

Extension news

By M.B. TAYLOR
HOME ECONOMICS AGENT

- Make eating an activity in itself. Don't pair it with other activities like watching television or eating.
- Establish one eating place in the home and eat there and there only.
- Keep food in the kitchen only and then behind cupboard doors and stored in opaque containers.
- Avoid tempting high calorie snack food by not buying them.
- Make a grocery list and stick to it.
- Plan for moments of weakness.
- Don't use food to relieve tension, anger, boredom, frustration, or loneliness.
- Fatigue often triggers eating. When you're tired, take a nap or get more sleep at night!
- Don't eat for a pick-me-up.
- Establish a meal pattern you can live with.
- Control portion size by measuring with cups and spoons. Slow down. Slow down. Stretch out mealtime to 20 to 30 minutes.

Grain crops are not very large

Wheat accounted for the most income in Perquimans County of all grain crops in 1978. With a yield per acre of 50 bushels, 2,750 acres were

harvested. From a total production of 137,000 bushels, 125,000 were sold. At a unit price of \$3.00, total sales were \$375,000.

At a yield of 70 bushels per acre, 1,000 acres of oats were harvested. At a unit price of \$1.20, 70,000 bushels were sold for \$84,000.00.

Barley was the only other grain crop of appreciable value. 175 acres at a yield of 60 bushels per acre were harvested. The total production of 10,000 acres at a unit price of \$1.75 brought sales of \$18,375.00.

Toll-free information offered

The latest crop, livestock and farm economic news is only a phone call away. The "Farmers' Newline" is open 24 hours a day 7 days a week. Call toll-free 800-424-7964 the following information: May 24 - Farm Labor; May 25, 26, 27, 28, Poultry and Eggs; May 29, Agricultural Outlook; May 30, Retail Meat Prices, and May 31, Farmers' Prices.

In News

Miss Judy Long of Raleigh spent last weekend with her parents, Mr. and Mrs. Dick Long.

Joe Campbell was a guest of Mr. and Mrs. Odell Hobbs at Jackson on Sunday.

Perquimans Gardening
By
Jean Winslow



Did you get a plant for Mother's Day? They can be planted in the garden and you can continue to enjoy them. Plant geraniums and lilies in a sunny area. In the fall you can propagate new plants from them by taking cuttings and raising during the winter. Hydrangeas and wax begonias will need protection from afternoon sun. Most azaleas you get are not hardy in this area — but some will make it. I have raised both Fluff Red Ruffles and Sweetheart Supreme in the yard after a period in their clay pots.

A couple of thoughts about trees: if you planted new ones this spring, be sure to keep them watered as the heat increases. Watch for insects on new growth, as this is where they are most prevalent. If you use insecticides be careful and follow directions carefully. Remember that systemic insecticides poison every part of a plant. Have pity on the poor bumblebee. Don't put it on flowers he will sup from. Look out for pine bark beetles — they killed enough pines in North Carolina during the mid-seventies to build 55,000 homes. While that epidemic is over, the beetle lives on to kill another day. Jim McGraw At N.C. State says that pines in the yards of new homes are particularly susceptible. He calls it "construction blight," as trees may suffer from trucks hitting them, etc. and the beetle moves in. A free booklet titled "Southern Pine Beetles Can Kill

Your Ornamental Pines" is obtainable by writing to McGraw at Box 5488, N.C. State University, Raleigh 27650.

Our sugar snap peas are in and are they good! We have eaten them raw, and the other night I barely stir-fried them in the wok in a little peanut oil at high heat. The plants will bear about ten more days, and they will then be regulated to the compost pile. Since they grew on supports, we will replant the area with Malabar New Zealand spinach. It's not really a spinach, but an excellent substitute, as it thrives in hot weather. Great for salads when your homegrown lettuce has faded away in the heat. You can buy this locally at J.C. Blanchard's or at Farmer's Feed and Seed.

Put another row of onions in for scallions in about three weeks. Miriam Haskett gave me some red Bermuda sets that I'm anxious to harvest — but I'm letting these get full grown.

While this has nothing to do with gardening, I thought it would be nice to share this little bit of info: You know how everyone talks about the turtles on the log. That isn't a log. Herbert Nixon told me that several years ago when then the tide was all the way out, he went out there and discovered that the "log" was the rib of an old schooner grounded who-knows-when. There were other ribs resting on the bottom. What stories that "log" could tell!



EASY TO REACH — Tam Lawing of Holiday Island, makes things easy for himself and his mail carrier. The Post Office is asking all recipients of mail to help it give better service.

"Spruce up that mailbox," says Postmaster Stokes

May 21 - 26 is "Mailbox Improvement Week," and Postmaster Henry Stokes urges all local customers to paint and repair unkempt or damaged mail receptacles, in town and on rural routes.

"Customers should be assured their boxes provide adequate protection to the mail and are easily reached by carriers to help speed collection and delivery of their mail," Postmaster Stokes said.

The Postmaster recalled that a man named Ira F. Collins was among the first to show interest in improving the appearance and security of the mailbox. On April 29, 1903, he filed an application with the U.S. Patent Office for a two-part, cylindrical mail receptacle. It consisted of a detachable scoop with a weather-proof outer casing, and a metal flag that could be

raised to indicate when mail was to be collected. "Until Collins came along," Postmaster Stokes said, "many makeshift receptacles — including tin cans nailed to trees — were used as

mailboxes, particularly after rural mail service began in 1896." Today, he said, a variety of approved commercial mailbox designs are available for use with decorative posts.

