

ACCENT ON AGRICULTURE

AGRICULTURAL EXPORTS VITAL

If you have a TV set, a radio, camera or razor, chances are parts or all of it came from Japan, our Number 1 foreign customer for United States farm products. We send her farm products; she sends us electronic equipment. We both benefit from this transaction.

Consumers, farmers, workers, investors and business all stand to gain from expanded trade between countries. When products are exchanged on a basis of each country producing the items it can produce most advantageously, consumers get the best product at the lowest price. No one country — not even the United States — can efficiently produce every product it needs.

In the past 12 months, there was a favorable balance of trade for agricultural products of \$5.6 billion. During the same period, nonagricultural trade resulted in an unfavorable trade balance of \$9.1 billion.

A favorable balance of trade is important because it allows the United States to buy products in short supply here. And we have the potential in agriculture to

help solve the overall balance of trade problem if we are not threatened with restrictions. Limitations on exports and imports can seriously affect our country's position in world trade.

If we in America adopt protectionist policies, we can expect retaliation from our overseas customers. We will not be able to expect the countries who are members of the European Common Market to seriously consider our requests for eliminating their variable import levies. We cannot build a fence around America.

The pattern of international trade developed in the mid-1970's will shape the market opportunities and incomes of American farmers for years to come. Policy decisions made by our government and those of other nations will mold a trade environment that will either foster or restrict international trade.

OIL USE

The U. S. consumes oil product at an average of 14.7 million barrels a day. This is expected to increase to around 18 million barrels a day by 1975.

The Tar Heel Kitchen

By MISS YORK KIKER
Marketing Home Economist

At this time of the year your theme song may be "Home for the Holidays" but it will could be changed to "Ham For the Holiday." Modern food production and distribution no longer limit the availability of foods to certain occasions and seasons.

The N. C. Department of Agriculture, markets divisions, joins the North Carolina pork industry in reminding everyone that ham and other pork products are important items in holiday food planning. Frequently, there are numerous recipes for pork dishes, yet little information is given for proper selection and basic cooking methods. Excerpts from "The New Pork Cookbook," compiled by the N. C. Pork Producers association, provide valuable assistance to buyers wishing to choose and prepare pork with the greatest of ease.

PORK SELECTION
Pork is available as fresh, cured (pickled), smoked and canned. Pork is also processed alone, or in combination with other meats, as sausage and ready-to-serve meats. Pork cuts are equally popular for outdoor cookery or in the kitchen.

For pork roasts, choose loin cuts (bone-in or boneless) — fresh or smoked; should cuts (bone-in) — fresh or smoked; picnic, fresh roasts (Boston cut, smoked rolls (butts); fresh ham (legs); one-in or boneless smoked hams and Canadian-style bacon. There are skinless hams; skinless, shankless hams; semi-boneless hams; boneless hams; half hams; shank and butt portions; ham pieces. The smoked cuts may be the fully-cooked or "cook-before-eating" type. Spare ribs, rack ribs and country-style backbone may be selected for many occasions.

Chops and steaks include loin and rib chops, fresh and smoked; Frenched rib chops; butterfly and other boneless chops; chops with a pocket for stuffing; sirloin chops; shoulder chops and steaks; porklets and smoked ham slices.

Sliced Canadian-style bacon, bacon, fresh and smoked hocks and further variety.

PORK COOKERY
Fresh Pork: Loin, legs (hams), Boston shoulders, picnic shoulders and tenderloin (whole) should be roasted at 325 degrees F. to 350 degrees F. oven temperature until the roast meat thermometer registers 170 degrees F. (for either bone-in or boneless cuts). Steaks, porklets, and patties are usually cooked by broiling or pan-frying although steaks are popular for outdoor broiling or grilling. Chops can be broiled or grilled or braised. Chops and steaks should be cooked at a moderate temperature so that they are well done in the center but are not dry on the surface. To cook sausage links or patties, place them in a cold frying-pan, add 2 to 4 tablespoons water, cover tightly and cook slowly 5 to

8 minutes depending on size and thickness. Pour off drippings and cook uncovered until browned. (Note: A meat thermometer is a good investment, and when used properly assures success in cooking. Roasting time for pork of approximately 30 - 45 minutes per pound. Whole hams require about 22 to 28 minutes per pound. Time will vary in cooking, therefore a thermometer is the best test for doneness.)

