

STATE COLLEGE HINTS TO FARM HOME-MAKERS

By RUTH CURRENT
State Home Demonstration Agent

Dry milk can be used to good advantage in meal planning, say nutrition specialists. Use it in beverages, breads, soups, main dishes and desserts.

Dry milk is easy to carry home and takes little storage space. Nonfat dry milk has all the nourishment of fresh skim milk. Whole dry milk has, in addition, the fat and the vitamin of the cream part of whole milk.

Dry milk products make it easier to get more milk into family meals, especially helpful in families where children or others do not drink enough milk.

One pound of milk powder and four cups of water make one quart of liquid milk. In the same proportion 1-4 of milk powder and 1 cup water make 1 cup of liquid milk.

One pound packages of both nonfat dry milk and whole dry milk now are carried by grocery stores.

Clothing specialists say the latest style in skirts may be long or short, tight or full, pleated, gathered or dressed up with trim-

mings, flaps or other fancy extras. But for work around the house or yard, the wise housewife will choose a skirt designed for safety, comfort and convenience. A skirt which is moderately wide but not full is safest for work around the house. Skirts are somewhat shorter this year—and that is all to the good working convenience and safety.

A gored skirt, the specialists suggest, may be cut wide enough around the bottom to allow for walking, or running when necessary, also for climbing and stooping. Yet it is fitted about the hips so that it stays in place and does not get in the way. In contrast, a full skirt like a dirndl has a way of billowing out when you bend over so that it may be stepped on in going down a ladder to wash windows, or in stooping to low shelves. A tight skirt which is close around the bottom restricts steps, may catch and pull uncomfortably and unsafely, often just when the wearer is in a hurry. Sashes, bows, fans and fancy loose pockets are accident hazards because they may catch on door knobs or hooks.

Four North Carolina counties—Rutherford, Polk, Cleveland, and Henderson—have been designated by the U. S. Department of Agriculture as areas where disaster loans can be made to eligible farmers by the Farmers Home Administration.

THE OLD HOME TOWN

By STANLEY



Safety Resolutions Suggested For 1950

"If you would be thrifty, practice safety in 1950," is a New Year's Resolution suggested this week by W. T. Brown, county agent for the State College Extension Service.

Such a resolution, the county agent pointed out, can be carried out by the whole family to the benefit of all. Furthermore, it is thoroughly practical and can mean the difference between profit and loss for the new year.

Making and keeping New Year's safety resolutions is much more than a pastime; it is a means of assuring the happiness and well-being of farm families everywhere. The National Safety Council suggests that if each member of every farm family makes and keeps one good safety resolution in 1950, noticeable progress will be made toward reducing the tremendous toll that accidents take in agriculture.

Following are a few suggested resolutions for farm families to make for 1950:

1. We will continually check the farm to locate and remove hazards.
2. We will at all times observe all safety rules in the operation of machines.
3. We will encourage our friends to work, play, and drive safely.
4. Regardless of the emergency, we will not permit young children to operate or ride upon farm machinery.
5. We will observe due caution when working with or around animals.
6. We will keep guns unloaded and out of reach of children.
7. We will handle poisons and explosives carefully and keep them labeled and out of reach of children.
8. We will encourage year-round participation in farm safety activities by the organizations to which we belong.

PLENTIFUL FOODS FOR MONTH LISTED

Apples, winter pears, and dried beans and peas are first on the U. S. Department of Agriculture's plentiful foods for January, Miss Mary Johnston, home demonstration agent for the State College Extension Service, reported this week.

Winter pears are at their prime in January, Miss Johnston said, and the apple crop, according to figures, is 50 percent larger than in 1948 and 20 percent bigger than the average for the past 10 years. Dried beans, USDA estimates, will set a record this year. Both dried beans and peas, classed as excellent protein foods by USDA nutritionists, are in ample supply on Southern retail markets, the home agent said.

Pick of the fruits from the standpoint of quantity will be cranberries, oranges, and dried prunes and raisins. For specialty foods, Miss Johnston suggests the plentiful tree nuts—wal-

STATE COLLEGE FARMER'S AID

QUESTION — What is the general agricultural outlook for 1950?

