

HELPING PEOPLE TO LIVE WITH

change →

Ellen Willis
Home Economics Extension Agent

Schedule:
Monday, February 15, 1982, 7:00 p.m. - Mens Cooking Class.
Tuesday, February 16, 1982, 12:10 p.m. - Business Girls Extension Homemakers Club Meeting.
2:30 p.m. Area Meeting, Allendale-Antioch, Raedeen Extension Homemakers Club.
7:30 p.m. Area Meeting, Milldouson, North Raeford, Phillipi Extension Homemakers Club.
Wednesday, February 17, 1982, 7:30 p.m. - Microwave Special Interest Session.
HINT: Check needle point on your sewing machine if thread keeps breaking. If point is rough, replace the needle.

ASHES TO ASHES

NOTE: Do not sprinkle hot wood ashes around in the early spring garden to help warm up the soil, melt snow or put down emerging weeds. The ashes are unlikely to perform any of these functions well.

but on a windy day a live coal may take off and set fire to a nearby field of grass, a brush pile or even a structure. Never use wood ashes for any purpose if they are not stone-cold and several weeks dead; this is just an extension of other solid fuel-burning safety precautions.

Wood ashes also make an effective control for certain garden pests. Sprinkled around just-planted seedlings, the ashes will deter cut-worms, except especially heavy infestations. They will help protect young cucurbits against the predations of the cucumber beetle. A thin sprinkling over the carrot, cabbage family, radish and turnip rows just as the seedlings emerge, and every few days for a couple of weeks, will repel most egg-laying root maggot flies. Slugs are reluctant to scrape their soft bodies over a barrier of wood ashes.

And some gardeners claim that a line of ashes sprinkled around the entire garden keeps rabbits out. To deter bark borers from climbing up peach and plum trees, paint the lower trunk with a paste made from water and wood ashes.

Wood ashes also make a fine mineral supplement for domestic livestock. Just serve the ashes in a

separate feeder from their food; the animals will know when and if they need extra minerals. Ashes sprinkled in the hen yard will provide chickens with a dust bath that helps prevent lice and flea infestations.

Wood ashes also have played an important role in the human diet. Lye water from leached wood ashes long has been used by native Americans to prepare hominy-hulled corn that is easier to work and more digestible than the whole grain. As the kernels are boiled in ash water to remove their hulls, the nutritional value of the corn also is enhanced greatly: its calcium value is increased many times over, its form of niacin is altered to become more digestible, and its proteins are brought into better balance for a traditional corn-bean vegetarian diet.

One means of obtaining some of the nutritional benefits of corn dishes without making true hominy is to substitute ash water for all or part of the liquid in any recipe for cornbread, johnny cake, corn fritters or cornmeal pancakes. It will change somewhat the color of the finished product and add a distinctive new flavor that is quite pleasant. To make ash water, simply put two tablespoons of fresh stove ashes into a cup of boiling water, cool and strain.

Wood ashes were a crucial part of the soap-making process that was once an important domestic chore for almost every American family. Potassium and other caustic salts leached from wood ashes make lye, which creates soap, when mixed with fat. There are a lot of soap-making recipes in various books on rural living; one of the simplest can be found in John Vivian's "Wood Heat," published by Rodale Press.

Many wood burners like to carry a bucket of cold ashes in the truck of the car to sprinkle in front of tires when winter traction is needed. Others like to use the ashes for de-icing winter walkways.



PLAYLET CAST - The students in the case of the Scurlock School Reading Lab 2 playlet are shown here after performing Monday. They are Raymond Richardson, Lamont Melvin, Michelle Boahn, Melinda Gill, Kelly McMillan, and Shonette Cherry. [Staff photo].



Members of the Scurlock School Parent Advisory Council with Reading Lab 2 teacher Brenda Edwards (left rear) are shown at Monday's council meeting while Mrs. Edwards' students were performing "Why the Dog Is an Enemy of the Cat." At left in front of Mrs. Edwards is council chairman Brad Turley. Seated at left in front of him is Hoke County Schools Associate Supt. J.D. McAllister. McAllister also is director of the county schools' federal Title I reading program. [Staff photo].

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Course Starts Feb. 16

All certified and licensed Emergency Medical Technicians whose certification expires before June 30 can take an EMT refresher course Tuesdays and Thursdays, 7-10 p.m., February 16 through March 9, in Room 101 of the Gibson Building at Hoke County High School.

The course is being sponsored through Sandhills Community College and will be taught by Jim Henley of the Hoke County Ambulance Service.

The course is free of charge. Those planning to enroll can register at the first class.

Scurlock Students Give Playlet

Mrs. Brenda Edwards's Reading Lab students at Scurlock Elementary School gave a playlet Monday morning for the members of the Scurlock Parent Advisory Council during the council's regular meeting.

The playlet, "a modern day fable," was titled "Why the Dog is an Enemy of the Cat."

Mrs. Edwards also demonstrated the use of lab equipment and techniques, and showed parents several text books used by her students.

Brad Turley, the council chairman, explained the objectives of the advisory councils and encouraged parents to become involved with Scurlock's. Several indicated they were interested in memberships.

Special guest for the meeting was John McAllister, county schools associate superintendent and director of the county's Title One, federal Elementary and Secondary Education Act, program, remedial reading. He spoke of the impact federal reductions in funding of Title One will have.

He encouraged more parents to become involved with the local PAC.

Refreshments were served after the meeting was adjourned.

The students and their roles in the playlet were: Lamont Melvin as Dog; Raymond Richardson, Master; Melinda McGill and Kelly McMillan, Story Tellers; Shonette Cherry, Gate Keeper; Raymond Richardson, King; Michelle Boahn, Cat; Melinda McGill, Mother Mouse; Kelly McMillan, Baby Mouse; and Shonette Cherry, Mistress.

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