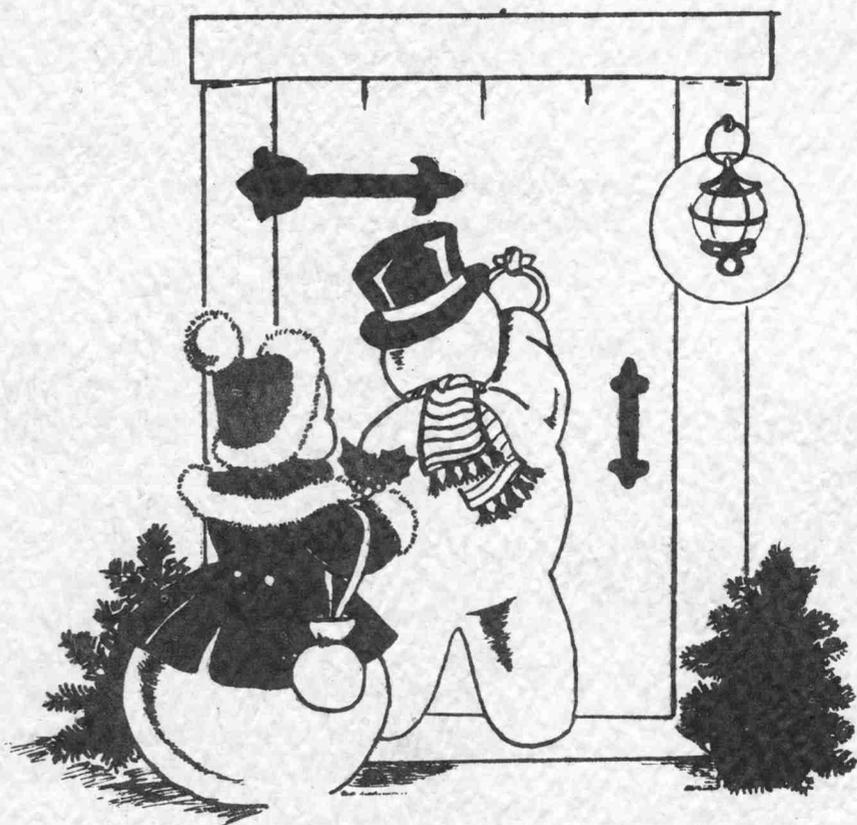
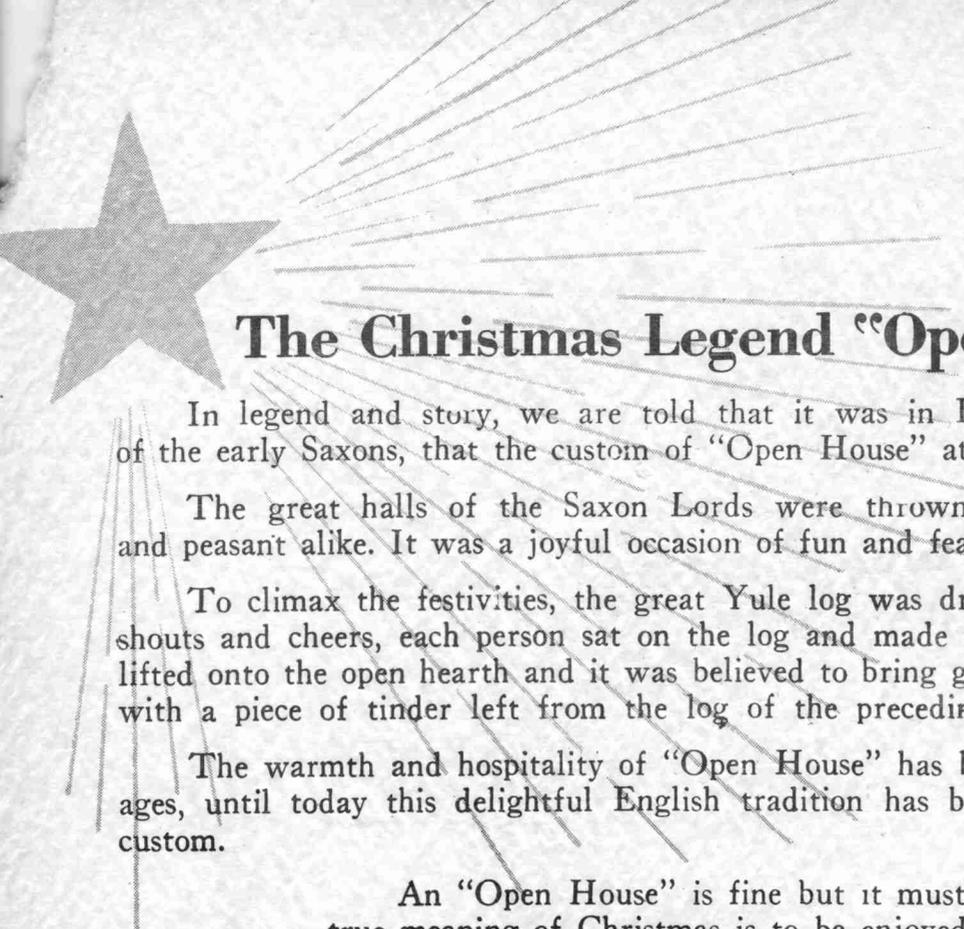


# Green 'n' Growing



December, 1959



## The Christmas Legend "Open House"

In legend and story, we are told that it was in England, back in the days of the early Saxons, that the custom of "Open House" at Christmas first began.

