



Green 'n' Growing

OCTOBER 1959

Prayer Poem

Lord of all pots and pans and things,
Since I've no time to be
A saint by doing lovely things,
Or watching late with Thee,
Or dreaming in the dawn light,
Or storming Heaven's gates
Make me a saint by getting meals,
And washing up the plates.
Although I must have Martha's hands,
I have a Mary mind;
And when I black the boots and shoes,
Thy sandals, Lord, I find.
I think how they trod the earth,
What time I scrub the floors—
Accept this meditation, Lord
I haven't time for more.
Warm all the kitchen with Thy Love and
Light it with Thy peace.
Forgive me all my worrying,
And make all grumbling cease.
Thou who did'st love to give men food,
In room or by the sea,—
Accept this service that I do—
I do it unto Thee.

Sent in by Mrs. G. F. Burnley
Alameda, California

**Fill out the Subscription
Blanks on back of this page
and mail in the self
addressed attached envelope.
Be sure you put on a 4c
stamp.**

★ Sell your club members!

★ Sell your neighbors!

★ Sell your friends!

★ Renew yours today!

We're green!

Let's grow!

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Green 'n' Growing

Home Demonstration News Magazine

CHARACTER

CITIZENSHIP

COURAGE

CULTURE



Vol. 6

No. 10

Green 'n' Growing

In This Issue

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.

SUBSCRIPTION RATES: \$1.00 a year in the U. S. A. Mail all correspondence to Dorothy Vanderbilt, Editor, 3301 Chapel Hill Rd., Durham, N. C. Telephone 7-3141. This publication carries authoritative notices and articles on Home Demonstration. No responsibility is assumed for statements of contributors. Manuscripts and photographs will be returned only if accompanied by return postage. We can not assume responsibility for their safety.

Advertising rates on request. Advertising copy must be received by the 10th of the preceding month.

GREEN 'n' GROWING, published monthly by Home Demonstration Clubs of N. C. Second class mailing postage paid in Durham, North Carolina.

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

Printed by Ferguson Printing Co., Durham, North Carolina.

Furniture Face-Lifting

Every year about this time we all get the urge to "fix-up". The children are all back in school; dad is busy with fall planting; and the garden is just down to the last tomato. A look at the calendar says that it is now or never, that is until next year—maybe. Church suppers, Christmas bazaars, football games, Thanksgiving and loads of company!

Yes, we can do it now!

In Martin County

We loaded the truck with a club chair, gathered our box of upholstering tools, stuffed in a sandwich for lunch, and headed for Williamston to join Home Demonstration Club members. We were attending a re-upholstering school being conducted by Mrs. Josephine Bond, House Furnishings Specialist from N. C. State College. Little did we realize just how much we would accomplish that day.

After arriving we started taking our chair apart following instructions very carefully, labeling each piece removed to use as a pattern for cutting the new cover. All the time we wondered if we would be able to get it back like the original. We proceeded step by step—repairing old webbing and adding new when necessary, tying the springs, placing burlap over the springs, padding the chair and covering it with muslin; then we were ready to put on the new fabric. We also learned how to do the cushion.

By the end of the first day the chair was taking shape and by late afternoon of the second day we had finished and were very proud and pleased with our two days work.

Since then we have re-upholstered a wing chair, a platform rocker, three stools, one vanity chair, three rockers, three foot stools, a sofa and an antique couch. We also covered six dinette chairs. We have worked with friends and

neighbors helping them re-upholster some furniture.

In the meantime we attended a re-finishing workshop conducted by Miss Pauline Gordon, House Furnishings Specialist from N. C. State College. She showed us the best methods of removing the old finish and preparing the furniture for the new finish. After removing the old finish we used an oil stain to get the color desired, then used a penetarting sealer with an oil base which required several applications, waiting at least 48 hours between each. Having attended this school, we were able to refinish our furniture as well as re-upholster.

We feel that if two women work together, a much better job can be accomplished and it is certainly more enjoyable.

We would like to sincerely thank everyone concerned in making these schools possible in Martin County this year. We feel sure every woman who has the opportunity to attend these classes will be greatly benefited.

