

Think on This

For in the natural world we have many treasures and all treasures do not have the same function: there is iron which, being tempered and refined, makes a building strong; and there are coal and oil which burn with a comforting warmth; there are gold and silver and precious stones which shine with vividness and beauty:

And in the world of the arts we have many treasures, and all do not have the same function: there is the work of the painter and the sculptor and of the architect; and shall one say to another, the art I represent is more important? Or, the world has little need of you?

So shall it be with those Treasures that are People: being one in the image of God, we have gifts that differ according to the grace given unto us; and there is none greater and none less; for all are the creation of God and made by *Him* to be used according to *His* purpose.

(A paraphrase of portions of Romans 12 and 1 Cor. 12. Author unknown.)

"What My Religion Means To Me"

Rev. L. C. Vereen-Pastor Asbury Methodist Church

When I think of "What My Religion Means To Me," I am immediately reminded of my Church and its influence upon my life. After all, we cannot separate our Religious life from the Church and its influence upon our lives. It is to this I direct my remarks.

Before I was born My Church gave to my parents ideals of life and love that made home a place of strength and beauty. Religion brought my parents together and joined my parents in consecrating me to Christ and in baptizing me in His name. My Church taught me the lessons of life that have been woven into the texture of my soul, and have lifted my eyes towards the stars. It was the Church that brought my wife and me together and since has blessed our home in many ways. When my heart was seamed with sorrow, My Church drew me to the Friend of the weary and whispered to me the hope of another morning eternal and tearless. My Church and Religion mean everything to me, and It asks in return my services and my loyalty. I will help to keep aflame a torch of a living faith by doing all I can to share it with others.



Each of these (16) stars represents a complete year of perfect attendance. Two members, Mrs. Herbert Beaman, New Bern, and Mrs. M. B. Simpkins, Cove City, received stars number 17. (Just think of 17 years without missing a meeting!) Mrs. Simpkins has served as past district chairman, delegate to the National Home Demonstration Meeting in Texas, and delegate to the International Relations Tour in Mexico.

Other members of the club include: Mesdames Nat DeBruhl, Emma Stox, James Wiggins, Mamie Wetherington, Bessie Daugherty, T. J. Wetherington, W. C. Wetherington, Merrill Dail, Martha Register, J. W. Hardison, Harvey Heath, T. O. Wetherington, C. S. Daugherty and J. E. Daugherty.

In 1948, Mrs. Beaman had the first dinner to honor the members with



perfect attendance. Each year since that time the meal has been hosted by volunteers. Mrs. C. S. Daugherty and Mrs. J. E. Daugherty were hostesses this year and served the husbands and members. Those husbands were very proud of the record their wives set. It's not often that a club has 100% attendance for a year.

A perfect attendance record is not the only achievement of this astounding club. Every member attended the annual county meeting last fall, at which time the club received an award for having the highest score based on leadership, community projects and active participation in local, county, district, and state Home Demonstration Club activities.

These women are continuing their efforts and they expect to have another record this year. What a challenge to the rest of us!

Jasper H D Club members with Miss Rebecca Colwell, their Craven County home economics agent.





THOMAS ALVA EDISON A Great Man

A Great Man 1847—1931

February is the month of great men! We have heard much about Lincoln and Washington but we often forget another man who was and is just as important to our life. That man is Thomas Alva Edison! Born in Ohio, February 11, 1847, he and his parents later moved to Port Huron, Michigan. He went to school three months and was at the bottom of the class. The teacher described him as "addled".

Thomas then left school, and his future education was obtained from his mother and by his own experimental observations. As an experimenter he started young; he tried to imitate a hen by sitting on some eggs to hatch them and he dosed the family odd-job man with Seidlitz powders to see if the gases generated by them would enable him to fly!

This last effort met with physical discouragement, and young Edison *retired to the cellar*, where he began to assemble a laboratory.

When Edison took up invention as a career, the Civil War was past. The energies of the country had been released for a burst of business enterprise, speculation, and of material progress generally. Edison had a faculty of making things work and it wasn't long until the public began to regard him as a marvel and to call him a wizard. In fact the title of "Wizard" was bestowed on him by the newspapers. By 1910 he had 1,300 patents.

His invention of the phonograph made possible the first mechanical reproduction of human speech and song. Whenever you touch an electric light switch, or pick up the telephone, or turn on your record player, or watch a movie, you are paying an indirect tribute to the inventive and mechanical genius of Edison. For by his long career of research, experiment, and invention, of improving and making practical the inventions of others. he contributed more to our modern civilization than any other scientist. His effect upon the world has been incalculable.

