

With The Farm Women

By Mairred Morris
BELIEVES IN USING HOME-GROWN PRODUCTS

Mrs. Kenneth Allen, Monticello Club, believes in encouraging the use of products grown by Washington County farmers. She tried out an old recipe used by her great grandmother called peanut corn bread, but no corn meal was used — only ground peanuts, eggs and sugar.

Mrs. Frances Darden, home economics agent, says Mrs. Allen served the peanut corn bread at her Home Demonstration Club meeting. The product proved so tasty that each club member asked for the recipe.

CLUB GETS LEADERSHIP AWARD

Yancey County Home Demonstration Club members recently presented a gavel to Jacks Creek Club for having shown outstanding leadership in various club activities.

According to Miss June Street, home economics agent, the award was based on demonstrations at meetings; assisting with bloodmobile, chest, K-ray clinic and United Fund; working with community development clubs; and sponsoring service projects such as furnishing lunches and clothing for needy school children.

TURN'S HOBBY INTO PROFITABLE BUSINESS

Mrs. Forrest Crowder of Lattimore, has made her hobby of making aprons turn into a profitable business. She styles them attractively but for practical purposes.

Miss La Una Brashers, home economics agent in Cleveland

County, says Mrs. Crowder has open house from Thanksgiving day until the Christmas holidays so people can call and select aprons for gifts. Last year, she sold over 300 aprons.

GOOD LIGHTING FOR YOUR STUDY CENTER

Do you provide proper lighting over your child's study area? The 4-H'ers in Hertford County have been studying rules for good lighting.

According to Mrs. Jane Taylor, assistant home economics agent, the girls discussed the recommended type of light bulb, the wattage, the shape, size, and color of the lamp shade, and the placement of the lamps.

TIN CANS IN DEMAND IN ALAMANCE

Craft leaders are getting ready for Christmas in Alamance County. Mrs. Richard Smith, Burlington, Rt. 1, conducted a workshop in tin craft. She displayed Christmas trees, ornaments and bells as well as plaques and candleholders.

Miss Katherine Millsaps, home economics agent, says Mrs. Ruth Smith saves lids from cans varying in size from the smallest juice cans to large No. 10 cans. In making plaques, she uses metal liquid detergent containers, coffee and shortening cans.

4-H COOKING SCHOOL

Plans have been made for 4-H cooking schools to be held in several communities for first year 4-H'ers taking the project "Adventures in the Kitchen."

"I hope this will stimulate interest in the project for the girls as well as teach them correct practices to follow when preparing meals," says Miss Barbara Jones, assistant home economics agent in Scotland County.

Benefits Rise In Insurance, Reports Show

The American public received an average of more than \$8.5 million a day in health insurance benefits from insurance companies during the first nine months of 1960, the Health Insurance Institute reported today.

This was an increase of better than \$500,000 a day over the average daily benefit payments made by insurance companies in 1959, said the Institute.

Health insurance benefits by insurance companies totaled \$2,342,437,000 for the first three-quarters of 1960, a boost of eight per cent over the \$2,168,476,000 paid out in the same period of 1959, said the HII.

In all of 1959, a grand total of \$5.2 billion in benefits were paid by insurance companies, Blue Cross-Blue Shield, and other health care plans. More than \$2.8 billion of these benefits came from insurance companies, including \$838 million to persons covered by policies which replace income lost through disability. At the end of last year, nearly 123 million Americans had some form of health insurance protection including more than 75 million persons covered by health insurance — hospital expense, surgical expense, regular medical expense, major medical expense, and loss of income.

In the first nine months of 1960, the greatest percentage increase in benefits came in major medical expense insurance, according to the Institute. Major medical, which provides benefits ranging from \$5,000 to \$15,000 to help offset the cost of serious illness, accounted for \$309 million in benefits in the first three-quarters of the year. This

was an increase of 26.8 per cent over the \$243 million paid out in the same period of 1959, said the Institute.

Benefits under major medical policies pay for virtually all medical services, including medicines and drugs, medical appliances and physicians' services, in addition to hospital and surgical care.

The single largest amount of benefits went to help pay hospital expenses. Some \$993 million in benefits were paid by insurance companies to persons covered by hospital expense policies, up 9.5 per cent over the \$853 million paid out in the first nine months of 1959, said the HII.

Surgical expense insurance accounted for \$321 million in benefits from insurance companies, an increase of 3.1 per cent over the \$312 million paid through September 30, 1959, the Institute said. Benefits paid to persons covered by regular medical expense policies, which help offset the costs of medical care and treatment other than surgery, increased 9.4 per cent, from \$8 million to \$88 million.

Loss-of-income payments, including accidental death and dismemberment benefits, amounted to \$691 million in the first nine months of the year, up 1.6 per cent over the \$680 million paid out in the same period of 1959, the HII said.

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It's Important To Store Foods

Have you made an inventory of the food you canned this summer? You may be amazed at the dollars you have saved during the summer months by conserving your food.

Miss Iola Pritchard, food conservation specialist for the N. C. Agricultural Extension Service, says that in order for these conserved foods to retain maximum keeping qualities, storage of utmost importance. "Remember to keep your canned foods cool, dry, and dark," says Miss Pritchard.

Miss Pritchard says extreme heat is bad on canned foods because if some bacteria happens to be in the jars, warmth will cause them to grow and multiply, thus spoiling the food. Food should not be stored near a stove, furnace, radiators, or pipes.

"At the other extreme, jars in unheated places may freeze in cold weather," says Miss Pritchard. "Freezing itself does not cause spoilage in canned foods but the jar may crack or the seal on the jar may be broken which will result in spoilage. Jars may be stored in cardboard boxes which serve as a good insulator."

Remember to keep your jars stored in a dry place and out of direct light, since light does effect the color of food canned in glass. Now is a good time for all families to check their storage facilities.

CARD OF THANKS

We wish to express our appreciation to our many friends and neighbors, to Dr. Paul Hendricks, Dr. Thomas Durham, the nurses at Kings Mountain Hospital for their kind expressions of sympathy at the loss of our dear father and husband, J. A. Roberts. The Family of Mrs. J. A. Roberts

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YASMIN 15" TODDLER DOLLS \$3.49
PONY TAIL 25-Inch DOLLS \$1.69

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ALMONDS 1-Lb. Pkg. 49c
WALNUTS 1-Lb. Pkg. 53c
BRAZILS 1-Lb. Pkg. 49c

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Cherries Half Pound Pkg. 39c
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