



For And About Homemakers

BY MARY M. DEYTON
Home Ec. Extension Agent

BY JOYCE WATTS Ass't Home Ec. Agent

In the past ten years, the number of women on the nation's work force has increased drastically. In fact, more women are working or want to work full-time today than at any other time in this country's history. As a result, the lifestyles of our country have changed. Today, forty-four percent of the women in this country work either full time or part time. Three out of five of these working women are also married women who formerly held the responsibilities of child rearing and housecleaning only and now must divide their time between these domestic responsibilities and a full or part-time job.

Even the women who are presently opting for a full-time homemaking career plan to return to the work force sometime in the future—perhaps when their children are reared. But the once large gap

between the attitudes and lifestyles of the working woman and the stay-at-home housewife is closing rapidly for several reasons. One reason is that many women who are now traditional housewives worked at one time. Furthermore, half of those housewives who now are at home full-time plan to return to work in the future. This means that of the total number of women, only 25 percent plan to never work. Thus, the lifestyles of 75 percent of the women in this country who are working now or will be in the future do have similarities. Like her working sister, the housewife who plans to return to the work force someday expresses yearnings for novelty and change and a desire for simplification. They are more casual in their approach to housework and more relaxed about giving up many of the rituals of traditional housewifery than are the "stay-at-home housewives."

WORKING WOMAN HAS LESS TIME

One fact is a certainty—the working woman has less time. She has more disposable income and less disposable hours. She will continue to be on the outlook for time-saving shortcuts to accomplish formerly time-consuming tasks. She will be more selective in the goods and services she buys, making sure that they will perform the way she wants them to. The working woman will indulge in occasional luxuries which her extra income allows her, however, her buying will have an underlying "functionalism" approach. Because she has less time, she welcomes shortcuts to household tasks. She is more likely to use convenience foods than her non-working counterpart. Many busy homemakers have discovered that it's easier to prepare double batches of casseroles and other dishes and freeze one for later in the week. It's very little extra work and saves time in the kitchen later.

QUICK COUNTRY CAPTAIN

- 1 broiler-fryer chicken (3 1/2 lbs.) cut up
- 1/2 cup butter or marg., melted
- salt, pepper, paprika
- 2 1/2 cups water
- 1 Tbsp. instant minced onions
- 1/2 tsp. thyme
- 1 cup rice
- 1 tsp. salt
- 1 cup chopped peanuts
- 1 can (15 oz) tomato sauce
- 1 tsp. curry powder
- 1/4 tsp. sugar

Arrange chicken in one layer, skin side up, in buttered baking dish. Brush with some of the butter; sprinkle generously with salt, pepper, and paprika. Brown in 400 degree oven for 30 min. brushing 3 times with remaining butter. Bring water to a boil. Stir in rice and salt. Cover tightly and cook over low heat until all water is absorbed, about 25 minutes. Stir in peanuts. Combine tomato sauce, onions, curry, thyme and sugar. Pour this sauce over chicken; cover dish tightly with foil. Reduce temperature to 350 degrees and bake 15 to 20 minutes or until done. Arrange chicken on platter; spoon hot rice in center. Makes 4-6 servings.

NOTE: Make a double batch of the chicken and rice and freeze one. Both the rice and chicken will reheat beautifully and save time in the kitchen.

Quick Quiz!

1. What watch doesn't "tell" what time it is?
2. What giant retailing chain began its career by selling watches?
3. What's the most accurate watch you can buy?



Answers:
1. The solid state digital watch. It displays numerals, so you really "read" the time rather than "tell" it.
2. Sears, Roebuck and Co., back in 1886.
3. Again, the solid state digital. The best digital watches are accurate to within three minutes a year for a period of three years from date of purchase.

soil analysis made. This is a free service provided by the N. C. Department of Agriculture. If you don't soil test, general recommendations are available from county extension offices. You can also pick up recommended seeding rates for the various crops there, too.

You've heard of "iron-poor blood?" There is such a thing as iron-poor plants, too. The symptoms include chlorosis in the leaves, causing them to become yellowish or even white.

