

APRIL - MAY  
1960



*Green is  
Growing*

Volume 6

Number 4 & 5

# There Was A Garden

It seems to me that God loves gardens. We find them mentioned many times in the pages of the Bible. In fact, the three great crises that man faced in his relationship with God were faced in a garden.

It was in the garden of Eden that man faced his first great crisis. He had sinned and he was in hiding from God. In the cool of the day, God came and while walking through the garden realized that Adam was not near by as usual. He called, "Adam where art thou?" And man faced the crisis of confronting God in his sinful state.

It was in a garden that man reached the highest point of perfection. The garden of Gethsemane just across the brook Kedron outside the walls of Jerusalem was and is a beautiful place, but it is even more beautiful when one remembers an event that took place there nearly two thousand years ago. For thousands of years man had been striving to do God's will. The history of man had been a history of struggle, failure, success, but never one of completely doing God's will. In the garden of Gethsemane man lifted his voice "Not my will but thine be done, O Lord." So if in a garden, man had fallen, it was in a garden man had reached new heights.

The Bible says "Now in the place where he was crucified there was a garden." This great crisis of man giving his life in complete obedience on Calvary and God's response in the Resurrection, took place in a garden.

Is it any wonder then, that I began by saying that God is quite fond of gardens? And I think I know the reason why. It is in a garden that God and man must work together. A garden is a unique example of the cooperation of God and man. We learn from gardens that we need God and God needs us, and we learn what can be achieved as we work together with God. We can see the beauty of the flowers and we are reminded that there may be a comparable loveliness within ourselves. In a garden we realize that our life is a growing thing and that with attention on our part and with divine guidance from above it can become more meaningful and more beautiful. Our world can become a garden if we seek with God to make it so. But in order to make it a garden, we must work and we must for the glory of the garden and we shall have to work His way too. For in God's garden much of our work will have to be done on a spiritual plane. The bare and barren areas must be transformed by a new generosity and helpfulness, and as we work toward this end, God will work with us.

One day we shall learn the lesson from the gardens and one day in all of our world, there will be seen the glory of the garden. As in the beginning, God walked in the garden and found man hiding, so on another day down through the centuries, God will walk among His children, establishing His kingdom. God will walk in the garden—glad in the flowers there—His people—and in the soil—the rich fellowship in which they grow, and we shall be glad that each in our own small corner with our own hands and on our own knees have helped to create that loveliness.

Robert N. DuBose, D. D., Pastor  
Shandon Methodist Church  
Columbia, South Carolina

# Green 'n' Growing

## Home Demonstration News Magazine

CHARACTER

CITIZENSHIP

COURAGE

CULTURE



Vol. 6

APRIL — MAY, 1960

No. 4 & 5

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.

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

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# A Dream Come True

On October 27, Polk County voters approved a special county library tax of not more than 5c per \$100 property evaluation. This makes Polk County the 14th county in the State to vote a special tax to support county-wide library service, the 95th to qualify to participate in the State Aid program.

At their November 2 meeting, the Polk County Board of Commissioners appointed the following library trustees: Mrs. H. L. Arledge, Tryon, N. C., Mrs. Hubert McEntyre, Rt. 1, Tryon, N. C., Mrs. A. A. Thompson, Rt. 1, Mill Spring, N. C., Mr. J. R. Stevensin, Saluda, N. C., Mr. B. T. Gantt, Rt. 2, Mill Spring, N. C., and Mrs. Bryon Brewer, Rt. 1, Tryon, N. C.

The Board held its organizational meeting on November 5 and decided to launch a drive to obtain sufficient funds through gifts to qualify for State and Federal Aid this fiscal year instead of waiting until July 1, 1960 when income from the newly voted library tax would be available. Before the year ended, they achieved their goal.