The great halls of the Saxon Lords were thrown open to everyone—noble and peasant alike. It was a joyful occasion of fun and feasting for all.

To climax the festivities, the great Yule log was dragged into the hall. Amid shouts and cheers, each person sat on the log and made a wish. The log was then lifted onto the open hearth and it was believed to bring good luck if it were lighted with a piece of tinder left from the log of the preceding Christmas.

The warmth and hospitality of "Open House" has been passed on through the ages, until today this delightful English tradition has become an almost universal custom.

An "Open House" is fine but it must have an open heart if the true meaning of Christmas is to be enjoyed. Let's make sure that this Christmas and the coming year is the season of the "Open Heart"

### Christmas Prayer

Let not our hearts be busy inns,  
That have no room for Thee,  
But cradles for the living Christ  
And His nativity.

Still driven by a thousand cares  
The pilgrims come and go;  
The hurried caravans press on;  
The inns are crowded so!

Here are the rich and busy ones,  
With things that must be sold,  
No room for simple things within  
This hostelry of gold.

Yet hunger dwells within these walls,  
These shining walls and bright,  
And blindness groping here and there  
Without a ray of light.

Oh, lest we starve, and lest we die,  
In our stupidity,  
Come, Holy Child, within and share  
Our hospitality.

Let not our hearts be busy inns,  
That have no room for thee,  
But cradles for the living Christ  
And His nativity.

... Ralph S. Cushman



# Green 'n' Growing

## Home Demonstration News Magazine



CHARACTER

CITIZENSHIP

COURAGE

CULTURE

Vol. 5

December, 1959

No. 12

### 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.

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	Page
Open House .....	Inside front cover
President's Message .....	2
Achievements .....	3
Presenting—100%'ers .....	6
December Garden Ideas .....	6
Like Mother, Like Daughter .....	7
What Do You Really Want? .....	8
Party Food for the Holidays .....	9
Tin Cans,—Anyone? .....	10
EASY—for Breakfast .....	12
Bits 'n' Pieces .....	14
Christmas Hazzard .....	17

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

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# President's Message

Dear Friends:

I hope you have each had a Happy Thanksgiving. We have so much to be thankful for!

And with Christmas "just around the corner", may I take this opportunity to wish for each of you and your family, a safe and happy holiday.

With the New Year also, we will be beginning another year of Home Demonstration with a new "skipper" at the helm. A wonderful leader she is. Zeola English (Mrs. Gilbert) deserves, and I am sure will have, your loyal support.

Serving as your president this year has been a great experience for me. It was a real privilege to be one of your representatives at the ACWW meeting in Scotland, and the National Council meeting in Portland, Oregon, along with a wonderful group of delegates from North Carolina. I also attended the CWC meeting in Kansas City, Mo. as your representative. At each of these meetings we had good reason to be proud of North Carolina's record.

At National, it was my privilege to accept for the women of Surry County the National First Place Safety Award, along with a check for \$100. We congratulate the women of Surry County.

Now, let's get behind "Green 'n' Growing", and come up with 100% subscriptions from every club. We have a story to tell; let's all help Dot Vanderbilt tell it with "Green 'n' Growing".

Again, I thank you for your friendship and support. It is my desire, and with our united efforts I am sure it is possible, to make the coming year the greatest for Home Demonstration in North Carolina.

Sincerely yours,  
Mina S. Hockaday, President  
(Mrs. V. I.)

To all our Subscribers  
and Advertisers

Merry Christmas and a Happy New Year

from  
Green 'n' Growing

# The Big Achievement

Every county takes a "look-see" at its achievements about this time of year. This helps in setting goals and objectives for the coming year. Also, it gives the members (and justly so) a feeling of progress. Many counties have done outstanding work and have had wonderful Achievement Programs. We can only include a few here.

Humor always makes work seem easier and reports more interesting. At least that is what the two "broomstick riding witches", usually known as Mrs. C. M. Foster and Mrs. J. W. Hightower, decided as they capered around in New Hanover County. They criticised and examined the many attractive craft articles and canned foods displayed at the A. Program. A lively debate between themselves about the advantages of a clubwoman's life as compared to a witches' ended when the witches saw the lovely suits and dresses modeled. Then and there the witches were transformed into clubwomen.

Mrs. I. T. Dexter has had perfect attendance for 21 years. (If anyone has a longer record—please let the Ed. know.)

Mrs. R. L. Cowan of Sunset Park Club was "Club Woman of the Year" and the gavel was presented to the Eastwood Club for *most* outstanding work. (More about this club in Jan.)

In Alleghany County, the Whitehead Club won a cup as the outstanding club. Their accomplishments were many and varied, with one in particular worth special mention: they obtained Group Hospital Insurance. More than 75% of their members were present each month and on A Day they carried home the gavel for attendance there.

Some 2,500 people visited the two day A. Exhibition in Waynesville (Haywood Co.) The overall theme was "Open Doors to Home Demonstration Opportunities". Exhibits from the 27 clubs

were the result of a year's work. Ratcliffe Cove Club won the Tri-Color Award on their exhibit "Tin Can Magic".