For the little money and plenty of time, patience, energy and willingness to work, one can do wonders to an old piece of furniture.

by Mrs. Sam Jenkins
Mrs. Vernon Jenkins

In Nash County

New slip covers solved the decorating problems for many a family home. They transformed the worn, faded pieces of furniture into "lovely to look at" furniture with better lines and new, neat appearance. Slip covers can be one of the most effective and least expensive ways to decorate.

Twelve Nash County women attended a two-day session and displayed four smartly-tailored chairs at the end of the workshop. They also made plans for local workshops to be conducted by those attending.

According to Mrs. Lillie Little, House Furnishing Specialist for the N. C. Agricultural Extension Service, Nash is just one of many counties where workshops of this type have been conducted in

recent months. Home economics agents are glad to give information and assist women who are interested in easier steps in slip covering.



SLIP COVER WORKSHOP—Many chairs in Nash County have received new life as bright new slip covers have replaced the old worn covers. Shown (left to right) at a slip cover workshop are: Mrs. C. E. Bell Jr.; Mrs. L. M. Holden; Mrs. Bob Hendricks; Mrs. Ann M. Inscoe, county home economics agent and instructor; and Mrs. Clarence Fisher.

Kinston Clubbers Enjoy Program

Kinston Home Demonstration Club members find their club work interesting and stimulating. Club leaders have graciously accepted the responsibility to carry on six of the demonstrations in the local club each year. As these leaders carry on these demonstrations, much benefit is received by the leader herself as well as the club members who come to meetings. The demonstrations help the leader. It gives her poise and confidence in herself to teach a lesson which is worthwhile to the local club members. In this way the home agents are relieved of this duty and are free to carry on some other projects in the county to people who are non-club members.

It is an honor to be selected as a leader. Many leader's Workshops have been held on subjects such as making hats, drapery construction, flower arranging,

Swedish embroidery, copper planters, handmade trays, basketry. These are "extra", outside of regular club meetings.

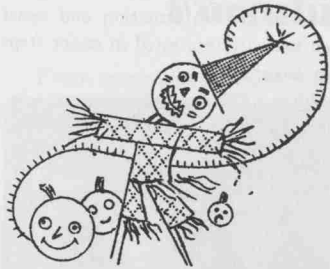
We are given instructions through demonstrations on all phases of home-making such as selection, construction, and care of clothing; landscaping, combining colors of materials and paint for beautifying the home. We couldn't fail to mention foods and nutrition, proper freezing instructions and principles, and storage of food.

We plan and help in community activities such as helping keep our city clean. Two members represent our club at the Lenoir County Safety Council meetings.

A Brownie Troop benefits from our sponsorship. Folding bandages for cancer

Continued on page 11

Bits 'n' Pieces



Give the new bridge a gift package of Extension Bulletins. It may be her most valued gift in the years to come.

Pictured above are, left to right, Mr. Thomas Gwynn, Mr. Clyde Simpson, Mr. Joe Ross, and Mr. Wilbur Gwynn modeling hats decorated by members of the Friendly Community Club of Alamance County.

These hats were auctioned off at a recent picnic as a means of recreation and money raising.

Tracy Grove Club (HENDERSON) chose "Stop Taking Self-Prescribed Vitamins" as its topic for the exhibit in the Western NC Fair. The exhibit brought out the fact that if the basic 7 food plan is followed, food supplements are unnecessary. This won second prize in the Home Demonstration division.



An old bureau drawer with wheels or casters attached makes a handy toy holder that can be rolled under the bed.

Fit slip-on pencil erasers over the feet of iron trivets used as hot mats to prevent marring table tops.

A shot-bag ash tray makes an almost unspillable pin tray.

For the next baby shower, make the wrapping part of the gift. A club in Texas wraps shower gifts for new mothers in diapers. A pretty rattle can be attached to the package with the ribbon.

