



Ann Pennington

No. 1

In preparing for and giving them, we learn to exercise our different abilities. We create new and different dairy foods dishes to prepare. We demonstrate to others our methods of preparation and give an explanation of each step.

To be able to give a demonstration, we must become well acquainted with our subject by reading and studying all the available material. It is in doing this that we learn how important milk really is to everyone, not just to growing boys and girls. With all its vitamins and calcium and iron it is nature's most nearly perfect food.

In writing our demonstrations we try to keep them simple, time-

ly, and interesting. Above all, we try to get our points across and bring out the reasons we like to use milk and milk products and present statistics proving exactly that.

While giving demonstrations we are gaining self-confidence, self-assurance, and our ability to stand before people, to think, speak, and act becomes much easier.

Then too, the National 4-H Dairy Food Demonstration program has three additional purposes — to give you an appreciation of the value of dairy foods in relation to general health, to help you acquire an understanding of ways to utilize dairy foods, and to develop skill in their preparation.

"It is better to see once than to hear a thousand times."

How Are Things Around Holly Springs?

Mrs. Dorothy Seagle Staff Correspondent Telephone 225-J-4

The intermediate G. A.'s will meet at the Holly Springs Baptist Church Saturday at 10 a.m. to observe the "World Day of Prayer". The Annie Armstrong offering will be taken and everyone is asked to bring a picnic lunch. Miss Mildred Corbin is counselor.

The monthly deacon's meeting at the Holly Springs church is set for Tuesday, March 11, at 7 p.m.

The community development organization met at the community building Monday night for its monthly meeting.

Mrs. W. G. Crawford led the group in prayer. Fred Deal was elected director to succeed Owen Ammons, whose term has expired.

The following were named to serve as committee chairmen for the coming year:

Walter Taylor, beef cattle; J. L. Potts, chickens; Charles Ferguson, corn; Fred Deal, dairy cattle; Bob Taylor, sheep; Harry Kinsland, swine; the Rev. Loyde Miller, religion; W. G. Crawford, education; Mrs. Sam Winkleblack, health and education; Mrs. Paul Ammons, home improvement; Mrs. A. G. Kinsland, home beautification.

Mrs. Jessie Cabe and Kenneth

Perry, assistant agents, were present at the meeting to discuss the farm and home outlook for 1958. After a brief recreation period, refreshments were served by the women of the community.

Mrs. J. R. Franklin and Mrs. Walter West attended the funeral of Miss Jacqueline McCracken in Waynesville Friday.

Visitors of Mr. and Mrs. Don Seagle Sunday were Mr. and Mrs. A. A. Johnson, of Morganton, and Mr. and Mrs. Jess Seagle, of Marion.

Charlie Williams accompanied by his son, Jimmy, went to Jonesboro, Tenn., Saturday on a business trip.

Mr. and Mrs. Austin Russell and daughter, Fred, of Black Mountain, spent the week end with Mrs. Russell's parents, Mr. and Mrs. A. G. Kinsland.

The Rev. Doyle Miller had as visitors Sunday Mr. and Mrs. Robert Carter, of Canton.

A 2/c and Mrs. William E. Taylor, Mrs. G. F. Crisp, and Mrs. Helen Taylor spent Sunday with Mr. and Mrs. Roy Corbin. Mrs. Corbin is much improved following surgery.

Spending the week end at home was Pvt. G. R. (Pat) Pattillo, who is stationed at Fort Knox, Ky.



NEWEST CLUB OFFICERS POSE

Iola Junior is the newest 4-H club in Macon County. Organized in the fall, its officers are front row (L to R) Annette Trusty, vice-president, Kay Fouts, secretary, Shirley Tallent, song leader; back row, Joyce Crisp, song leader, and Janice Burrell, president.



Patton 4-H Clubbers Pick Their Projects

class held a social meeting Wednesday night, March 5, with Mrs. Ruby Brookshire.

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No. 3

work and to secure training that will enable one to be more effective in their county, club, and community 4-H Club activities.

4-H recreation and rural arts project is also very helpful in other projects. In crafts we make wall plaques, waste paper baskets, and wall lamps. These things fit in my room and therefore count as part of my room project. Swimming is recreation, but we also learn safety. We learn about wild-life as we make bird wall plaques. We give demonstrations, which give us poise and help us to develop good leadership.

This project is summed up under seven headings.

