

# History DEEDS

by Jan Christensen

(News items this week from Edgecombe, Tyrrell, Cumberland and Richmond counties.)

### STUMBLES ON "GOLD MINE"

"Junk furniture can be fine furniture," notes Mrs. Betty Morgan, an Edgecombe County homemaker.

Mrs. Morgan bought an old chest from a junk dealer for eight dollars with the intention of refinishing it. When she removed all the dark paint, she found the chest was solid mahogany and worth many times what she paid for it.

The chest is now a prized possession in the Morgan home.

Claudia Tutterow, assistant home economics Extension Agent, suggests that anyone who needs furniture, but is on a limited budget, could save money by refinishing old furniture.

"Who knows," the agent added, "you may stumble on a 'gold mine' as Mrs. Morgan did."

### DRINK MORE MILK

Two out of three homemakers in Tyrrell County were not getting adequate amounts of milk each day, according to a recent survey.

So Mrs. Frances Voliva, associate Extension agent, conducted a special foods and nutrition class emphasizing the value of milk in the diet.

Adults need two or more glasses of milk each day, the agent adds.

### SEW YOUR OWN THINGS

A Cumberland County 4-H'er believes you can save money by sewing "your own things."

Doris Autry, Stedman, began her sewing career at age five by making doll clothes. She began sewing for herself at age 11.

Also, Doris has shown a gradual increase in the number of garments made, from two in 1964 to 57 in 1969.

Over the five years she's been sewing, Doris made 148 garments at a total cost of \$453.64. She estimates her total savings at \$910.21, Mrs. Mavis G. Johnson, home economics Extension agent, notes.

### TAKING TOO MUCH FOR GRANTED

Sometimes we, as mothers, take too much for granted; especially when it comes to daughters learning home economics skills.

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Here's an example. At a cooking class held for 10-year-olds in Richmond County, it was discovered that a young girl did not know how to peel or cut up an onion.

After learning how, the girl went home and told and showed her mother. The mother, surprised at her daughter having learned such a simple thing exclaimed, "I didn't realize Mary had never peeled an onion, pared a carrot or cut up celery. I just took it for granted she knew."

Let's hope most young girls are being taught basic cooking skills at home instead of being taken for granted, Lucille M. Carter, associate home economics Extension agent, says.

## Sp/4 Wells Earns Dixon, Mitchem Bronze Star Named To Post

1ST CAVALRY DIV. (AMBL), VIETNAM (AHTNC) April 10 — Army Specialist Four Michael L. Wells, whose wife, Paula, lives at 419 E. Vir. Ave., Bessemer City, N. C., received the Bronze Star Medal during recent ceremonies in Vietnam.

Spec. 4 Wells earned the award for outstanding meritorious service in connection with military operations against hostile forces in Vietnam while assigned as a crew chief in the 11th Aviation Company, 1st Cavalry Division (Airmobile).

Delbert Dixon of Kings Mountain and Yates Mitchem of Shelby were named to be in charge of Command Post of the Piedmont Rescue Association at that group's meeting in Charlotte last Sunday. The Command Post is the largest in western North Carolina and includes eight counties and 14 rescue squads.

A land-water combination Command Post will be held at Lake

Norman on Sunday, June 7, at 9 a.m. when trophies will be awarded for the best first aid work with judges to determine the winner. Each unit will be requested to try to solicit five books to help pay for the trophies.

Purpose of the Lake Norman exercise is to give training in case of a large disaster. Approx-

imately 135 rescue members will participate in the exercise. Also, approximately 100 Boy and Girl Scouts will participate in the exercise which will cover land training as well as water.

Nassau was a training base for the Royal Air Force during World War II.

Russia has about 400 submarines, it's believed. This is about the same number maintained for a number of years. However, some newer ones are capable of longer voyages and some are undoubtedly atomic powered.

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**Weekly Health Tip**

By **WILSON GRIFFIN**

Smarting, itching and inflammation of the eyes and eyelids often are caused by bacteria and viruses or by sensitivity to dust, pollen, or air pollution. Virus infections of the eyes can occur a few days after swimming in natural water or a pool even though chlorinated. Most bacterial infections of the eyes can be cured promptly by a physician, using sulfa or antibiotic drops or ointments.

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