

Home Agent Issues Suggestions On Wise Consumership

By VELMA BEAM
Home Demonstration Agent

The problem of the average American family, rural or urban, is to make the spending of every dollar yield the most in value—quality, quantity and performance. Many specialists, research workers and experts in this field may be read on this subject in the county newspapers and magazines. They are collecting information, used on practical family experience, which will serve as guide posts to intelligent consumership if we but take advantage of their findings.

Ever home maker who considers hers one of the greatest careers open to women should not only be price-conscious but quality-conscious as well. High-quality products are costly to produce and medium-quality goods command a relatively good price, so that it becomes necessary to approximate an average low point beyond which we cannot go unless we are willing to use low-grade merchandise.

William Purdy, economist, lecturer and student of consumer problems says in one of his articles on consumer education "The factor of price is so closely allied to quality, and is so interwoven into the complexities of the problems of the producers, that it becomes one of the most important single factors in the ultimate determination of what we, as consumers, will or will not get in the way of quality development. As long as consumers patronize and support every effort of the producers to lower prices by means of lower quality, sound values will not be realized."

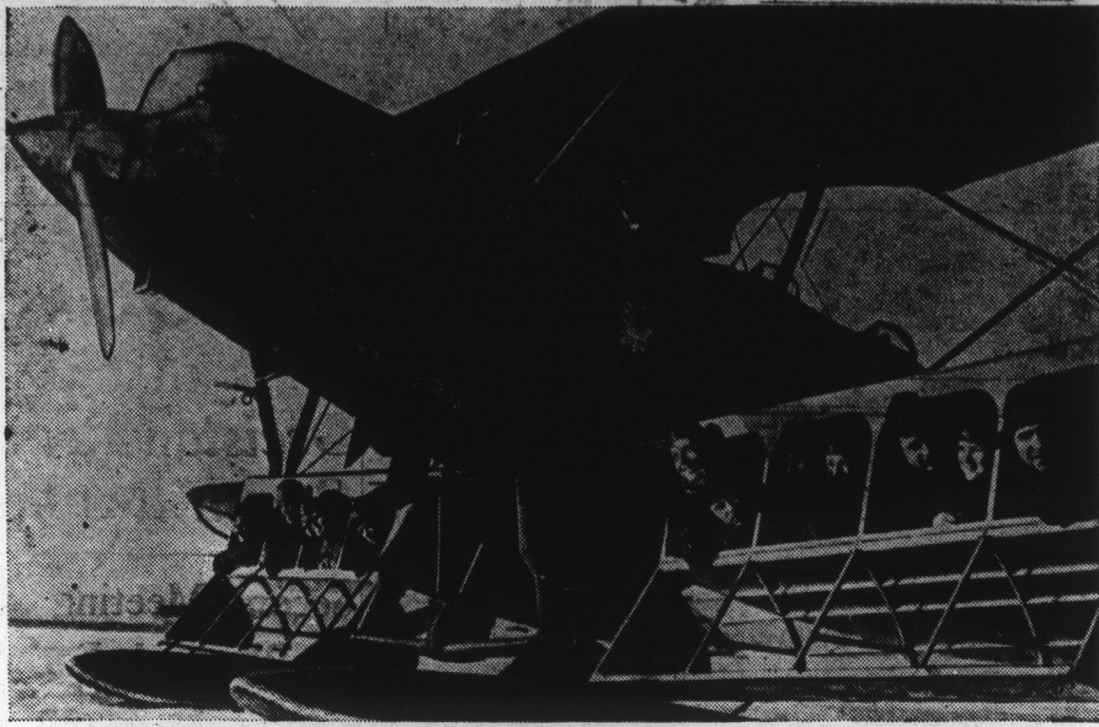
Being thrifty in active purchasing is not the only way a home-maker can be intelligent as a consumer. Do we practice thrift in our own kitchen in the use of the vegetables we grow in our own garden? How would we answer these questions?

1. Do we pour the liquid off the vegetables in which they are cooked, thereby losing them to the kitchen drain or the garbage pail?

