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## State College Hints To Farm Homemakers

With onions so plentiful in market these days, a homemaker is likely to find herself keeping kitchen company often with these lively flavored vegetables. Whether you get the best of onions or get the best of you in the kitchen is often a matter of knowing simple ways of handling them. Home economists of the U. S. Department of Agriculture suggest for onions without tears, hold the onions under water while peeling. This also keeps the onion odor from penetrating the kitchen air.

To obtain juice and fine pulp for soup or clear sauce, cut an onion in half cross-wise and grate over a bowl. Or, if a very little juice is wanted, grate over waxed paper and save dish-washing. Cutting onion fine with a sharp knife is easier than grating and often serves a similar purpose.

To use part of an onion and keep the cut surface from drying, slit the skin and cut out the portion of onion needed; then wrap the skin back over the left-over part. Keep a cut onion in a cool place, wrapped in waxed paper to keep the odor from other foods as much as possible. The flavoring substance of onion is an oil that blends with other

fats and oils in food. Therefore a good way to capture and extend the full flavor in stew or stuffings is to heat chopped onion in a little fat a few minutes and add to the other ingredients. The same principle applies to salads. Add chopped onions to the oil dressing, and allow it to stand an hour or so before dressing the salad.

Cooking sweet potatoes in the oven or kettle without peeling saves vitamin as well as time. Tests show that, when baked or broiled without peeling, sweet potatoes retain from 69 to 83 per cent of their Vitamin C. Many people add a little sugar to the boiling water to give the potatoes a sweeter flavor.

## Home Agent's February Report

The thirteen Home Demonstration Clubs of Hoke County met in February with 180 club women attending. The demonstration was on meal planning and "Eat Your Way To Health" was the subject. The Basic Seven Food groups were discussed and food models were used to complete menus for a day. These menus were then checked to see if they met the test of well balanced meals. The pressure sauce pan was used in cooking either a vegetable or fruit at each meeting. A motion picture, "The Balanced Way", was shown at the Wayside and Pine Forest

clubs. A most helpful speaker demonstration was given by Miss Mrs. Ellwood Egan, Extension Management Specialist, in the Raeford Kiwanis Hall on February fourth. Fifty-five women were present.

The U. S. D. A. County Council met at their regular meeting the first Monday in the month. T. D. Potter, AAA Chairman, and Miss Louise Blue, Chief

Clerk for AAA, discussed goals and practices for 1947, and W. P. Phillips, Vocational Agriculture teacher, talked on "The Veteran's Training Program." The Home Agent serves as Secretary of the Council.

Several recreation leaders from the Home Demonstration Clubs met in the Home Agent's office on the afternoon of February 7. Plans were made for club and community recreation and goals were discussed and set up.

The Blue Springs Club met in the Hoke High School Lunch room in February. This club voted to donate \$10 toward the High School Lunch room program since funds for this cause will be discontinued in March. They also voted to sponsor a square dance at the Blue Springs community building and give the proceeds to the same cause.

The Blue Springs and Buchan Clubs gave showers for two of their club members at their regular monthly meetings.

Six Family Relation leaders: Mrs. J. W. Mann from Antioch, Mrs. M. C. Almond from Ashemont, Mrs. Jesse Gibson from Mildouson, Mrs. Bob McBryde from Raedden, Mrs. R. H. Williamson from Pine Forest, and Miss Bonnie McLaughlin from Alford, and the Home Agent spent Wednesday, February 19, at Lumberton. They went especially to hear Mrs. Virginia S. Swain, Extension Specialist in Family Relations. Family Relation leaders will give the demonstration at the March club meetings.

Miss Ann Mann, of Raleigh, who spent a week in the county to give publicity to the T. B. Ex-ray Clinic was guest at the Antioch club meeting which was held at Mrs. Sadie Watson's.

The Wayside Club sponsored a community supper on the evening of February 19. After supper a motion picture, "North Carolina - Vacationland" was shown and a most enjoyable square dance was held. Approximately 130 people attended. Mrs. J. H. Plummer, President of the Club, and

Mrs. D. A. McDougald, Chairman of the Ways and Means Committee, are to a great extent, responsible for the success of the supper and dance.

Mrs. O. O. Dukes, a representative of the "North Carolina Hospital Saving Association", spoke at the Rockfish Club meeting

Several members of the Wayside Club were present. Plans were made to enroll a group of club members in the Association.

W. J. Rideout, Jr., Agricultural Extension Specialist, and Dan Stuart, of the Carolina Power and Light Company, visited the county on February

21, in the interest of the 4-H Club Better Farm and Home Methods contest.

The five 4-H clubs met in February. The girls' 4-H uniform was the subject of the demonstration.

Josephine Hall Home Demonstration Agent.

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