In the last century the Western world led the way to mechanical civilization, and of that civilization Edison was the father. He is great as a man and as a servant of humanity. His achievements are his memorial.

Green 'n' Growing

Home Demonstration News Magazine



CITIZENSHIP

CULTURE

Vol. 5

CHARACTER

COURAGE

February, 1959

No. 2

Green 'n' Growing

A magazine for women who believe that "Today's Home Builds Tomorrow's World."

To inform, inspire, develop, strengthen and correlate the work of home demonstration clubs and the Agricultural Extension Service in their efforts to assist women in promoting higher standards of living, in understanding themselves, their families and their neighbors and in promoting creative leadership.

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In This Issue

Page

| Jasper Club Stars | 1 |
|---------------------------|--------|
| Edison-A Great Man | |
| Where There's A Wiles | |
| Chat with the Editor | 5 |
| Education for Life | 5 |
| Bits 'n' Pieces! | _ 6, 7 |
| Grits Go Glamorous | 8 |
| Growing Old Gracefully | 9 |
| Wimmin're Rite at Home | 10 |
| Good as Gold | . 11 |
| Stuffed Dates Inside back | cover |
| | |

CHANGE OF ADDRESS: Please give old and new address and notify us four weeks in advance.



Eric and John Wiles really enjoy their mother's (Mrs. Olive Wiles of Ashe County) jam.

Where There's a Wiles There's a Way

An Ashe County polio victim has found one answer to her problems. Mrs. Olive Wiles of the Grassy Creek community, has diligently searched for a means of financing a teaching certificate, so she would be better able to provide for herself and her two sons.

Sales of *just-right* jellies made in her own kitchen have started her on the way to that goal. She began making jellies at the age of 12; but she never dreamed that one day they would make her college education possible.

Mrs. Wiles lives with her sons, age five and seven, in the home of her parents, Mr. and Mrs. R. C. Pierce. The many different fruits available on the mountain farm are gathered by Eric, the oldest and Mr. Pierce. Wild grapes, crabapples, and black raspberries are picked at their best and then used in the proportions recommended by the N. C. Agricultural Extension Service. She prepared over 90 one-half pints of high quality jelly during the past season. Most of her sales are made at the Northwest Trading Post where there is a great demand for this type product.

In addition to the jelly, Mrs. Wiles also makes marmalade, juice and apple butter. Her boys think they are "good eating."

"An open jar of jelly does not last around here," exclaimed Mrs. Wiles.

Happy Birthday

Jordan's Chapel Club, WAYNE, met in their new Community Building for their first birthday party. This club, Wayne County's newest, was organized in January, 1958, as an outgrowth of the Farm and Home Development Program. Since its organization the club has made much progress in community and membership growth.

The club met in the homes of its members and because of limited space a need for a Community Building was felt. Mrs. Carol Britt offered a tenant house on her farm. The ladies eagerly accepted this offer at their November meeting. The house had never been painted inside or out and was pretty run down. The women asked for mattress box covers from furniture stores and tacked them to the walls. Then they bought stick-on wallpaper and papered the walls. The floors and ceilings were painted and cat holes in the doors patched. Draperies and blinds were hung at the windows. A coal stove, kitchen cabinet and table were donated. The club bought twenty folding chairs and a folding table for the assembly room. All of the work was done by the women at the cost of \$179. The local Grange contributed \$27 of this.

The women are now eager to begin work on the yard and earn money to paint the outside.

Officers are Mrs. J. A. Jernigan, president; Mrs. Granger Westbrook, vice-president; and Mrs. Lehman Martin, secretary-treasurer.

Chat with the Editor

Yes, Spring is around the corner. I've caught several brief glimpses of her—but she is so illusive. Are your daffodils up? Mine are. One or two warm days will bring out the blossoms.

I hope you liked your first magazine. Several ladies have been kind enough to write that they read it from "cover to cover" and were eager for the next issue. There were some mistakes, of course, and there will be more as time goes on, I'm sure. But this time my hair isn't all pulled out and my fingernails are a little longer. (I've been told, "The first hundred years are the hardest." And, "Next time will be easier.") It is fun! It is a challange! Your letters make it rewarding!