In a separate exhibit, each club showed the flag of a country studied through-out the year, its typical dress, food and household items.

A demonstration, "Flower Arrangement for All Occasions", by Mrs. R. M. Aldridge was given at A Day in Caswell County. Mrs. W. T. Long, 13th District Chairman, gave a report of the National Meeting. Highlights of HD since 1935 were given by Mrs. W. D.

(Continued on page 4)

*Miss Irene Brown, below center, holds a book reviewing her 20 years of work as Yadkin County Home Economics Agent. At left is Mrs. A. A. Doub County Council president, Mrs. Worth Hinshaw is on the right.*



(Continued from page 3)

Pleasant, president of Purley Branch Club. The activities of 1959 were given by Mrs. John Chandler, president of Oak View Club.

"This Is Your Life, Miss Irene Brown", said Yadkin County members at their program. The surprise party marked her 20th year of work in the county. She really was surprised when Earl, Bob, Elmer, Offie, Alton and Spencer made their appearance. Yes, they're all brothers—and one other was unable to attend.

Mrs. T. H. Poindexter has a perfect attendance record for 19 years; Mrs. T. C. Prim for 15; Mrs. J. W. Long and Mrs. Jim Nicks, 12; Mrs. J. G. Allgood and Mrs. Charlie Mullis, 10 years; and Mrs. H. W. Doub for 9 years.

The United Nations theme was used for the luncheon that followed Pitt County's program. Door prizes were the lovely table decorations by the Langs Club.

Miss Lorna Langley, Northeastern District Home Economics Agent, was guest speaker. Her theme was "The Role of the Homemaker in a Changing World."

Mrs. Wilbur Worthington, president of Pitt County HDC, was named "Outstanding Leader of 1959". Renston-Nobles Club under the leadership of Mrs. J. B. Speight, president, was the highest scoring club. Bethel Club members read the most books and Beivoir went home with the gavel for having the largest percentage of their members present for the day.

Mrs. T. D. Adams was chosen as Durham County's "Woman of the Year". The Bahama Club, Mrs. W. M. Johnson, president, won the cup given by the Farmers' Exchange for being the most outstanding club of the year. Mrs. Peggy Mann, Director of the Women's Program for WTVD, spoke on "Maturity Looks It's Best."

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Dear Friends,

A year has passed and what a year it has been! We have all been busy with problems—some big—some small.

It has been a most rewarding and wonderful time. I've seen and heard of the many marvelous achievements of dedicated women and my eyes have been opened to the enormous potential of the Home Demonstration program. But we need to share our story and our program with more people. How can we accomplish this task? Just like we've always done—make up our minds—ROLL up our sleeves and DO it.

Green 'n' Growing is a tool to use and it takes the support of many people—all believing and working—to do it. My sincere appreciation goes to Miss Ruth Current, Miss Nell Kennett and the District Agents. They have been most understanding and always ready to lend a hand or listen and advise. My "own" Mrs. Marilyn Hartsell, is always ready with a smile of encouragement and a good word. She's been a sounding board, a safety value and a wonderful friend. And to Sylvia (Mrs. N. F. Conant) many thanks for proof reading miles of copy.

To my wonderful Public Relations Committee a special "Thank You". I want to also include the many others throughout the state who have discussed, planned and worked. And best of all, they believe in the forward going program.

Best wishes for a New Year!

Sincerely,  
Dorothy Vanderbilt, Editor

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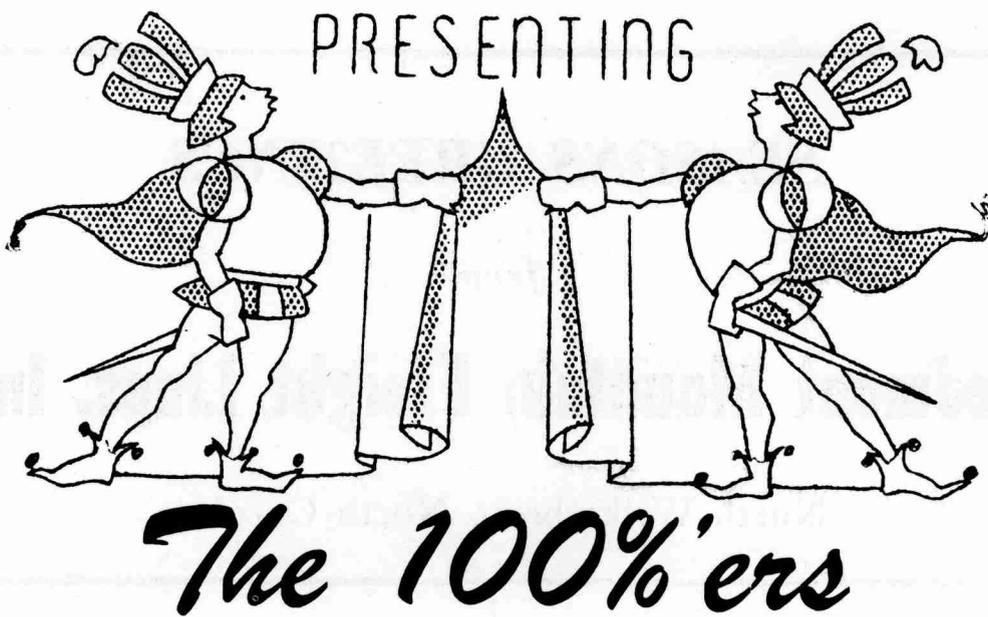
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Stokesdale Club, Guilford

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Olive Hill Club, Person

Hughe's Branch Club, Swain

Dale Road Club, Mitchell

Hope Valley Club, Durham

When you send in your club subscriptions, *be sure to give the club name, county and if it is 100%*. These clubs listed have sent in either new or renewal subscriptions (or both) to make the listing.

