

# *Green 'n' Growing*

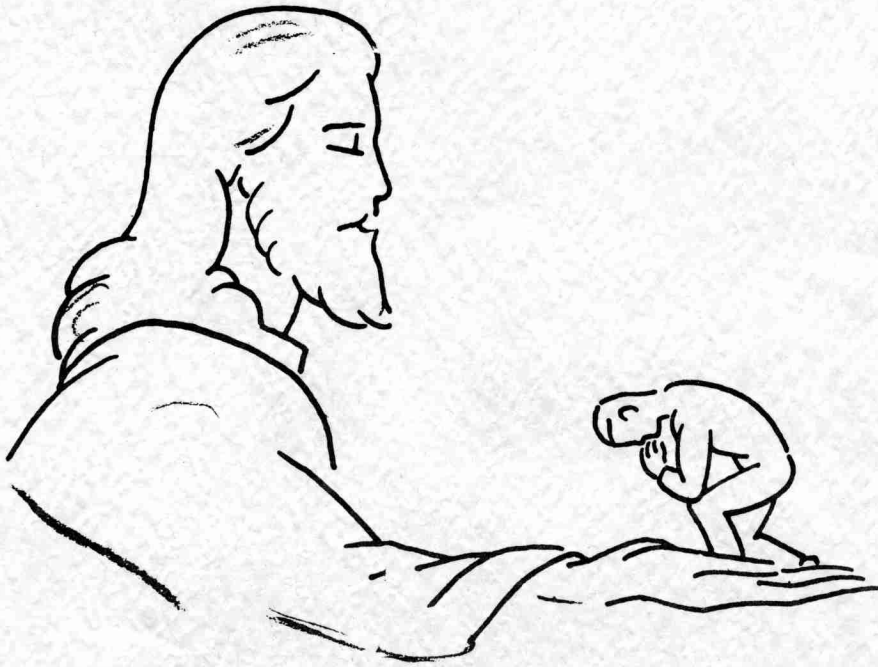
**MARCH  
1960**

Miss Rath Current  
Rick's Hall  
State College Station  
Raleigh, N. C.

**Volume 6**

**Number 3**





## One Solitary Life

Here is a man who was born in an obscure village, the child of a peasant woman. He grew up in another obscure village. He worked in a carpenter shop until He was thirty, and then for three years He was an itinerant preacher. He never wrote a book. He never held an office.

He never owned a home. He never set foot inside a big city. He never travelled two hundred miles from the place where He was born. He had no credentials but Himself.

He had nothing to do with this world except the naked power of His divine manhood. While still a young man, the tide of popular opinion turned against Him. His friends ran away. One of them denied Him, He was turned over to His enemies. He went through the mockery of a trial. He was nailed upon a cross between two thieves.

His executioners gambled for the only piece of property He had on earth while He was dying—and that was His coat. When He was dead He was taken down and laid in a borrowed grave through the pity of a friend.

Nineteen wide centuries have come and gone and today He is the centerpiece of the human race and the leader of progress. I am far within the mark when I say that all the armies that ever marched, and all the navies that ever were built, and all the parliaments that ever sat, and all the kings that ever reigned, put together have not affected the life of man upon this earth as powerfully as that One Solitary Life.

Our sincere appreciation  
to the unknown author.

# Green 'n' Growing

## Home Demonstration News Magazine

CHARACTER

CITIZENSHIP

COURAGE

CULTURE



VOL. 6

MARCH, 1960

No. 3

### 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. Write—Mrs. A. M. Snipes, Ronda, N. C. Advertising Manager.

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

Page

One Solitary Life .... Inside front cover

Yes, my darling daughter ..... 2

Home economics ..... 4

You are invited ..... 6

Let's read ..... 7

Mind your manners ..... 8

Egg cookery ..... 10

Bits 'n' pieces ..... 12

The 100%'ers ..... 16

Stuffed Dates ..... Inside back cover

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

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

# Yes, my darling daughter—

If you wish an education with a future—Home Economics is unique in that it provides outstanding professional training and preparation for homemaking, as well as a basic liberal education. The School of Home Economics also offers preparation for many varied careers—such as



Teaching  
Extension Service  
Interior Decorating  
Kitchen Planning Consultants  
Dress Designing  
Clothing Specialists  
Fashion Consultants  
and many more

Of course, you will have courses in English, language, art, natural sciences, social sciences and other electives. They will open up a whole new world of knowledge and understanding of the physical, social, psychological and economic trends facing us today. They will help make you better prepared for the future.

Since you have a special interest in food, you might elect an institutional management major. Here the requirements of the American Dietetic Association are met and you are prepared for a career in

Food Service in Public Schools, Colleges,  
Tea Rooms, Hotels, Restaurants and  
Industries  
Institution Food Research  
Public Health Nutrition  
Hospital Dietetics



Perhaps you like the idea of home service or working in test kitchens or giving food demonstrations. Home Economics training at Woman's College can give you just what you need and want. The way to a man's heart—? Yes, it is one way, but don't laugh! It's important to keep a family well fed and cared for on a budget.

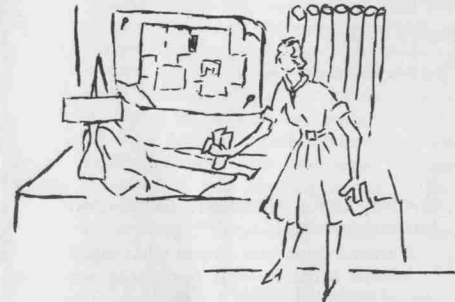
If you wish to enter the business world there is opportunity for variety through the choice of electives in other fields such as

Journalism  
Photography  
Art  
Science  
Merchandising  
Textiles  
Work Simplification  
Family Finance



Your professional training will contribute to career opportunities such as these

Equipment Specialist  
Food Photography  
Testing and Demonstrating Appliances  
Journalism  
Radio and TV Positions



Your sister is interested in dress design and fashion and she may want to choose a career in clothing. In this state there are many opportunities in the textile industries for

Laboratory Technicians  
Textile Designers  
Consumer Consultants  
Fabric Promoters

There are so many things a woman or girl wants and needs to know about "how-to-keep-up" in this fast changing world. I don't know all of the answers but we certainly won't go wrong if we go to Woman's College to find the answers.

Let's write: School of Home Economics  
The Woman's College of  
University of North Carolina  
Greensboro, North Carolina

Ask for the brochure "There is a place for YOU in Home Economics", and for their school catalogue.