There has long been interest in library service in Polk County. The Lanier Library at Tryon, a subscription library, was founded in 1905. In 1955 a public library was organized at Columbus, the county seat, but its book collection and quarters have been inadequate to meet county needs. Previous efforts to obtain an appropriation for county-wide library service were unsuccessful. The Home Demonstration Clubwomen whose County Council adopted rural library service as their project in 1959 are largely responsible for this successful tax vote and fund-raising campaign. After Polk County's representative in the State Legislature submitted a special bill to authorize a tax vote for the lib-

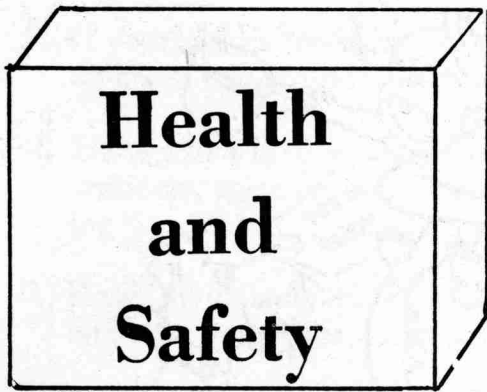
ary, the Home Demonstration Council president and her committee prepared for distribution five hundred letters describing the advantage of the bookmobile service and explaining the procedure for obtaining the State and Federal Aid. Newspaper articles, posters, visits with county leaders and neighbors kept the issue before public. In October, the committee launched an intensive campaign. They arranged to borrow the bookmobile from Henderson County to display at various schools and communities. They had two thousand handbills printed summarizing information about the library tax vote. Their Achievement Day program on October 23 was devoted to the theme "Education for our Families", and a representative from the State Library Extension Division was the principal speaker.

The result was a larger vote on the library than any other issue in the Bond Election. The reaction in Polk County? As Mrs. Arledge, a life long friend of books and libraries says, "It has been like a dream come true to some of us and will be of untold benefit to our county."

Our congratulations to the Home Demonstration Clubwomen in Polk County, to Mrs. Arledge and to the able President of the County Council, Mrs. Hubert McEntyre. Special thanks to Henderson County for loaning their bookmobile, the Ridgerunner, for demonstration purposes in Polk County; to Mr. and Mrs. R. K. Thompson of Hickory for going to Hendersonville for the bookmobile and driving it around the county; to the Columbus library staff for showing it off at the Achievement Day rally.

Editor's note:

This report was attached to a letter of commendation from the State Library Consultant, Phyllis Snyder, for the accomplishment of the H. D. women of Polk County. It is my pleasure to share it with you.



# Cornerstone for a Good Life

The first Health and Safety Workshop ever held in the Southwestern District of North Carolina's Home Demonstration clubs was held at Newton recently in the Catawba County Home Economics Department.

Mrs. Reed Wilson of Belwood, North Carolina, the state chairman of Health of the North Carolina Home Demonstration Clubs, presided. The devotion was given by Mrs. Harry Arndt representing the Catawba County clubs, and Mrs. George Smith of Newton, lead the assembly of fifty women in singing.

Mrs. Wilson set forth the objectives of the Health and Safety Department of the Home Demonstration clubs, stating that good health may be a God given asset, but we must work to provide and maintain good health for ourselves and our families. The amount and degree of responsibility that we as individuals take will determine the results.

Home Demonstration club women have and are placing emphasis on the great value of Good Health and Good Health Practices as one of the cornerstones for abundant life. We are thinking now in terms of community and county health as individual and family health, and are making every effort to help educate people to this fact.

Patrolman John Brinkley of Newton showed a film featuring the Reverend Billy Graham as he set forth individual responsibility to obey all traffic rules as a part of obeying God's ten rules—The Ten Commandments. Anyone interested in securing this film (or some 100 others on safety) can secure it by contacting either the State Department of Motor Vehicles in Raleigh, or getting in touch with some member of the North Carolina Highway patrol.