P. S. Even tho subscriptions have been sent in individually your club can qualify if the new and renewed have been received since Sept. 15, 1959.

## December Garden Ideas

By December the flower garden has gone to sleep for the winter except for a few brave crocus or camellia blooms. But perhaps it is best, for we are all so busy with late storing of crops and Christmas preparations.

But December does have its place in the garden, a very important one when we plan the Christmas decorations for our homes and churches. Most of us have plenty of material right in our own yards, woods or fields.

If you are planting evergreens, keep Christmas in mind. Consider the good qualities of a dozen or so that have proved satisfactory for many people. You will find different textures, sizes, shapes and colors in evergreens, so that without bloom or berry you can make a beautiful arrangement or wreath.

Holly is always lovely and the family

is large. You may have it with leaves large or small, shiny or dull, smooth or spiny. All of them do well in N. C. Chinese Holly is far superior in beauty, while the variety I. Burfordi, without spines and deep waxy green color is in my mind the top of evergreens for all around use. Our northern friends envy us the majestic leaves of the magnolia. Used green or brown with nuts, pods and cones—they are lovely. Another Christmas evergreen is the silver-backed *Elaeagnus*.

Do not waste native evergreens. Cut only what is needed and keep in mind the future of the plant as you trim. Ground pine is becoming scarce in many places because of careless gathering and waste. Conservation of all natural beauty should be instinctive in all of us.

Mrs. W. O. Sheets, Rockingham Co.

# Like Mother, Like Daughter

Pores Knob Home Demonstration Club in Wilkes County has a mother and five daughters who are active members.

When the club celebrated its 20th birthday October 15, 1959, they were all present. They are: Mrs. C. P. Brock, the mother, who has been active in the club most of the 20 years, and the following daughters: Mrs. C. M. Ashley and Mrs. J. M. Bentley, who were charter members and are still active in the club. Mrs. Ashley has perfect attendance for 16 years and has held the offices of president and secretary. Mrs. Bentley has held all the different offices of the club and also that of the Wilkes County Council President. Mrs. J. B. Parlier, a third daughter has held all the offices of the club; while Miss Bessie Brock and Mrs. Edmon Edsel have been active community leaders and committee members for the club during a period of many years. Mrs. Edsel is an outstanding family life leader. Miss Brock teaches in the public schools of Wilkes County and gives her support to the club by serving on different committees.

Another outstanding event of the 20th year celebration was the presence of all 10 presidents who had served during this period of time. They are Mrs. B. M. Broyhill, Mrs. L. P. Bentley, Mrs. P. M. Lowe, Mrs. J. M. Bentley, Mrs. W. C. Anderson, Mrs. Everette Davis, Mrs. M. B. Lowe, Mrs. W. R. Parlier, Mrs. J. B. Parlier, and Mrs. Jack Treadway. Mrs. Bertha Hodges is the newly elected president for 1960-61, and was also present.

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## **What do you REALLY want for Christmas?**

If the anticipation of Christmas worries you, aren't you missing the real point of this happy season? Stop right now and ask yourself, "What do I want for Christmas?"

1. *I want this Christmas to be different.*

I will not get so rushed doing outside things that I haven't time for my home and children. I know that my disposition sets the climate for my home, and if I am short-tempered, tired, impatient, my family will not have a happy holiday. I want to stay serene and happy this Christmas.

2. *I want to feel the true Christmas spirit.*

My gift list will represent giving *myself*, rather than just "paying back" someone who remembers me with a gift! This will mean that I can enjoy giving Christmas gifts instead of thinking of them as a duty and a burden.

3. *I want time.*

Someone has said that each person "spends" his allotted time by doing the things that seem most urgent to him. I am going to enjoy this Christmas season for weeks ahead—and long afterward—by filling each minute with tasks that help me share myself with those I love.

4. *I want to "recharge" the batteries of my faith.*

I will keep Christ as the main figure in this celebration of His birthday, and renew my faith, courage, and hope for the year ahead.

These challenging thoughts are from an excellent little booklet, *Christmas Traditions Strengthen Family Ties*, by Corrine G. English, Family Relations Specialist. It is Misc. Pamphlet No. 171, published by The North Carolina Agricultural Extension Service. State College, Raleigh. Read it now and keep it in your file for use year after year. Ask your home economics agent for a copy.

## PARTY FOOD FOR HOLIDAYS

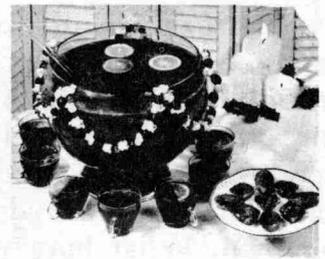
Entertaining as often as we do during the holidays, we find we need lots of different ideas for party foods. Open house, family dinners, late evening suppers—all these occasions call for festive foods this time of year.