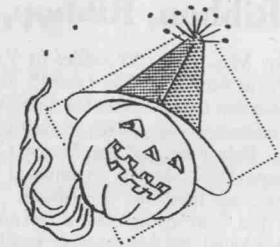
The greatness of a home is not measured by its size, its cost or the number of gadgets it contains. The truly great home is one where love and understanding abide. (Together)

For Men

After the success of one-size socks, more and more products are coming out with this sensible sizeless construction. No longer will you have to remember all the sizes of family and friends.

Latest in *stretch* are sizeless leather gloves that can fit any hand. The trick is a wall of stretch fabric along the edges of the hand and each finger which expands or contracts as needed.

Back again is the reversible tie. These ties are quite good looking and usually the designs of the two sides are related. One side may be a stripe, the other side a contrasting stripe. One side may be solid and the other figured.



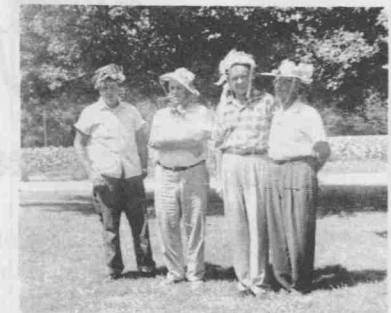
New Guidebook to North Carolina Historical Attractions

RALEIGH—A new guidebook to North Carolina history for vacation travelers is just off the press and available free on request to the Department of Conservation and Development, State Advertising Division, Raleigh.

The 32-page illustrated booklet, with full color cover, is organized for easy reading. Although labeled a "sampler", the guidebook covers points of interest from the site of the earliest English colony on the coast to the Great Smoky Mountains explored by DeSoto in 1540.

Pictured are, left to right, Mr. Thomas Gwynn, Mr. Clyde Simpson, Mr. Joe Ross, and Mr. Wilbur Gwynn modeling hats decorated by members of the Friendly Community Club of Alamance County.

These hats were auctioned off at a recent picnic as a means of recreation and money raising.



Young Ann Marie was going uptown with her mother to spend her birthday money. She got to looking over her loot and then said thoughtfully, "Mama, Daddy shouldn't have given me this money. He doesn't spend hardly any. Look here, this penny says 1921!"

Sent in by Mrs. Koonz, Buncombe County

Just as the elderly man stepped from the curb, a huge dog tore around the corner and knocked him flat on his back. He had barely struggled to his feet when a small foreign car brushed against him and knocked him down again. A passer-by rushed over and helped the old boy to his feet. "Are you all right?" he asked. The old man steadied himself, then replied, "That dog didn't hurt me any, but that danged can tied to his tail nearly killed me."

Outer space: To quote a possum, "How can man ignore what is under his nose . . . in order to study what is over his head?"

A teen-aged boy and his girl friend were out driving one fine fall evening. They came to a lonely country road and the car jerked to a stop.

"Sorry, out of gas," said the boy. "Here you are", said the girl as she nonchalantly opened her purse and pulled out a flask. "Swell," exclaimed the boy. "Is this Scotch or Bourbon?" "Gas," she replied.

The newly elected secretary of the Third Street Baptist Church's Sunshine Circle was told that one of her duties was to record the minutes of each meeting. Her second day on the job, she was called upon to read the minutes. "Minutes of the last meeting were twenty minutes, 6 seconds," she said. Then she sat down.

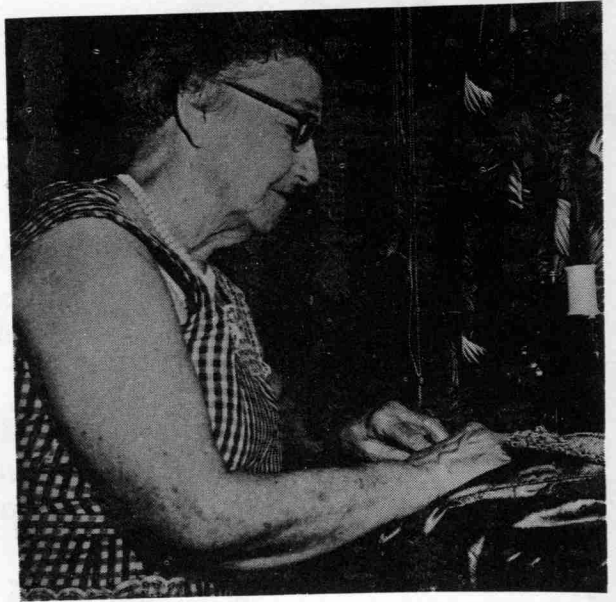
from an Ohio newspaper

Ribbon, Ribbon, Who's Got the Ribbon?