Better still—let's plan to go to Greensboro and see the campus and talk to the teachers. I've met Dr. Naomi G. Albanese, Dean of the School of Home Economics, and she is a wonderfully wise and understanding lady. (And pretty, too.) She will be happy to help us find the answers to most of your questions.



# Home Economics

at

## Woman's College



by

Naomi G. Albanese

Dean of Woman's College

Greensboro, North Carolina

### Did you know?

... that the School of Home Economics at The Woman's College is a part of North Carolina's "Land-Grant College" services to the people of the State?

... that while our brothers at State College are busy "researching" on new products, fabrics, and fibers, and better crops, the staff and students at Woman's College study such things as the efficiency of the action of different soaps on different fabrics, improved house design and construction for varied family activities, how young mothers learn to care for their first babies, and the everyday details of how children grow and develop from infants to teen-agers (and how parents grow and develop, too).

It all goes back to 1862, when Congress established what became known as "Land-Grant Colleges" in each of the states, present and future, through legislation called the Merrill Act. It provided that certain lands and the proceeds therefrom were to be devoted to education in "agriculture and the me-

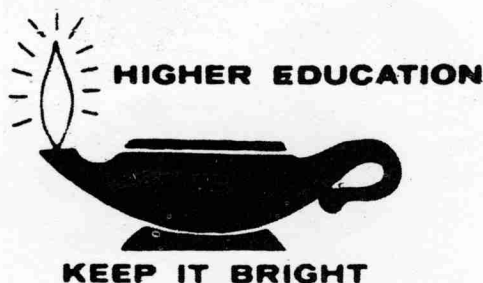
chanical arts", ultimately, "agriculture and engineering."

A second important step in what rapidly became a nation-wide movement was the provision of funds for research. The Hatch Act, in 1887, made annual appropriations for "Agricultural Experiment Stations" in the states. The research was added to educational provisions.

But a gap still remained—between new knowledge and techniques, and the people who wanted and needed them. By 1914, Congress launched a third step through the Smith-Lever Act which established a program of Cooperative Extension work between the U. S. Department of Agriculture, the Land-Grant Colleges, and rural people.

Thus did a framework evolve: State Colleges for education and training, Agricultural Experiment Stations for specific research, and County Extension programs, staffed by County Agents, Home Economics Agents, and 4-H Club Agents, to carry new information to rural people. It is a cooperative enterprise as the nation, states, and counties

combine to raise funds, while planning and administration are carried out through grass roots county organizations. It is a cooperative enterprise between the functions of education, research, and community service.



## HOME ECONOMICS EDUCATION

To turn the spotlight back to The Woman's College, our participation and service has been through the field of Home Economics. As everyone doubtless knows, classes in "sewing and cooking" were offered when the College opened its doors in 1892. Time passed, and by 1917, a domestic science laboratory was made possible, and the term "Home Economics" was adopted as the College moved into full participation in what is known as "Vocational Home Economics."

Vocational Home Economics, along with Vocational Agriculture, aims to offer training at the high school level that is both more intensive and more extensive than is otherwise possible. High school teachers fully trained in these fields are made available to high schools and their communities for fuller class offerings, adult classes, and home consultations. Improved laboratories are often made available. Students and community alike benefit from these vocational programs. Woman's College has long been active in the preparation of vocational home economics teachers and home economics agents for Extension programs.

Education, research and community service in all areas of Home Economics at Woman's College have expanded rapidly with many opportunities still awaiting funds, facilities and staff. With the Consolidation of the University of North Carolina, and the continuing sup-

port of Vocational Education funds, a variety of Home Economics curricula became available to students, permitting specialized training combined with a basic core of college subjects. Undergraduate and graduate study is offered in all five major divisions of Home Economics: foods and nutrition, clothing and textiles, housing and home management, child development and family relations, and home economics education. Night and Saturday classes are slowly becoming available to offer "refresher" and advanced work for people already established in their professions, or simply wishing to continue to study and learn.

In 1949, the department Home Economics became the "School of Home Economics", and active cooperation began with the North Carolina Agricultural Experiment Station in continuing research for the benefit of North Carolina's homes and families. A few of these cooperative research projects may be noted briefly.

## RESEARCH

### HOUSING

Housing and home management studies have yielded the recommendation that play-space for pre-school children should be an important consideration in house and home planning. In real life, youngsters play in the social and work areas of the home rather than away off in a nursery or bedroom, and housing designs-for-living should recognize this trend. Furthermore, detailed investigation suggests thirty-five to fifty square feet as desirable for pre-schooler's play, and of this space, plenty of free floor area should be left uncluttered by children's furniture. The little ones like to ramble around, and they like to be near the rest of the family! Another study just now being launched is the testing of a desk-table designed to "grow" with a child from his toddler days to his 'teens.

(Continued on page 18)



**You**

**are**

**invited**

The Junior membership of the NCFWC invites you and all the members of your state organization to its Annual Convention in Raleigh to hear Dr. Shane MacCarthy, Executive Director of the President's Council on Youth Fitness, Washington, D. C.

Dr. MacCarthy's address is scheduled for 11:30 a.m., April 6th, in the Memorial Auditorium.

Since Dr. MacCarthy has so much to offer to North Carolina in the Youth Fitness field and the Federation was fortunate enough to secure him as a speaker, we would like to have you share this opportunity with us. *There is no charge.*

We will look forward to seeing you and many members of your organization on April 6th.

Sincerely,

Mrs. H. Jack Sharpe, Jr.

Third VP & Director of Juniors  
N. C. Federation of Women's Clubs

Editor's note: Dr. MacCarthy is very well qualified. His appearance is in co-operation with the *Youth Fitness Commission of North Carolina* which was formed by Governor Luther H. Hodges in 1959 and in conjunction with the Junior membership of the N. C. Federation of Women's Clubs. The Fourfold Fitness Program adopted by the NCFWC is basically designed to stimulate greater activity and create an awareness for the values of total fitness within the minds of the entire North Carolina citizenry—physically, mentally, morally,

socially and spiritually. You are cordially invited to attend.



Dr. Shane MacCarthy, Executive Director of the President's Council on Youth Fitness

**Howell Brothers**

*"A Home owned Store"*

Pikeville, N. C.

PHONE 206-3

**FARMERS  
HARDWARE**

PIKEVILLE, N. C.

**Paul C. Blalock, Inc.**

Sales



Service

FREMONT, N. C.

**COZART PACKING  
CO., INC.**

WHOLESALE ONLY

*We Specialize in Self-Service Pkg.*  
Goldsboro, N. C.

