

**No. 1**

the grounds of the home gives greater and more lasting pleasure than a new hat — and that's a considerable statement. From the first tiny crocus in spring to the last chrysanthemum or calendula, flowers can be a source of constant wonder and delight to anybody who really wants to grow them.

Work? Of course, some, but it becomes a labor of love because of the happiness it gives to the grower and to others. Flowers to send to the church, to sick friends, for weddings and for corsages for special occasions give the grower and to others. Flowers to send to the church, to sick friends, project worth doing, growing flowers and shrubs requires a plan, much information and advice, as well as work. Garden encyclopedia, extension bulletins, and current magazines provide excellent sources of information, and our local extension agents are as close as the telephone with the latest recommendations from the experts. Even to the experienced flower and shrub grower, there is always something new to learn.

**More Reasons**

There is more than one reason for making home beautification a "do-it-yourself" project. First, a lot of the satisfaction would be lost if you only "look" and "supervise" and haven't had your own hand in the soil to help produce the gratifying results. Secondly, wouldn't it be a horrible thing to find a pride-and-joy plant cut down by an inexperienced worker! Anybody can learn. Anybody can win prizes for flower and shrub growing and arrangement at the Macon County Fair. Some of the easiest to grow flowers and shrubs have won blue ribbons. A fine speci-

At 12:30 p. m. tomorrow (Friday), tune in on Station WFSC for a talk by Weimar Jones, Mr. Jones is a candidate, subject to the Democratic primary, for Representative from this county. Adv.

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men of an ordinary plant or an artistic arrangement is just as valuable in a judge's eye as the most unusual plant in the flower section of the fair.

**Don't Be Shy**

Last year's fair had a number of entries in the flower division, but not nearly as many as might have been or that can be next year. Don't hesitate to take the plants you have grown because you are afraid they might be outclassed. The judges may not see it that way, and blue ribbons may be won just as easily by Mrs. Macon County Homemaker and Mrs. Somebody Greenthumb.

Speaking of green thumbs, if you think that green thumb stuff is really necessary, have a look at the thumb of the next person you see who has made her home beautiful with flowers, lawn, and shrubs. Won't you be surprised to find it's just the same color as yours! All that is necessary is to try. The troubles, expense, and failures are more than offset by the pleasures.

There is another compensation to flower growing, shrub growing, and home beautification. That is that money may be made while the enjoyment is being had: cash prizes at the fair, selling cut flowers on the curb market, increasing the value of your property and attracting tourists to our county.

Who could ask for any more? Let's get busy, Macon County women!

Mrs. I. T. Peek (Franklin Club)

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thinks of some family whose house has burned, or she thinks of a family who has sickness. The "pounding" for the preacher is still in style in the mountains. Let us keep it so! Many a woman puts up a jar with her eye on the fair.

**Highest Quality**

At the local fair in 1955 I recall one of the judges saying, "This exhibit of canned food is of the highest quality". Another judge suggested that all jars with the two-piece tops keep the ring on for the exhibit. This makes a prettier display.

Before we spend too much time on the fair, let us remember to plan a large variety of food. Just because there may be a good season for beans, do not fill all the jars with beans. Remember the basic seven guide for eating calls for yellow vegetables, leafy green vegetables, as turnip greens, and fruits.

It is with great pride that a woman shows her neighbors her well-filled pantry shelves. When unexpected company comes, a complete meal can be prepared in a short time. We call this the emergency shelf. Why not plan your emergency meal in advance and put those jars off by themselves?

**New Way Of Life**

The coming of the home freezer has supplemented the canning plan, but will never entirely replace canning. We call this freezing, "Living the Frozen Foods Way", and it is a new way of life. By freezing, some food value can be saved that may be lost in canning. We learned that vitamin C is saved when strawberries are frozen, but when the strawberries are made into preserves it is partially destroyed by heat.

The N. C. State College food conservation specialist, Miss Iola Pritchard, gives us these facts to consider. "Statistics show farm families in N. C. spend annually about \$275 million for food — much of which could be produced and conserved at home. Families that produce and conserve their food supply are better fed than those who do not. Per capita farm income in N. C. is still near the bottom in the nation".

If Miss Pritchard reminds us about income being low, we can resolve to stretch that food dollar with a greater canned and frozen supply for next year.

Do you have the latest publications from N. C. State College to help you with your canning and freezing? If not, you can get them from your home demonstration agent's office.

Mrs. Glen Hastings (Union Club)

U. S. farm population is now 13 per cent of the total.

The Naval Research Laboratory has developed a new television

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machines, freezers, television sets, etc. These are all expensive. By growing all the vegetables and fruits we possibly can, we will cut down on the cost of groceries.

**Grow Some Extra**

While a lot of us can only grow a garden to supply our own needs, there are still a lot of us who can grow some extra to sell. Some can sell at the curb market each week, some at roadside stands, and others at the stores and other places. We can always find a ready market for any surplus of high quality fruits and vegetables we produce, especially to our summer tourists. When they find where they can buy fresh high quality vegetables, they will patronize that place. Corn is one vegetable that loses flavor rapidly after being gathered. We have found that people will buy it where they find it fresh.

**Outside Markets**

If we will grow enough and a variety of high quality vegetables, we will draw outside markets, such as Gerbers, which is now building a big plant near Asheville. A plant like that will insure a market for what we grow. Our tourists are another good bet as there will be more each year building and buying homes here. We need to capitalize on what we have around us. Of course, all this requires work; but what doesn't? As long as we plan to make our living off the farm, we are going to need to diversify. It takes growing more than one crop to live on the farm.

Mrs. T. T. Henderson (Walnut Creek Club)

**All**

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