Why, Mrs. E. R. Woodlief of Vance County, of course! "Miss Laura", as she is known by her friends, has been winning ribbons since 1940 at both the Golden Belt Fair and the North Carolina State Fair. She has an unusual way of preserving these for the future.

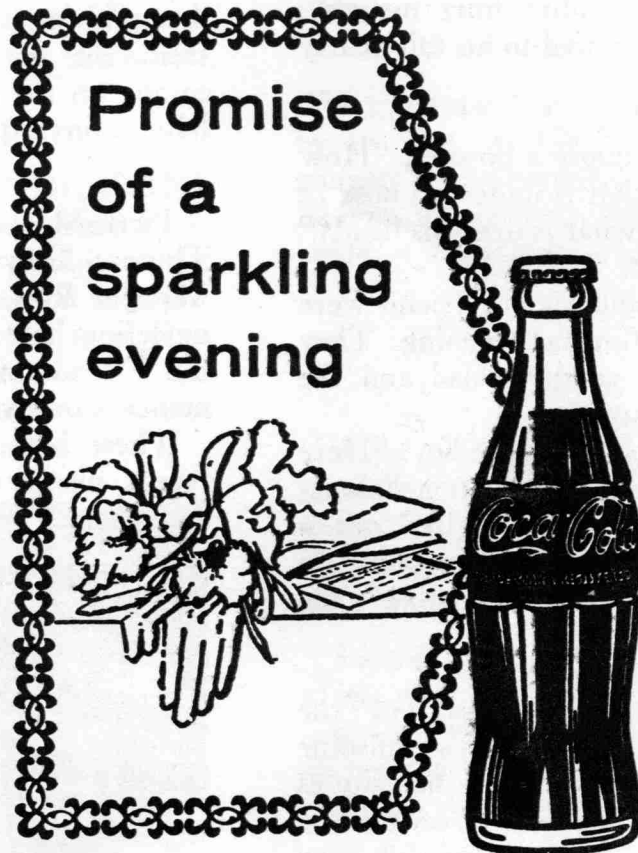
She has just completed a reversible ribbon afghan on her sewing machine, which she also won several years ago at the State Fair. The afghan is made solely from blue ribbons on one side and red ribbons on the reverse side. These first and second prize ribbons represent only part of the number won during the 18 years. The premiums have totaled approximately \$1,000.

Many Home Demonstration members, as well as other homemakers from Vance, Granville, Warren, Franklin and Mecklenburg counties are busily preparing entries for these fairs.



* * * *

Recently in a Western state a contest to select the most useful domestic gadget was won by a woman whose entry was her husband.



Coca Cola Bottling Co.
of Asheboro, N. C.

First Love

Always I have loved flowers! As a pre-school child, I was permitted by wise parents to have a small garden of both flowers and vegetables, which I tended with love and a worn little hoe discarded as unfit for field work. The lessons learned on how to sow seeds, fertilize, transplant and arrange a garden, plus continued practice, has stood me in good stead.

Doubtless four years at Meredith College, whose flower is the iris, influenced my love for this "charmer". The flowers planted the first year of our marriage still continue to bloom. Year by year they grow more beautiful, and gradually new ones have been added, with concentration on pinks, as well as some of the best in other colors. Today the first six iris plants have become one thousand in variety and several thousands in plants, besides several hundred seedlings from my own hybridizing efforts. The addition of 325 kinds of daylilies serve as background and accent for their rival, the iris.

My interest in hybridizing iris dates from about five years ago. Daylilies, a more recent favorite, grow at the drop of a hat and come in all colors and shades from near-white to near-red and deep orange. Because of its beauty, long period of bloom, ease of culture and freedom from disease, it is acknowledged by gardeners all over the nation as truly the "Flower of the Future." This has been a spectacular year for both the iris and daylilies, and they have been enjoyed by thousands from every state.