I am looking forward to the day when the mailman will bring a basketful of letters just chuck full of ideas, recipes, dates, humor, etc., and 100's of subscriptions plus stacks of advertising. Will you help me make this day come soon? You can show our little magazine to every H. D. member in your community and be sure she has the opportunity to subscribe. The ideas alone will save much more than the magazine costs and think how much fun it is to read about other members of H. D. and what they are doing.

See you next month.

Sincerely,

Dot Vanderbilt

Education for Life

At the National Home Demonstration Council Meeting in Wichita, Kansas, last fall President James A. McCain of Kansas State College. stressed the importance of home economics in the spiritual and cultural development of family and community living. Speaking on the theme Education for Life, he used the Russian Sputnik to underline the challenge to home economists and homemakers to gear their thinking to today's changing pace. He considered regrettable the widespread ignorance of what home economics is all about. "Far from being an educational frill'', he said, "home economics is one of the most solidly professional college courses now being taught. Every means should be taken to inform the general public. But more important is the need to return to fundamentals."

Home demonstration members can help by encouraging high school girls to choose a career in home economics. The acute shortage of trained home economists is a serious threat. Placement services report from 5 to 10 demands for every graduate, and yet enrollments are down. Teachers and counselors of career opportunities and professional requirements should be informed. We can further help by providing more scholarships, and by re-evaluation of objectives so as to stress fundamentals rather than skills and techniques. Mass media for communications can be used for enrichment of the home, or its degradation.

A challenge is presented to home economics and to home demonstration: We must be concerned not only with improving the diet but with improving the mind and elevating the taste as well.

Bits

'n

Pieces

Emma's Grove-Salestown H. D. Club, BUNCOMBE, has 100% subscription to *Green 'n' Growing*. Congratulations! They are first!

Five JOHNSTON County Clubs have acted as hostesses for the mobile X-Ray unit now covering their county.

The February issue of *Farm Journal* asks this question, (p. 44) "Is *Ex*tension due for some changes?" What do you think?

Gossips have been catalogued in three different types: the vest button typealways popping off; the vacuum cleaner type—always picking up the dirt; the linament type—always rubing it in.

from Charity and Children



Remember your tongue is in a wet place and likely to slip.

Author unknown.

The world has too many cranks and not enough self-starters. Anonymous

The three little gems above are a sample from the Lystra Club, ORANGE. Each month their president brings a thought—some times funny, sometimes serious—but always good.

Medieval locksmiths thought up some amazing devices to compensate for the weakness of their locks. According to the Schlage Lock Co., treasure chests were often made with as many as a dozen fake keyholes, among which was the actual lock. And some lock mechanisms even aimed steel darts, knife blades or pistol balls at the heads of unwary lock pickers.

JURY DUTY AN EYE-OPENER

Mrs. Gilbert English, first vicepresident of State Home Demonstration, and Mrs. Eddie Millikan of Randolph County "practiced what they preached" by reporting for jury duty in Randolph County on December 8. Sure, they needed the time at home to prepare for Christmas as any homemaker would, but neither lady tried to get excused as they considered it their duty to serve. Mrs. Millikan had served before but it was a new experience for Mrs. English who made some interesting observations.

She was impressed by the high caliber of the men and women who served with her and their efforts to be fair in their decisions. She was equally impressed by the interest of the law enforcement officers and the sincerity of the judge and his desire (Continued from page 6) to be helpful to the jury. Mrs. English highly recommends that other women serve when called as it is a real "eye-opener" on the procedures of the courts—very informative and interesting—and what is four days out of 365 even if it is hog-killing time and right at Christmas?

The eruption of Vesuvius which destroyed Pompei preserved a bakery and the bread in its oven until an Englishman removed the loaves 1800 years later, in perfect condition.

Miss Helen John Wright was surprised recently with a tea given in her honor, recognizing her twenty years of service in MECKLENBERG County. The H. D. clubs presented her with a gift of silver candelabra: (1500 women knew—what a secret! ! !)

Guilford College Club GUILFORD has 100% subscription to Green 'n' Growing. Are there others?

DURHAM, WILKES, and TRANSY-LVANIA Counties have 100% club presidents subscribing to Green 'n' Growing.

Congratulations are in order for Mrs. Johnnie Temple of Newland H. D. Club (PASQUOTANK). She is another who has 17 YEARS of PER-FECT Attendance! There are probably many more who have records like this or maybe even longer. We would like to know about them.

Consumer education is necessary because of the ever-changing consumer market and because of lack of preparation of shoppers for their roles as homemakers. They need help! Where and how can they get it? What are your suggestions?