WE 4-2839  
Smithfield, N. C.

**Jones Brothers**

WO 5-2141  
Pine Level, N. C.

*Furniture for Gracious Living*  
CAROLINA'S LARGEST FURNITURE SHOWROOM  
PINE LEVEL, N. C.

## ***First Citizens Bank & Trust Co.***

SMITHFIELD, N. C.

*Established 1898*

Member FDIC

*Be Modern — Cook with Gas  
Bulk & Bottle*

CENTRAL CAROLINA GAS CO.  
Smithfield, N. C.  
Phone WE 4-2533

*Your Dollars Go Farther  
At Your Farmer-Owned*

**FCX**

The more you shop at your local  
FCX, the more you save. . .  
and you get the highest quality  
always, plus *friendly*, courteous  
service.



**FARMERS  
COOPERATIVE  
EXCHANGE**

HOME OFFICES  
RALEIGH, N. C.



***Let's  
Read!***

What happened to Betty and Harry Martin after they were discharged from Carville sanatorium and their return to the "outside world"? *No One Must Ever Know* by Betty Martin guards the secret of their rootless, roving life which they were forced to lead. Their poverty, their heartbreaking, self-imposed isolation from their friends will become your concern but the story is not gloomy. You will be inspired and encouraged as you follow these two brave and good people in their fearless pursuit of happiness.

If this book plucks your heart strings and you like the Martins, then *Miracle at Carville* by the same author is suggested. Here you will learn something of the twenty years before *No One Must Ever Know*.



Wayne Medical Supply Co.  
JOHN & W. T. THIGPEN, *Owners*  
Wholesale Drugs  
Surgical Supplies  
PIKEVILLE, N. C.

## ***American Bank***

Goldsboro, N. C.  
*Members of FDIC*

**Heilig-Meyers Company**  
*Furniture and House Furnishings*  
GOLDSBORO, N. C.

J. MILO PIERCE  
Fertilizers — Liquid Nitrogen  
Custom Grinding We Buy Grain  
PHONE FREMONT 210-1

## **W. P. ROSE SUPPLY COMPANY, INC.**

DEALERS IN  
BUILDING MATERIAL  
P. O. BOX 1022  
GOLDSBORO, N. C.

Pate-Dawson Motor Co., Inc.  
*"Oldsmobile"*  
CORNER CENTER AND ASH  
Goldsboro, N. C.  
RE 4-2411 RES.: RE 5-3352

## **GRIFFIN'S BARBECUE**

806 South George St.  
GOLDSBORO, N. C.

# **Mind Your Manners**

Wanting to be liked is right and natural. It not only makes life happier for you, but for your family, your friends, and even the unknown persons you meet casually during the day.

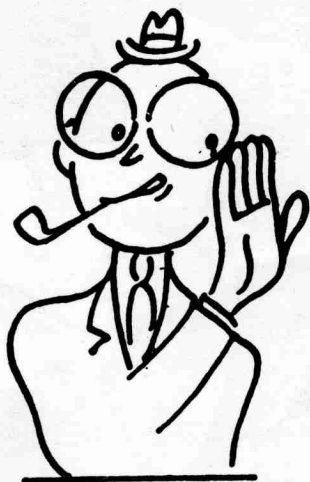
The way to be liked is to learn thoughtfulness of others, not an easy lesson or one learned in a day. A graciousness and true courtesy is acquired by thinking of others, putting yourself in the other person's place, and trying to understand why he feels and acts as he does. In this way you create a warm, friendly atmosphere wherever you go.

Knowing the accepted manners and ways of doing things in your community will help you. Customs vary from place to place and from one age to another, but most of them are based on consideration of the other person. The person who gets along with others, who wins their liking and respect, is sensitive to the feelings of other people.

Anyone can live alone. But it takes unselfishness, tolerance, helpfulness, kindness, and a sense of humor to live happily with others.

The ladies in Wayne County live happily together but they felt that they needed something on general conduct at meetings and at home. Out of this need came a demonstration and much discussion and practice in making motions etc., as well as other "manners".

Perhaps they were like most of us—we need to be reminded from time to time. With meetings, and more meetings ahead in the months to come, we can all share some of the ideas of the ladies in Wayne and *Mind Our Manners*.



## MEETING PEOPLE

Making introductions is easy once you have learned a few simple rules. The most important thing you need to remember is that the older or the more distinguished person is named first, and that the woman is named before the man.

A simple "How do you do?" acknowledges an introduction. Never *say*, "Pleased to meet you"—but *look* it.

When two men meet they always shake hands. A woman extends her hand if she cares to. Make your hand-clasp firm and definite—neither limp nor crushing.

A man always rises for an introduction—not reluctantly or as if he had rheumatic joints—whether it is to another man or to a woman. A woman rises to meet an older woman. She does not rise for a man unless she is his hostess. When introducing a stranger to a group it is not necessary to repeat his name each time. If you have several people to introduce, present them in the order in which they are standing or entering the room (even though you may introduce a man before a woman.)

In leaving a newly-made acquaintance, you need only say, "Goodbye." If you wish to be more cordial you can express the hope you'll meet again. If you can connect names with faces it helps. It helps, too, if you can add some little personal item to the introduction, as this gives the two people something to talk about at once.

(Continued on page 14)

*"The best in Baking"*

MADE-RITE BREAD

*A product of*  
SUNBEAM BAKERY  
Goldsboro, N. C.

**W. H. Griffin & Sons**

*Distributors of*  
*Phillips 66 Products*

Goldsboro, N. C.

**Geo. W. Aycock and Sons**

*Oliver Farm Implement Dealer*  
N. William St. Extension  
Goldsboro, N. C.

**V-C FERTILIZER**

500 N. CENTER ST.  
Goldsboro, N. C.

**FARMERS SUPPLY CO.**

*Westinghouse Appliances*  
Goldsboro, N. C.

