards, cabbage, turnip greens, 1 other vegetable, such as beets, carrots, onions.

Fruits—2 servings daily, (fresh, canned or dried). Be sure to use a raw fruit, a raw vegetable, or canned tomatoes daily.

Eggs—1 daily.

Meat (lean)—1 serving daily (pork, beef, mutton, poultry or fish).

Whole Grains—2 servings daily—breakfast cereal as oatmeal, cracked wheat. Bread as cornbread, whole wheat bread.

Fats—2 tablespoonfuls of butter

daily in addition to other fats in food.

Sweets—1 serving daily.

Water—6 to 8 glasses daily.

#### How Never to Grow Old

Haste and worry, petty fussings and regrets make age. Tears have very little to do with it.

To those women who are getting all hard and indifferent inside, with no thrill, no sparkle—don't you know you are losing the whole point if you give up at 40 or 50 or 60?

At 40 you are only beginning to get a true sense of value as to people, as to your own make up inside and out, as to what life is all about and what is worth going after.

Never repress anything gay and young and human inside of you. Repression means disease and frazzled nerves.

Don't have birthdays. Forget about age. You have intelligence. You are romance, mystery, wisdom.

Be tingingly, enthusiastically alive. Enthusiasm. It is the magic potion of youth.—Diet Magazine.

#### Lake Emory

By LUTHER ANDERSON

No mail since Saturday, and here it is Tuesday. We wish George Washington had been born on leap year day. We don't like too many holidays anyway—for the other fellow.

J. R. Berry has been too ill the past week to leave his room. But the mill goes merrily on with a substitute miller.

Mr. and Mrs. Frank Sellers are spending a few days at Canton.

Clyde Tippet is in Asheville and will probably accept employment there.

Miss Sarah Reid, of Beta, sister of George Reid, Sr., of this place, died Friday. Burial was at Holly Springs cemetery, Saturday, February 20.

Mr. and Mrs. Lucius Wilson, of Asheville, are visiting Mr. and Mrs.

Z. D. Buchanan and other relatives in Macon.

Frank Jones, CCC enrollee, son of Charlie Jones, is at home for a few days vacation.

B. E. Buchanan is around again after having been kept in by injuries received in a fall. Uncle Ben has a will and determination to go that would credit to a much younger man.

James Bryson and son, Frank, of Sylva, were week-end visitors at the home of Mr. and Mrs. J. R. Berry.

On Monday, Feb. 22, born to Mr. and Mrs. John Tippet a son. Name not announced.

#### RABBIT CREEK

F. J. Seay, of Marion, has been visiting his parents here.

Miss Esther Seay, a student at W. N. C. Teachers college, Cull-

#### UP! UP! Record



BOSTON . . . George Varnoff (above), University of Oregon freshman, pole vaulted 14 ft., 4 1/2 inches to break the 14 ft., 4 in. indoor record set by Keith Brown of Yale in 1934.

whee, was at home Saturday and Sunday.

Mrs. Walter West and Fanny Sue Justice, of Marion, spent the week-end with Mr. and Mrs. J. R. Franklin.

Walter Young, of Ellijay, was recently a visitor at the home of B. W. Justice.

Mr. and Mrs. J. L. Huggins, Mrs. J. M. McCracken, and Mr. and Mrs. Houghton Williams were the guests of Mr. and Mrs. Wayne McCracken Sunday.

The 4-H club of Holly Springs will meet Saturday night, Feb. 27, weather permitting.

Newell Pendergrass and George Crawford, both of the CCC camp, enjoyed the week-end at home after having been kept away on account of illness.

The most deadly snake is the cobra.

Oriental paper windows admit 40 per cent of the sun's ultra-violet rays which is all stopped by glass.

#### Strip-Cropping Aids In Erosion Control

Strip-cropping makes a pretty design on the landscape. At the same time it is one of the most effective means of controlling soil erosion and building up the fertility of the soil.