2. Do we remove "skin only" when pairing vegetables? Vitamins and minerals are just under the skin and a knife can easily cut away many of them. Baking or boiling vegetables in the skin will save the most soluble vitamins and minerals and retain much of the good vegetable flavor.

3. When cooling vegetables in water, do you save the water to

Winged 'Wooden Horse' Carries Soviet Gunners



The wooden horse of Troy has a modern counterpart in this military transport plane of the mighty red army of Soviet Russia. Carrying 16 men armed with machine guns in wing compartments, these planes fly to a point behind enemy lines, where the gunners are dropped by parachute. A fleet of these planes can land a sizable army in a very short time.

make soup? By adding a few vegetables, seasoning and cream sauce you may have a good, nourishing and inexpensive soup.

5. Do you use the green outside leaves of cabbage and lettuce? These green leaves are the richest part of the head, in vitamins A and C.

Cutting costs on clothing is another problem that stares the homemaker in the face daily. Every mother wants her daughter or her son to wear clothes that have style, fit nice, take plenty of tubbings and yet remain low in price. For mothers who really want all of these things, time and inclination to sew at home can very nearly accomplish the impossible.

Careful shopping is so essential to the consumer who is really interested in getting good quality merchandise. Fabrics that will not shrink or fade are inexpensive and available. Trimmings possessing these same qualities may not be insisted upon.

In this all important business of being an A-1 homemaker is to study the art of spending wisely—experience is the best teacher for the student in his school, but, of course, one can benefit by the experience of those who have already tried it.

"In all forms of government the people is the true legislator."

—Burke.

"The glory of good men is in their conscience and not in their oratory."

—Kemp.

Homemakers Club Met Last Week At Olive Hill

The Olive Hill Home Demonstration club held its regular monthly meeting in the Community House Wednesday, Sept. 20, at 2:30 o'clock with seventeen in attendance.

Mrs. C. E. Brooks, President, was in the chair and during the business session appointed a nominating committee to report at the October meeting.

When project leaders reports were called for Mrs. John D. and Miss Mary Winstead presented a splendid demonstration on pickling properly brined cucumbers. They asserted that they had no trouble at all with the brining process, neither did they have any soft, shriveled nor hollow cucumbers after the six week period was up. The brining process outlined by Extension Service of State college was used and also the pickling recipe suggested by Mrs. Cornelia C. Morris, Extension Specialist in Food Conservation. Mrs. Winstead warned against putting too strong a sugar solution on the brined cucumbers when beginning the pickling process as this would cause them to shrivel. A sample from her jars proved them to be crisp, firm and quite delicious. This demonstration also showed the difference in color of those pickled in a brass kettle and the ones without using it. There was very little difference in the color, and Mrs. Winstead concluded that "there's not much difference in color to warrant the trouble of using the brass or copper kettle" The main argument against it is furnished by the Home Economics Division of the United States Department of Agriculture when they say there is a copper acetate formed which is not good for the human body to consume.

Miss Beam's demonstration was on the subject of "Care of Floors and Woodwork", urging the homemakers to use floor finishes which could be kept within the most expenditure of the home and effort. To cut corner or the expense of the care, a home made recipe for paste wax was given

and the product demonstrated. The Olive Hill members are asked to have a shrub and fall seed exchange day at their Oct. meeting since that will be a good fall planting season. Their spring flower plant exchange proved so successful they want to repeat it with their fall and winter plants.

Mrs. R. T. Winstead will be hostess to the November meeting and is planning an interesting opening program for this group. All interested homemakers in this community are urged to be present.

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Infantile Paralysis Linked With Rat

Washington — A discovery that a common rat is susceptible to infantile paralysis and may be the "reservoir" from which epidemics develop was reported today by the United States Public Health Service.

Dr. Thomas Paran, surgeon general, said he considered the finding the most important contribution made thus far in the study and conquering of poliomyelitis which annually cripples thousands.

Dr. Charles Armstrong of the National Institute of Health, who has done much research on infantile paralysis, found that the Eastern cotton rat could contract the disease.

Until his experiments, an Indian monkey was the only animal, other than man, known to be susceptible to the poliomyelitis virus.