Fields Young, Jr., of Shelby, North Carolina, gave some pertinent thoughts on the need for individual thinking, reading and acting in this present time. The health leaders present were told that millions of dollars are being spent on cancer research at the present time. "RESEARCH" is one of the three main objectives of the American Cancer Society, and the other two are "SERVICES" and "EDUCATION." *The National Cancer Society is turning back to the state of North Carolina more money for research in its three medical schools than North Carolina is sending them from state contributions.*

In the United States 4100 deaths were attributed to cancer during the year of 1959. Over one-half of these were males, and about 50% of the total could have been saved if the individuals had gone to their doctors soon enough. The Home Demonstration club women were admonished to impress upon their husbands, and others, the need for periodic physical examinations, especially when one of the seven danger signals is found.

In the afternoon the group was divided in two workshops. Mrs. Callie Hardwicke, Southwestern District Home Economics Agent of Raleigh, presided in the absence of Mrs. Claud Stamey, Southwestern District Safety Chairman. She lead out in a discussion of safety measures that could be carried out by county and club groups. They also planned ways whereby counties could send in safety reports for the year, and reviewed the Surry County Safety report which had been given the winning award for the state.

Mrs. Reed Wilson presided over the health workshop. Of the seventeen counties comprising the Southwestern Dist-

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# Let's Make Housekeeping Easier

by

MAMIE WHISNANT

Extension Specialist in Home Management

Are you always saying to yourself: "I wish I had more time to do all the things I want to do and need to do." You can't add to, or take away the 24 hours in each day. It's up to you to determine how you will use those hours every day to the best advantage.

## Housekeeping Time and Energy Savers

(Go through the list and check the jobs your're now doing correctly in the blocks on the left. On the right check the jobs you're willing to try.)

### Choosing, Arranging and Combining

- | (V) I do this  | I'll try this (V) |
|--|-------------------|
| ( ) 1. Arrange work centers as close together as possible to save time and steps   | ( )               |
| ( ) 2. Make work surfaces the correct height for the worker  | ( )               |
| ( ) 3. Have ample water supply conveniently located  | ( )               |
| ( ) 4. Have refrigerator conveniently located adjacent to work surface with opening side of door next to work surface                  | ( )               |
| ( ) 5. Store food supplies and equipment near where used first and most often  | ( )               |
| ( ) 6. Remove "seldom used" things from handy storage space at work centers  | ( )               |
| ( ) 7. Place shelves close enough (or use adjustable or half shelves to avoid so much stacking and extra handling to get what you need | ( )               |

- ( ) 8. If your sink is too low, put a slatted rack in it to set dish pan on. A spool or block nailed under each corner lets water drain beneath ..... ( )
- ( ) 9. Hang often-used small utensils and supplies like measuring cups, spoons, strainers, spice on upper cabinet door to avoid much stooping and bending ..... ( )
- ( ) 10. Have dividers in silver and kitchen tool drawers to avoid a scramble and save your time, temper and tools ..... ( )
- ( ) 11. Have scissors in your kitchen and use them to cut such as parsley, chives, baby's meat; wet them to cut dates, figs, marshmallows ..... ( )
- ( ) 12. Sit down to do such jobs as ironing, preparation of vegetables, dishwashing; (reduces energy; helps to prevent aching back and feet) ..... ( )
- ( ) 13. Use a tray or wheel cart in as many household tasks as possible—laundry, ironing, housecleaning—to save time, steps and lifting ..... ( )
- ( ) 14. Keep a waste basket in each room; empty all of them into a large grocery paper bag that you can carry from room to room. Then throw the whole thing away; saves trips and rehandling of trash ..... ( )
- ( ) 15. Divide the load. Let family members help with tasks suited to their ages and abilities. You rob your children of valuable experience when you say, "It's easier to do it myself." Be sure to give them clear instructions ..... ( )
- ( ) 16. Make one member of the family responsible for leaving the living room in order at night; it will save time each morning ..... ( )
- ( ) 17. Have a business center which will invite you to plan ..... ( )
- ( ) 18. Take frequent short rest periods; it's a thrift practice that improves your disposition as well as your health ..... ( )