Hundreds of fields in the Piedmont and mountain regions of North Carolina are planted to strips of close-growing crops, such as small grain, alternating with idle strips which are to be planted in row crops this spring, reports the State College extension service.

Strip-cropping reduces run-off and erosion, increases rain penetration, simplifies the rotation system and in many cases eliminates the need for terracing gently sloping lands.

As the rain water runs off the row-cropped strip into the strip of close-growing crop, it is filtered and deposits its soil in the thick vegetation, thus gullies are not allowed to form. A. A. Cone, project manager of the soil conservation service in Mecklenburg county said.

Water here in the dense cover crop strip penetrates into the soil, Cone pointed out.

Point rows can be eliminated by growing the row crops on strips of even width while the thick-growing crops occupy the uneven strips. To be most effective strips should be laid out on the contour, Cone said.

#### Mules and Four Denominations

A PCA official in lower South Carolina was visited by a Negro farmer who wished to borrow some money to make a crop.

"How many mules have you?" asked the official as he began fill-out the application blank.

"Fo'. Yessuh, I'se got fo', the old darkey replied.

"What are their names?" the official continued.

"Babtis', Meth'dis', Presbyterium, an' 'Piscoparium', the Negro replied "Why, that's a new idea," said the official. "Why did you give them those names?"

"Well, suh, it's dis way: dat Babtis' mule he jes' like to git in de creek an' wade 'roun', but when he

gets out of de water, he won't do nothin'. Dat Meth'dis' mule, all he do is ter holler an' holler, an' den he don't do nothin'. Dat Presbyterium mule, he's so sot in his ways he never do nothin' till he wants to anyway. An' dat 'Piscoparium mule, he allus hold his haid an tail high, but he ain't wuth er durn."—Progressive Farmer.

#### Strong-Arm Methods Make Tough Biscuits

How much the cook kneads the dough may determine the character of baking-powder biscuits.

The least possible handling—just enough stirring to moisten the ingredients and then dropping the dough on a baking sheet—produced tender, crisp biscuits, uneven in shape. The same dough spread on a board, cut and baked, produced even, crusty, flat biscuits. Dough which received 15 to 18 strokes of kneading gave tall, light, flaky, tender biscuits. But too much kneading produced tough, flat, close-grained biscuits because the gluten in the flour was developed to the point of toughness and some of the leavening was lost.

These four different types of biscuits were made from the standard recipe which calls for 3 cups of sifted flour, 4 teaspoons baking powder, 1 teaspoon salt, 6 tablespoons fat, and 1 cup of milk, or enough to make a soft dough, and baking in an oven registering 450 degrees F.

These are some of the findings reported by the bureau of home economics as a result of recent studies in making quick breads. Biscuits made with the same ingredients and baked in the same oven may vary widely if the dough has different handling.

This study also showed that folding and rolling the dough several times produced flakier biscuits than kneading it on the board, and that the less flour added to the dough on the rolling board, the better.

#### Many Unmarried Colleens

The Irish Free State has many spinners. Of the colleens 25 and 30 62 per cent are single—(23 per cent in the United States).

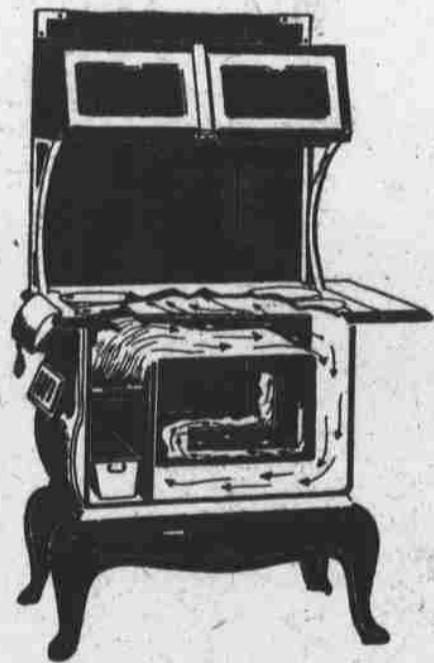
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MAY 1st, 1937



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