While only further research can determine the responsibility of the rat for epidemics, officials expressed themselves as strongly suspicious that the rodent may be the "reservoir" from which the disease spreads among humans.

In any event, the discovery that the rat can contract infantile paralysis is of major importance in the study of the disease because the importation of monkeys from the Far East may be stopped by the European war.

A monkey farm designed to furnish the animals for experimental use is now being developed

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Truck Farming Better Than Relief Says Junkman

From the October issue of the Farm Journal and Farmer's Wife comes a story with a great deal of human interest as well as some good old "hoss sense."

Dick Williams, Trinity Valley truck gardener, southwest of Dallas, Texas was forced to abandon a thriving junk business because his place might be an eyesore to Dallas exposition visitors. It was either go on relief for the family or gamble a \$175 per acre investment on two acres of sandy loam soil.

Spinach, okra, peas, beans, radishes, cabbage, cucumbers, onions, peaches and other fruit, pork, beef, and chickens have combined to build a comfortable home, feed a family, pay off all indebtedness, send the children to school and supply satisfaction in living the Williams had never known before.

"It's management," Williams says. "Everything that's not eaten is put back in the soil. Every available inch of space is planted to something." Even the fence rows are planted to sunflowers to supply chicken feed. The pig pen is moved around every week in the orchard for profitable fertilizer.

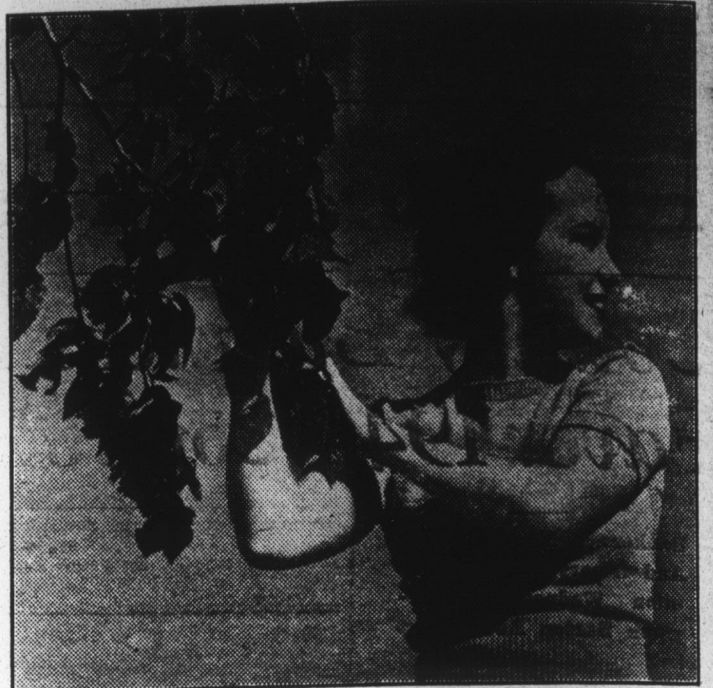
"Can't anybody do what I've done if he will try? There's no genius connected with living on two acres. I just went to work. I shall never go on relief when I can bend over and plant something good to eat," is Williams' philosophy about his own success.

It sounds so simple—it is simple—and all that is absolutely necessary is the will to do.

ed in Puerto Rico, but it may be several years before a sufficient supply is available.

ADVERTISE IN THE TIMES DIAL 4501.

The SNAPSHOT GUILD AUTUMN PICTURES



The changing foliage and pleasant weather of autumn make it an ideal season for outdoor anapshotting—whether in black-and-white or full-color.

AUTUMN, with its bright hues, pleasant weather, and feeling of seasonal change, is one of the most delightful times of the year to be outdoors. And it is a time rich in picture material—a perfect season to load up your camera, climb in the car or put on hiking boots, and go afield with an eye alert for picture chances.

Look for these picture opportunities in harvest scenes . . . on the farms . . . wherever there is rural activity. Watch the skies for cloud formations that will add glory to your landscape shots. As leaves begin to fall, and bonfires are burning, look for atmospheric effects—sunbursts slanting through trees and smoke—for these too will make fine pictures.

