

With The Farm Women

Items this week from Wake, Alamance, Pasquotank, Macon, Currituck, and Rowan Counties.

NUTRITION SURVEY

REVEALS ALARMING FACTS
Some 25 Home Demonstration Club members recently made a survey of school children in two school areas of Wake County. Mrs. Sara Casper, home economics agent, says the facts show that diets contain an excess of bread and cereal products, too many sweets and soft drinks and are deficient in vegetables and fruits.

Mrs. Therman Howell of the Salem Home Demonstration Club, says they will really be able to present the facts when the foods and nutrition leaders present a demonstration on "Green Vegetables in the Diet."

FREEZING PROTEIN

Homemakers in Alamance County have been concerned with protein in the diet. Just recently they have been discussing methods of freezing protein foods — meats, poultry and eggs. They have also been sharing information on freezing prepared dishes such as casseroles.

Mrs. Nancy Adams, home economics agent, says the homemakers are submitting questions regarding freezing of protein food. The questions, along with the answers, will be compiled into a booklet for use by the ladies.

SUCCESSFUL HOME PROJECTS

Mrs. Herbert Brothers, Elizabeth City, and her mother-in-law, Mrs. Elmer Brothers, have been saving on their house furnishings dollars since attending the up-hoistering workshop in Pasquotank County.

Miss Edna Eishop, home economics agent, says the two ladies have worked together on their home projects. Mrs. Herbert Brothers has upholstered six chairs and a sofa plus refinishing the old parts of the chairs and other furniture. The whole project, including painting the room, only cost \$75.

GARDENS STARTED

Mrs. T. T. Henderson, the county home food supply leader in Macon County, took advantage of the cold weather by getting her garden plans in order.

Mrs. Florence Sherrill, home economics agent, says Mrs. Henderson was one of the first to request a copy of the "Recommended Vegetable Varieties" which is

available from the Extension office.

HOME SEWING

Why does a seamstress consider interfacing important? Mrs. James Walker of the Powells Point Home Demonstration Club in Currituck County, said, "I am not a home sewer, but I feel that I should know what interfacing and lining should be used in a garment. From now on when I go shopping, I will try to check to see that the ready made garment is interfaced and lined properly."

Mrs. Kay Griffin, assistant home economics agent, says interfacing does add body and life to the garment which is important to the consumer as well as to the home sewer.

SPRING FASHION SHOW

The Bostian Cross Roads Home Demonstration Club in Rowan County had a spring fashion show. The homemakers modeled the ensembles with 4-H boys and girls taking part in the talent show.

According to Miss Edith Hinchshaw, home economics agent, over 40 club women and their daughters modeled dresses and suits. Some women from other clubs took part in the fashion show.

Hovis Rites Held Friday

Funeral rites for Thomas Maxwell Hovis, 80, of Bessemer City, were held Friday at 2 p.m. from Concord Methodist church, interment following in the church cemetery.

Mr. Hovis died Wednesday morning at his home following a brief illness.

A retired farmer and dairyman, he was a member of Concord Methodist church.

Surviving are his wife, Mrs. Elizabeth Lewis Hovis; three sons, Thomas Lewis Hovis of Kings Mountain, Maxwell Warwick Hovis of Greensboro and William Wade Hovis of Bessemer City; a daughter, Mrs. Sara Hovis Beam of Cherryville; a brother, Walter M. Hovis, of Bessemer

BETHWARE

OAK GROVE NEWS

By July Bolton Davis
Telephone 739-5349

BETHWARE — The ordinances were observed at Oak Grove Sunday night. Kenneth Grigg, Wayne Blanton, Tommy Vess, and Butch Vess were baptised.

Monday night, the Brotherhood met at the church and enjoyed grilled hamburgers. The program also featured a movie.

The Fannie Heck circle met with Mrs. Tommy Champion Tuesday afternoon.

The Kate Ellen circle met at the home of Mrs. Howard Champion Tuesday night.

Mrs. T. A. Champion was hostess at her Sunday School class party Tuesday night.

The Patterson Grove Home Demonstration Club met Wednesday at the home of Mrs. Lloyd Turner with twelve members present.

Mr. and Mrs. Lloyd Turner, Wayne and Jane spent Saturday in Morganton.

A group from Mrs. Ethel Crook's class at Bethware school sang at Oak Grove and Patterson Grove churches Sunday.

Mr. and Mrs. Franklin Davis and Toy visited Mr. and Mrs. Frank Palmer in Bozer City, and Mr. and Mrs. Ab McMurry in Lincolnton Sunday.

Mr. and Mrs. Dwan Thornburg, Butch Vess and Margie Hoyle went to Chimney Rock and Asheville Sunday.

Dewitt Vess took his brick-laying class from Shelby High School to Hickory last week where they won first place in a contest.

Mr. and Mrs. Raymond Ross and Ila Grigg went to the coast over the weekend. They rode the ferry from Ocracoke to Cape Hatteras, and visited Elizabeth City and Kitty Hawk.

Sunday guests of Mr. and Mrs. J. L. Ross were Mr. and Mrs. Raymond Ross of Bessemer City, and seven grandchildren.

