



Rug making is a cooperative venture for members of the Holly Springs club. Hard at work are (L to R) Mrs. Sam Crawford, Mrs. Jack Cabe, and Mrs. S. M. Winkleblack, who now teaches after attending the crafts workshop at Camp Schaub, near Waynesville. (Staff Photo)

## Cullasaja Members Are Thrifty

### Club Adopts Job Of Re-Upholstering Old Furniture

The thrifty homemaker knows that "a dollar saved is a dollar made". With the rising cost of living haunting rural homes, the women of Cullasaja decided to do something about new furniture. The story speaks for itself, as told by Mrs. C. T. Bryson.

—Mrs. Florence Sherrill.

#### Re-Upholstery Project

Last year the Cullasaja Home Demonstration Club undertook a project which proved very worthwhile. Club members decided to do some re-upholstery for themselves. They gathered up some of their chairs which needed renewing and brought them to Gordon Gibson's shop, which was an ideal place to work. The large work bench and tables furnished ample working space and a place on which to cut the materials.

Mrs. Florence Sherrill, home agent, came and brought her kit of tools and helped them get started.

Mrs. Anne Berry, Mrs. Dixie Moses, and Mrs. Pearl Higdon, of the Higdonville club, joined in the project.

Mrs. Berry brought her heavy-duty electric sewing machine and did all the necessary sewing.

The first step in renewing a chair or couch was, of course, removing all the old covering, which was ripped apart and laid aside to be used for patterns to cut the new material.

Next, the springs were retied and strengthened where needed, and new padding added.

#### New Covering

Then came the final step of getting the new covering on. This required the hands of two or three persons, some to stretch the material into place, some to hold, and others to do the tacking.

Mashed fingernails were not uncommon in this operation, but when it was finished the women felt a genuine pride in seeing that old soiled, saggy chair or couch changed into a beautiful new piece.

As the saying goes, "the fever is catching", and more furniture was brought in and with it came more help.

Platform rockers, studio-beds, or any of the more difficult pieces, did not "stump" these women. They attacked them all with a zeal and worked out their problems together.

A total of 16 pieces of furniture were renewed at a savings of many dollars to these homemakers.

Mrs. C. T. Bryson  
(Cullasaja Club)

## Health Is Important N. C. Crop

### County-Wide Club Health Program Being Realized

The home demonstration club women will be glad to follow the leadership of their county health chairman, Mrs. Marlin Combs, of the Iotia club.

Mrs. Combs is a registered nurse. She is a homemaker and a mother who "practices what she preaches". Take time to study the following articles.—Mrs. Florence Sherrill.

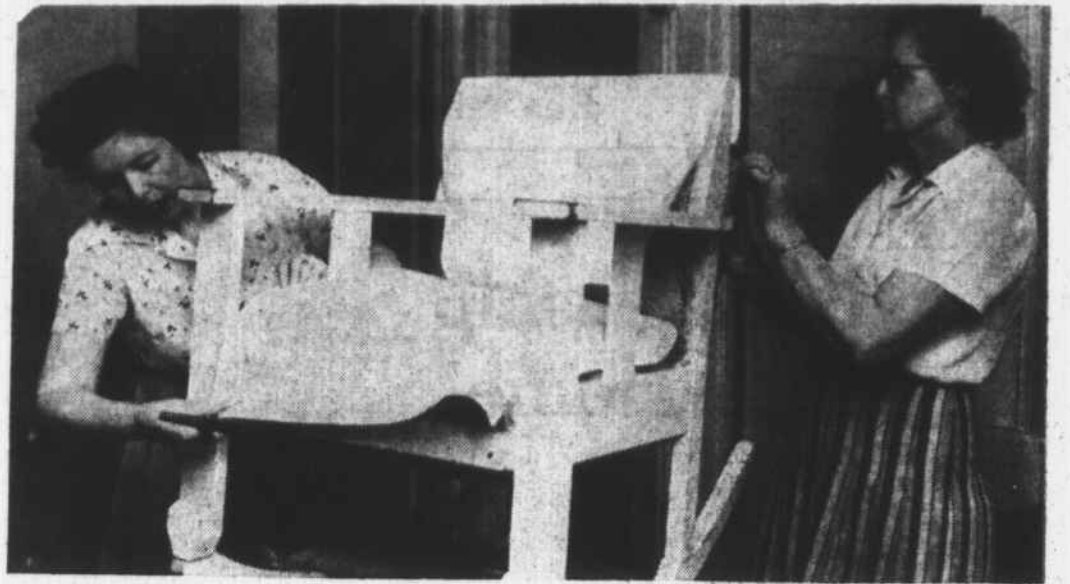
#### Health Important

It has been said, "Good health is North Carolina's most important crop". Home demonstration club members believe this, and since we are not believers only, but also doers, we have strived to maintain and improve our "health crop". How do we go about this? Our first concern is the health and well-being of ourselves and our families. The healthy, happy, well-adjusted homemaker is more capable of facing today's problems, be they domestic or international. Then, we try to teach our friends and neighbors the things we have learned.

