Thursday, August 2, 1962

THE KINGS MOUNTAIN HERALD, KINGS MOUNTAIN, N. C.



With The Farm Women

(Items this week from Johns- home economics agent, says the jelly should be made in the winton, Stokes, Richmond, Cherokee girls found that diets of people ter time. "She prepares fruit stock Indian Reservation, Tyrrell and with low income are limited in for jelly making from berries variety and lack vital essential and other fruits in season and IMPORTANT FACTS ABOUT food values. "Milk can make up processes the stock according to that deficit at low cost," they say. Extension recommendations," MEAT

What do you look for when se-FRIENDSHIP GROWS lecting meat? Home Demonstration Club members in Johnston ened as our families make frie-County have been visiting one nds in in other areas and learn the weather is cool," of the grocery stores to get in- about their customs," reports "and my family likes the good, Miss Katherine Millsaps, home formation on buying meat. Mrs. Sarah Sasser, home eco- economics agent in Alamance nomics agent, says the manager County. of the meat department has gi- In 1960 Mrs. C. M. Aldridge, Home management leaders in

Mrs. S. R. Gibson, Pine Hall, is well known for her homemade mints---the old fashioned pulled Burlington to visit Mrs. Aldridge kind. Mrs. Maxine Tingle, assis- and attended a Home Demonstrtant home economics agent in Stokes County, says Mrs. Gibson takes orders for parties, teas and "Young homemakers in W

receptions. re bought with her "mint mon-ey," reports Mrs. Tingle, "and she also uses the money for other ad-han, assistant home economics "Her living room draperies we-

ded extras for the home." ENRICHED CORN MEAL

Hill, 4-H club members of the attend club meetings, with hou-Millstone Community, are mak-ing people in Richmond County them in their role as homemaker. WELCOME PARTY WELCOME PARTY WELCOME PARTY aware of the importance of the corn meal enrichment program. Mrs. Martha B. Adams, assis-tant home economics agent, says boro. Miss Elizabeth Williams, classified as fatal. Killed were

agent.

sponsoring the tea. DESIGNS NEW FURNITURE GARDEN CONTEST "At least 70 families have already entered the garden contest," reports Mrs. Margaret Smith, assistant home economics a-

gent on the Cherokee Indian Reone dollar. Needless to say, it is servation "Although the dry weather has hurt the gardens, the families are being encouraged to plant new vegetables and keep their gardens in good condition," adds white enamel top from a discarded table. Mrs. Smith.

COMMUNITY SERVICE "WHITE MAGIC" Do you have a limited food budget which makes it necessary to stretch those food dollars? Alice Ann Oliver and Gwen Arm-Club women hal made 200 garstrong from Tyrrell County have ments for the Oteen Hospital. been stressing the use of dairy products

Brashears, home economics a-JELLY MAKING

Mrs. Lois Bell, Warne, believes

reports Mrs. Justine Rozier, home "Horizons can really be broad economics agent in Clay County.

"I enjoy making jelly when fresh flavor of the jelly better." LABEL TELLS ALL

of the meat department has gi-ven brief lessons in meat cutting, selection, types of meat and how it is prepared for market. In 1900 Mrs. C. M. Annage, Burlington, Rt. 2, attended the national meeting of Home De-monstration Clubs in Lansing, Wour label on canned goods Michigan. Since then she had be- be a guide for buying a certain

> Miss Verna Bell Lowery, home economics agent, reports that the leaders carried canned food to "Young homemakers in Wake the meetings and showed the, County are receiving a monthly club members how they could newsletter from the Extension get inside information on pro-

Traffic accidents in North Car-

The purpose of the letter is to olina last year resulted in an Susan Rankin and Kathleen reach homemakers, who cannot economic loss of 207 million dol-A welcome party for new citi. year there were 60,844 highway tant nome economics agent, says the girls set up a booth in a lo-cal grocery store and displayed some of their muffins. They also gave out a sheet of facts on va-lues received from using enrich-ed corn meal. tant nome economics agent in Guil-tord County, says the Home De-monstration international relat-ins leaders and citizenship lea-ders worked with he public affa-irs committee of the YWCA in boxes – pain, anguish, disfiglosses - pain, anguish, disfig-

urement - are measured differently. Using a discarded sewing machine and an enamel table top, Excessive speed was the big-gest killer on North Carolina the J. S. Davenport's have acquired a patio table for less than highways last year. In a special

attractive, useful and practical. Mrs. Ann Davenport, home e-conomics agent, says the Tyrrell Attractive, useful and practical. Mrs. Ann Davenport, home e-conomics agent, says the Tyrrell County homemaker used the discard. State Department of model hicles reports that speeding was a factor in 436 death-dealing cra-shes. Next in the fatality lineup was driving on the wrong side of the road 238, followed by

failing to give the right of way At a recent meeting in Cleve-land County, it was reported that the Home Demonstration ous violations such as improper passing, disregarding stop signs and signals, following too closeeen stressing the use of dairy roducts. Miss Chase Collins, assistant this year," reported Miss La Una

WHAT ABOUT **COLLEGE?**

