

**Distaff Deeds**

**Furniture in Packbarn Refinished, 'Recycled'**

By JANICE CHRISTENSEN

Recycling is mighty popular with Mrs. Odell Villines of the Hurdle Mills Extension Homemakers Club, Person County.

Several weeks ago she went shopping for a bed. After checking several stores, Mrs. Villines figured she might have something stored away that could do the job just as well.

Sure enough, tucked away in the packbarn was a three-piece bedroom suit that had been purchased more than 20 years ago.

Since she had already learned how to refinish furniture at an Extension-sponsored workshop, Mrs. Villines took on the mammoth task of refinishing a bed, chest of drawers and a dresser. Total cost was \$20. Time invested was about two weeks.

The homemaker is not only proud to display her new furniture, she's promised to conduct a workshop for others in her community who want to "recycle" old furniture, says Annie Tuck, home economics extension agent.

MRS. SANTA Extension Homemakers Club members in Alamance County came to the rescue of Operation

Santa Claus by contributing money, personal toilet articles, playing cards, books and clothing.

Amelia Watts, assistant home economics extension agent, explains that Operation Santa Claus was a county-wide project to secure Christmas gifts for Alamance County residents at the John Umstead Hospital for the mentally ill and the Murdoch School for the retarded.

**SEAM GUIDE**

Mrs. Kyle Williams, Bladenboro, Columbus County found a way to modernize her old sewing machine.

At a recent tie making workshop, the homemaker discovered that most newer model sewing machines have marking lines imprinted on the throat plate of the machine for help in making various width seams.

Since her older machine didn't have these marking lines, Mrs. Williams solved the problem by putting a piece of masking tape on the throat plate to the right of the needle and marking off, with pen, the various seam widths she would need.

It's helped speed up her sewing, adds Ann Bobo, assistant home economics agent.



Dr. Tom Hobgood, Ed Foil, Miss June C. Jones discuss Coastal Development Myers, AADA secretary-treasurer; and J. Program.

**AADA Challenged To Begin Coastal Development Program**

EDENTON — The Albemarle Area Development Association has been challenged to begin a comprehensive Coastal Development Program, as well as to make every meeting a forum for discussion of opportunities in the area.

Challenges and opportunities of the 10-county area were discussed by three specialists from N.C. State University in Raleigh at the monthly

meeting of AADA held at Edenton Restaurant last Thursday night. On the panel were: Ed Foil, assistant director of extension; J.C. Jones, district extension chairman; and Dr. Tom Hobgood, community development specialist.

Dr. Hobgood said the Albemarle has more than its fair share of people with a progressive attitude. Therefore, he said people in the area

believe in what they are making happen.

He added that there are a number of problem areas in which the association—a group of people with common interests—might want to turn into opportunities. Among them he listed the need for a comprehensive Coastal Development Program.

Foil said the location of a number of area specialists in the Albemarle is the direct result of interest by leaders of AADA. He said this is an example of the area leadership being concerned about a problem and doing something about it.

The panelist also pointed out that community resource development takes group action and extension is interested in fostering more such action. He added that the role of extension is to work with Lay leaders in leadership development, organization and cooperation with other agencies and organizations.

Jones, who acted as moderator, said regular association meetings are important and should be a forum for discussion of opportunities in the area.

L.F. Amburn, Jr., president, presided at the meeting.

**Plants And The Environment**

Scientists have known for decades that animals depend on plants for oxygen and plants depend on animals for carbon dioxide.

Just how dependent are plants and animals on one another?

It was recently pointed out by a botany specialist at N. C. State University that an acre of growing corn will release about 16 pounds of oxygen per day. A person engaged in moderate activity will consume about 1.1 pounds of oxygen per day.

Thus, an acre of growing corn will support about 15 people. This is only during the actual growing season, which is about 100 days for the average crop.

An acre of pine trees will release about 30 pounds of oxygen per day, and this will continue throughout the year because pines are evergreens. Deciduous trees, such as maples, will also release about

30 pounds of oxygen per day, but only when the leaves are on.

Some weeds and saltmarsh plants will release about 40 pounds of oxygen per day. And the saltmarsh plants carry out photosynthesis throughout the year since they retain their leaves.

These figures are, of course, merely rough estimates. The exact figures will depend on temperature, moisture and other environmental factors.

However, the figures do serve to indicate how essential plants are to man. The next time that someone proposes to cut a tree, let's think of the loss in oxygen production as well as the value of the tree for shade, timber and beauty.

**ANTIQUING**

Antiquing can do wonders for old, drab-looking woodwork and early nothing furniture. After preparing the surfaces, paint with a semi-gloss enamel, either to match, contrast or harmonize with wall color, suggest extension house furnishings specialists, North Carolina State University. Then apply the antiquing glaze, available in a variety of colors and sizes, according to directions.

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**Bird Seed Make Good Animal Stuffing**

By JANICE CHRISTENSEN

Bird seed is not only useful for feeding birds; it's also good for stuffing toy animals.

Mrs. Marvin Haddock, Princeton, Rt. 2, has been using bird seed as stuffing for over 100 toy frogs, says Mrs. Pat Brown, associate home economics extension agent, Johnston County.