Please the guests who come to your house for a party during the Christmas season with this sparkling cranberry punch. Served from a gaily decorated bowl, this refreshing punch is easy to prepare in advance with only quick mixing at serving time.

Cranberry, orange and lemon juices are chilled with a spicy syrup before the party. Lemon-lime carbonated beverage is poured into the mixture at serving time. This tangy beverage, with its natural citrus flavor and lasting carbonation, sparks any fruit punch. Here is the recipe:

### CRANBERRY HOLIDAY PUNCH

2 cups water	2½ cups orange juice
1½ cups sugar	1 cup lemon juice
4 cinnamon sticks	6 7-ounce bottles 7-Up
3 cups cranberry juice cocktail	



Simmer water, sugar and cinnamon 10 minutes. Set aside for several hours or overnight to develop the spice flavor. Remove cinnamon from mixture and combine with chilled fruit juices in a chilled, large punch bowl. Slowly pour in 7-Up. Garnish with orange and lemon slices. Makes about 30 punch cup servings.



### ICE CREAM TREE

To make an ice cream tree, scoop vanilla or other flavors of ice cream into balls. These may be prepared ahead of time and kept in your freezer. At serving time, pile balls into a pyramid to resemble a Christmas tree. Sprinkle with green tinted coconut and decorate with small gumdrops and stick candy. Serve with various sauces; marshmallow, chocolate and butterscotch.

*Seasons Greetings*

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Please Do

Look in your news stands for the many Christmas "Idea" Books. There are several good magazines this year. Don't be afraid to use your own imagination!

# Tin-Cans, Anyone?

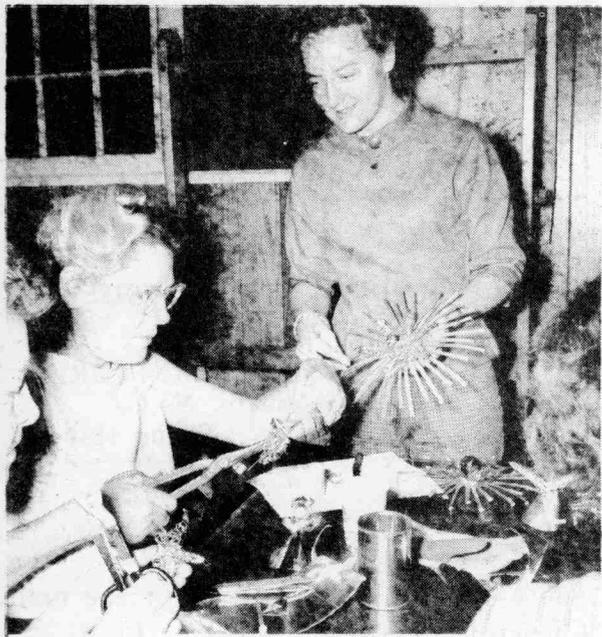
One bit of creative craft enjoyed by women is the tin-can craft. (East and Southeast Districts had classes at their Craft Workshops.) These articles are especially useful now as Christmas decorations. Angels, deer, stars, candleholders, bells and even small trees can be made from cans.

The fact that tin is free for the salvaging has made it often overlooked. Here you can let your creative ability run wild. Tin is light in weight, easily bent, coiled or curled, easy to cut, smooth, thin, shiny, lasting and FREE. Beauty to fit any budget! Try it on your own. What have you got to lose? Only fingers—so watch those tinsnips!

## Angel

First wash the lid with a detergent to remove grease. Clean up with very fine steel wool except the gold lined. Mark lines with pencil or score with nail

*Tin-Can Craft—Miss Frieda Dean Morgan, Hayesville, is shown instructing a class in tin-can craft at the Eastern District Craft Workshop.*



except the fine lines for wings. Let your eye be the judge there. Cut the lines with tin snips for the *arms*, the outer guide line for *wings*, the *spike* to hold the ball and the *halo*. Cut off about half of the arm strip and curl the rest inward with round nose pliers for the arms. Begin cutting each wing into thin strips *first cutting one strip from the left side and next cutting a strip from the right side*. Every cut must be alternated from left to right. Never cut through.

Discard the wire fitting on the Christmas Ball and place ball on spike for the head. Bend the halo over it. Bend the skirt where the dotted lines are and decorate if you wish with sequins and glitter. Testor's Model Cement is good.