SMOKED PORK: Large cook-before-eating cut should be baked (roasted) at 300 degrees F. to 325 degrees F. until the meat thermometer registers 150 degrees F. for hams, loins and Canadian-style bacon; 170 degrees F. for picnic or shoulder rolls (butts). Ham, Canadian-style bacon slices, bacon and smoked chops are broiled, pan broiled or pan fried.

The N. C. Porkettes are busily planning the N. C. Pork Queen contest which will be held on January 13, 1974, in Raleigh. The top prize of \$200 makes it worthwhile for young ladies to consider entering even though they are engaged in holiday activities. The personal requirements are: Girls must be unmarried and with no intentions of marriage within the next 12 months. They must be 18 years of age by January 1, 1974, or not over 21 years of age by January 1, 1975. Contestants must be the daughter of parents now actively engaged in the production of pork in North Carolina.

Deadline date for entries is December 31, 1973. For application and complete information write to: North Carolina Porkette Association, P. O. Box 25727, Raleigh, N. C. 27611.

Mauney Firm Gets Contract

Wile S. Messick, director of Region IV of the Small Business Administration, Atlanta, Ga., has announced a new government contract for Mauney Hosiery Mills, Inc.

Under a federal program which sets aside a portion of U. S. government procurement for small businesses, Messick said the defense personnel support center has awarded the \$217,200 contract for the purchase of men's nylon, cotton and wool socks.

"This set aside program," Messick explained, "is part of SBA's continuing effort to assure a fair share of federal contracts to small business to enable these small firms to develop and grow. It helps also foster economic competition," he said, "the life blood of the American free enterprise system."

Of the 4.9 million persons employed in sales occupations in 1970, more than 2 out of 5 were women, the Labor Department reports. While approximately 3 out of 10 of all sales employees worked part time, nearly half of the women sales workers were employed on part-time schedules.



By JANICE CHRISTEISEN
"The trouble with many scientists working with foods is that they probably couldn't fry an egg."

So Ted Miller, head of the Seafood Laboratory located at Camp Glenn, says the scientists' inability to cook well lead to the establishment of an advisory body composed of Carteret County Extension Homemakers club nutrition leaders.

These women know "kitchen tricks" that might hold the key to some important developments that will improve handling preparation, processing and serving of seafoods, Miller added.

er said. "And undersize shrimp have a big flavor in creole and shrimp toasties."

"The women are helping us Miller notes. "Some sports fishermen don't know how to prepare the fish they catch, so the women are developing recipes. And they are working with us to find ways to preserve off-shore fish so quality can be maintained from fishing boat to home freezer."

LOAN FUND

There will soon be another college loan fund worthy Cleveland county students, thanks to members of the Elizabeth Extension Homemakers club.

mic agent. But they recently decided to use the money for a college loan fund.

It will be available for students planning to Gardner-Webb college, the agent added.

KEEPS LEARNING

A 76-year-old homemaker from Rowan county, who wants to keep learning, still attends the first workshop of each new craft taught.

After attending two types of chair bottoming workshops this summer, Mrs. Roy Bost is now able to bottom chairs by three different methods.

She learned the third method, rush bottoms, about three years ago and since they has put bottoms in 25 chairs, adds Edith Hinshaw, extension home economics agent. She did most of these chairs for friends.

After the summer worship, Mrs. Bost bought five chairs that need strand care woven in them. She plans to bottom these and give them to relatives.

Women who wait to see a doctor until late in pregnancy, or when they go into labor, run a greater risk of having premature or low-birth-weight babies, according to the March of Dimes.