## Food Preparation, Meal Service and Dishwashing

- ( ) 1. Plan menus a week, or at least 3 days ahead ..... ( )
- ( ) 2. Make-market orders in advance and go to market less often ..... ( )
- ( ) 3. Brush vegetables well and cook without peeling when possible ..... ( )
- ( ) 4. Prepare more one-dish meals ..... ( )
- ( ) 5. Use utensils in which foods can be cooked and served attractively ..... ( )
- ( ) 6. Use aluminum foil—it's amazingly all-purpose for lining broilers and roasters (saves scouring them), wrapping food to be reheated, wrapping and covering food in refrigerator and many other uses; it self-adjusts, holds in moisture, and saves much cleaning work ..... ( )

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# Bits 'n' Pieces

Rosewood Club (WAYNE) members have made a quilt and are planning to sell it to make money for their club. The fun and fellowship had by club members while making the quilt was worth more than money but treasuries have a way of running out every now and again.

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Ninth District officers were elected at their district meeting held April 12 in the Charlottetown Mall auditorium. 452 members from Mecklenburg, Stanly and Union heard reports, and saw Scotland through the lens of Mrs. H. C. Little's camera when she attended the National Associated County Women of the World meeting. Mr. Foster Hamilton III of Guilford Galleries, Greensboro gave decorating hints.

Officers for the coming year were elected and are as follows (left to right): Mrs. Stanley Moore, Jr., Mecklenburg, District Secretary; Mrs. Melvin Mills, Union, Chairman; Mrs. Luther Barringer, Stanly, vice-chairman; and Mrs. Dewey Baucom, Stanly, historian.

(Picture courtesy Charlotte Observer—photographer Clyde Osborne)

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Wilkinson Club members (BEAUFORT) stay busy all year. This year was no exception. Of course they stay busiest just before Christmas. Many members made baskets of popsicle sticks under the supervision of Mrs. Mavis Johnson. Several members made tree ornaments from tin can lids. Rita Preston was instructor in this. Instead of exchanging gifts at their annual Christmas dinner, they took up an offering to show their appreciation to the Boy Scouts for the use of the Scout Hut.

Mrs. Hugh Crumpler, President

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Egg separators, small plastic gadgets a little like a funnel, for separating the yolk from the white of an egg, are widely available and inexpensive. If your pre-teenager is learning to bake, she might find one of these devices a big help.

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## *Don't Forget*

### *Mother's Day*

*May 8th*

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New highway map is just off the press. Completely revised, the new North Carolina map includes links of new interstate highways and access roads to vacation attractions. It is free from the State Travel Bureau, Raleigh, N. C. "Outdoors in North Carolina" is another free guide now available. It describes the new campgrounds and "sky platforms" in the mountains. The bulletin is designed for the traveler who wants to explore scenic highways as well as for families interested in camping trips to mountains or seashore.





Since the Christmas holidays CASWELL County ladies come together one day a week to work on pine needle craft. By this means they have learned the art of making beautiful trays, baskets, hats, pocketbooks, etc. The fellowship with each other has made good friends across the county. The classes are under the direction of Mrs. Steve Smith and the Home Agent, Miss Louise Home-wood.

Some of the Locust Hill H.D. club working with pine needles. Left to right: Mrs. W. A. Cobb, Mrs. Steve Smith, instructor, Mrs. G. R. Smith, Mrs. Arther Turner and Mrs. Gordon Somers.

ROBESON County held a Public Relations Training School for their leaders. Mrs. Virginia Simkins of the *Robesonian Newspaper* conducted the school in "How to Write Better Newspaper Articles".

Workshops were the "order of the day" in STANLY County during February. Four "Furniture," one "Music," and one "Picture Frame" workshop days were held. Here we see Mrs. H. A. Barton of the Endy club and Mrs. J. C. Meigs of the Palmerville club comparing their frames to the one done in a previous workshop. They wondered if their frames would ever look like the finished product, done at a previous workshop, in the center. Mrs. Meigs' frame had a great deal of the trim missing and it had to be built up with plaster of Paris. (Picture Courtesy Stanly News and Press)

VISIT

## FONTANA VILLAGE

A COMPLETE VACATION RESORT  
300 COTTAGES 56 ROOM LODGE  
Write for Brochure  
Fontana Dam, N. C.