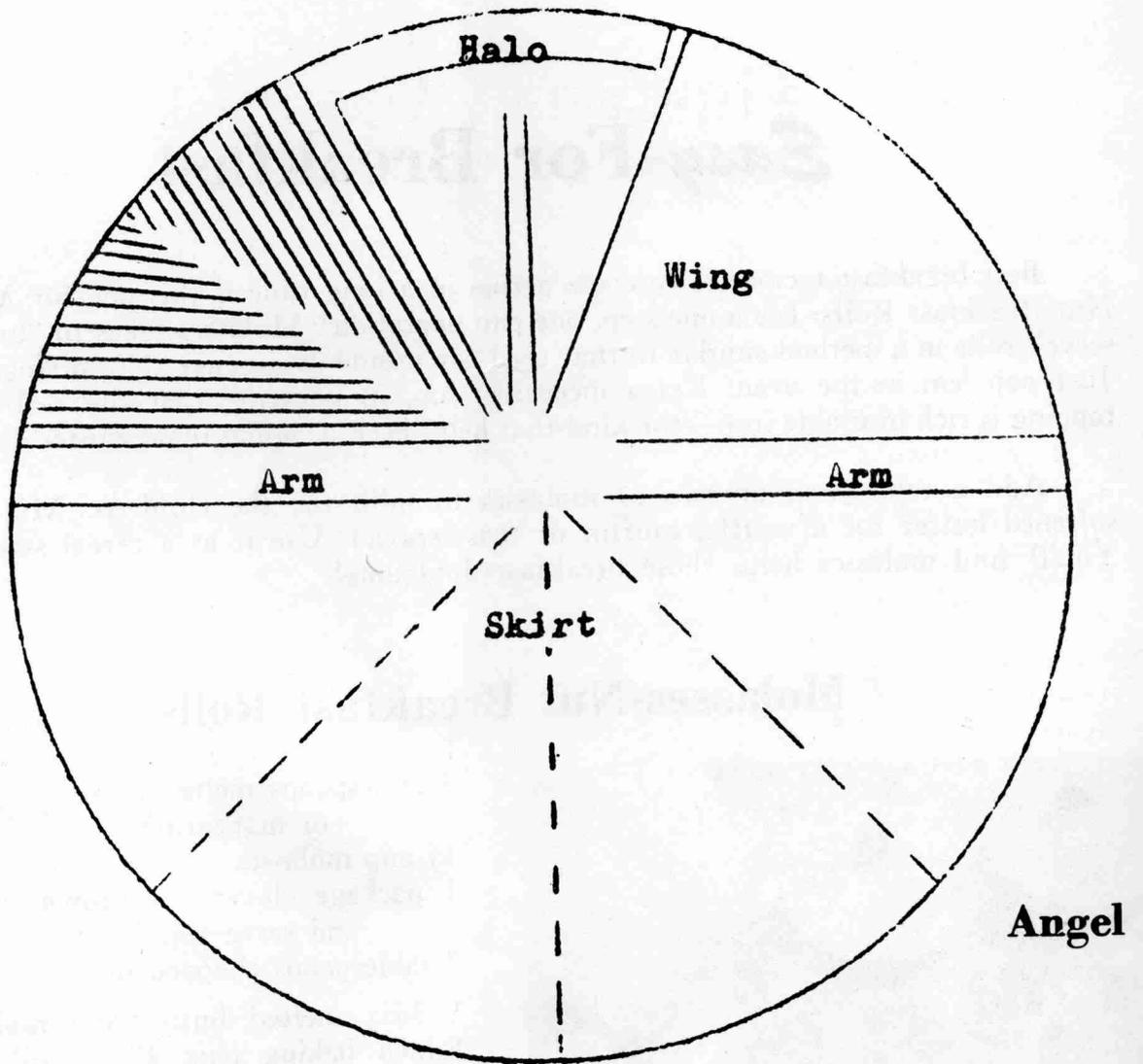
## Star Medallion

This is a basic design. Many variations are possible. Can be made from a circle but a Hexagon seems to make a prettier shape. Follow directions elsewhere in this book for folding snowflakes to get a Hexagon shape. Adjust to size of tin. Select tin that has no printing as both sides show.

