

4-H'ER SINCE 1952 —

Ammons Girl's Story Is Story Of Success

By Elizabeth Ann Ammons
(Holly Springs Club)

In 1952, when I joined the local 4-H club, I did not know what 4-H really was, but joined because everyone else in my community was joining. But, today, I agree with Merrit D. Hill, general manager of Ford Motor Company, when he says, "4-H is a way of life—4-H is not parties, or trips to National 4-H Club Congress for its outstanding members. It is not even college scholarships, which help to make it possible for some to continue schooling who otherwise could not do so."

"4-H is not record books or numbers of projects satisfactorily completed. It is not even love for animals, gardens plant-

ed, or dresses carefully sewed. "4-H is a way of life, a way which is learned early and can never be entirely forgotten. It is a continuing experience which goes on inside of school, at home, in club meetings, and while alone. It is an attitude, a state of mind that doesn't start precisely when a boy or girl joins a 4-H club, and certainly doesn't end when he or she leaves the club. To a youth, whose life ahead will be in agriculture, they already have the advantage over most young people standing on the threshold of their careers. But in any other career which a youth may choose, the principles of co-operation and personal endeavor learned in 4-H will stand in equally good stead."

My interest really began when my grandmother gave me a pet pig, which I raised on a bottle. The money I made from my pig was used to buy my first calf. This calf was my first project in 4-H work. Since then, I have carried many projects. Frozen foods and beef production have been my favorite ones.

Five years ago, when my family first purchased a home freezer, I did not realize how interested I was going to become in home freezing. The first year I did not take frozen foods as my project, but I helped my mother. I enjoyed this very much and the next year frozen foods was one of the first projects I selected. I have enjoyed this project 100 per cent. Not only have I enjoyed the projects, but my family has enjoyed the results of my work. We have been able to have better meals with lots less work and a big savings on the food bills. We eat many delicious foods which we would not have if I did not carry the frozen foods project.

At first, we did not use the vegetables recommended for freezing and we did not get the results we expected. We now

plant only the recommended varieties and have much better frozen foods. I have encouraged the 4-H'ers in my community who grow gardens and freeze foods to plant only the recommended varieties. I had heard my mother say many, many times, "Two hours from the garden to the can," is a good rule. I learned that this was even more important when freezing foods. I have also learned the necessity of blanching vegetables well. Most of the vegetables which I have frozen were very good. I have found that the selecting of quality materials for packing foods is very important. The first year my peaches were not very good. This happened because I used poor containers for freezing.

It was a great satisfaction to my family and a real joy to me to see our frozen food supply growing. In addition to helping my mother freeze many foods last year, alone I froze 158 pints of vegetables, 344 pints of fruits, five dozen eggs, 10 pounds butter, and 15 cakes. My grandmother recently bought a new freezer and I helped her with her fruits and vegetables. 115 fryers, and 10 cakes.

I also helped her dress and package 25 fryers. She is enjoying her frozen foods more than she dreamed she would.

This year, I have enjoyed my frozen foods project more than ever. Every day I seem to learn new things. I find that I do not need to depend on my mother and 4-H leaders for as much help as I once did. We no longer depend on canned foods as we once did. Using our frozen foods results in a much greater variety and a better home food supply. We save a lot on our food bill because we have our own garden and raise small fruits, strawberries, and raspberries.

And, of course, anyone would agree that freezing foods on a hot summer day in July is much more fun than canning. One of the most important things I have just learned is the need for keeping foods in order in the freezer so that the oldest foods may be used first.

Since I have been enrolled in this project I have frozen 1,518 pints of fruits and vegetables. In addition, I have frozen 260 pounds of pork and beef, 115 fryers, and 10 cakes.

One of my big jobs this year was encouraging my mother and daddy to have a family booth at the Macon County Fair. And, of course, it was a frozen foods exhibit. The theme of my booth (because I really did the work) was "Freeze Summer Wealth for Winter Health". I attempted to teach important parts of three stages in freezing. Plan, prepare, and package were the three stages. Planting and growing good freezing varieties and planning the amount needed for the individual family was illustrated in the "plan" section. Good equipment and rules to follow in packaging food was stressed in the center section. The package division showed good freezing containers and pointers on freezing temperatures and cooking the food. Imagine my surprise when I learned my frozen foods booth was the grand winner. Here was another five dollars to add to my bank account.

During the past year, I took part in and directed a frozen food skit, which was given at my school and community club. I have given demonstrations on the proper method and proper

The
COOKING CORNER
Favorite Recipes
Of MACON WOMEN

ORANGE DATE CAKE
¾ cup shortening
2½ cups sugar
3 cups flour
1½ teaspoons soda

containers to use in freezing peas at home demonstration clubs. Last summer I had lots of fun demonstrating the crossword puzzle which Miss Nita Orr originated, and at the same time teaching the basic freezing information to the home demonstration club members. I gave a radio program on "Living the Frozen Foods Way". I have encouraged many club members to take part in frozen foods projects and I look forward to continuing my work in frozen foods projects for the years to come.

1 cup chopped nuts
1 pkg. chopped dates and 1 cup raisins (or use all dates)
juice and grated rind of 2 oranges
1 cup sour milk
3 eggs
Cream shortening, add 1½ cups sugar, rind of oranges, and eggs. Beat well. Sift soda in flour and add alternately with sour milk, beating well after each addition. Add nuts, then fruit which has been coated with flour to keep

separated. Pour batter into greased, shallow loaf pan. Bake at 350 degrees for about one hour. While cake bakes, mix juice of two oranges with one cup sugar. This dissolves slowly. Pour over warm cake.

Mrs. Ed Bradley
(Iotia Club)

The number of dairy cows bred by artificial breeding associations in North Carolina jumped by 15 per cent in 1958.



Elizabeth Ann Ammons and Brenda Cunningham discuss a project.

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- | | | | |
|----|---|-----|-------------------|
| 1 | Does it have sufficient insulation? (Check by rapping knuckles on the headlining) | Yes | other car
FORD |
| 2 | Does it have full-depth springing in center of rear (Bounce to prove) | Yes | other car
FORD |
| 3 | Are the door openings extra wide for easy entry? | Yes | other car
FORD |
| 4 | Is the driveshaft tunnel low enough to let center passengers be comfortable? | Yes | other car
FORD |
| 5 | Are feet of rear passengers cramped into deep well? | Yes | other car
FORD |
| 6 | Are headlights high enough for sufficient protection and best illumination? | Yes | other car
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| 7 | Do you get 2-stage front door checks to help hold doors open? | Yes | other car
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| 8 | Do instrument-panel controls have illuminated identification? | Yes | other car
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| 9 | Is the luggage compartment easy to get at? | Yes | other car
FORD |
| 10 | Does car use regular gas with standard engines saving up to \$1.00 a tankful? | Yes | other car
FORD |
| 11 | Does car you're buying give you, at no extra cost, a Full-Flow oil filter? | Yes | other car
FORD |
| 12 | Is the muffler on your car aluminized to last twice as long as conventional mufflers? | Yes | other car
FORD |
| 13 | Does the car you're looking at offer a truly modern six? (Vs. 30-year old design) | Yes | other car
FORD |

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