

'Stitchin

'N

Kitchen

BY JUNE STREET
Home Economics Extension Agent

I pledge:
My head to clearer thinking;
My heart to greater loyalty;
My hands to larger service;
and My health to better living for my club, my community and my country.

4-H club meetings are opened by repeating the pledge to the American flag and the 4-H pledge. Many times when words are repeated together they come automatically and there is no thought behind them. During your lives you develop ways of doing things and ways of saying things so that by the time you are a teenager or younger your family and your friends know pretty well what to expect of you. They know whether or not they can count on you to do something you promised to do, or whether you will think them for their help. These actions are generally referred to as habits.

The growth of your habit can be compared to the growth of trees. When a tree is young and its roots aren't set very deep, it can be pulled up easily; but after it continues growing and the roots develop, it cannot be pulled up. While people are still young their habits aren't set firmly and they can be swayed or pulled up with very little effort; but later their habits become a part of the person and it is a hard job to get rid of them.

Let's take stock of your habits and see if they are what they should be and if we have let them become a part of us.

A pledge is a promise and is not to be taken lightly. What does it mean when you pledge your head to clearer thinking? Are you a dependable person and prove that you are by finishing what you will start? get your jobs done without being reminded? coming home when you say you will? and by keeping your project up to

date? Do you discuss differences of opinion in family matters without "blowing up"? Hold your tongue when you want to say unkind things? Willingly take your discuss your 4-H project with other members of the family? These questions may help you to decide if you are carrying out the pledge.

If you pledge your heart to greater loyalty, do you thank members of your family for things they have done to help you? Praise members of your family and friends more than you criticize them? Remain loyal to your friends or are you just kind when you want something from them? Do you treat the friends of other members of your family as you want them to treat your friends? Have respect for persons older than you?

Are you using your hands for larger service? Do you offer to do someone else's work when you know they don't feel well? Clean up any mess you have made? Offer to help other members of the family when they need help or encouragement? Keep your room and clothes tidy and in order? Do you strive to complete your project to the best of your abilities?

Are you using your health for better living? Do you practice good health habits? Look neat and clean? Eat the proper foods? Go to bed at the hour agreed upon by you and your parents? Do you work with your family and community to help improve sanitary and safety conditions of your home and community?

Let us each take inventory and see if we are carrying out the promises we make when we say the 4-H pledge and also the pledge to the American flag. Even though saying the pledge at meetings may become a habit, the things that are said can become a great part of us and we will all strive to the fullest "To Make The Best Better."



THERE'S DAINTINESS, TOO—4-H work is all in the fields and forests. These girls are learning correct table setting methods from Mrs. Halsey Miller (left), former Arbuckle Club leader.

All Projects Related To Health

BY VIRGINIA McMAHAN
My health project in 4-H holds

FROZEN FOODS

BY PHYLLIS McMAHAN
I have carried the 4-H frozen foods project for three years. I have enjoyed it very much.

The easiest foods for home freezing include uncooked vegetables, fruits, meats, fish and poultry. Packaging has a lot to do with the quality of frozen foods. They must be packaged properly to preserve the flavor, color and food value.

The packages should be sealed tightly so that the foods will not lose their moisture.

Cellophane, aluminum foil and plastic film provide the best wrapping for meats and poultry.

Fruits and vegetables can be preserved in plastic or aluminum foil containers, or in waxed containers.

Most foods make good frozen products and can be stored for a year at zero degrees fahrenheit if properly prepared, packaged and frozen.

Vegetables should be picked while young and tender and at their peak in flavor. Meats should also be selected with care.

Freezing is growing more and more popular as a way of preserving foods. It also helps out on the food budget for the family. It is also a real pleasure to see my family enjoy some of the foods I have frozen.

a special meaning to me because I think good health is important to everyone. I have enjoyed the health project very much and I am glad that health is a required project in 4-H Clubs. A health project encourages good health habits for all those who take it.

I have taken the 4-H health project all of the six years I have been in 4-H. The project requires that certain improvements in personal, family and community health be made. In the process, some things are discovered that we might not even know harmed our health.

All of the other projects are in some way related to health. They all point out some important aspects of a good health plan. For instance, a cooking project emphasizes the importance of eating three "square meals" per day.

One of the H's on the 4-H clover stands for health and we pledge to improve our health. We do this by practicing good health habits for both our minds and our bodies. 4-H Club members also help with family health by encouraging good health habits for the whole family. In community health, 4-H'ers help by doing such things as distributing rat poison in drives to eliminate the disease-carrying rodents.

I have won the county championship in health for two years, once in the junior division and once in the senior division. This past summer I win a trip to State 4-H Club Week in Raleigh.

A LETTER TO THE EDITOR

Dear Sir:

Young people between the ages of 10 and 21 have a reliable and proven means of transportation. This vehicle is known as a 4-H Club.

Many of our present successful business and professional men, as well as farmers, in Yancey County have ridden this 4-H vehicle to success.

We hear a lot about juvenile delinquency and problems brought on by school dropouts. Law officials report teenagers hot rodding and seeking thrills in other desirable ways. Few of these are ever 4-H members.

The project is the center of the 4-H program. The 4-H boy or girl learns the fundamentals of working with livestock and crops. They also receive training in record keeping and planning, along with opportunities for leadership and citizenship development.

Local leaders serve as the connecting links between the 4-H Club members and the Extension Agents who train the leaders and furnish subject matter materials.

There are now 10 Community 4-H Clubs active in Yancey County, with a membership of 160. Any community that would like to acquire a 4-H Club should contact the County Extension Office for details.

E. L. Dillingham
County Extension Chairman
Burnsville

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Canning Is Becoming Simpler

BY SHARON McMAHAN

I have carried the 4-H project canning for three years. I have enjoyed it very much.

Canning was a hard task, but with the new methods and equipment, it is almost simple. After I work in the summer I feel great satisfaction when my food is opened and complimented. Sometimes instead of compliments I receive criticism. But this makes me more alert and prevents my making the same mistake again.

Of the two methods of preparing the food, I prefer the hot pack. I have found of all the methods of canning I like the pressure canner best.

Successful home canning depends on the selection of fresh food in perfect condition. Over-ripe or damaged food should not be canned. Food should be spread

out and stored if it may be kept over two hours.

Cleanliness is very important in home canning. Foods should be washed several times to remove all dirt and grit.

4-H has taught me how to can and canning will be a great help to me in the future. Canning has saved me a lot of money. I have learned to can many things alone, although I still need help with some things.

I have exhibited several cans in local and county exhibits. Some day I hope to exhibit some canned food in a county, or maybe even a state fair.

In the future I hope more girls will take canning and enjoy it as much as I have. Even if you aren't always a winner, canning is a lot of fun.

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