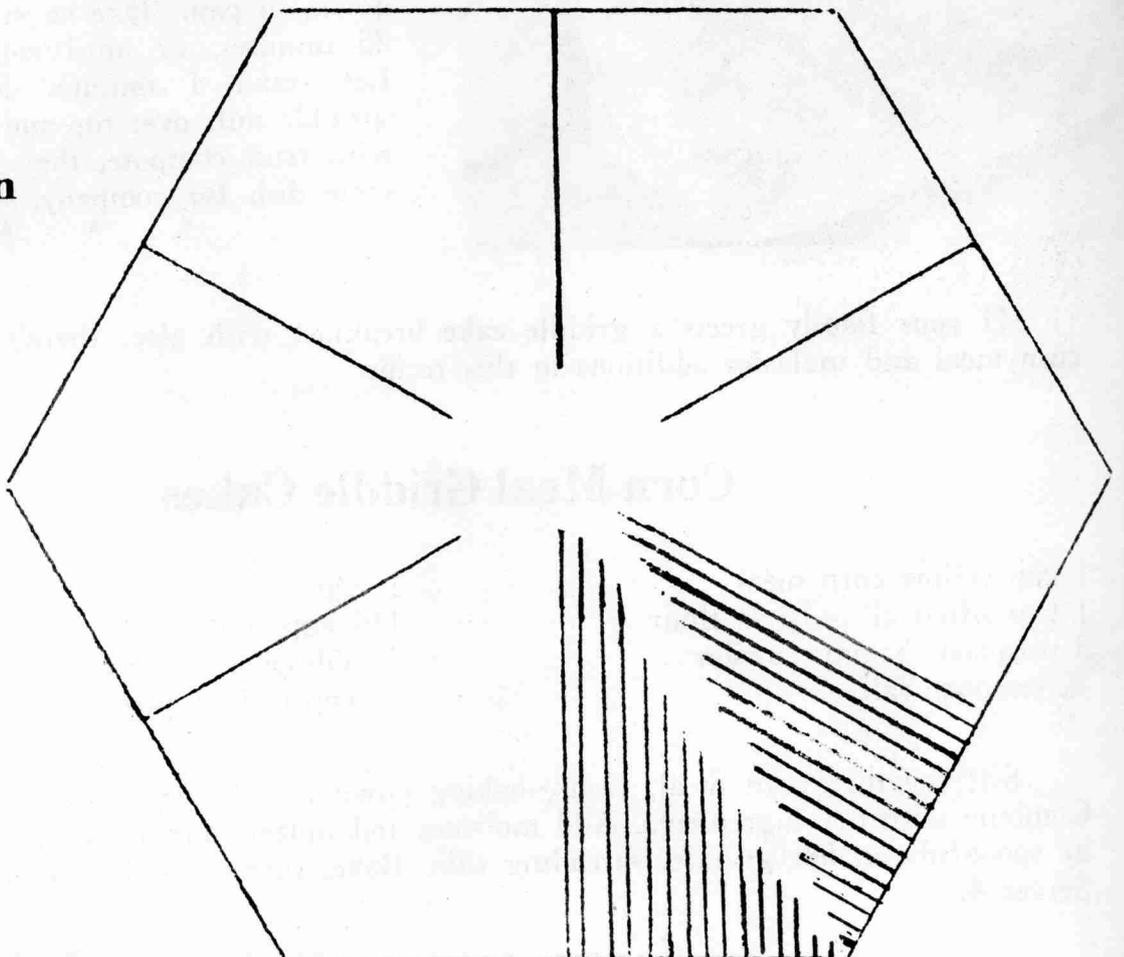
As in cutting the wings of the Angel (above) begin cutting one section into thin strips as shown in the drawing. Never cut through. Cut on left side then on right. The left will curl up, the right will curl down. Round nose pliers will help to place the curls if they aren't curled enough. After the first section is finished cut the next one and the next until all are curled.

With a colored glass Christmas ball in the center on both sides, this makes a stunning hanging decoration or a star for the Christmas tree. The curls hold the balls in place. If the curls are somewhat flattened out on one side this medallion can be the center of a flat star for the wall.

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**Star  
Medallion**  
(basic  
design)



## Easy-For Breakfast

Best breakfast recipe we've come across in a long time is this one for Molasses-Nut Breakfast Rolls. It's a one-step, one-pan operation! Molasses takes to "brown and serve" rolls in a method similar to that used for upside-down cake. No mixing, though. Just pop 'em in the oven. Extra incentive, too, in knowing that the real molasses topping is rich in usable iron—the kind that helps keep us going these winter days!

Add a tablespoon or two of molasses to milk for the children. Mix it with softened butter for a waffle, muffin or toast spread. Use it as a cereal sweetening. You'll find molasses helps those breakfast doldrums!

### Molasses-Nut Breakfast Rolls



- 3 tablespoons melted butter  
or margarine
- ¼ cup molasses
- 1 package clover-leaf brown  
and serve rolls\*
- 3 tablespoons chopped nuts

Mix melted butter and molasses in 8-inch baking pan. Place rolls, upside down, in pan. Bake at 400 degrees for 25 minutes, or until rolls are baked. Let stand 1 minute. Remove rolls, sprinkle nuts over top and serve. Served with fruit compote, they make a handsome dish for company.

\* \* \*

If your family greets a griddle cake breakfast with glee, there's news in the corn meal and molasses additions in this recipe.

### Corn Meal Griddle Cakes

- |                                |                        |
|--------------------------------|------------------------|
| 1 cup yellow corn meal         | 1 egg                  |
| 1 cup sifted all-purpose flour | 1½ cups milk           |
| 3 teaspoons baking powder      | 2 tablespoons molasses |
| ¾ teaspoon salt                | ¼ cup melted butter    |

Sift together corn meal, flour, baking powder and salt. Beat egg; add milk. Combine with dry ingredients. Add molasses and butter, mixing until smooth. Drop by spoonfuls on hot griddle, spreading thin. Bake, turning to brown on both sides. Serves 4.

happy is the man  
who plans his future  
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**Bits 'n' Pieces**

As Hal Boyle says, "These are things I wouldn't know if I didn't open my mail."—Bus drivers are very versatile but the Maine homemakers attending the NHDC meeting in Oregon had an "extra special". Enroute to Oregon, these 40 women stopped at a restaurant in a small Idaho town and found only a cook and one waitress to serve them. Their bus driver went to the kitchen and helped prepare the food, while his passengers set tables and helped serve the meal. Our hat is off to that courageous bus driver!

Among the early arrivals in Portland were two homemakers from Oklahoma, who missed train connections in Springfield, Mo. Mrs. Nora Parker and Mrs. Gertrude Wallis paid a taxi driver \$50 to drive them 200 miles to Kansas City. It was the fastest 200 mile trip they could remember.

Wish you could have seen the lovely corsages at the ANSON County Achievement Day program. They were fluffy white cotton bolls, net and ribbon (gold). They were very attractive, unique and inexpensive and best of all—they required no refrigeration.