**H. W. TATUM REALTY CO.**

*Insurance - Real Estate*

106 NORTH STREET  
Goldsboro, N. C.



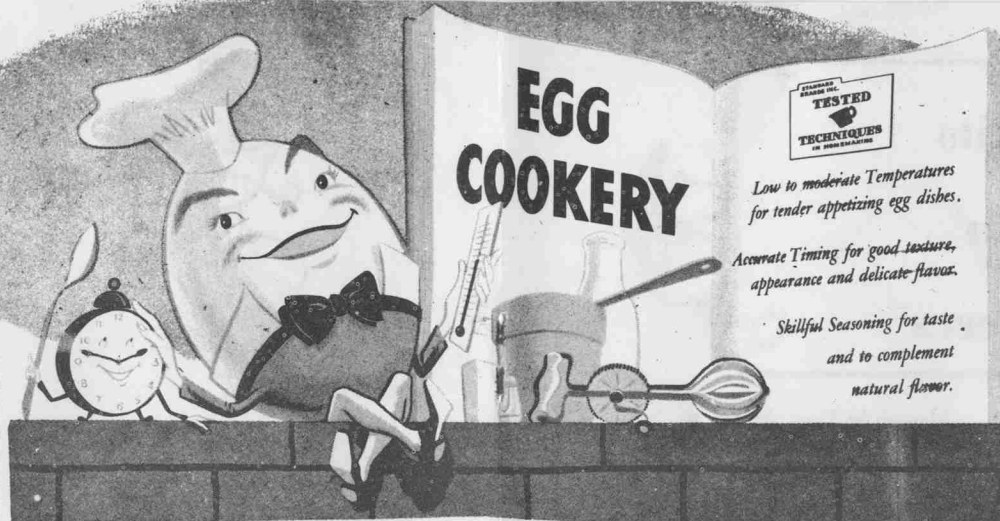
How many ways do you serve eggs? Four? Five? Twenty? You're slipping! The Poultry and Egg National Board says they can be served in more than a thousand ways! They can be used in cakes, cookies, desserts, sandwiches, salads, sauces, soups, and can be combined with cereal, cheese, fish, meat and vegetable dishes. You may know of many more.

Ruby Uzzle, Consumer Marketing Specialist at State College, gives us a few facts and reminders.

#### HOW TO BUY:

1. Always buy from a refrigerated case. Eggs deteriorate very rapidly when the are subjected to warm temperatures. Eggs are perishable. To help maintain good quality, observe these four simple rules.
  - (1) Store in the refrigerator.
  - (2) Keep the small end down.
  - (3) Keep them covered, to keep out strong odor.
  - (4) Take out only the number needed.
2. Buy by *grade*—not size—for quality in eggs. The size of an egg has nothing to do with its quality. The grade has to do with quality of the egg. When you buy eggs labeled Grade A, you want to be sure that it is still Grade A when it reaches your table.

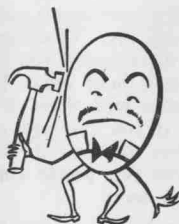
You may buy Grade AA, Grade A, or Grade B.



Grade AA	Grade A	Grade B
Highest Quality	Almost as high quality as Grade AA. Not so perfect.	Good quality. Same food value.
Yolk stands up well.	Yolk stands up well.	Yolk stands up fairly well. More
White heavy. Very little thin white.	White heavy. Little thin white.	thin white than Grade A.

When you buy graded eggs—

- You are assured of *Quality*
- Less loss means less cost
- Egg packer is identified
- Each egg is inspected for your protection.



Whatever the grade, there is more than flavor packed inside the shell of an egg.

3. When you buy, you get a dozen eggs whatever the price, but not the same amount of egg by *weight*.

#### SIZES ON THE LABEL

Jumbo	30 oz.	Medium	21 oz.
Extra Large	27 oz.	Small	18 oz.
Large	24 oz.	Peewees	15 oz.

When there is a difference of about 10c or more between the sizes, the smaller eggs are the best buy. For example, when large eggs are 48c a dozen, medium eggs selling for 42c a dozen would give you the same value. Thirty-eight cents to forty-two cents per dozen of medium eggs would give you more egg by weight for your money.

#### DID YOU KNOW?

1. That brown-shelled eggs are the same as white in quality, food value, and flavor? The shell color depends on the breed of the chicken.
2. That blood spots or meat spots do not in any way affect the nutritive value of the egg? (Every effort is made in careful grading to remove the eggs with blood or meat spots.

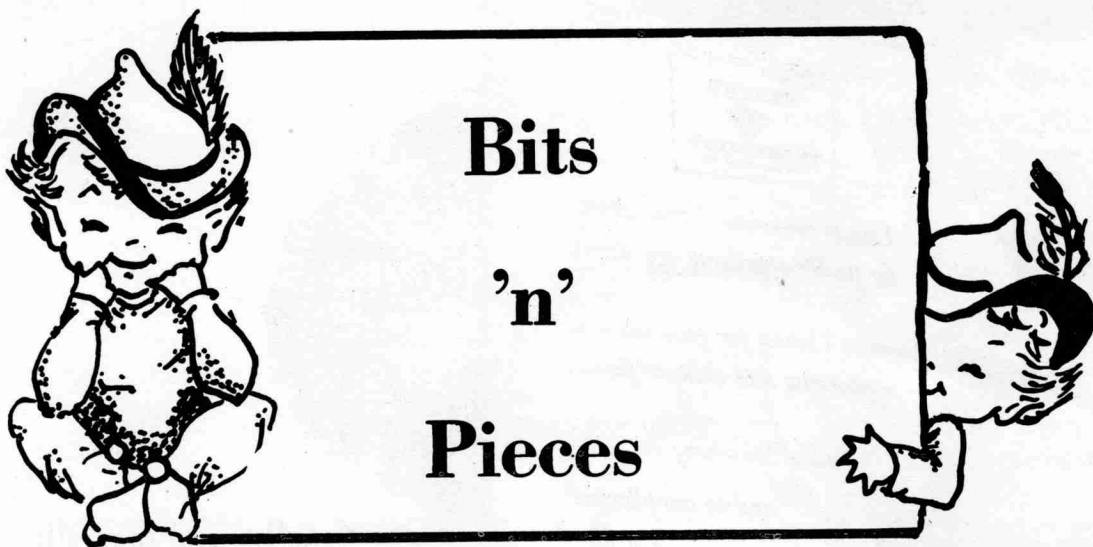
Occasionally, one may slip through. If this happens, remove the spot and use the egg.)

3. You may substitute one egg size for another. The following is a guide:  
4 large = 5 medium = 6 small.
4. Eggs kept at room temperature for three days lose as much quality as those kept in the refrigerator for two weeks.
5. That the color of the egg yolk may vary in shades of yellow. This is caused by diet and heredity and does not necessarily affect nutritive value or flavor.
6. That the term "fresh eggs" has meaning only if proper storage has been maintained from poultry farm to the table.
7. That the price of different sizes of eggs varies with the season.
8. When you are trimming the budget you'll find eggs one of your most dependable helpers.