ANSWER—M. S. Williams, farm management specialist, says that for the country as a whole, farm prices probably will decline about 10 per cent. For North Carolina, the decline may be slightless. Cost of most production items will remain high. There are little prospects for price declines in machinery and equipment, fertilizer, and other major cost items. Consequently, North Carolina farmers in general can expect lower net incomes in 1950 than in 1949, unless steps are taken to adjust to the changing price picture. The post-war rise in agricultural prices has been lost. From the peak in January, 1948, farm prices in the U. S. have declined nearly 20 per cent and are now back to about the level of July, 1946. This decline has been

nuts, almonds, pecans, and filberts—as well as honey, sugar-cane sirup, and molasses.

Turkeys remain in the plentiful class for January, and broilers and fryers are also recommended buys for January shoppers. For still another choice in meats, Miss Johnston suggested pork and pork products, plentiful at reasonable prices, and frozen fish. Manufactured dairy products and seasonally increasing supplies of eggs are other protein foods to be found on January markets in ample supply.

Good buys in green and canned vegetables for January, she reported, will include cabbage, spinach, celery, lettuce, and canned corn.

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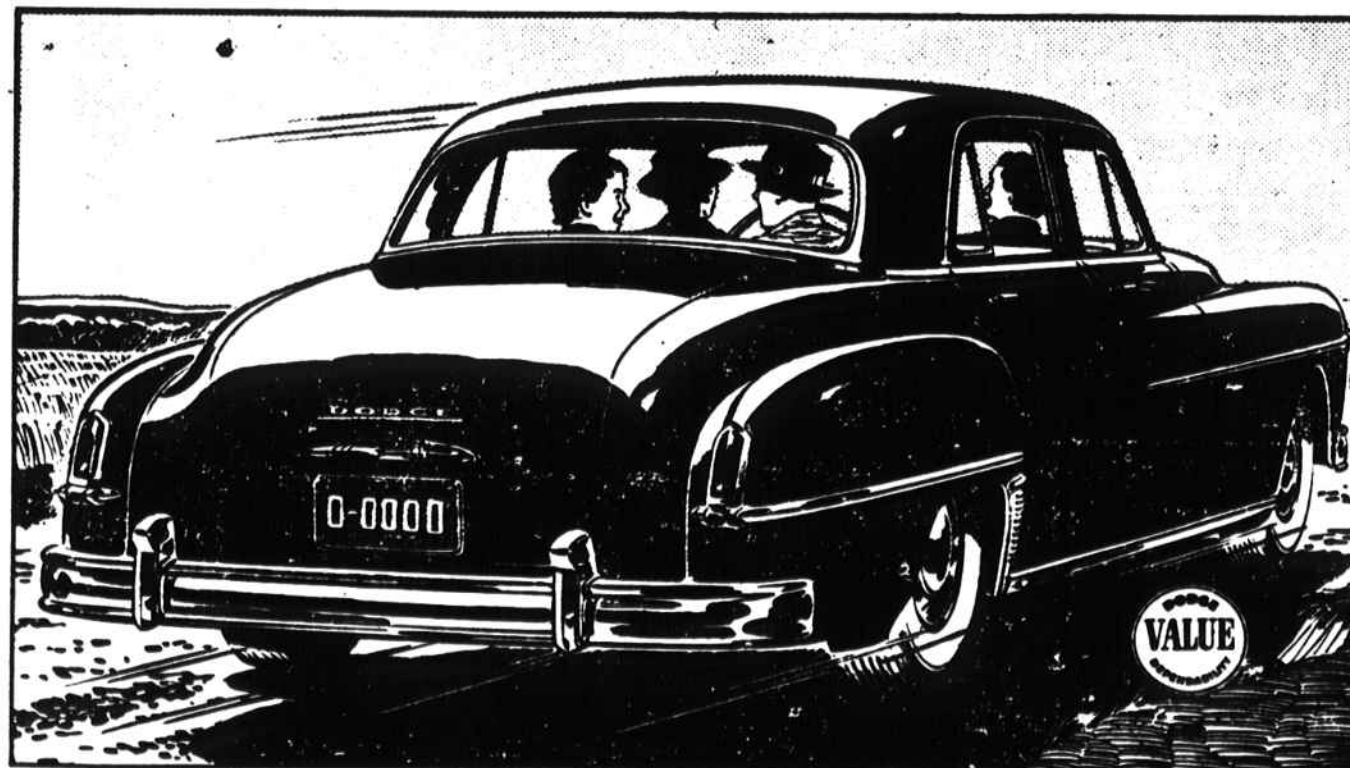


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