If your camera can be loaded with full-color film, by all means plan to take advantage of the brilliant colors as leaves begin to change and assume their autumnal hues. And look for color-filming opportunities in the orchards where bright-colored fruit hangs against the green of trees. If you go on group hikes at this ideal hiking season, see that members of your crowd wear suitable costumes—with bright touches

of color that will add appeal to your full-color shots.

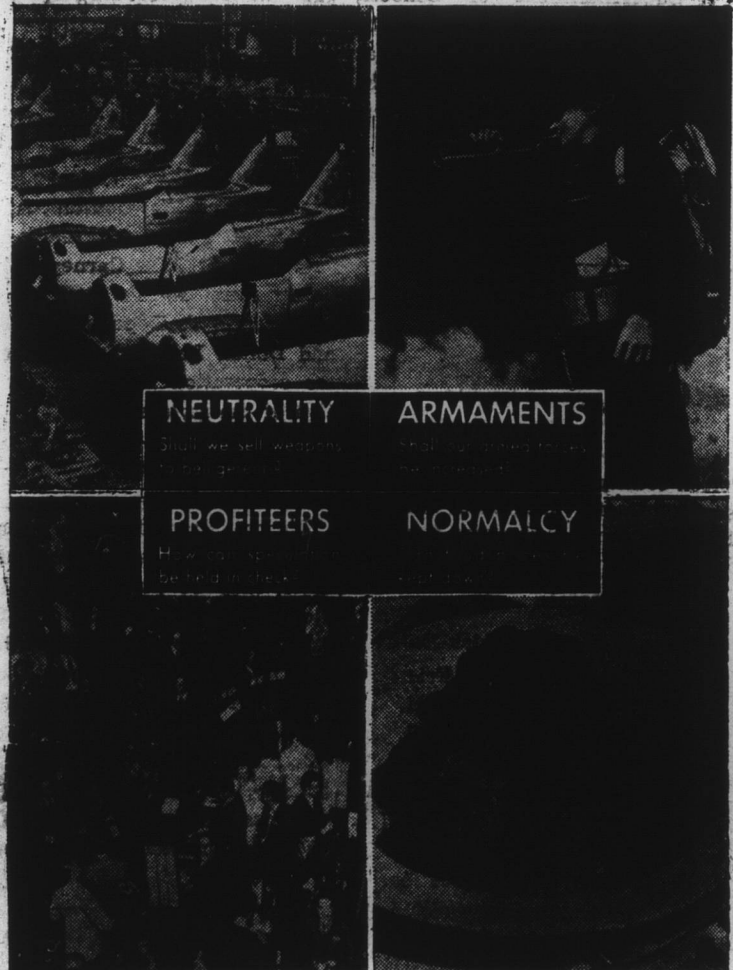
In black-and-white shooting, keep a color filter on your lens to bring out the clouds in landscape shots and harvest scenes. Don't confine yourself to general scenes and views—keep an eye open for close-ups that reflect the spirit of the season. Let your pictures show people at work . . . plucking fruit, husking corn, perhaps sowing winter cover crops . . . so that your autumn record will really portray this time of year, and its typical activities.

If you picnic at this season—and you should—you'll find the camera an ideal means of recording your outdoor fun. Wherever you go . . . whatever you do . . . picture opportunities are waiting—and the wise snaphooter will try to utilize them all.

John van Guilder

PHOTO-TIP: On outings, hikes or picnics, carry a roll of high speed film—the kind for night snapshots. It's four times as fast as regular daylight film, and comes in handy for snaps in late afternoon, or in shady spots such as the picnic grove.

Congress Faced With War Issues



NEUTRALITY ARMAMENTS
PROFITERS NORMALCY

Legislation dealing with neutrality and its allied subjects will face the present special session of congress called by proclamation of President Roosevelt. Despite the chief executive's previously expressed wish that the senate and house act quickly on his request for repeal of the arms embargo and then go home, attempts are being made to broaden discussion of non-emergency legislation.

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