USE EGGS DAILY  
EGGS HELP REGULATE BODY  
FUNCTIONS AND MAINTAIN  
GOOD HEALTH.



(Continued on page 15)



Smith Level Ladies, ORANGE, went all out to learn how to use sewing machine attachments. Mrs. Tom Yates, clothing leader, presented each member with a student manual to study and a demonstration was given on the multi-slotted binder. How to put varying widths of binding on material was shown as well as how to stitch on rick-rack. The ruffler, hemmer and quilter were discussed as time saving attachments. The walking foot walked over that hard-to-sew plastic and other material that requires gentle handling.

A transplanted Tarheeler, Mrs. C. I. Calcote, writes from Mississippi, "If you once get HD in the blood you can't forget it. I went to County Council last week. It was the announcement that the demonstration would be on "Making Hats" that caught my eye. (They were feather hats and beautiful.) We have a big, big yard to landscape. . . and no John Harris have I found yet. Please send *Green 'n' Growing* to me, here. I want to keep up with all that is doing."

"New European Painting and Sculpture" will be the special exhibit at the North Carolina Museum of Art, Raleigh, through April 30. The Museum, first ever established with State funds, contains a \$5,000,000 permanent collection of masterworks and is open free year around. Museum hours are 10 a.m. until 5 p.m. each weekday except Monday, and 2 p.m. until 6 p.m. on Sundays. The Museum building is on Capital Square in downtown Raleigh.

Man-of-the-Year Award to Josephine Hall? But she is a woman! This is what the *Hoke County News-Journal* had to say:—The Raeford Kiwanis Club broke a precedent when it awarded its "Outstanding Citizen" cup to Miss Josephine Hall at the club's annual ladies' night at the Carolina Hotel in Pinehurst, not to mention the precedent it broke by having the affair away from Raeford. The award had been given to a man for the previous seven times since it was started, and had even come to be called the 'Man of the Year' award.

We think precedent breaking, generally, is a fine thing for a community or a club, not for itself, necessarily, but as an indication that the group's thinking is not in a rut, or taking the line of least resistance. Too often, even if we are not too lazy to do differently, we don't dare.

This instance of precedent breaking, in particular, is commendable. Giving the award to Miss Hall will be a great honor and a satisfaction to many, many people in Hoke County who are given this occasion to pause and take stock of the sizable effect this woman, through her dedication, perseverance and ability, has had upon this accomplishment.

So, we express our complete agreement with the Kiwanis Club in their selection of the recipient of the honor. Our hearty contratulations to Miss Hall and "her women".

Home Demonstration members everywhere will agree whole heartedly with the *News-Journal*.



St. Stephens Club, CATAWBA, celebrated their 26th Anniversary recently. Twenty members went "out" to dinner. Two "Tomato Girls" were given corsages. Ten of the first members are still active. Congratulations, girls!

---

Mountain Park HDC, SURRY, met in the school cafeteria and surprised the women who work in the lunchroom with a shower of aprons, dish towels and pot holders which the members had made. (Isn't this a wonderful way to show appreciation to those hard working women who try to please the children and teachers on a limited budget?)

Mrs. K. H. Lewis, Secretary

---

"Our greatest unused scientific resource is our women", says a recent report of the American Association of the Advancement of Science. The report points out that only 8 per cent of our scientists and engineers are women, although it is probable that there are almost, if not quite as many women as men who could qualify. Perhaps it is better that they be wives and mothers, but there is no reason why, after their children are grown, women should not make important contributions in science.

---

I expect to pass through this world but  
once;

Any good thing, therefore, that I can do,  
Or any kindness that I can show  
To any fellow-creature,  
Let me do it now;  
Let me not defer or neglect it;  
For I shall not pass this way again.

Sent in by Martin County

---

A California homemaker suggests this way to get in the good graces of a new daughter-in-law: Even before the wedding, start buying one extra of all non-perishable foodstuffs and kitchen items when you market. Nothing is more welcome, the lady says, than to come home

from the honeymoon to find a nice supply of soups, vegetables, canned meats, soap, napkins, coffee, sugar, pepper, etc., on the cupboard shelves.

---

Many PAMLICO County H.D. Clubs have taken advantage of the Eastern District Craft Workshops which have been held in Manteo the past four years.

Mrs. L. B. Sadler, of Hobucken, council president, has attended all of these workshops. She liked the copper enameling so well that she has concentrated on it and for the past two years has been an instructor.

With a \$10 investment to begin with, Mrs. Sadler has built this craft project into a worthwhile business. She has made a total of 112 articles, including earrings, pins, cuff links, tie pins and necklaces for sale or for gifts.

She has been a member of a home demonstration club since 1949 and has a perfect attendance record for 10 years. She has been married 13 years and has two lovely daughters, ten and seven years. Pamlico County is justly proud of Mrs. Sadler and her achievements.

Mrs. Dan Swindell, PR Ch.  
Pamlico County

---

Copper Enameling Workshop in Pamlico County. Left to right are Mrs. L. B. Sadler, instructor, Mrs. Thelma McCotter, Mrs. W. B. Gooding, Mrs. Edna Murray, Mrs. Wilson Whorton, Mrs. E. A. Johnson.



## BUILDERS SUPPLIES CO.

109 W. Vine St.  
Goldsboro, N. C.

## Goodman Grocery and Market

Heavy and Fancy Groceries  
Pikeville, N. C.

## Johnson Cotton Co.

GOLDSBORO, N. C.

## J. C. Penny Co., Inc.

*"The Home of Values"*  
GOLDSBORO, N. C.

Smithfield Livestock Exchange, Inc.  
J. NOAH WILLIAMS, PRES.

*We buy Hogs and Cattle every day*  
P. O. Box 248 Smithfield, N. C.

## Nahunta Hog Market

*Live Hog Buyers*  
Phone 210-8  
PIKEVILLE, N. C.

## Jordon's TV & Appliance Co.

*Westinghouse Sales and Service*  
Smithfield, N. C. Phone WE 4-3808  
*"You can be sure if it's Westinghouse"*

## FIELD'S RED AND WHITE SUPERMARKET

901 South Slocumb Street  
Goldsboro, N. C.  
R. E. "CANNIE" FIELD

MANNERS Cont. from page 9

## INTRODUCING SPEAKERS

"I am happy to present. . ." Are you happy? Maybe these suggestions will help you make your next introduction.

1. Be brief—that suits you, doesn't it?
2. Be simple—skip flowery language.
3. Be honest and accurate—say what is necessary to let the folks know who is speaking to them.

