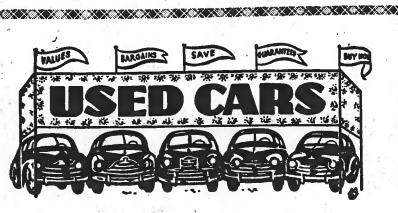
# Tarheel In Washington

By Lester Baker

A look at farm crops reveals olina's chief farm products - is improvements in rayon, nylon. being severely challenged by var- and other synthetic fibers, thus competition is so keen, in fact, Can research do the same for that many farmers are beginning cotton? The answer is "Yes." to wonder whether or not cotton of the Fiber World."

Scientific research in recent that cotton — one of North Car- years has brought remarkable ious other fiber products. The greatly expanding their markets.

Experts tell us that continued will continue to reign as "King research, together with more widespread adoption of mechani-



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harvesting will enable cotton to markets from impoved synthetic

Cotton is by no means ready to abdicate as "King of the Fiber World." The Department of Agriculture in Washington has revealed that laboratory and industrial developments already demonstrate that cotton can be "tailor-made" for special uses through chemistry and modern technology. And the increased mechanization of cotton farming -which may well revolutionize southern agriculture just as drastically as the cotton gin did 150 years ago - promises to lower cotton's production costs substantially below those of rayon and most other competing mater-

North Carolina farmers procuded approximately 680,000 bales of cotton in 1948. This is an increase of 228,000 bales over the amount produced in 1947. The State has about 718,000 acres of farm land which is used for cotton farming. Therefore, the average of lint per acre for 1948 was 454 pounds.

The Regional Research Labaratory of the Department of Agriculture in New Orleans, La., has been quite successful in conducting research in cotton. The Laboratory has developed chemical finishing methods to make cotton absorb water more readily for improved towel fabrics), or to make it water repellent. Other processes enable cotton to resist the effects of light and weather (in awnings and other outdoor fabrics) and give it nicreased electrical and heat resistance for use in insulating fabrics and such products as covers for mangels and presses used by the laundry industry.

Still another Laboratory process called "partial acetylation-" now in limited commercial use, makes cotton fabric virtually rotproof and water-proof without altering its characteristic feel and appearance.

The future economic condition of the entire South depends heavily upon the cotton industry. For example, the value of the cotton

meet the rising challenge to its for lint, and on additional quar- with the lusty and satisfying

Perhaps no farm products other than cotton has aided to a more remarkable extent to bring rapid rate of progress and advancement to the South. The up- folks sit up and take notice. Inand-coming farmer is acutely a- cidentally this can be cooked in ware, however, that continued the deep well cooker of your research and more widespread range, if you prefer - after the adoption of mechanical methods meat has been browned and the of cultivation and harvesting are necessary, if cotton is to meet the rising challenge to its mar- in mind right now is Cheese

all means encourage trends in research, mechanization, and industrialization. The advancement of these trends will mean an even greater amount of both ed or canned vegetables. rural and urban prosperity.

#### Among - - -Homemakers

Grace McKenzie

We have spoken of family budgets before and you will probably be hearing more and more about them. The family won't mind eating less elaborate meals for a change. In fact this is an ideal time to have some of the old favorites - the simple, downto-earth dishes that are so nourishing and hearty.

Just by way of an idea or two how long since you've served a meat and vegetable stew for dinner, or spareribs and sauerkraut? Or spaghetti and meat balls? These dishes (and many others just as tasty) make use of the less expensive cuts of meat, so they're good budget standbys. Another thrifty item is pork sausage than which there is nothing more satisfying on a cold, snappy day. Sausage goes well with so many different foods, too; it makes a heavy team with pancakes or whaffles, eggs, potatoes and sweet potatoes, baked beans, fried apples, and a multitude of other foods.

A wise homemaker makes the most of seasonal foods and those which are plentiful - it's a good way to save money and enjoy foods at their best. For example,

cal methods of cultivation and crop to southern farmers in 1947 pork supplies are largest - so it's amounted to 1 1-2 billion dollars a fine time to serve this meat ter billion dollars for cottonseed. quality. Below you will find a recipe for Pork Steak with Onions which is just a bit different and wonderfully good. It's the kind of dish that will make the men-

> Another excellent food to keep kets from improved synthetic (which is also on the plentiful list). Many delicious and nour-In order to make King Cotton's ishing main dishes made with crown more secure, we must by cheese can take the place of meat occasionally. The Cheese and Vegetable Fondue below is a good example; it also offers a tasty way to use leftover cook-

Pork Steak with Onions 2 pounds pork steak, cut 1-inch

- 2 medium-size onions, sliced
- 1-4 cup flour
- 2 teaspoons salt 1-8 teaspoon pepper
- 1 small green pepper, cut in
- thin strips
- 3 tablespoons hot water 1- Cut pork steak into individual servings and trim off excess fat. Dredge with mixture of flour, salt and pepper. (Save leftover flour mixture for thicken-
- ing gravy.) 2- Put pork trimmings in heavy frying pan over Second heat until fat melts out. Pour off all but 2 teaspoons of fat. Add meat and brown on both sides.

3- Lay onion slices and green pepper strips over and around the meat. Add water; cover tightly. Switch to Low and cook until meat and vegetables are tender, about 1 hour.

4- Remove vegetables and meat Combine remaining flour mixture with 1-2 cup cold water, add to gravy left in pan, stirring constantly until thickened. Serve over meat and vegetables. Serves

Cheese and Vegetable Fondue

- 1 cup hot milk 1 cup soft bread crumbs
- 2 tablespoons butter or mar-1-2 pound American cheese,
- shredded 2 cups cooked, diced vege-

- 1 tablespoon chopped onions
- 1 tablespoon chopped parsley teaspoon salt 1-8 teaspoon pepper
- 3 eggs, separated. 1- Combine hot milk, crumbs,
- butter or margarine, cheese onion, parsley, salt and pepper in

heat, and stir until 2- Add beaten egg yo well drained vege

3- Fold in stiffly beaten whites. Pour into 2-quart casse

4- Bake in 325 deg. P. oven for 2-quart suacepan. Place on Warm 50 minutes or until set. Serves 6.



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