SHOPPING

One of these days I must go shopping. I'm completely out of self-respect. I want to exchange self-righteousness, which I picked up the other day, for some humility which they say is less expensive and wears longer. I want to look at some tolerance, which is being used for wraps this season.

Someone showed me some pretty samples of peace—we are a little low on that and can never have too much of it. And, by the way, I must try to match some patience which my neighbor wears. It is very becoming to her and I think it will look well on me.

I might try on that little garment of long-suffering they are displaying. I never thought I wanted to wear it but I feel myself coming to it. Also I must have my sense of appreciation mended and look around for some inexpensive every-day goodness. It's surprising how quickly one's stock of good is depleted!

Contributed by

Mrs. Harry Pryor, Caswell County

Perky Pimientos Prettiest idea on the pantry shelf!



February is *the* month for all sorts of things. There's Valentine's, Lincoln's, Washington's and Edison's birthday—to name a few. And then there's Boy Scout Week, March of Dimes, and Heart. We could go on until lunch time—but that brings up another idea. Did you know February also has National Pimiento Week? (Pronounced pi-men'-to.)

Since the pimiento is pretty and nutritious as well as heart-shaped and red 'for Valentines and birthdays, let's find out about it.

The story of the pimiento goes like this —When Christopher Columbus discovered the New World, he also discovered pimientos—which are actually native to the tropical Americas. When he returned to Spain from his second voyage here, Columbus took back with him seeds from these plants, and they proved tremendously popular with the Spanish. We are indebted to Spain for developing ways to process and use pimientos, and before 1920 practically all pimientos sold in this country were imported from Spain. However, by a strange

quirk of fate, pimientos—which were found in the Americas and taken over to Spain—finally returned home.

About fifty years ago a market gardener in Georgia became interested in growing peppers and imported a small package of pimiento-type pepper seeds from Spain. The plants from these seeds were improved for several years, and an excellent variety of pimiento was obtained. This strain was later even further improved by the Georgia Experiment Station, and now a smooth, heart-shaped, thickmeated variety has just about replaced all other strains of pimiento grown in this country. Growing and canning are concentrated in the Southeast part of the United States.

Pimientos are sold in jars or cans, and here's a hint for homemakers. To store pimientos that have been opened, place them—completely immersed in water—in a covered jar in the refrigerator or add a half teaspoon of vinegar to the pimiento liquid, cover tightly, and refrigerate. They will keep almost indefinitely.

Hominy Grits Go Glamorous

Long a favorite in the South, mildmannered grits take on spirit and good looks when baked with pungent pimientos and sharp cheese. This new casserole has an almost custard-like consistency and is bound to be a favorite, spiced up as it is with bright red pimientos.



PIMIENTO-CHEESE GRITS

2 cups cold, boiled grits

1 cup milk

2 tbsp. butter or margarine

2 eggs, beaten

1/2 tsp. salt

 $\frac{1}{2}$ cup grated sharp cheese

1 can or jar (4 oz.) pimientos chopped

Heat milk together with butter or margarine and blend in hominy grits until mixture is smooth. Add remaining ingredients and pour into a buttered baking dish. Bake at 350 degrees until grits are firm and lightly brown on top (30 to 40 mins.) 4-5 servings

STRING BEAN CASSEROLE

1 can green beans

1 can mushroom soup $(10\frac{1}{2} \text{ oz.})$

1 can French fried onions

 $\frac{1}{2}$ to 1 cup sharp cheese, grated salt and pepper to taste

1 chopped pimiento may be added for color contrast

Drain beans. Mix undiluted canned mushroom soup and pimiento, salt and pepper. Put in well-buttered casserole. Sprinkle grated cheese over mixture. Then sprinkle onions over cheese topping. Bake in moderate oven until heated through and serve piping hot. Serves 6. Men especially like this.

> Mrs. C. M. Reaves Wagram, N. C.

Growing Old Gracefully

The sixth District Community Health Conference was held at Murdoch Hospital, Butner, N. C. under the sponsorship of the State Medical Society.

Dr. Wingate Johnson, professor of medicine at Bowman Gray School of Medicine in Winston-Salem, was the principal speaker. He outlined a seven-point program for growing old gracefully. (He admitted he was "three score and 10 plus 3".) The rules he uses himself are:

1. Recognize the fact that a man (or woman) can be as mentally alert in old age as he is as a young man sometimes even more.

