

Feature Home-Grown Tomatoes In Your Recipes For Autumn; Favorite Recipes

By MISS YORK KIKER

Marketing Home Economist
Tomatoes are quite familiar and favorites, especially in the summertime. Many people have a few plants at home in their vegetable garden or even in their flower garden to provide a source of supply. Fortunately, there are tomato growers who furnish excellent N. C. tomatoes for those of us who have to buy our foods.

A recent tour of the trellis tomato industry in western North Carolina was an eye-opener. In the past ten or twelve years the trellis business has grown from nothing to an industry approaching \$5,000,000 in 18 of the western counties. The natural advantages of suitable soils, warm days, and cool nights allow the mountain area to grow large yields of good quality tomatoes. A great deal of land is needed for production thus tomatoes are ideal for concentrated mountain farming.

It was a beautiful sight to see farms with several acres of plants carefully staked and to watch the workers picking the tomatoes. Following the farm tour a visit was made to the packing plants to watch the washing, grading, sizing, wrapping and packaging. Many hands were working swiftly and efficiently to start high quality, firm tomatoes on their way to the

market place.

The packing plants do their work efficiently, then it is important that tomatoes are treated gently in the grocery stores and by the consumers. A few tips can increase your enjoyment of tomatoes. Please don't be a "pincher" when you are doing your buying. Tomatoes bruise easily. Ripe tomatoes keep best in the refrigerator where the cold stops the ripening process. Make a practice of peeling and cutting tomatoes just before using. If you must prepare them early, keep them covered in the refrigerator until time to cook or serve them. Underripe tomatoes, even mature ones about to turn color, will ripen indoors. Spread them out at cool room temperatures. Light isn't needed to produce good red color after tomatoes are picked. Ripening in a sunny window sill is not recommended. Too much sunlight prevents normal development of color. Immature green tomatoes won't ripen.

To get the most enjoyment and Vitamin C from tomatoes eat them raw and fresh. Remember they hold a large share of vitamins even when cooked. For variety you might like to try Golden Glow Tomatoes, Tomato and Squash Au Gratin or Relish Salad or one of your recipes.

GOLDEN GLOW TOMATOES
8 medium firm North Carolina

tomatoes
1 cup cooked regular rice
1 1/2 cups (6 ounces) shredded cheddar cheese
1 small clove garlic, crushed
1 teaspoon Worcestershire sauce
2 tablespoons chopped parsley
1/2 cup shredded cheddar cheese

Cut a thin slice off stem end of tomatoes. Scoop out pulp leaving about 1/2-inch shell. (Save pulp for salads or soups). Toss together rice, 1 1/2 cups cheese, garlic, Worcestershire, and parsley; spoon 1/3 cups into each tomato. For outdoor cooking, wrap each in foil and heat over hot coals 10 to 15 minutes. Or, place in a shallow baking dish and bake in a preheated 375 degree oven 20 minutes. Top each hot tomato with 1 tablespoon cheddar cheese. Yields 8 servings.

TOMATO AND SQUASH AU GRATIN

2 lbs. yellow summer squash
1/2 cup flour
1/2 cup fat
1/2 cup grated sharp cheese
6 sliced fresh North Carolina tomatoes.

1 teaspoon salt
1/2 teaspoon pepper

Wash squash, do not peel, cut in 1 inch slices. Dip in flour and saute in fat until slightly browned. Place in a greased seven-inch casserole in layers with tomatoes. Sprinkle each layer with cheese, salt and pepper. Bake at 350 degree F. about 30 minutes.

Yields 6 servings.
RELISH SALAD
3 medium North Carolina tomatoes sliced
1 cup thinly sliced unpeeled cucumber
1 medium onion, thinly sliced
1/2 cup thinly sliced carrot rounds
1/2 cup thinly sliced celery
1/2 cup vinegar; tarragon if available
1/3 cup water
1/4 cup sugar
1 teaspoon basil leaves, crushed
1/2 teaspoon salt
1/4 teaspoon pepper
Arrange vegetables in rows in 10"x8" 1 1/2" dish. Mix remaining ingredients and pour over vegetables. Cover and chill at least four hours or overnight, turning vegetables occasionally. Yields 6 to 8 servings.

Winter Cover Grazing Crop Good Investment

Dollar for dollar, the money farmers spend on winter cover and grazing crops may be one of the best investments they make all year.

These fall-seeded crops require a relatively small investment in time and money, but they provide a number of benefits.

When grown strictly for cover, they protect cropland from erosion during the barren winter period. Next spring, they can be plowed under to provide organic matter to land on which tobacco, cotton, peanuts or some other valuable crop is to be grown.

Some acreage of small grain—primarily wheat, barley and oats—is grown for silage. Much of the acreage of these crops, plus rye and rye grass, is grown for grazing cattle. No matter what the purpose, the winter crops help in soil conservation.

The winter annuals provide some of the best feed and dairy animals receive, and the feed is available in green form when the "green bite" that cattle like so well isn't generally available from perennial pastures.

Plant breeders have made the winter annuals even more attractive by developing new varieties with high yield potential.

