

# County Extension

## HOME DEMONSTRATION DEPT.

(Miss Minnie Lee Garrison, County Home Agent)

### SHORT COURSE FOR WOMEN

The following letter announces good news for our farm women. We hope a large number can take advantage of it.

We have had so many requests for a short course for farm women to be held at the State College that we are arranging to hold such a course during the summer school in 1925. The exact date has not been set. It will depend upon other courses that are held at the college as to just when we will have room to house our students. I hope that you will make every effort to have a goodly number of your club women come to this course. I should like to see as many as ten from each county if possible, though I know full well that probably half of this number is what we may expect.

The subjects to be given are wardrobe planning, which includes some dressmaking, millinery, household furnishings, and meal planning, which includes some preparation of food. The agricultural subjects will be the home dairy and poultry work. I should like to know just as soon as possible if any women are coming from your county and if so what subjects they would desire to take that I may have some idea as to how to arrange the faculty. No woman will be permitted to elect more than two subjects.

The expenses will be moderate. I am expecting the women to come on the same basis that the club girls came last year. That will mean that they will pay for their transportation here and back, and \$1.50 per day for board and keep. I am not certain that there will be any registration fee. I shall try to arrange that this not be charged against them. If there is one it will be very small.

Sincerely yours,  
Jane S. McKimmon,  
Assistant Director of Extension,  
State Home Demonstration Agent.

**VEGETABLES WITH CREAM SAUCE**  
Many vegetables may be made delicious by covering them after they are boiled with cream sauce and serving while hot. They may be also mashed and added to thin white sauce and made to furnish an appetizing soup. The following are good served in this way: Irish potatoes, peas, celery, onions, asparagus, cabbage, carrots, turnips beans.

The proper proportions for thin, medium and thick white sauce, and

This space is left blank for the delinquent taxpayers.

W. L. FULLER,  
City Clerk

the use to which each may be put follows:

Thin White Sauce (for cream soup)  
For every cup of milk use 1 tbsp. flour, ½ tsp. salt, 1 tbsp. butter.

Medium White Sauce (for cream or scalloped dishes or gravies): 1 cup milk, 2 tbsp. flour, ½ tsp. salt, 2 tbsp. butter.

Thick White Sauce (for souffles): 1 cup milk, 3 tbsp. flour, ½ tsp. salt 3 tbsp. butter.

Thick White Sauce (for croquettes): 1 cup milk, 4 tbsp. flour, ½ tsp. salt, 4 tbsp. butter.

#### Methods Mixing

Mix flour with butter. Heat milk and stir into it flour and butter. Cook over direct heat 3 to 5 minutes. In double boiler cook 15 to 20 minutes.

**Cream Soups:** For each cup of sauce use a cup of vegetables mashed through a sieve.

**Vegetables with cream sauce:** Use equal portions of sauce and food. Pour sauce over vegetables. Serve hot.

**Scalloped Dishes:** Use equal portions of sauce and vegetables. Place layer of vegetables and layer of sauce in buttered baking dish until it is filled. Cover with bread crumbs. Reheat and brown in oven.

**Souffles:** Use equal portions of sauce and food with 3 eggs to each cupful of sauce. Add egg yolks to the sauce, mix with food. Fold in the egg whites and bake in buttered baking dish set in a pan of water.

**Croquettes:** Use equal portions of sauce and finely chopped food. Mix and cool. Shape into small cylinders, pyramids or balls. Roll in egg and bread crumbs. Fry and drain.

#### The Parables of Safe The Sage

I went unto a city called Scranton, and I lodged there. And in my room in the Inn were Three Baths Towels and Four Towels for my hands and my face, and that was more than I had need to use.

And from there I journeyed unto Pittsburg. And there in the Inn I had One Towel of either kind. And the price that I paid for the Room unto the Keeper of the Pittsburg Inn was not scaled down in proportion to the

number of the Towels.

And as I passed out, I met the Chamber Maid, and I said unto her, O maiden who sweepest and art supposed to dust, read for me this riddle, I pray thee. Why is it that in Scranton where they burn Hard Coal a man may have Seven Towels in his Room, and in Pittsburg, where Hard Coal was never dreamed of, we may have but two?

And she answered and said: It is an Inadvertance that thou hast only Two Towels. Behold, now, thine hand-maiden will bring unto thee as many as thine heart desireth.

Nevertheless I will answer thy riddle. In Scranton, where they burn Hard Coal, the people suppose that they may keep clean without washing, therefore they have Towels and plenty of them. Yea, they say in their pride, are not the rivers of Scranton better than the Allegheny and the Monongahela? May we not be clean without washing in any of them? But in Pittsburg we wash; therefore, are the Towels less Visibly Abundant, because that all Pittsburgers do always use them.

And I considered the matter, and said, The damsel hath quick Wit and a ready tongue. I trust it may always stand her in as good stead. Moreover, there may be something in what she saith. For I have noticed that often the folk whom Nature doth well provide for suppose that they need nothing of Grace. Whereas, they who have been dealt with meagerly in the distribution of good things of this world, whether it be Beauty or Wealth or Education, do often by Heroic effort, more than make it up, so that they put to shame those that were more abundantly provided.—Watchman Examiner.

#### TOMATO WOULD MAKE A GOOD MONEY CROP

The tomato is one of the most widely used vegetables of this day and age as evidenced by the fact that carload shipments of the United States have increased from 16,710 cars in 1920 to 24,005 in 1923, an increase of 7,295 cars in three years. Our neighboring State of South Carolina has increased its shipment from 13 cars in 1920 to 394 in 1924.