#### Several Objectives

County-wide, our health program has several objectives, some still unmet, toward which we are working. One of these is to acquaint ourselves with the varied facilities available through our local Public Health Department. A few of these include immunizations, tuberculosis control, well-baby clinics, school health services, care for physically handicapped children, record keeping, laboratory services, and dental services. Information concerning the many

SEE NO. 1, PAGE 12



Upholstering is a project of the Cullasaja Home Demonstration Club. Working on the chair are Mrs. A. C. Moore (left) and Mrs. C. T. Bryson. (Staff Photo)

## Characters Are Developed By Strong Family Life

What greater honor can be given a homemaker than to have it said, "She is a good wife and mother". Homemakers of Macon County want to be better wives and mothers. The club's family life leaders conduct discussion groups on such subjects as, "Take a Look at Yourself", "Discipline, Wise and Unwise", "Faith is a Family Affair", "Character and How It Grows", and other subjects. Mrs. Fred Corbin, of Higdonville club, has recently been elected county family life leader. She said her club members helped her prepare her story.—Mrs. Florence Sherrill.

#### How To Grow

We as club members and homemakers want our families to grow healthy and strong. Our children have emotional needs also. We want them to develop strong characters through love.

A child needs to feel that his parents love and want him and that he matters very much to someone.

#### A Family Affair

Faith is a family affair and every child needs to have a set of standards to live by. Christian living is something that permeates life. Real religion is a spirit in the home, an atmosphere in which each family member can be at his best self. Religion not only gives comfort and strength in time of difficulty, but it controls our thought and actions at work, at play, at school, at church. It helps us settle problems, strengthens our determinations to control temper, makes us respect the opinions of others, and helps us understand others. Parents need to live their religion in their home and community. They teach their child by their example that prayer, worship, faith in God are as

necessary in daily living as the air he breathes. He catches his religion from the faith of his parents. If you have never had family prayers, start now. It is by turning our thoughts toward God and seeking Him together that faith becomes a family affair. Families that pray together, stay together. What will our children remember about family worship in our homes?

#### Needs Guidance

A child needs friendly guidance in learning how to behave toward persons and things; a mother and dad who show him, by example, how to get along with others and who take time to answer his questions truthfully and sincerely.

We must teach our child that there are limits to what he is permitted to do and he will heed these limits. If possible, we should find a way to discipline which will not develop fear and resentment. He needs to be-

lieve that his parents love him all the time, and not only when he acts according to their ideas of child behavior. We should let him grow and develop in his own way, feeling that his home is a place he can feel sure about. He should feel that his parents will always be on hand when he needs them most. He needs to feel his parents will keep him safe and help him when he faces unknown and frightening situations. It isn't easy for parents to want their child to grow up, but we must have confidence in his ability to do things for himself. We must learn to cut the apron strings and our family life specialist of N. C. State College says "not to leave a thread".

#### Chinese Poem

May we share with you the following:

This poem was written by an old Chinese poet, who lived 4-

SEE NO. 4, PAGE 12

## Every Home Should Grow A Garden With Variety

Mrs. T. T. Henderson, county garden leader, and member of Walnut Creek club, practices what she preaches when it comes to raising vegetables for home use and for sale. Many homemakers help to increase the income by taking jobs away from home. Not Mrs. Henderson; she uses her know-how about vegetables and small fruits. She is willing to help others cut the family food bill as "Today's Home Builds Tomorrow's World".—Mrs. Florence Sherrill.

It needs to be turned and worked into a good plant bed. Plant reliable seed if you want high germination. Cultivate to keep down weeds. Then, you have to fight insects and diseases from the start. You will need suitable sprays and dusts for

this and the tools to apply them with. We need to grow our own vegetable as they are so much better fresh. Then they will save on the grocery bill. Too many farm families fail to grow a sufficient quantity and variety for their own use. Any surplus can be preserved for use later. A number of us have home freezers and there is no better way to preserve corn, peas, broccoll, asparagus, and cauliflower. You almost have to grow your own to freeze, as they must be gathered at the right stage and frozen quickly.

#### Include Berries

When we think of vegetables, let's include a few strawberries and raspberries. There is no fruit more welcome than strawberries, and they are well adapted to this section. They do require some care. So, include a few strawberries. If you have space, two or three grape vines are nice.

We need a good home garden, since farmers need all their time being better managers in order to continue making a living. Farming requires more money each year, as we use more machinery and fertilizer, which requires more money. Also, we have more electrical appliances in the home, such as ranges, refrigerators, washing

SEE NO. 2, PAGE 18



Mrs. Henderson

#### Gardens For Home

Every home should grow a good garden. This means a garden with a wide variety of vegetables. Nearly every home in the country has a plot of ground that, if properly handled, will grow vegetables. It doesn't take a lot of space to grow vegetables to supply the average family. If we use good rotation, we can grow two or three crops on the same ground. A few, such as parsnips, use the entire season, but not every one would want to grow them anyway. What we would want would take very little space.

#### Needs Good Soil

To grow a good garden requires rich soil to begin with.

- Better Homes
- Healthier Children
- More Pleasant Communities

These are some of the things that the Home Demonstration Club women and their leaders, working together have brought to Macon County. For this and the many other fine contributions you have made to our way of life in Macon County we Thank you and congratulate you.

## The Bank of Franklin

Member Federal Deposit Insurance Corporation

## Congratulations to . . . The Home Demonstration Clubs of Macon County

For the fine contributions they have made for the betterment of Macon County.

## DRYMAN'S

### CONGRATULATIONS

To the Fine Home Demonstration Clubs  
of Macon County,

Their Officers and Their Members

For the Fine Job They Have Done.

## Reeves Hardware Company