2. Associate with young people. "It might shock you for a while, but you'll get used to it."

3. Learn to delegate authority and responsibility to younger shoulders.

4. Cultivate new interests and hobbies.

5. Cultivate old friends and continue to make new ones.

6. Practice and cultivate equanimityor try to keep an even keel.

7. Live in the present and look only to the future. Don't dwell on the past.

"Above all—live one day at a time," said Dr. Johnson. "There never was a time when the future looked brighter for the older generation than it does now. People are beginning to take a more realistic attitude toward old age."

Other problems discussed at the conference were mental and emotional illnesses and how the community health and welfare workers should and could help in combatting them.

Dr. James L. Cathell, superintendent of the hospital, was moderator for a panel discussion, "Hospital and community health services for the mentally ill."

An estimated 200 community health leaders from Vance, Wake, Granville, Person, Orange, Franklin, and Durham counties attended.

Holt WimmEn'rE

Rite At

(Editor's Note: Mrs. Alma Smith, publicist for the Holt H. D. Club. *DURHAM*, tried a new angle "just for a change" on her club publicity. So "just for a change" the Durham Morning Herald printed the following account of the activity, with apologies to Webster.)

Well, we had our January meetin' right where us wimmen felt at homein the kitchen. Miz J. P. Smith, Jr. had us to her house, and Miz La Rue Watson helped her out. We just set back by the fireplace and got our ducks in a row. Some of the ladies took the jobs after ye-yawing around, and some jest said "no". Now, we don't want nobody to do nothin' they don't want to do, so we jest voted in some who wuz absent.

Miz La Rue Watson has red more books than anybody in Durham County, so we figgered she orter be our President. Miz B. R. Barber has red a lot too. They give her a card to frame, but she's workin' for pay nowadays and can't cum. Miz J. P. Smith Jr. said if the President would cum to every meetin' that she'd be our Vice-president. Miz W. A. Smith writes so purty we made her our Secretary. Miz W. V. Berry is goin' to keep on bein' our Treasurer. We had a hard time teachin' her to count, and we don't want to break in somebody else.

A lot of the wimmen wuz absent. Some of 'em wuz workin' for pay, and some of 'em wuz jest pohly, and one's husband has retired frum bizness and she can't keep up with nuthin' but him.

At Home

A bunch of us is goin' to that there free cancer clinic at Watts Hospital.

We sang a little, at the meetin', but hit warn't much to listen to.

Miz Hartsell showed us a pitcher all about the "Value of a Homemaker." You know she sez us wimmen are worth \$10,000. a year to your husbands and younguns. That's what it'd cost to pay somebody to do all the things we are dumb enough to do for nuthin'.

\$10,000—GEE

We had the goodest dinner—everything from tenderloin to them Chinese noodles. I can't figger out why they dirtied up another plate for that rice, though.

After we stuffed till we coundn't hold our stomachs in, Miz Thacker took our pitchers. That there camera jest ground 'em out right there, fast as she took 'em. Well—sum of the ladies that wuz in it wuz Mizzzes Joe Porterfield, W. R. Hayes, D. Lunsford, Mack Wall, H. Mangum, LaRue Watson, W. A. Smith, Lantie Hayes, J. P. Smith Jr. and that cute Wanda Lunsford.

We all want to take that book of Miz Vanderbilt's "Green 'n' Growing," 'cause the H. D. wimmen are growing evvery day, and we shore are green. Even those nice young men we met down at the Ag. Building. But if they want to know anything, they can jest ask Miz Hartsell. With her and the rest of us wimmen to help 'em out, they'll soon ketch on.

We're lookin' forward to gittin' together again.



This is the way it read:

We welcome you to "Ladies Night" And hope you enjoy our dinner,

It's all here and not our fault If when you leave you're thinner.

There's turkey raised in Johnston Dressing with all the fixins— Cranberry sauce, imported, Salad with lots of mixins.

We grew our beans last summer We froze them until tonight To eat with rolls and coffee We trust, a true delight.

Our homemade cake—delicious We mixed and baked, just so. You'll have to pardon our Butter—It's just oleo.

If you laugh, joke, taste and bite And fill this room with glee You'll make us all so happy Signed, The Selma HDC

WAIT! Don't throw out those Christmas cards! Those that have a scenic design or photograph are lovely in small frames and used in a group. Or maybe you could add a small calendar with a bit of glue or a stapler. Use for small favors or place cards for a party. Cards can also be cut up and used for originals (by you) for next year or for package tags. If you are too busy to use them, Veterans' Hospitals, Children's Hospitals and recreational centers would be delighted to have them. Take another look at your cards. Spring cleaning can wait a few minutes!