- (1) Social Recreation, which includes leading games.
 - (2) Home and Community; in this we are to make a collection of games.
 - (3) Music and Drama; we lead singing, take part in plays, etc.
 - (4) Arts and Crafts; do craft work such as leather, metal, etc.
 - (5) Sports and Outdoor Recreation; play baseball, basketball, etc., with our club.
 - (6) Nature Lore; we start a collection of insects, rocks, or something else of that line.
 - (7) Folklore; keep a notebook of games, ballads, jokes, tales, etc.
- "Your opportunities are as great as your vision; your accomplishments, as great as your will to do".



A Job Well Done!

4-H boys and girls help keep America strong by contributing in large measure to its economy. But, more than that, their industrious, serious-minded citizenship gives the nation deep confidence for the future. During National 4-H Club Week, March 2-9, we join Uncle Sam in congratulating 4-H members, not only in our community but throughout the nation.

L. E. English

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Comings And Goings In Carson Community

Mrs. Leona W. Moore Staff Correspondent Telephone 256-W-3

Members from Louisa Chapel Methodist Church attended the quarterly conference for the charge at Bethel church Sunday. The Rev. R. L. Poindexter is pastor of the charge.

The first and second grade mothers met with Mrs. James P. Cunningham for a business session Monday night.

Carson Home Demonstration Club was represented at the citizenship meeting February 20 and the garden leader and one other club member attended the garden leaders' school on the 27th.

A miscellaneous shower was given Thursday night, February 27, in honor of Mrs. Dan Gibson, the former Miss Edna Earl Stouemire, at the home of Mrs. James P. Cunningham.

Co-hostesses were Misses Carolyn Waldroop, Josephine Roper, and Helen Moore. They presented the honoree with a carnation corsage. Twenty called during the evening.

Welcome to Mr. and Mrs. Richard Burnett, who are building a

new home near the western boundary of the community on a site purchased from F. S. Moore. Mr. Burnett is from Swain County and Mrs. Burnett will be remembered as Miss Geneva Crawford, daughter of Mr. and Mrs. Cecil Crawford.

Mrs. Elmer Dills, who has been a patient at Angel Hospital, has returned to her home.

T. M. Greene and son, George D., and his family are here for an extended stay from Detroit, Mich.

Mr. and Mrs. A. L. Anderson had friends stop for a visit on their way home to Philadelphia, Pa., from a trip to Mexico. They were Mr. and Mrs. James Donahue.

Mr. and Mrs. C. Gordon Moore, of Marion, were visiting in the community over the week end.

Miss Helen Moore visited her brother and his family, Mr. and Mrs. Charles W. Moore, in Atlanta, Ga., Sunday.

Mr. and Mrs. Fred A. Moore, of Morganton, and Mr. and Mrs. Bill Jackson, of Atlanta, were week end guests of Mrs. Gaston Clark.

The young adult Sunday school



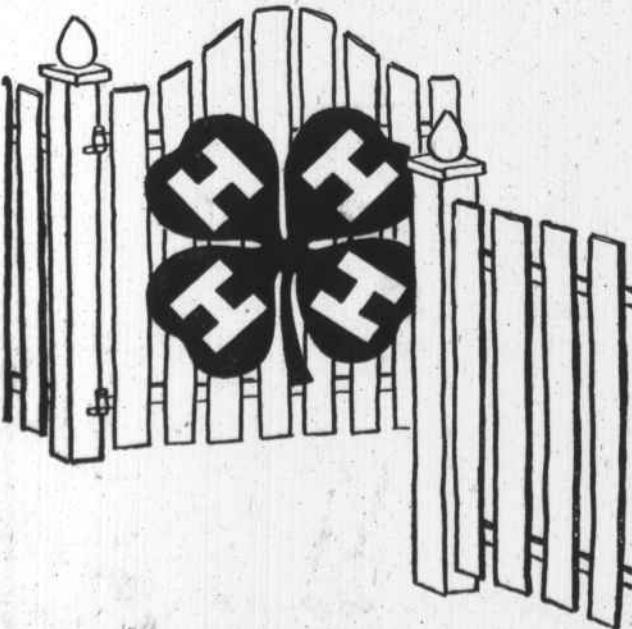
4-H Clubbers And Leaders Attend A Garden School In Franklin



SCHOOL PRINCIPAL AVID 4-H SUPPORTER

Union Principal Harry Moses (right), a former 4-H clubber, is an avid supporter of the program and his school stands ready at any time to give a helping hand. Pictured with the principal are (L to R) Ann Cabe, Betty Cloer, and Betty Sue Williamson.

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