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WITH the 4-H'ERS
by **MARTHA BARNETT** Home Agent and **ALVIN C. NEWSOME** Ass't. County Agent

Christopher Golden of Bettie and his two brothers really show the effects of what plenty of milk in their diet can do to growing children. Christopher received a purebred Guernsey cow through the calf chain in April. His family has had plenty of milk since. This fact is shown in the weight gained by the boys.

The Goldenes have one and a half acres of good ladino clover-fescue pasture to supply feed for the cow. Recently they purchased a home freezer to store their surplus vegetables and meat. This family is making progress in providing a better diet for themselves which will lead to better health and happiness to all.

Christopher would be glad for anyone interested to stop by and see his 4-H project. He is quite proud of his dairy cow.

This is the last call for all 4-H members interested in attending Camp Schaub at Waynesville, N. C. Only a week is left 'til Aug. 16 when the campers will leave. So anyone interested in camp, please send your application and deposit of \$5 to the county agent's office, Beaufort. The balance of approximately \$20 will be due when we leave for camp.

For those that have already sent in their deposit, a letter giving all the details will be mailed to you. All campers will be covered by insurance from the time they leave until they get back.

Etta Taylor, Patricia Holt, Ann Spivey, Bill Turpin, and Cecil Gillikin represented Carteret County at the 1954 4-H Club Week at Raleigh July 19-24. Etta modeled a dress in the State Dress Revue Thursday night, July 22. Bill Turpin represented Carteret County in the State Health Pageant Wednesday, July 21. Cecil Gillikin gave a demonstration in the State Soil and Water Conservation Contest.

Features of special interest were demonstrations in vegetable production; vegetable marketing; vegetable use; livestock conservation; dairy foods; farm and home electric; dairy management; beekeeping; forestry; tractor operation; and state public speaking contest.

Classes were in lighting, public speaking, recreation and "Know Your 4-H Club." On Friday evening, July 23, a special talent show, featuring the best in 4-H talent from all over North Carolina was held. This program was followed by a candlelighting ceremony. The group participated in recreation each evening. A tour of the Governor's mansion, was enjoyed on Tuesday, July 20, and on Wednesday evening a box supper was featured.

4-H members had so much fun that many "just didn't want to go home."

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Famed Efficiency Expert Believes Men Should Learn How to Cook, Sew



Dr. Lillian Gilbreth, left, shows Anna Stanchek, Newark College of Engineering student, how bins save time and effort in assembling antennae.

Montclair, N. J. (AP) — It's time husbands started taking courses in cooking and sewing, so they can help out with the home jobs, says Dr. Lillian Moller Gilbreth, time-and-motion expert recently honored as the "world's greatest woman engineer."

Dr. Gilbreth, widely known as the mother in the best-selling book and movie "Cheaper by the Dozen," written by two of her 12 children, says husbands still have to be educated to the idea of careers for women. At 75, she is still active in her own career.

This sprightly old lady believes in coeducation in schools and Scouting, with boys and girls learning and working together, as a foundation for future cooperation in the home.

The successful career-marriage arrangement needs budgeting of time and energy, as well as money, in the home.

Such budgeting long has paid off in industry, where Dr. Gilbreth and her late husband, Frank Gilbreth, first put it into operation after trying out their efficiency expert system in their home.

"It was my husband's idea," Dr. Gilbreth points out.

Frank Gilbreth was an engineer, trying out time and motion studies to increase production and efficiency in industry. His wife had been trained as a psychologist.

They worked together in the home and in their careers. When Gilbreth died in 1924, his widow continued their work. Today, she is called in frequently by government and industry as a consulting engineer to help with management problems.

She recently received the annual Washington award from the Western Society of Engineers. The first woman to whom it was ever given, Dr. Gilbreth was labeled "the world's greatest woman engineer" on the award dinner program.

Hot Rodder Clubs Teach Safety

If your teen-ager takes out his youthful exuberance on the family car, here are some tested methods to get him and his friends to take it easy and slow down, as tried out in various sections of the country.

Hot rodders show off safely in a teen-age rodeo, sponsored in many communities by the Junior Chamber of Commerce. This is a series of tests in driver skills.

The "take it easy" race teaches drivers economy as the youngsters try to see how many miles they can get on a gallon.

Racing against par features an obstacle course. First a police officer rides over the course obeying all traffic rules. Then contestants do the same. Object of this race is to get youngsters to obey the rules instinctively.

The "drag strip" which started in California, is a straight line track devised with the hot rodder in mind. If the teen-agers want to see how fast they can go — this is the place to do it, where it is supervised and free from pedestrians and other cars.

Hot rod clubs have sprung up all over the country to teach members to abide by safety rules.