North Carolina tomatoes should be planted so that the harvest and shipping takes place from July 1 to July 20, as at about this time the northern

markets are bare of this vegetable. There is a wide lapse between Mississippi-Tennessee tomato crops and the New Jersey shipping period. After the New Jersey crop begins to move in large quantities, the North Carolina product would naturally be driven off the markets; but that portion of the crop which would remain in the fields when the northern States begin shipping could be canned. In the 1923 season the Mississippi tomato growers lost money on their tomato crop, and this naturally will have a tendency to check production in that section. South Carolina has been increasing its tomato acreage in spite of the stiff competition that the Mississippi crop gives it. It has overcome this competition and the South Carolina tomatoes are preferred over their competitors due to the good grade and pack that they ship.

Early tomatoes are probably better adapted to the sandhill sections of North Carolina than any other section of the State, due to the light sandy nature of the soil and the susceptibility of tomatoes to be drowned out by such heavy rains as occur in the eastern part of the State. Tomato rust can be controlled by judicious spraying, particularly when the tomatoes are grown on light, sandy soil which drain off quickly after rains. In developing a tomato industry for the State, it is highly desirable that a large acreage be planted in a locality so that the shipments can be made in carload quantities.—North Carolina Market News.

#### ANENT STATE PRISON APPOINTMENTS

Governor McLean seems to have taken hold of his duties as chief Executive of North Carolina with a characteristic business-like manner. The papers made much of his early rising in the mornings and getting at his tasks early. His first duties will include a number of appointments, chief among which is the appointment of State prison officials.

The following comment by the Raleigh correspondent of the Greensboro Daily News, while not throwing much light as to what appointments will be made, is quite interesting:

"The biggest issue now thrust upon him by the public is the appointment of a prison management, superintendent and board of directors.

Governor Morrison's board is made up of faithful friends from superintendent down.

"It is assumed that the prison management was faithful to Governor McLean, but the recent report of the institution hardly measures up to the qualifications that a business executive will require of it. The friends of Superintendent George Ross Pou think that his supplementary statement will show to Governor McLean that the poor financial showing is not ascribable to sorry farming and working, but to the ever increasing of the partially self-supporting class of prisoners, plus exceedingly bad farming years. Mr. McLean concludes that the Providence which he so much respects has been on the side of floods, boll weevil, malaria, and other crop- and health-destroying agencies, the executive will not hold the disastrous record of the prison against the superintendent.

"There is nothing akin to public feeling against the prison officials, nor does the failure of the institution to show up well in a vast machine marked for the size of its deficits. There is hardly any doubt that Mr. Pou stood highest amongst the old administrations. But Mr. McLean is going to cut dead timber and reduce overhead. It has been said that the prison gets both in its convict personnel and in its official line-up. Indeed, for long it has been the great piece of pie of the state. The contribution of Charles H. Anderson, which was partially reproduced in this morning's Daily News, shows how luscious an office it is.

"Substantially all the administrations have new prison managements from warden up to prison board. The

governor names his friends on the board and sends in for their consideration an acceptable man personally. The physician to the prison generally gets there by virtue of his good guess in the primary. Often two of them, young fellows, land. The prison management is political.

"Kitchen had Laughinghouse; Craig, Mann; Bickett, Colie, and Morrison, Pou; but Mann served under two governors and Laughinghouse could have worked with Craig had the kindly man of long whiskers been a better politician than he was. The political office, however, has required a surplus. The public has demanded that free workers at least pay their keep. If Mr. Pou in his supplementary statement can show that his failure resulted from no lack of skill, he will not go."

If it concerns Johnston it's in The Herald.

A. B.

WHOLESALE GROCERIES

A. B.

If You Want Fresh Groceries  
Phone 48  
TURNAGE & TALTON

## INSURANCE

LET US INSURE YOUR

Life Dwellings Barns Merchandise  
Live Stock Household Goods Garages Cotton

Automobile

We can also insure you against Automobile accident or Accident and Health. When in need of Insurance of any kind, please call on us,

Adams & Keen

Office over W. M. Sanders & Son dry goods store

W. T. ADAMS PHONE 342 J. A. KEEN  
Smithfield, N. C.

## What Is 1000 Miles?

Distance means nothing to the business firm that carries its account with this bank.

Recent operations included collecting notes in Canada, securing credit information in New York and sending money to Europe.

All of these services are performed besides giving speed and satisfaction in taking care of the financial needs of business men.

WE INVITE COMMERCIAL ACCOUNTS

THE FIRST NATIONAL BANK

Selma, N. C.

# NEW PRICES

NEW models—record-breaking sales and production—have made it possible for Studebaker to reduce prices without lowering quality.

Think twice before buying any car upon which reductions may soon be announced.

Think twice before buying any car that has reduced its quality along with its price.

Insist upon knowing all the facts about any car you're considering.

#### REDUCED Prices on All Closed Models

STANDARD SIX	SPECIAL SIX	BIG SIX
Country Club Coupe \$1345	Victoria . \$1895	Coupe . . \$2450
Coupe . . . . . 1445	Sedan . . . 1985	Sedan . . . 2575
Sedan . . . . . 1545	All prices f.o.b. factory	Berline . . . 2650

J. I. BARNES,  
Clayton, N. C.

# STUDEBAKER

THIS IS A STUDEBAKER YEAR