*Our Christmas Story* by Mrs. Billy Graham (December *Ladies Home Journal*) is one that you will not want to miss. Read it aloud to your children. Billy Graham says, "Children are more realistic than adults. They have no trouble in grasping the real meaning of good and evil in a story. In this respect, we need to be more like children. When we see Christmas not as a sentimental, isolated event but as the focal point in human history, it becomes a day of rejoicing indeed."

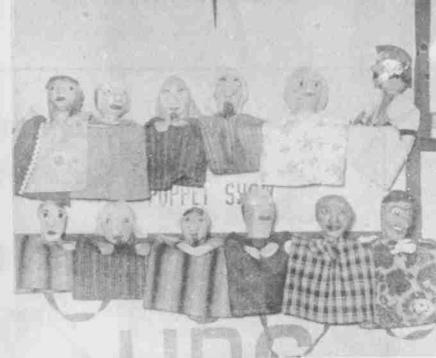
Wilkes Co. sponsored the advertising this month. "Hats Off" to Mrs. Hensley Eller and Mrs. A. M. Snipes and all the others who helped.

Joy, pride and a sense of real accomplishment have been the reaction of each member of the New Comers' Home Demonstration Club in Haywood County as they participate in their club project of presenting puppet shows for the children's Story Hour each Saturday in the Haywood County Public Library.

Mrs. Joe Dixon, Chairman of this Community Service Project for her club, reports that attendance averaged 75 to 90 children each Saturday when they announced puppet shows, but only 10 to 15 children showed up for a mere story hour, thus convincing them of the popularity of their shows.

These young homemakers followed directions for making puppet heads from papier-maché and used their own originality and ingenuity in creating the characters and clothing them appropriately, for their stories.

They are planning a special series of stories for Thanksgiving and Christmas



featuring both religious and humorous stories. This project began in June, 1959, and is already successful. (What a wonderful opportunity for other counties.)

Don't Forget

A cookbook is always a most welcome gift—especially if it is our OWN. Get several H. D. books, from *North Carolina Kitchens FAVORITE RECIPES*, today! Ask your Agent for them or send \$1.00 plus .10 postage to the Home Economics Office, 101 Ricks Hall, State College Station, Raleigh, N. C.

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## Beware Christmas Fires At Home

Don't let your Christmas fun go up in smoke. Holiday fires bring untold grief and suffering to hundreds of homes and leave in their wake some 50 deaths each year.

All this is unnecessary and can be prevented with a few simple precautions. Most fires during the holiday season are traced to three main causes: overloaded electrical circuits, Christmas trees and smoking.

In the average home today, heavy demands are made on circuits because of increased use of appliances. Electric refrigerators, washers, dryers and television sets are among these. Thus, additional Christmas lighting may be just the straw that breaks the camel's back and the circuits become overloaded.

Don't tamper with fuses in your home, say engineers. Fuses at the source of current in your home protect it from possible fire due to short circuits or overloaded wires.

The word "refuse" has several meanings, and is pronounced more than one way. For example, when you "re-fuse," be sure to replace the blown fuse with one the same size, not a larger one. Also, "refuse" to put anything behind a fuse to keep it from blowing. If you do, you are simply playing with fire. Finally, "refuse" to let your home become a pile of burned rubble and "refuse"—through ignorance or carelessness of its electrical needs. If in doubt, have a qualified electrician come in to check the wiring.

As to your Christmas tree, green—not the red of flames licking nearby furniture—is the color you want to see. So, buy a fresh tree and set it in water to keep it from drying out. Place it away from fireplaces, stoves, radiators and electrical outlets. Use only fireproof ornaments.

For the smokers in your family, place ash trays near every chair in the living room. Remove Christmas wrappings immediately after gift-opening festivities.

Remember that Christmas is a time to keep the home fires burning—not fires burning the home.

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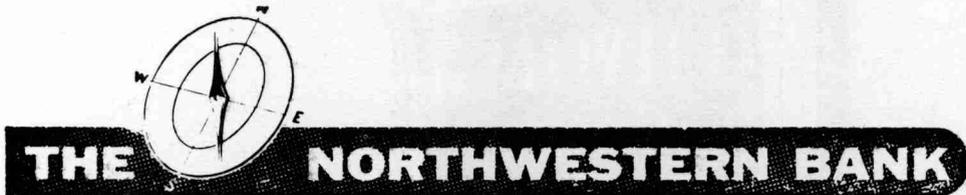
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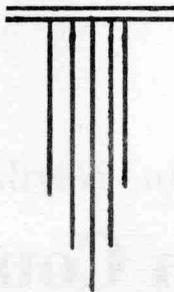
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I  
am  
a tree.  
I am the  
cradle for  
your baby. I  
am the roof  
and walls for  
rich and poor a-  
like. I am refuge in  
time of heat, or cold  
or storm. I am the great  
liners that plow the oceans  
to bring food and friends  
from distant lands. I am your  
bed that gives you repose and  
rest at night. I am heat that pre-  
pares your meals. I am the casing for  
your pencil that expresses in written  
form words of cheer for distant friends.  
I am shade for the animals in the forest.  
I am a nesting place for the birds to raise  
their young. I gave the crown of thorns that  
Jesus wore and the cross upon which He died for  
our sins.  
I am your  
casket in  
rest until the resurrection.  
I am one of the many gifts  
of God to man. I am a tree.

—Mrs. J. S. Simmons  
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