Take your time. When you reach the stage or wherever you are to stand, look over your audience and *smile*—don't grin. This will relax them—and you. Then say: "Friends", "Club Members", "Guests", (you choose it) and tell them about the speaker and his subject and why this will interest the audience. Then—clearly say the speaker's name, turn to him (or her) and give him a friendly little nod—and he's on his own. You have done your part.

## CLUB MEETINGS

What must the hostess do? More important than the refreshments or the housecleaning is the atmosphere of friendliness and welcome created by the hostess.

1. Make each person who comes to the meeting feel you are glad she is there.
  2. Introduce each newcomer to some club member who will look after her and make her feel she is part of the group.
  3. Have a place especially reserved for the president and her assistants. She may need a small table for papers and the secretary's book.
  4. Try to let club members feel relaxed and at ease. They can't feel this way if you are jittery and nervous.
  5. You may not have enough chairs for everyone—don't feel embarrassed. Bring in the kitchen stool if necessary and be glad the meeting is so well attended.
  6. Serve simple refreshments. This isn't the time to "put the big pot in the little pot" and show what a good cook you are. It is a good time to demonstrate some of the good ideas on entertaining that
- (Continued on page 17)



Hermits usually stay home. But not always! This hermit went on the United Nations Tour and was so well received that Mrs. Carl Kearns, RANDOLPH, thought perhaps other ladies might like to add the recipe for "Hermit Cake" to their collection.

This recipe will make about 4 nice size loaf cakes. One-half of the recipe makes one large cake. It is wonderful for freezing, economical and delicious!

#### HERMIT CAKE

1 lb. butter (or margarine)  
 1 1/4 lb. brown sugar  
 6 eggs  
 1 1/2 lb. flour (about 5 cups)  
 3 bxs. dates (2 1/2 lb.)  
 3/4 lb. shelled pecans  
 2 teaspoons cinnamon  
 2 teaspoons vanilla  
 2 teaspoons baking powder  
 Juice 1 lemon  
 1/2 lb. crystallized pineapple  
 1/2 lb. crystallized cherries  
 1/2 c. black walnuts (optional)  
 1/2 teaspoon salt  
 Flour the fruits. . .  
 Bake about 3 hours on 225°.



#### ATKINSON MILLING CO.

*Sifted and Enriched*  
 Water-Ground Corn Meal  
 Route 1, Selma, N. C.

Our congratulations and thanks  
 for the *Wonderful Work* of the  
 Home Demonstration Clubs in  
 N. C.

WAYNE  
 DAIRY COOPERATIVE, INC.  
*"Owned & operated by Dairy  
 Farmers"*  
 GOLDSBORO, N. C.



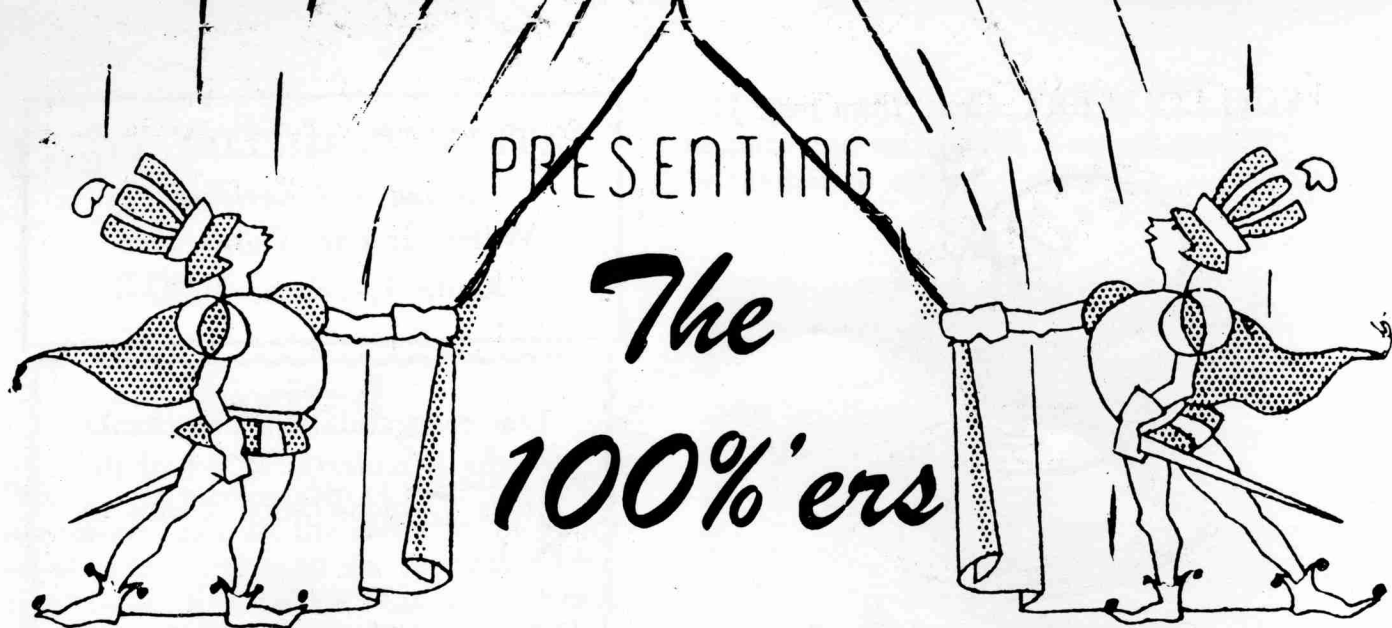
Pepsi-Cola Bottling Company  
 Goldsboro, N. C.

*Best Wishes From a Friend of*  
 JOHNSTON COUNTY  
 HOME DEMONSTRATION  
 CLUBS

Open Air Market

GOLDSBORO, N. C.





These clubs are subscribing to **Green 'n' Growing.**  
When will your club name be here?

