

# Hostess DEEDS

by Maidred Morris

News items this week from Rockingham, Martin, Duplin, Perquimans, Madison and Guilford counties.

### CHICKEN—SERVED WITH ELEGANCE

"Chicken is a nutritious food which can be served in a variety of elegant ways," explains Miss Isabelle Buckley, home economics agent, Rockingham County Home Demonstration and community leaders recently learned

to prepare boned chicken.

"With practice a homemaker can bone a chicken in 15 minutes," added Miss Buckley. "Boned chicken makes a more elegant dish at low cost. If you have to buy the boned chicken, it will cost about twice as much as chicken with bone. Chicken is an economical, high protein, low calorie meat."

### NEW SWEATERS FROM OLD

Mrs. Mack Ange of Williams-ton has proven that you can knit a new sweater from an old one. Mrs. Helen Hoskins, home economics agent, says she taught the homemakers in Martin County how to unravel an old sweater, wind the wool around an object, dampen, straighten, and reuse it. Since many of the homemakers are just learning to knit, Mrs. Hoskins thought this would be an inexpensive way of learning to knit the first garment.

### SEWING

**WITH STRETCH FABRICS**  
Garments of stretch fabrics are becoming popular in the state. Hints on sewing, cutting, pressing and fitting the new fabric have been discussed at club meetings in Duplin County.

Mrs. Mae Spicer, home eco-

## End Of Mexican Labor Imports Offers Opportunity To Farmer

North Carolina fruit and vegetable growers are keeping a watchful eye on their California competitors these days, and with good reason.

The bracero program, under which Mexican farm laborers have come to the United States since 1951, definitely appears doomed at the end of this year.

California fruit and vegetable growers, who depend on braceros for much of their harvest labor, are issuing gloomy forecasts about the size of future crops.

Joe Brooks, extension horticulture specialist at North Caro-

lina State, says there are still many uncertainties as to what the end of the bracero program will mean.

But he does believe there will be some opportunity for Tar Heel farmers to cash in on the situation, particularly in the production of crops that require abundant hand labor such as vine-ripened tomatoes and strawberries.

Brooks points out, however, that farm labor in North Carolina is not as readily available as some people think, and it may be difficult for local farmers to take full advantage of the situation.

Braceros — over 400,000 of them in some years — are used primarily in the Southwest, Northwest and Great Lakes regions. Their use as farm laborers is opposed by labor unions and welfare groups.

Congress voted originally to end the bracero program at the end of 1963. Farm interests raised such a howl, however, until Congress extended the program for another year.

A recent University of California study said loss of the workers promises to lower California farm production, raise food prices and create economic problems.

The California study called the prospects of mechanization taking up the slack "slim." With the exception of tomatoes for processing, mechanization is expected to provide little help in the next five years with the 12 crops involved: strawberries, lettuce, lemons, asparagus, melons, sugar beets, snap beans, grapes, oranges and celery. Braceros are also used to chop cotton.

The Wall Street Journal reported recently that a food processing plant was being built in Mexico to prepare fruits and vegetables for sale in the U. S. now that production of these crops was expected to drop in this country.

The Journal reports that an Ohio firm is making arrangements to get apricots from Australia now that the California supply appears uncertain. Winter lettuce plantings in California's Imperial Valley is reported down.

Malcolm Douglas, manager of the California Strawberry Advisory Board, says the end of the bracero program will mean \$1 per pint strawberries in New York. This is about twice the present price.

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IN REVERSE ORDER

### ADVENTURES IN THE KITCHEN

The 4-H girls in Perquimans County recently conducted their own cooking school, Mrs. Paige Underwood, associate home economics agent, says the auditorium of the Perquimans County Agricultural Building was turned into a cooking laboratory.

Following an introduction to the 4-H foods and nutrition project, the 4-H cooks drew for recipes and prepared a complete luncheon. Mrs. Underwood guided the girls in preparing the well-balanced menu. "Of course, the adventure in 'clean-up' was not neglected at the conclusion of the cooking school," added Mrs. Underwood.

### KITCHEN RE-ARRANGED

Mrs. Oliver Ferguson is planning a complete re-arrangement of her kitchen in Madison County. Mrs. Ethel Wallin, home economics agent, says they have worked out an "L" shaped arrangement with the appliances grouped more closely together.

Mrs. Wallin says homemakers can cut down on the number of steps made in the kitchen by good arrangements. Mrs. Ferguson will have adequate counter space with storage for all kitchen items.

### SCALED FURNITURE USED

How is your furniture arranged? Do you have any traffic lanes? Miss Carolyn Johnson, assistant home economics agent in Guilford County, urged homemakers to plan their furniture arrangement for convenience and attractiveness.

Using models of scaled furniture, Miss Johnson illustrated the principles of good design and practical ideas. They discussed traffic areas, center of interest, balance, proportion, contrast and unity.

# Give The United Way

## To The Kings Mtn. Grover & Bethware United Community Drive



### WHAT IS THE UNITED DRIVE?

It is a LOCAL United Campaign, conducted by LOCAL volunteer workers FOR LOCAL charitable organizations and service groups. This Year 9 organizations are conducting their fund raising drives totaling \$23,119.60.

### WHY SHOULD YOU GIVE?

- (1) If our goal is reached, the problem of "too many drives" is solved. If we are successful, all charities will seek to join in the United Fund and there will be only ONE Drive in Kings Mountain.
- (2) If we fail, everyone loses — And the United Fund will cease to function necessitating individual drives by each group or charity.

### WHO IS IN THE UNITED FUND THIS YEAR?

- (1) American Red Cross — Kings Mountain, Grover, Bethware Area — \$5,056.00 — Continuing to serve all people in need and in time of disaster.
- (2) Boy Scouts (White and Negro) — \$5,385.60 — There is no substitute for Scouting in the development of our youth.
- (3) Compact-Davidson High School Band — \$1,428.00 — This fine group must have funds to support the purchase of new uniforms.
- (4) A Cancer Fund for Needy Kings Mountain - Grover - Bethware Section—\$1,000.00—A new fund to be disposed of by a local committee for local needy cancer patients. Not associated with the American Cancer Society or its drive.
- (5) Girl Scouts (White & Negro) — \$1,500.00 — An increasingly important factor in the development of girls for home and community.
- (6) Mauney Memorial Library — \$1,000.00 — A growing source of knowledge for all local people. There is a constant need to buy new books to broaden our Library's services.
- (7) A Heart Fund For Kings Mountain-Grover-Bethware Section — \$1,000.00 — Another new source of help for our local needy indigent heart patients. Not connected to the National Heart Assn. or its drive.
- (8) Kings Mountain High School Band — \$3,550.00 — Consolidation and good leadership have resulted in a 100% increase in the size of our band. Money is needed for uniforms and equipment.
- (9) Kings Mountain Rescue Squad — \$3,200.00 — Local citizens are becoming increasingly aware of the many services rendered by these local men.

**When You Are Contacted, Show Your Support Of Our United Fund By Giving At Least 1-Hour's Pay Once A Month. Remember, You Are Contributing To 9 Different Drives When You Give The United Way.**

**IF YOU ARE NOT CONTACTED, PLEASE MAIL YOUR CONTRIBUTION TO:  
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