Elderly

(Continued from page one)

citizens club to receive the card. One may be obtained directly from the Recreation Department

office. There is no picture associated with this card. The third identification

card available to senior citizens is provided through the Economic Improvement Council

Pictures for this card are made by the N.C. Federation of Senior Citizens, located in

Henderson N.C.

next month according to

They are planning to be in the area again

Grace Dizon, EIC Coordinator.

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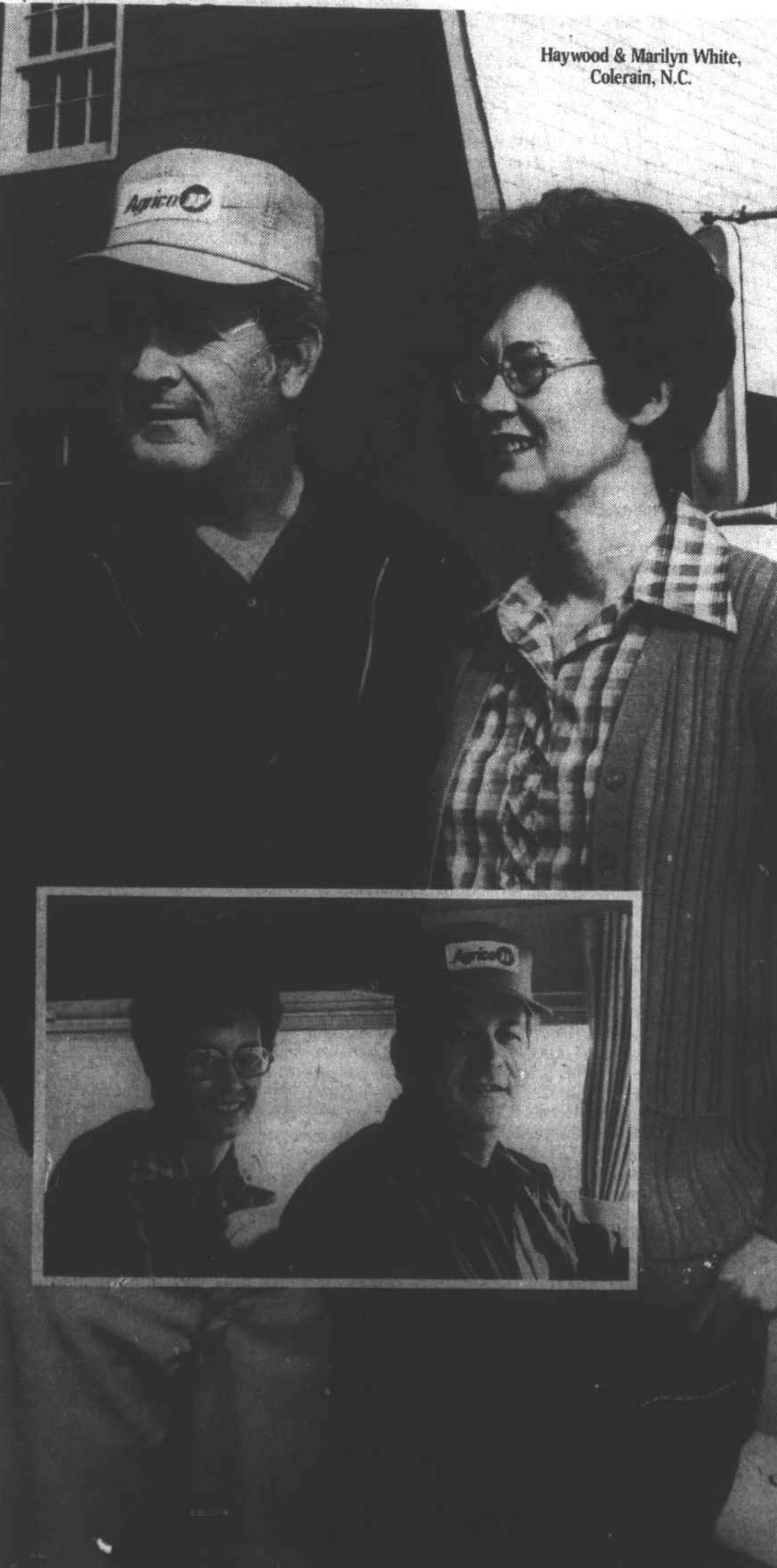
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Haywood & Marilyn White, Colerain, N.C.

"My Perdue broiler houses really bought the farm!"

Marilyn and I had rented additional farm acreage for a long time, but when the owner died, the land went up for sale. So we decided to buy.

Well, that really put a strain on our pocketbook. We had paid the rent with our row crops, but we needed a dependable second income to help with the mortgage on the farm.

Then I heard about Perdue from one of my neighbors. I called, and one of their people came by and invited me to the Eastern Shore to see their processing plant. I saw for myself that Perdue was no "fly-by-night" operation.

With my confidence in Perdue, along with their guaranteed income and the investment tax credit I got by buying a Perdue broiler house, I decided to start raising Perdue chickens. And it didn't even interrupt my other farming.

Darn if those chickens didn't produce more dollars per acre for less work than my row crops. Now they are paying the mortgage and then some. I have my own fertilizer business and two Perdue broiler houses. I'm even getting better crop yield by spreading my chicken litter!

Without our Perdue houses, we might have had to do public work in town. That would have been bad for us. You see, my wife and I are independent people...like most farmers. And we like working for ourselves. She does our books and inventory, plus a lot of church and community functions. And I do my thing on the farm and in our store. We even have time to sneak off in the camper now and then.

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