Another way to cut down on the 2,350,000 yearly accidents in which persons under 20 are involved is to teach them the right way to drive while they are still in high school.

The American Automobile Association reports that more than 330,000 high school students took behind-the-wheel training courses last year and an additional 250,000 had only classroom instruction. One-fourth of the nation's secondary schools participated.

Cost per student for the full course is only \$36 — less than the cost of repairing one crumpled fender.

News from SOUTH RIVER

Aug. 4 — Mr. and Mrs. Luke Lewis and son, Luther, and Mr. and Mrs. Rone Wallace Jr. spent Sunday at Lennoxville with Mrs. Minnie Lewis and other relatives.

Mr. and Mrs. Clyde Cannon and father, Joe Wallace, Sunday visited Mr. and Mrs. Willie Pittman.

Mr. and Mrs. Melvin Morris of Atlantic spent Sunday afternoon with her sister, Mrs. Nannie J. Pittman.

Mr. and Mrs. Luther L. Eubanks and children of Beaufort spent Sunday with his mother, Mrs. Ruth Eubanks.

Mr. and Mrs. Luther Carraway of Morehead City spent the weekend with her parents, Mr. and Mrs. Rone Wallace.

Mrs. Elijah Dixon and son, Junior, are visiting in New Bern with Mr. and Mrs. James Dixon.

Mrs. Joshua Hardy and Mrs. Gaston Hill and children visited Atlantic last week. Mrs. Hill visited Mrs. Julia Hill and other relatives. Mrs. Hardy visited her sister, Mrs. Dora Robinson and other relatives.

Mr. and Mrs. Henry Carraway and children and Mr. and Mrs. Onky Beachem and children of Beaufort, spent Sunday with their mother, Mrs. Ruth Eubanks.

Mr. and Mrs. Ernest Courtney of Beaufort RFD spent Saturday with Mr. and Mrs. William Cannon.

Reuben Paul Wallace, USN, is spending his leave with his parents, Mr. and Mrs. John Wallace.

Mr. and Mrs. John Wallace had a family reunion Sunday with all the children. Those present were Mr. and Mrs. Hinki Faylor and children, Mrs. William Wallace and children, Mr. and Mrs. Levie Wallace and children, all of Durham; Mr. and Mrs. Harvey Wallace of Norfolk, Va.; Mr. and Mrs. Clayton Wooten and children, and his brothers and their families of Cherry Point; Mr. and Mrs. Reuben Wallace, Mr. and Mrs. Rone Wallace, and Mr. and Mrs. Ivy Pittman and children.

A picnic dinner was served on the lawn.

Mrs. Floyd Hardy is recovering from her illness contracted last week.

Appetites of catfish vary with the temperature of the water. They feed heavily at 70 degrees but will not feed at 40.

Patient Turns Tables On Young Psychiatrist

Long Beach, Calif. (AP) — One patient of a young psychiatrist at the veterans hospital was telling him about the "banana lady" who came to see him every day just before the doctor came in. The psychiatrist considered this a symptom of mental trouble and entered it on his report.

Then he saw a cart laden with bananas passing his desk. When he asked the nurse what it was, she explained that a civic group periodically distributes bananas to the patients.

"Oh, my gosh. Now I'll have to do my whole case history over again," the doctor said.

DINNER TIME?

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Swansboro
Aug. 3 — Mr. and Mrs. Tom Pollock and children of Goldsboro have moved to Swansboro and are living in Littleton's apartments.

Mrs. Edna Heslep of Beaufort visited her parents, Mr. and Mrs. George Hattell, Sunday.

Mr. and Mrs. Dan Canaday and daughter of Fort Myers, Fla., have returned home after visiting relatives here.

George Merritt Jr. and Oscar Schneider were in New Bern Monday on business.

Mrs. Curt Holland was a visitor here Monday.

Mr. and Mrs. Roy Stanley and children of Warren, R. I., are visiting his mother, Mrs. William Stanley.

Jack Brock of Trenton was a visitor Monday.

Mr. and Mrs. A. J. Burrus of

Barroom Fracas Subsides In Favor of Wage Earner
San Diego (AP) — The police blotter reported this r-r-par-tee in a bar:
A husband slapped his wife. She punched him. Then husband raised a beer bottle over his wife's head. She said, "You better not hurt me. Don't forget, I'm the one in the family that's working."

One-Foot Theft
New Haven, Conn. (AP) — The thief who stole a salesman's suitcase from an automobile got rid of it quickly. Policemen found it in a nearby hallway almost as soon as the theft was reported. The suitcase was filled with shoes — all for the left foot.

Wilmington, are visiting Dr. and Mrs. J. P. Corbitt this week.

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