Make plans for your physical checkup. It may be later than you think.

Mrs. E. L. Griffin, Shawboro (CUR-RITUCK) organized a "Nature Walk" through the woods for some of her club members. How many trees and shrubs could you identify? Take a walk—you'd be surprised!

Mrs. Henry Black (GASTON) has been giving classes on decorative pillow making. This gave the women a chance to use some of the odds and ends of material that they had left from drapes, etc. and gave them a chance to get some decorative pillows at an inexpensive price. Many had priced them and found them too

(Continued on page 12)



Good As Gold (cont.)

expensive to buy. The women who took this course have displayed their pillows during their regular club meetings.

Mrs. Ernest Sutton (PERQUI-MANS) held a stool bottoming workshop for nine ladies in Durant's Neck Community Building. Many women, like these, are taking advantage of craft workshops thruout the state.

Got an old Victrola top in the attic? Mrs. J. E. Munden of Knotts Island (CURRITUCK) created a sewing basket from hers. Turned bottom up, with legs attached, it comes to the

Wanted

News, ideas, recipes, program plans, short—short stories, dates of important meetings, etc, comments, suggestions and questions are always welcome as well as any other items of interest to women. We can't print them 'till you send them.

Contributions should be typewritten. They cannot be acknowledged or returned.

Vacation Dreams Etc.

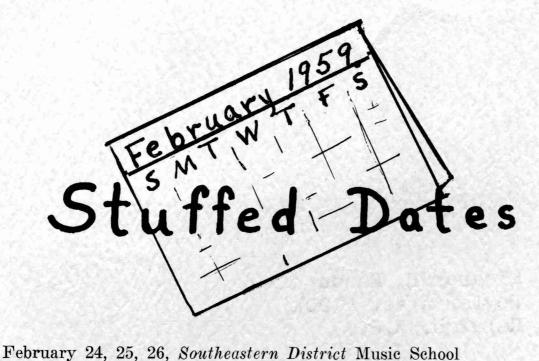
Vacation dreams should be turning into vacation plans just about now, especially if you're thinking of taking a trip. If you start right now, there's still time to build up a healthy vacation fund. Deposit vacation money in a special savings account at your bank. There it will be out of easy reach and you won't be tempted to dig into it for other things.

height of the chair arm. Just right for sewing or knitting!

Do you throw away your poinsettas? Several years ago Mrs. Vance Griffin of Rt. 3, New Bern (CRAVEN) saved her Christmas plant. Now, from that one plant, she has fifteen large, beautifully blooming offspring. During the summer these plants are pruned and put out in the yard, around the porch. Cuttings are used to start new plants. As the weather becomes wintry, Mrs. Griffin brings the poinsettas inside where the family enjoys the lovely red blooms through the Christmas season.

Humorous Doin's

\$1.00 will be paid for true, unpublished stories of "Humorous Doin's" in North Carolina printed in this magazine. Maximum length: 250 words. Address: Green 'n' Growing, Dorothy Vanderbilt, Editor,-3301 Chapel Hill Rd., Durham, N. C.



February 24, 25, 26, Northwestern District Music School February 24 thru 27, Southwestern Officer Training Schools March 2, 3, 4, Camden County Recreation School, Camden Youth Center March 5, 6, 7, Perquimans County Recreation School; 7:30 p.m. Agriculture Building Auditorium, Hertford, N. C. March 16, 17, 18, Johnston County Recreation School March 19, 20, 21, Edgecombe County Recreation School; 7:30 p.m. Curb Market Building, Tarboro, N. C. March 19, 20, Eastern District Music School March 23, 24, 25, Pender County Recreation School April 1, Fifteenth District Meeting, Epson Liberty Church April 6, 7, 8, Clay County Recreation School; Rural Life Center, Hayesville, N. C. April 8, Twenty-third District Meeting, Northhampton County April 9, 10, 11, Indian Reservation Recreation School; Craft Building, Cherokee, N. C. April 16, Seventeenth District Meeting, Wake County

| | Home Demonstra | ation News |
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| | year \$1.00 | 2 years \$2.00 |
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| GREEN 'n' | GROWING Dorothy V | anderbilt, Editor, 3301 Chapel |