My first iris seedling considered worthy of introduction (and I'm lucky to have had one so soon) flowered in

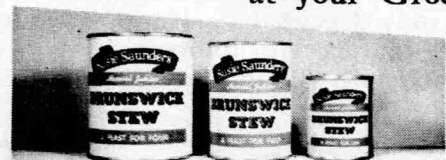
1958 and is scheduled to be introduced in 1961, after thorough display at the American Iris Society Gardens at its convention next spring. It is guesting in two Oregon gardens, one Washington and one Utah garden. A second introduction is sure when there is enough stock of the plant available. The first is a deep, deep blue, as yet unnamed. The other is a rose-brown blend, lobed like the oak leaf. "A beautiful novelty," said the judges.

In addition to the iris and daylilies, I grow many other perennials, including some gorgeous peonies, one of which took the Award of Merit at the 1959 Goldsboro Flower Show. The iris and daylily seedling beds take up a large section of our year-around vegetable garden, which as a H.D. club member I just can't relinquish! Flower growing provides us with healthful exercise, recreation, social contacts and last, but by no means least, a very pleasurable source of revenue.

Everyone is welcome to visit my garden, admission free. From late April on there is plenty to see at Loleta Powell's Iris Haven, Princeton, N. C., near the Baptist Church. Princeton is on Highway 70, between Goldsboro and Smithfield. Do come!

Loleta Powell
Johnston County

You will be delighted by its old-fashioned country flavor. Ask for *Susie Saunders Brunswick Stew* at your Grocer's



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Strictly

FOR THE GIRLS!

EVER BAKED A BUBBLE LOAF? Half the fun's in the making — the other's in the eating. Prepare your favorite recipe for yeast-raised rolls. When dough is ready for shaping, form it into balls approximately 1 inch in diameter. Roll these in melted margarine or butter, then in a cinnamon-sugar mixture and finally in chopped nuts. Place a layer of balls about $\frac{1}{2}$ inch apart in a greased bread pan 9x5x3 inches, or in a 9-inch tube pan. Arrange a second layer of balls on top of the first. Cover. Let rise in a warm place until top of loaf is slightly higher than edge of pan. Brush lightly with melted margarine or butter and bake in a 375-degree oven, about 30 minutes.



* * *



HOW TO FOIL A FISH! IT'S FUN. Place fish fillets on a large piece of aluminum foil. Sprinkle the juice of half a lemon over the fish. Slice 1 large onion and 1 large potato very thin and arrange these slices over the fish. Sprinkle with 1 tsp. chopped parsley, salt and pepper. Dot with butter or margarine; pour a little evaporated milk over the fish, about 2 tbsp. Bring the foil around the fish and secure with a double fold, leaving no air holes. Bake this foil-wrapped fish in a baking dish at 375 degrees, 40 minutes. Place on the table just as it comes from the oven. Snip the foil with scissors. The foil keeps the fish hot and savory.

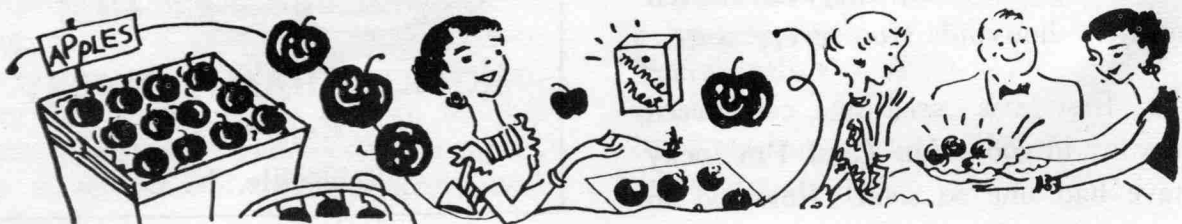
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SHRIMPBURGERS FOR INFORMAL PARTIES...in front of a fireplace or at the dining room table...are made like this: Thaw a 12-oz. package of cleaned and cooked shrimp. Cut the shrimp into small pieces. Melt 3 tbsp. butter or margarine. Remove from heat; stir in 3 tbsp. flour. Return to heat; add $\frac{3}{4}$ cup milk, stirring constantly over moderate heat until thick. Add shrimp, 1 cup cooked rice, $\frac{1}{2}$ cup grated process cheese, 2 tbsp. grated onion, 1 tsp. salt, $\frac{1}{8}$ tsp. pepper, dash cayenne, $\frac{1}{2}$ tsp. curry powder. Shape into patties. Roll shrimpburgers in fine dry bread crumbs. Fry in about $\frac{1}{2}$ inch hot fat until browned, about 2 minutes. Turn and brown other side. Serve in toasted hamburger buns. Makes 6 servings.