Stokesdale Club, Guilford  
Olive Hill Club, Person  
McDonalds Club, Robeson  
Hughes' Branch Club, Swain  
Summer Home Club, Guilford  
Dale Road Club, Mitchell  
Hope Valley Club, Durham  
Rock Creek Club, Wilkes  
Clingman Club, Wilkes (350%)

Lynn's Crossroads Club, Durham  
Long Hill Club, Cumberland  
Boonville Club, Yadkin  
Centre Club, Guilford  
West Lexington Club, Davidson  
Danbury Club, Stokes  
Good Neighbor Club, Forsyth  
Westover Club, Forsyth  
Christian Neighbor Club, Forsyth

### **Alamance County**

Green Hill  
Pleasant Hill  
Highland  
Friendly Community  
Hebron  
Eureka  
Meadow Creek Daughter  
Meadow Creek  
Whitney-Sutphin  
Bethany

Homemakers  
Altamahaw Ossipee  
Boone Community  
Hawfields  
Bethel Sylvan  
Pleasant Grove  
Stoney Creek-Union Ridge  
Woodlawn  
Homemakers

Fridens Club, Guilford  
Crisp Club, Edgecomb  
Velma Beam Club, Person  
Linwood Club, Davidson  
Biltmore Club, Buncombe  
Sandy Plains Club, Columbus  
Friendship Club, Caswell  
Bahama Club, Durham  
Gray's Chapel, Randolph  
Jane Cobb Club, Gaston

Fountain Club, Pitt  
Caldwell Club, Person  
Rivermont Club, Lenoir  
Oak Ridge Club, Halifax  
Edgewood Club, Chatham  
Franklinville Club, Randolph  
Locust Club, Stanly  
Rosewood Club, Wayne  
Christian Harbor Club, Hertford



**This could be YOU!**  
**How? When? What?**  
**Keep watching! It's soon.**

Continued from page 14  
 your nutrition specialist is teaching you.

7. Most of all—have a good time. If you do, folks will remember how much they enjoy being in your home, rather than looking at the furnishings or checking up on your housekeeping.
8. Try to stay at a meeting until it is over or sit near the back.

#### THE ART OF CONVERSATION

What you *are* may speak more loudly than what you say, but you can practice the art of conversation. Here are a few suggestions:

1. Never use conversation as a weapon to hurt or wound.
2. Try to be a good listener. You can't do *all* the talking.
3. Feel responsible for contributing

your part in any conversation. Don't close up like a clam.

4. Try to talk about ideas and things instead of people.
5. Try to avoid personal pronouns such as "I", "Me", and "Mine". (We are all inclined to be self-centered.)
6. Avoid whispering or loud talking.
7. Avoid slang expressions and the use of "Listen", "See", and "Say".

#### EXPRESS APPRECIATION

Getting along with others is an art that can be learned through practice, and the best place to start is at home.

Not flattery, but well-earned praise stimulates one to try harder and to do even better next time. This works everywhere.

*Good behavior is everybody's business.  
 Good taste can be everyone's goal.*

## CLOTHING AND TEXTILES

Clothing and textile studies have a consumer emphasis on end-use performance of different fabrics under different conditions. For example, one project has demonstrated the greater efficiency of soaps over synthetic detergents in soft water for removing soil and preserving whiteness of both Dacron and cotton and all-cotton clothing.

A new study, exposing students to the research approach, involves testing the wear and tear on sheets made from four new strains of cotton. One-hundred-twelve resident students are sleeping on these sheets made from the various cotton fibers, and laboratory tests (on the sheets) will be made after five to seventy-five standard institutional launderings and periods of use. Students gain practical experience with sheets, research, and a canny consumer's point of view! Fibers and products are appraised in a real life situation as well as in testing laboratory.

## CHILD DEVELOPMENT

In the department of child development and family relations, a study nearing completion concerns young mothers,

and how they learn to care for their first child. Based on interviews with young mothers with a first child under three years of age in three rural counties covering a wide range of communities, tentative findings reveal many of the changes in modern family life about which we read and hear.

Few of these young families are active farmers; most fathers—and many mothers—are working in the mills and plants of the State's growing industrial economy. Grandmothers and relatives "baby-sit" while the mother works her shift; the increase in North Carolina's urban nursery schools is *not* reaching rural areas. Few of these young parents have obtained a college education, and not too many have finished high school. Homemaking, jobs, church-going, and informal visiting make up the weekly cycle of activities for most of them.

Mothers and mothers-in-law, relatives and friends with young children, the family doctor, and in quite a few instances, child-care study in high school Home Economics—these are the chief sources of information for these young mothers as they live through the experience of caring for their first child. Dr. Spock has not reached the "hinterland" as rapidly as he has the city!

## ***Wayne Wholesale Grocery Co.***

DISTRIBUTORS OF

*White Silk Enriched Flour-Pocahontas Canned Foods*

GOLDSBORO, N. C.

## **Branch Banking & Trust Co.**

*"The Safe Executor"*

Member of FDIC

GOLDSBORO, N. C.



Another research enterprise in child development and family relations is a long-term study of children from infancy to their sixteenth year. Staff of the Woman's College Nursery School will gather information on the same group of youngsters for the entire period. Most such "longitudinal" studies have focused on physical development and body characteristics, few have involved the same children over time, and none have investigated children in the Southern region. This new project will seek evidence of early personality characteristics, their persistence into the 'teens, and the part played by home and family relations on psychological and social development. A study such as this one presents many difficulties, but it can also yield valuable insights into the why's and how's of behavior.

These research enterprises serve both professional workers and homemakers, providing new information and objective evidence of trends in today's homes involving both products and people. They enrich classroom teaching with materials that provide a continuing check upon both fact and theory. Home Economics Education and research, in the Land-Grant College tradition, serve each other at Woman's College.

#### EXTENDED SERVICES

Struggling to carry out the third aim of this nation-wide program, community service, Home Economics staff—and students, too—in their "spare time" assist many individuals and groups throughout the State. They present talks and speeches, write articles for both pro-

fessional and laymen's publications, conduct conferences and workshops, prepare exhibits and bibliographies, develop radio and TV programs. Their trail leads literally from Manteo to Murphy!

The objectives of the School of Home Economics have been recognized and supported since 1946 by the Home Economics Foundation, Incorporated. The purpose of this organization is ". . .to aid and promote, by financial assistance and otherwise, all types of education and research in home economics at or through the Woman's College of University of North Carolina at Greensboro, North Carolina." Mrs. Sue Ramsey J. Ferguson, of Taylorsville, is its President, and its firm and active support recognizes the breadth of present and potential services of the College to the people of the State. The three-fold functions of education, research and community service are invaluable aided through the efforts of the Foundation.

While the Land-Grant College program in America often seems to arouse pictures in our minds of agriculture and rural life, its contributions to industrial growth are equally significant and well known. An interesting nationwide development is the spread of Home Demonstration and 4-H Club work into

Continued on next page

*Compliments of*  
COBLE DAIRY  
Smithfield, N. C.