North Carolina State University extension specialists point out, for example, that some of the rye grass varieties can produce up to four tons of dry forage per acre.

And the quality of the feed is just as high as the yield potential. Well fertilized and well managed small grain or rye grass has a protein content of over 20 per cent.

Considering the relatively small investment required of these winter crops, these kinds of quantity and quality returns make winter annuals an excellent feed buy—this in addition to their value for soil conservation.

County extension agents can provide farmers with detailed information on winter annual, such as the names of new high-yielding varieties and how they perform in a particular section of the state.

McSwain Rites Held Saturday

Funeral services for William Buren McSwain, 77, of route 4, Shelby, father of Mrs. Marvin Whisnant of Kings Mountain, were held Saturday at 2 p. m. from Double Springs Baptist church, interment following in Poplar Springs cemetery.

Mr. McSwain died Thursday in Royster Memorial hospital at Boiling Springs.

A member of Double Springs Baptist church, he was the son of the late William and Miller Ledford McSwain.

Other survivors include his wife, Mrs. Millie Taylor McSwain; three sons, Phate McSwain, Sr. and Ernest McSwain, both of Shelby, and Buren Mc-

WASHINGTON REPORT

By CONGRESSMAN JAMES T. BROYHILL

TAX CUTS

As the Congress returned from its month-long recess last week, its most pressing legislative business was implementation of the President's proposed tax legislation which is part of his new economic policies. Taken together, these recommendations will lessen the Federal income tax load for individuals and provide business tax advantages designed to stimulate employment and business expansion.

There is general enthusiasm for this plan among members of the House Ways and Means Committee and the Senate Finance Committee where these proposals will receive initial study. As hearings began in the House Committee on September 8, the day Congress reconvened, Secretary of Treasury John Connally and Budget Director George Schultz were the first to testify in favor of the administration proposals.

It is probable that all of the recommended tax changes will be contained in one bill, which will make a speedy trip through the legislative process more likely. As proposed by the administration, the tax package includes the repeal of the Federal excise tax on automobiles, reinstatement of the investment tax credit for business, and acceleration of scheduled increases in the personal income tax exemption. All of these changes would bring direct benefit to the American worker and consumer and would stimulate economic production.

Auto Tax: The removal of the seven per cent excise tax on automobile, a sales tax paid directly by the consumer at the time of purchase, would save an average of \$200 each for the more than eight million people in this country who will buy new American built cars in the next year. This will work to stimulate sales, and every 100,000 additional automobiles sold will mean 25,000 additional jobs for American workers.

Business Investment: The proposed reinstatement of the investment tax credit would be ten per cent, retroactive to August 15, and would be reduced to five per cent after one year. This change would also work to create jobs by giving businesses incentive to hire more workers. By stimulating business investment in capital improvements, it would provide increased job opportunities in the manufacture of machinery and equipment. This type of tax credit is not new and was originally enacted by the Congress in 1962 at the request of President Kennedy. It was subsequently repealed in 1969.

Personal Income Tax: Acceleration of increases in the personal income tax exemption to \$750 per person and in the standard deduction to 15 per cent are also recommended. Presently scheduled to take effect by January 1, 1973, under the Tax Reform Act of 1969, these increased tax cuts would be moved up to January 1, 1972. For a family of four, this would mean an average increase of \$200 in tax-exempt income, beginning less than four months from now. Altogether, these proposals would reduce taxes now paid by individuals by \$3.2 billion and would provide \$2.7 billion in incentives to companies to invest in job-producing equipment.

Export Sales: Another step recommended by the President would provide tax deferral for earnings from export sales effective January 1, 1972. To be eligible for the tax deferral, a business would have to qualify as a domestic international sales corporation (DISC). This measure would provide a substantial

Swain of Pickens, S. C.; two daughters, Mrs. Hester Lovelace of Shelby and Mrs. Lela Bell Washburn of Aiken, S. C.; one sister, Mrs. Landrum Lovelace of Shelby; 29 grandchildren and 30 great-grandchildren.

stimulus to U. S. producers to increase their export sales, with resulting favorable effects on the balance of payments. Additional jobs would be created by strengthening the position of U. S. companies in world markets. The Administration estimates that DISC would increase export sales by approximately \$1.5 billion per year.

This proposal also is not a new one and was a part of the foreign trade bill passed by the House of Representatives last year. By allowing tax advantages for companies exporting American-made products, the government would be providing a stimulus for export business comparable to that provided by other nations such as Japan and the European Common Market.

In an eloquent speech to a joint session of the Congress last Thursday, President Nixon requested the Congress to expedite action on his recommendations. He also asked for the cooperation of the Congress in restraining Federal spending, pointing out that "Any additional spend-

Roses' Store Is Backing Nixon Policy

L. H. Harvin, Jr., president of Rose's Stores, Inc. stated, "All the people who are Rose's Stores, Inc. pledge compliance with the President's policy on wages and prices. Since the company's beginning, it and its people have endeavored to be good responsible citizens of each of our communities and of our great country."

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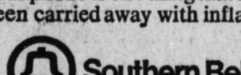
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