Iron is a minor element in the soil, but plants need it to make chlorophyll. The iron becomes unavailable to the plant when the pH of the soil is too high. In other words, the calcium or lime content of the soil is too high and the soil becomes too "sweet."

This is the opposite of what usually happens in Tar Heel soils, which are naturally acid, or sour, in most cases.

Plants that like an acid soil include azaleas, rhododendrons, camellias and gardenias.

To correct an iron deficiency, two things can be done, suggest North Carolina State University extension horticulturists. You can have your soil tested and adjust the pH to a desired range. This can be done by using sulphur or aluminum sulphate to lower the pH or using lime to raise it.

This treatment is relatively slow but better in the long run, since it will allow the plants to absorb the iron they need through the roots. A quicker method of overcoming iron deficiency is foliar feeding. Use chelated iron as a spray. This material is usually available under various trade names at garden supply stores. Be sure to follow label directions for mixing and using.

Know Plant Need Before Shopping

"Suburban farmers," sometimes known as inexperienced gardeners, are beginning to yield to the warm weather and spring blossoms with trips to the garden shop for seed and fertilizer.

Grief waits there for the unknowing shopper. These are often those gardeners who came onto the grow-your-own scene within the last year or two. They know what they want but not always how much or what kind.

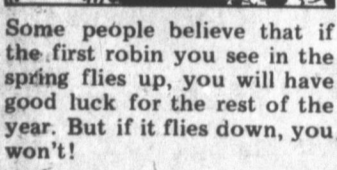
This is particularly true of seed and fertilizer, the two basics of gardening. The tendency is to buy more than is needed.

Information prepared at North Carolina State University and available through county Agricultural Extension Service offices can help seed and fertilizer buyers, both in what kind to buy and how to use.

For example, there are scores of different grades of fertilizer available, but the standard 8-8-8 or 10-10-10 analyses are adequate and preferred for general use around the home garden.

These figures mean that 100 pounds of total product contains eight pounds of nitrogen, eight pounds of phosphorus and eight pounds of potash. In the case of 10-10-10, it's 10 pounds of each element.

Inexperienced gardeners and homeowners might be surprised by the relatively small amounts of fertilizer required for garden crops. The best way to find out is to have a



Some people believe that if the first robin you see in the spring flies up, you will have good luck for the rest of the year. But if it flies down, you won't!



Singing Rambos To Appear

The Singing Rambos will be appearing at the Asheville Civic Center on Saturday, April 10, 1976 at 8:00 p.m. Advance tickets cost \$3.00; tickets sold at the door will cost \$4.00. Children under 6 years of age will be admitted free of charge. Joy Enterprises, an organization dedicated to bringing Christian entertainment to the Civic Center, cordially invites everyone to be present at this fine evening's entertainment.

4-H Has Attic Sale-Petting Zoo

By JAN CHRISTENSEN
N. C. State University.

An attic sale and a petting zoo may not seem similar at first glance. But they were both things that an organization could do to earn some money, members of Mecklenburg County's 4-H clubs believed. They were right.

The sale-zoo event, held at a shopping mall, attracted more than 1,000 adults and children and netted the 4-H'ers several hundred dollars.

Top sellers at the attic sale were books, plants, housewares, appliances, clothes and toys, adds Mrs. Sue Cole, assistant extension agent, 4-H. Zoo animals included ponies, lambs, rabbits, chickens and ducks.

BETTER HOUSE

Home builders in the Moore County area have a better knowledge of house plans, building supplies, home financing and decorating, thanks to a housing course recently taught at the community college.

Class members included home builders, contractors, real estate agents and industrial arts teachers, notes Jean Hubbard, home economics extension agent, and one of the teachers.

Participants went through all the steps in building a home, from site selection to decorating, the agent added.

WEIGHT CONTROL

Twenty-seven women in Union County are lighter in weight than they were several weeks ago and they hope to keep those

pounds off, according to Carroll Beckham, home economics extension agent.

During a six-week weight control class, the women had a 30-minute exercise period and a short special interest lesson. Topics included low-calorie cooking, selecting clothes to flatter and a beauty clinic.