Before stuffing the

toys, Mrs. Haddock does heat the bird seed in the oven to dry it completely and to kill any insects that might be present.

The stuffed toys, which are lightweight and very flexible, are attractive and safe for children to play with, the agent adds.

**REDECORATE HOUSE**

The Samuel Alston family of Warren County has taken many steps to

improve the interior of their house.

Included in the project was the redecorating of two bedrooms and a family room and the addition of a second bath, says Mrs. Bertha Forte, home economics extension agent.

Since the couple did not have time to refinish their own furniture, they took it to a special shop. Even so, they figure they saved money.

Mrs. Alston said, "We had owned this furniture for many years and feel it is of higher quality than much of the new furniture we could afford to buy right now."

**Parents Should Weigh College Alternatives**

RALEIGH — Don't encourage your child to go to college if there is a better alternative for him.

Your child might be one of those whose particular abilities and needs would find more opportunities for fulfillment in other places or other schools, observes Mrs. Faye Haywood, extension family relations specialist, North Carolina State University.

Many parents may feel that the college or university is the best choice for their child. Some may even consider it the only choice. For many young people, the college or university does provide the needed educational experiences to help them reach their goals, Mrs. Haywood agrees. It would be a real loss if they could not move in this direction.

There are young people, however, leaving for the college campus every year because they, or their parents, may not consider that there might be a better choice.

College does not offer them the experiences or the education that helps them become the kind of persons they want to be. The campus becomes a dead end, a place of frustration or a lost weekend.

What are the other alternatives that are worth consideration?

One might be the world of work. A large number of young people need work experience to develop some realistic ideas concerning job expectations and their own abilities. Others may benefit by considering other educational and vocational institutions such as secretarial and business colleges.

**KEEP RECORDS**

Record keeping has proven useful to a young couple who recently attended a money management class in Alamance County.

Since the couple started keeping records, they are much more aware of how they spend their money and where the leaks in their budget are, explains Mrs. Ozetta Guye, home economics extension agent.

The young couple wants a home of their own and believe that good record keeping will help them realize this goal sooner, the agent observes.

**Resolve to Make N. C. More Beautiful in '73**

A good resolution for the New Year: Each citizen of North Carolina, young and older, resolve to play his or her part in making North Carolina a more beautiful state in 1973. This cannot be accomplished by garden clubs, alone, or municipal governments, alone, or by the state governmental agencies; but it can be accomplished by the individual efforts of all the citizens of the state.

business a good investment should you wish to sell.

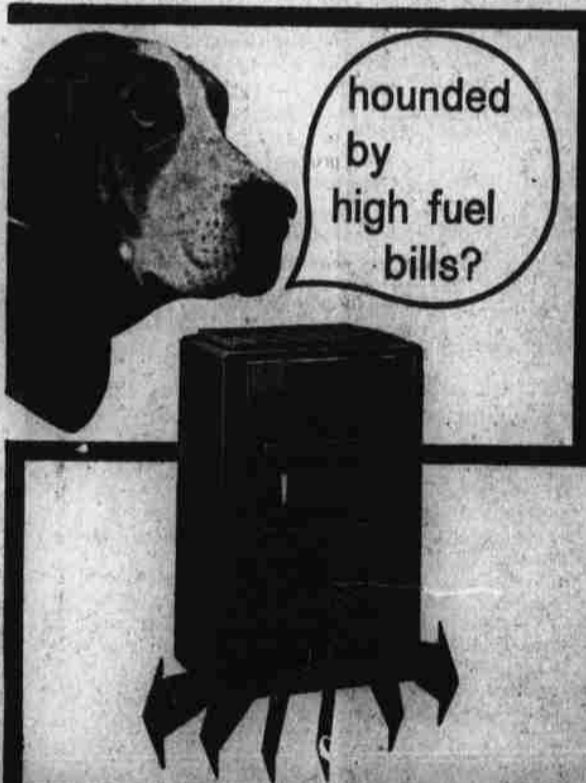
Colorful flower borders, ground covers, well selected foundation plants and trees for shade and framing your home all add up to enjoyment and pleasure for everyone in the community.

North Carolina is one of the most garden-minded states in the nation. With more individual responsibility and enthusiasm, it can also be the most beautiful.

You may be surprised to learn that the avocation or hobby of gardening, amounts to a whopping 4 billion dollars annually in the United States. I think the reason for this stems from the fact that it is something in which the entire family can participate and that they will need seed, plants, fertilizer, pesticides, tools and power equipment to do a good job.

Many times the character of a family can be judged by the appearance of a home. Visitors can likewise judge a town or city by the appearance of the homes, parks, factories and warehouses. A well landscaped industrial plant or place of business denotes officers and employees as congenial and efficient as their pleasant surroundings. With pleasant surroundings you find, too, good neighbors, substantial citizens and a feeling of community pride.

Real estate dealers tell us that they can get from 10 to 15 percent more for a home if it is well landscaped. The plants become more attractive as they grow and provide shade and color or whatever they were selected to accomplish in the landscape scheme. If the neighbors match your efforts, and they are inclined to do this, the whole neighborhood will become a more desirable place to live, and your home or



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