* * *

FRESH FALL APPLES heaped on the produce counter spark an idea for the ever-delicious dessert, baked apples. A twist on the standard recipe is to fill the hollowed apple centers with mincemeat, then to baste the stuffed apples with 7-Up as they bake. Slightly tart, lemon-lime flavored 7-Up makes ordinary baked apples a delectable special dinner dessert.



NORTH CAROLINA DELEGATES ATTEND NATIONAL CITIZENSHIP CONFERENCE

Seventeen Home Demonstration Club women from North Carolina attended the National Conference in Washington, D. C. in September. They were a part of the several hundred delegates from organizations that represented all levels of government, religious faiths, industry and finance, professional, farm, civic, and other groups.

The National Conference on Citizenship operates under a charter granted by Congress. This year's meeting was again mobilizing a mighty force for the cause of good citizenship.

The theme of this year's conference was the motto on the Conference Seal, "U. S. Citizenship—Know It—Cherish It—Live It." In the choice of theme, the Conference recognizes that developments in the world of today present new responsibilities, new challenges and new opportunities to all citizens. The theme was emphasized throughout the Fourteenth Annual Meeting—in the keynote address, in group discussions, in discussion

and questions formulated by delegates, and by a youth panel.

Delegates returned to North Carolina inspired and ready to share their new experiences with their fellow club members and to broaden the scope of the state citizenship program.

More than 45 women have attended previous conferences and approximately 600 have been on the five U. N. tours.

Continued from page 5

patients has been most rewarding.

It was a wonderful experience to join with the other 14 clubs in the county and the Lenoir County Garden Club in serving an informal dinner for the Legislature.

Many benefits are derived from club work—the means of making friends, working together, helping ourselves and others. We are proud of helping worthy youth in our county gain a college education.



NATIONAL CITIZENSHIP CONFERENCE—Attending the National Conference on Citizenship in Washington, D. C. this week are left to right, Mrs. Dever DeBrule, Siler City; Mrs. Carl Ivey, Mt. Olive, Rt. 2; Mrs. Clarence Danner, Wilmington, Rt. 2; Mrs. George Harrison, Roanoke Rapids; Mrs. Blake Watson, Lenoir; Mrs. Connie Burns, Anson County; and Mrs. Vera Wood, Hamptonville. Not pictured: Mrs. Wade Howey, Waxhaw, Rt. 1; Mrs. Lacy Chappell, Candor; Mrs. Nannie Cox, Ramseur, Rt. 1; Mrs. T. T. Hughes, Oxford, Rt. 1; Mrs. Ray Coates, Smithfield, Rt. 3; Mrs. Grover Mallard, Trenton, Rt. 1; Mr. J. Roy Wilkerson, Kenly, Rt. 3; Mrs. R. G. Whitley, Como; Mrs. H. D. McCorkle, Winston-Salem; and Mrs. R. B. Oswalt, Charlotte.

Yesterday's Village

Time steps backward some two hundred yards and one hundred years from the North Carolina State Fair Arena into the old Village. The Village was established as an educational feature in 1951. Each year sees continued growth and expansion with larger attendance and greater sales.

Throughout the Fair Week (Oct. 13-17) men and women who are skilled in age-old handicrafts demonstrate their art. Basketry, pottery making, weaving, spinning, carving, leatherwork, and jewelry are some of the crafts seen. Most of these articles are sold for gifts to others or to yourself.