Wilson Joins 7-Gallon Club

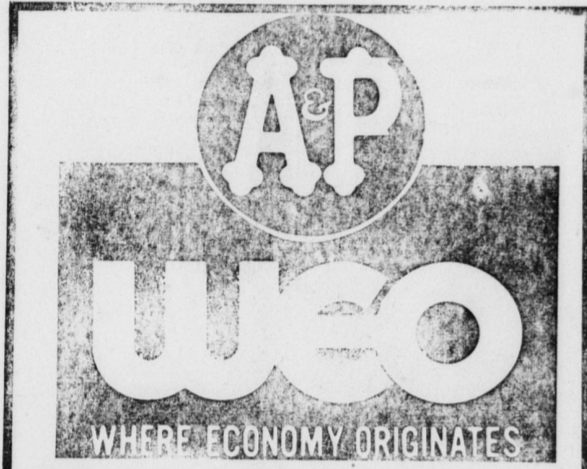
Robert L. Wilson became a member of the exclusive seven-gallon club of blood donors and Steve Rath one joined the six-gallon ranks at Monday's visit of the regional blood bank.

Reaching the two gallon status was J. D. Short. Kyle Smith became a member of the one-gallon club.

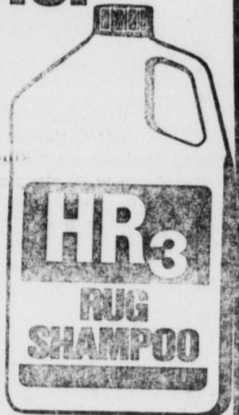
A total of 52 citizens donated blood with three first time donors, 10 replacements for specific recipients and five rejections. Kings Mill led industrial donors with seven.

Next visit of the Red Cross bloodmobile will be on Monday, January 14th, at the Community Center.

Simple blood tests can identify carriers of several blood disorders, including thalassemia (Cooley's anemia) and sickle cell disease, says the March of Dimes. Tests also can detect carriers of some inborn metabolic errors such as Tay-Sachs disease. Every other minute a child is born with a birth defect, says the March of Dimes.



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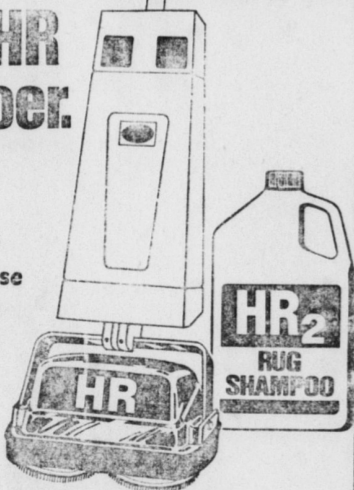
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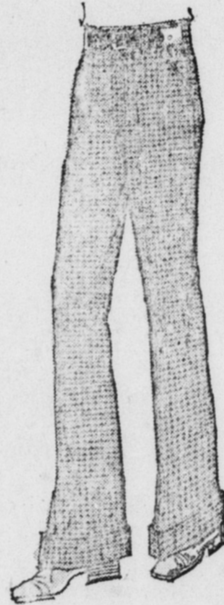
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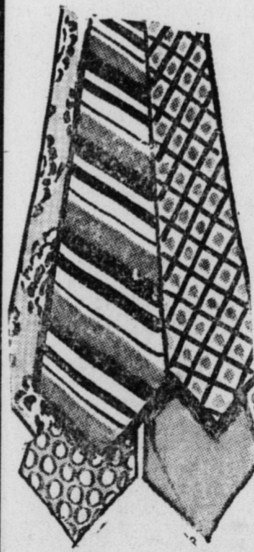
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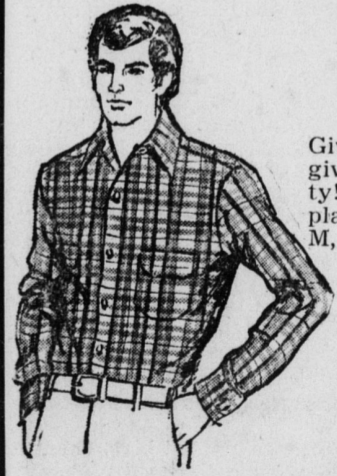
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