Average weight loss was 10 pounds, Mrs. Beckham said.

Hints for HOMEMAKERS

Tested Tips To Help You

By Samantha

Do you do too much wash? That may sound like a silly question, but think about it a minute. What it really means is: Do you spend too much of your time doing laundry? There are many little economical shortcuts that can help you cut down on wasted time—and money,



too—without sacrificing results.

Start by asking yourself, "Does this really need to be washed?" Take towels, for example. You can cut your towel load in half by making one towel last two days. Just make sure they're damp and not dirty. Bath mats, too, add a lot of weight to your laundry. Try throwing a used towel over them when the kids take a bath. The towel can be laundered more easily than a heavy bath mat.

A little time spent in pre-wash treatment of heavily soiled articles goes a long way towards making washday easier. This is especially true of man-type dirt. Work clothes stained with dirty motor oil or grease add up to more scrubbing for you. Apply Lestoil to the spots because it removes heavy grease and oil stains even from permanent press fabrics. This is because Lestoil is a unique combination of detergent and solvent so it actually dissolves grease for best results.

You can use the same pre-wash treatment with Lestoil on kids' white sneakers. And once they're clean, spray them with a thin coat of starch. It will protect them from soil without making them stiff.

If you have discovered any laundry problems or solutions, write to Samantha, Lestoil Homemakers Service, 370 Lexington Avenue, New York, N.Y. 10017.

LEGAL NOTICE

NORTH CAROLINA
YANCEY COUNTY

NOTICE
Effective as of January 27, 1976, I will not be responsible for anyone's debts other than my own.

Marietta Atkins

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LEGAL NOTICE

NORTH CAROLINA
YANCEY COUNTY

NOTICE

I will not be responsible for any debts other than my own. Effective as of January 9, 1976.

Christine Whitson
March 11, 18, 25, Apr. 1

LEGAL NOTICE

NORTH CAROLINA
YANCEY COUNTY
IN THE GENERAL COURT
OF JUSTICE
DISTRICT COURT DIVISION

NOTICE OF SERVICE OF PROCESS BY PUBLICATION

THELMA KAY PARKER,
Plaintiff,

vs.
HOWARD KERMIT
PARKER, Defendant.

TO HOWARD KERMIT PARKER:

Take Notice that a pleading seeking relief against you has been filed in the above styled action. The Notice of relief being sought is as follows: Plaintiff seeks an absolute divorce from Defendant, exclusive custody of the child born of their marriage and payments for the support of the child.

You are required to make a defense to such pleading not later than forty days from March 25, 1976, exclusive of said date and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This the 22nd day of March, 1976.

Staunton Norris, Attorney
for Plaintiff, Burnsville, North Carolina 28714.
March 25, April 1, 8

LEGAL NOTICE

NORTH CAROLINA
YANCEY COUNTY

NOTICE
The Board of Equalization will be meeting in the Commissioner's Room of the Yancey County Courthouse, Burnsville, N.C., beginning April 5 through April 9, 1976. Those landowners who wish to appeal the 1976 reappraisal of their property and want to make an appointment to meet with the Board of Equalization should contact the Yancey County Tax Office before April 1, 1976.

March 11, 18, 25, 1976

LEGAL NOTICE

NORTH CAROLINA
YANCEY COUNTY
IN THE GENERAL COURT
OF JUSTICE
SUPERIOR COURT DIVISION

ADMINISTRATOR'S NOTICE

Having qualified as Administrator of the estate of Maloy McCourry of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said Maloy McCourry to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 10th day of March, 1976.
Ted William Barnett, Box 117, Green Mountain, N.C.
March 18, 25, April 1, 8

LEGAL NOTICE

NORTH CAROLINA
YANCEY COUNTY
IN THE GENERAL COURT
OF JUSTICE
SUPERIOR COURT DIVISION

ADMINISTRATRIX NOTICE

Having qualified as Administratrix of the estate of John B. Robinson of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said John B. Robinson to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 15th day of March, 1976.
Sadie Robinson, Route 3, Burnsville, N.C.
March 18, 25, April 1, 8

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