The shops of the Village are much like the shops of Colonial times. The stalls are housed in crude clapboard shacks with flat roofs and dirt floors.

Rails from the companion enclosure across the way are from a McDowell County estate and are older than those cut by Abe Lincoln.

A giant twenty-foot overshot water wheel is near the entrance of this area. It once powered a grist mill. Nearby is a molasses mill, with cane crusher and cooking still operated by Woodrow Hoyle of Cleveland County. Molasses, hot cakes and cold mornings just go together. And needless to say—there is molasses in jugs, for sale to those who have that "hankerin".

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October Flower Tips

Some wise gardener once said that the spring season in the flower garden begins in October. How right he was! All of the spring blooming hardy bulbs should be in the ground by last of the month, though tulips can be planted through November. Daffodils are the easiest and most reliable of the major bulbs. All of the NARCISSUS family, divided into 10 classes, according to color or bloom form, are correctly called by the English name of DAFFODIL (as well as the Latin NARCISSUS). But JONQUIL is one of the 10 classes and can usually be recognized by the small yellow, very sweet bloom and dark green rush-like foliage.

Do plant a few hyacinths in a group of one color, among your perennials or in front of shrubs near the doorway. Avoid that round or square bed of mixed colors of the Victorian era. White is a good choice and they seem most fragrant.

Do you have "bad luck" with tulips? Try planting them deeper. They must be down where the soil stays cool if they are to survive the heat of N. C. summers without splitting up into bulb-lets, thereby making only foliage the next spring, or a few small blooms. 8 or 10 inches is not too deep. If you are plagued with field mice as I am, you may have to plant them in baskets of mesh wire to keep them from being eaten. Mice sometimes eat hyacinths too, but daffodils are safe from all rodents for they are poison to them, thank goodness!

Try some of the minor bulbs this year. The little fellows add a big part to the early spring picture and many are the cheapest and easiest of all bulbs. There are crocus varieties that bloom from November to April and nothing is more cheering on a winter day. Other small bulbs that have done well for me are CHIONODOXA, LEUCOJUM, GALANTHUS, MUSCARI, SCILLA and IRIS RETICULATA. These will all make bright spots of color, even before the snow is gone.

Mrs. W. O. Sheets,
Rockingham Co.

Stuffed Dates

October Showcase of Color, All of North Carolina's highways.

Oct. 13-17, North Carolina State Fair, Raleigh

Oct. 18-20, N. C. Family Life Conference, Durham

Oct. 19-24, Person County Agricultural Fair, Roxboro; Tri-County Fair, Littleton; Golden Belt Fair, Henderson

Oct. 26-31, Moore County Agricultural Fair, Carthage; Four County Agricultural Fair, Dunn

Oct. 27, *Northeastern District*, Public Relations Workshop, Wilson

Oct. 28, *Eastern District*, Public Relations Workshop, Washington

* * * *

North Carolina is beautiful every month of the year but she puts on a special party dress in October. Her dress is most colorful between October 10 and 30 in the mountain areas, and lasts well into November across the Piedmont and Coastal Plain.

"Breeze Hill" Breakfast

"Eat a Better Breakfast to Start the Day Right", demonstration, was heartily endorsed by the Aycock HDC members in Vance County. They all enjoyed an eight o'clock breakfast at the home of their president, Mrs. D. T. Ayscue.

Different breakfast menus were served in each of three differently decorated rooms. Flower arrangements harmonized with the table cloths of pink, green and yellow. Dainty menus marked each place setting.

The menus included some new ways of serving our old breakfast stand bys. Some of the foods served were buto, a new breakfast drink, cereal with ice cream, ham and egg rolls, maise apples, muffins, broiled grapefruit, egg delight, orangbert, canadian bacon apples, pine-apple bacon and of course cups and cups of steaming hot coffee—without which no breakfast is complete.

Isn't this an excellent way to start a day and a club meeting?

Members of Aycock HDC are starting the day right. Pictured left to right are Mrs. O. W. Weldon, Mrs. Ayscue, Mrs. Marvin Howell and Mrs. Allison Faulkner, officers of the Aycock club.