## Suburban Rulane Gas Co.

Smithfield—Selma Highway

SMITHFIELD, N. C.

PHONE

WEBSTER 4-4242

urban areas and cities, and North Carolina's program is actively participating in this trend. As the Extension Service and the State's educational activities move to meet people's changing needs, the College must even more rapidly advance and improve the training of its graduates who will serve the entire State.

Thus have education, research and community service to both agriculture

and industry gained momentum over the years, varying with new trends to serve people wherever they are. Home Economics has developed and changed along with The Woman's College, with our Land-Grant College and the Consolidated University, indeed, along with the widening horizons of the people of North Carolina themselves.

Noami G. Albanese

REMEMBER SOME SUBSCRIPTIONS EXPIRE WITH THIS MARCH ISSUE. THEY SHOULD BE RENEWED IMMEDIATELY-YOU DON'T WANT TO MISS A SINGLE ISSUE.

GREEN 'n' GROWING

( ) New ( ) Renewal

\_\_\_\_\_ year \$1.00 \_\_\_\_\_ 2 year \$1.75

Name \_\_\_\_\_  
Please Print

Street \_\_\_\_\_

City \_\_\_\_\_ Zone \_\_\_\_\_ State \_\_\_\_\_

Send check or money order to

GREEN 'n' GROWING, Dorothy Vanderbilt, Editor, 3301 Chapel Hill Rd.,  
Durham, N. C.

GREEN 'n' GROWING

( ) New ( ) Renewal

\_\_\_\_\_ year \$1.00 \_\_\_\_\_ 2 year \$1.75

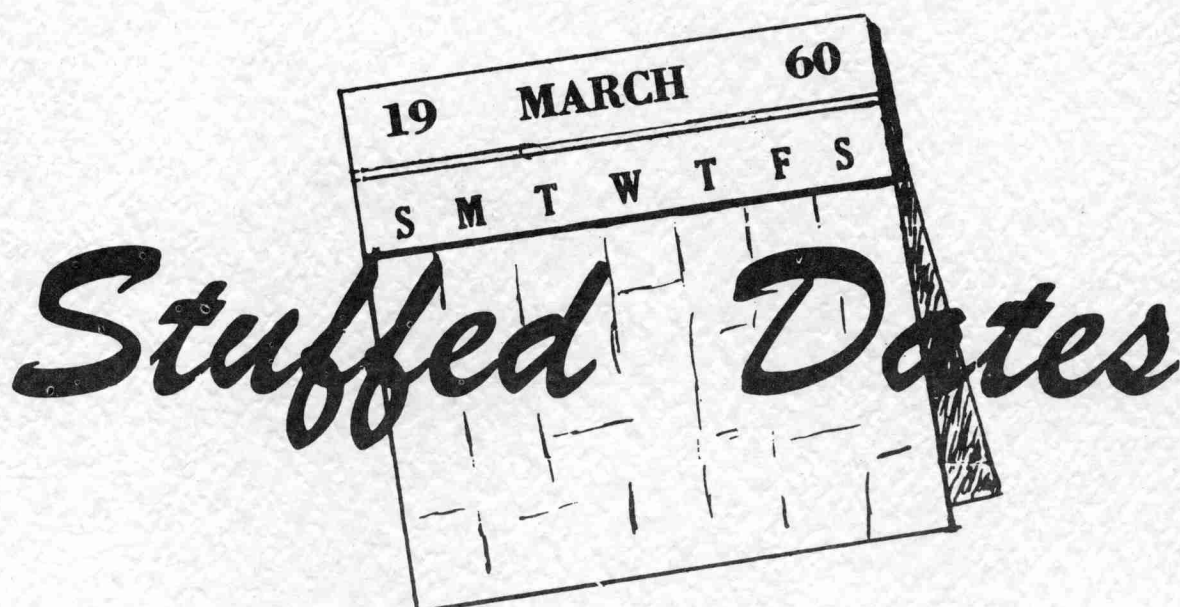
Name \_\_\_\_\_  
Please Print

Street \_\_\_\_\_

City \_\_\_\_\_ Zone \_\_\_\_\_ State \_\_\_\_\_

Send check or money order to

GREEN 'n' GROWING, Dorothy Vanderbilt, Editor, 3301 Chapel Hill Rd.,  
Durham, N. C.



- March 14-June 18, Penland School of Handicrafts, Spring Session
- March 29, *Fourteenth District Meeting*, Duke Memorial Church, Durham, N. C.
- March 29, *Nineteenth District Meeting*, Pender County
- March 30, *Eighteenth District Meeting*, Bladen County
- March 30, *Twelfth District Meeting*, First Methodist Church, Asheboro, N. C.  
Mrs. Gilbert English, speaker.
- March 31, *Twenty-seventh District Meeting*, Cumberland County
- March 31, *Twenty-sixth District Meeting*, Poplar Springs Church of Christ, Stokes County
- March 31-April 3, North Carolina Azalea Festival, Wilmington, N. C.
- April 1, *Thirteenth District Meeting*, Baptist Church, Yanceyville, N. C.  
Dr. Jack Waldrop, speaker.
- April 5, *Sixteenth District Meeting*, Hoke County
- April 5, *Seventh District Meeting*, The Armory, Newton, N. C.
- April 6, *Tenth District Meeting*, Moore County
- April 7, *Eighth District Meeting*, Bethpage Presbyterian Church, Kannapolis, N. C.
- April 11, *Twenty-fourth District Meeting*, Washington County, place not yet known. Registration at 9:30 a.m.
- April 12, *Ninth District Meeting*, Charlottetown Mall, Auditorium, Charlotte, N. C.
- April 12, *Twenty-fifth District Meeting*, Edenton High School, Edenton, N. C.  
Registration at 9:30 a.m.
- April 13, *Twentieth District Meeting*, Jacksonville Methodist Church, Jacksonville, N. C. Registration at 9:30 a.m.
- April 14, *Seventeenth District Meeting*, Smithfield, N. C.
- April 20, *Fifteenth District Meeting*, Warrenton, N. C.
- April 20, *Twenty-second District Meeting*, Granville County
- April 21, *Twenty-first District Meeting*, Roanoke Rapids, N. C.
- April 26, *Twenty-third District Meeting*, Windsor, N. C.
- April 28, *Eleventh District Meeting*, Y.M.C.A., Elkin, N. C.  
Mrs. Guin Terasaki, speaker.
- April 28, *Sixth District Meeting*, Elizabeth Baptist Church, Shelby, N. C.