

DISTAFF DEEDS

SHORT OF MARK
Bachelors sometimes need advice about homemaking, too. At least Bill Nelms of Clay County did.

Nelms was building a small house to rent fully furnished. But he learned the hard way that he shouldn't have bought draperies to fit the size windows he installed.

"Nelms did a good job of buying the rods and of putting them up," Mrs. Ruby Corpening, home economics Extension agent, concedes, "but he needed help with measuring windows so he would buy the correct length draperies. The first pair he purchased fell short of their mark."

Nelms is also learning about color schemes and what furnishings would be practical for a house that is to be rented, Mrs. Corpening adds.

SUPPLEMENTS INCOME
"Draperies making is enjoyable because you can obtain better quality, plus the correct length

and fullness," believes Mrs. Emmit Fields, Oxford, Rt. 4, Granville County.

Besides making draperies for a dozen or more houses, Mrs. Fields supplements her income by sewing for children and adults, reports Mrs. Mary I. Parham, home economics Extension agent. Mrs. Fields developed these skills by attending special interest meetings of the Lewis Extension Homemakers Club, the agent adds.

PICK-UP WEDDING GIFTS
Brides-to-be in Caldwell County are invited to stop by the Extension home economics agent's office for a "pick-up wedding gift." The gift: a cookbook with recipes and homemaking hints, compiled by members of an Extension Homemakers Club.

When the brides receive the cookbook, they also find out about the other services Extension offers young people, Mrs. Hazel B. Lipe, associate home economics Extension agent, says.

AID SHELTERED WORKSHOP
Whenever and where-ever there is a need, members of the Starlight Extension Homemakers Club, Onslow County are ready to help.

According to Mrs. Chase C. Padgett, home economics Extension agent, a sheltered workshop recently opened in Jacksonville. Purpose of the workshop, she explains, is to train mentally retarded and physically handicapped boys and girls in an occupation.

Because of limited funds the center is in need of equipment and furnishings, the agent adds. The Starlight Club voted to buy material and make draperies for the center's lounge. Also through their efforts a sofa and chair was added to the lounge area.

Members will continue finding ways to create a pleasant atmosphere for the mentally retarded and physically handicapped children who are enrolled in the workshop, the agent predicts.

PAYS TO HAVE KNOW-HOW
Sometimes, it pays to have know-how, Mrs. Elsie B. Edwards, home economics Extension agent, Pasquotank County, believes.

Ten homemakers recently saved \$75 by learning to cane chairs, the agent observes.

One homemaker, Mrs. George Kirkwood, almost completed the bottom in her antique chair during the first day of a caning workshop. She carried the chair home, and her husband became interested in the project. By following the directions given in an Extension bulletin on caning, Kirkwood applied the binding cane and tied the loose strands.



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Weekly Health Tip
By **WILSON GRIFFIN**

Women of child-bearing age should be very careful about self-medication, says Dr. Virginia Apgar. They may be pregnant, but unaware of it, and little is known about the abnormalities that various drugs can cause in the embryo, especially in the early stages of pregnancy.

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