Rev. H. O. Puss officiated at the final rites and interment was made in the church cemetery.

TOURING Variety Vacationland

Old Salem — itself attracts thousands of visitors year round, being one of the most outstanding historical attractions in the country. This community was founded in 1766 by the Moravians whose history even then was more than 300 years old. Old Salem retains 40 of the original 60 buildings that were erected before 1830, all of which are authentic in every detail.

The buildings and town plan, with medieval overtones, give the area a strong Old World atmosphere. Principal structures were built around an open square. Included were the choir (group) houses for Single Brothers and Single Sisters, a community store, tavern, pottery, mill, sawmill, barn, four family dwellings and a two-story house that served as a meeting hall. All of these were built within six years after the town's beginning, with many more completed later.

Of unusual interest to the visitor are the Moravian Church (Consecrated in 1800) with a still-active congregation; the Cemetery, dating from 1771; Salem Tavern (1784), one of the better known inns of the early South; the Boys' School (1794), now the home of Wachovia Museum; the John Vogler House (1819), the home of the village silversmith and clockmaker; and the Miksch Tobacco Shop (1771), the oldest tobacco shop still landing in America.

The unusual architecture consists of steeply pitched roofs, half-timbered construction, hooded

doorways, groupings of arched windows and doorways, designed for utility rather than symmetry. Most furnishings are original but seemingly untouched by the ravages of time.

In its early days Salem's life was developed around a form of communal living under the strict control of the Moravian Church. Men and women worked at various tasks according to their ability and shared in production according to their needs.

It is evident from the furnishings that some of the early settlers were most industrious and skilled in various crafts. Probably the most outstanding in this regard was John Vogler, whose home contains beautiful hand-made furniture as well as lovely clocks and silver, fashioned by this master craftsman. He must have been the most gifted in the community.

A storehouse of historical treasures is contained in the Boy's School Building. More than 5000 antiques, ranging from early fire engines to devices built by local craftsmen that foreshadowed labor-savers of our own century, are displayed therein.

Guided tours are available for school students and other organized groups, and hostesses are on duty in each of the buildings to relate their part of the story to visitors. Our hostess happened to be a direct descendant of John Miksch (the original tobacco shop proprietor) and was thoroughly informed and delightful.

Winston-Salem can be justly proud of its Old Salem. This is a stellar "Variety Vacationland" attraction, situated just off the expressway bypassing the city. You'll find your visit a most rewarding experience.

The Soviet Union, with approximately 15,000,000 horses, is the foremost horse-owning nation in the world. According to the Book of Knowledge, Brazil ranks second; the United States is sixth. The leading U. S. horse state is Texas.



Any season of the year is a suitable time to visit one of Tarheel's more quaint cities — one that combines a bit of the old with much that is representative of a highly-automated area.

This city is situated in a portion of the Piedmont Plateau that is 1000 feet above sea level. The land rolls gently in this section just 442 miles south of the Virginia border and 50 miles from the Blue Ridge Parkway. It is readily apparent why settlers of the "old city" decided to make this their permanent home.

What is today one proud city was originally two separate towns. The two towns merged in 1913 when the younger, more mundane neighbor, Winston, joined the more elderly Salem, to its south.

The Salem side — known as Mr. and Mrs. Clyde Ross and children of Fort Mill, S. C., Mr. and Mrs. Gus Wellmon, Mr. and Mrs. Melvin Lovelace, and Mrs. Ila Grigg of Gastonia, and Mrs. Janelle Thrift, and Mr. and Mrs. Bobby Thrift and children of Grover.

Mrs. Missouri Ross returned home after spending last week with Mr. and Mrs. Clyde Ross of Fort Mill.

Mr. and Mrs. Edward Davis and Bobby visited Mr. and Mrs. D. P. Smith, Mr. Melvin Greene, Miss Margaret Greene, and Mrs. Boyd Edmundson in Shelby Sunday afternoon.

Mr. and Mrs. Dean Champion and Timmy of Shelby were Sunday afternoon visitors of Mr. and Mrs. Tommy Champion.

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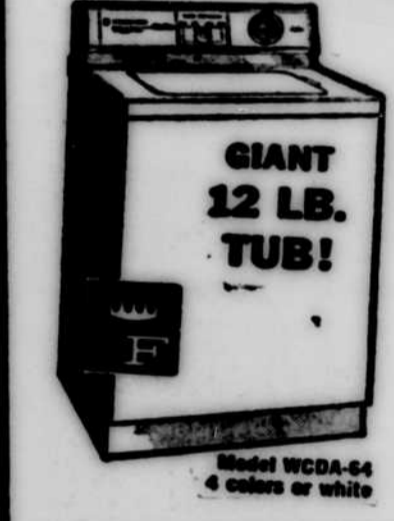
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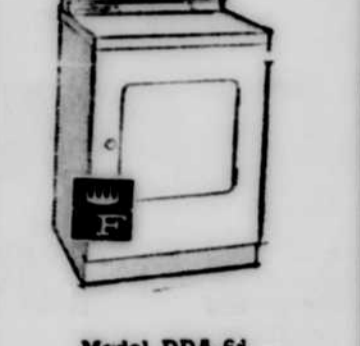
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