## FOREST MANOR MOTOR LODGE & RESTAURANT

2 miles South on Hwy. 25  
Asheville, N. C.

## FONTANA BOAT DOCK

FONTANA DAM, N. C.

"Everything for your Fishing Needs"

OREAR ELAM, Mgr. PHONE 2863

## Compliments of a Friend

in

## Roanoke Rapids



Continued from page 5

- ( ) 7. Use plastic food bags for left-overs, fresh foods and bread; they take practically no storage space and can help where you are "pushed for enough space" in your refrigerator .....
- ( ) 8. Cook with a kitchen timer, unless you have a new range with an automatic timer on it. One with a bell is not expensive; it is easier to set than an alarm clock and sees to it that you don't forget "what's cooking" .....
- ( ) 9. Keep a measuring tool in all staple foods. For example: a tablespoon in coffee can; a cup and sifter in flour container; a quarter cup in sugar canister, etc. Thus you eliminate extra reaching, handling and washing .....
- ( ) 10. Keep some staples at the range, as well as at the mixing center—flour, sugar, salt, pepper, vanilla .....
- ( ) 11. Use a pastry blender; it works faster and better than your fingers and thus saves time and energy .....
- ( ) 12. Use cooking tongs; they have dozens of uses and save burned fingers. They make it easy to fry and drain bacon, take baked potatoes out of oven, lift boiled foods (like corn on cob) out of boiling water, lift lightweight items from high shelves .....
- ( ) 13. Have attractive eating nook in or near kitchen .....
- ( ) 14. Store constantly-used dishes, silver and linens near eating table .....
- ( ) 15. Set breakfast table after supper the night before .....
- ( ) 16. Serve food on plates cafe style directly from range .....
- ( ) 17. Use large tray or tea wagon for table setting, meal service and dishwashing .....
- ( ) 18. Put cooking utensils to soak as soon as they are emptied .....
- ( ) 19. Scrape and stack dishes, according to size and shape, at right of dishwashing center .....
- ( ) 20. Put away left-overs, clean tables and stove .....
- ( ) 21. Have plenty of hot water, soap, and clean dish towels .....
- ( ) 22. Keep dish pans near dishwashing center (if you need dish pans) .....
- ( ) 23. Use brush for washing cut glassware, forks, graters, egg beaters, or any piece with grooves, crevices, etc. ....
- ( ) 24. Use dish drainer and drain scalded dishes. Saves wiping and using so many dish towels .....
- ( ) 25. Do not wipe glassware. Remove from hot rinse water, invert on clean cloth or dish drainer, and let it drain dry, then polish with dry cloth ....

Continued on page 19

# "Our Week"

## National Home Demonstration Week

May 1-7

"TODAY'S HOME BUILDS TOMORROW'S WORLD"

This is the 15th annual observance of this important week. I just wish it were possible to tell each of you all of the wonderful things that are being said about you and the program of work you and Home Demonstration women are doing. Through your efforts families have come to appreciate the better things of life. Many volumes could be written on the accomplishments and achievements.

One thing in particular, however, seems to be outstanding and that is the development of leadership. Many ladies are now willing to do a job that needs doing because they are more informed and have more self-confidence, firmer convictions and the knowledge that her opinion counts. She can contribute her share to the building and keeping of the American way of life. Through her work with other women 'round the world she can gain understanding; with understanding comes better cooperation. Together—we can have better homes today and a better world tomorrow.

Let's make a special effort this week to acquaint the public with our program of work. (Get out your yearbook and study the Creed and the purposes of Home Demonstration.)

Take an extra good look at the Club Emblem. The hearthfire in the center symbolizes the home and expresses the spirit of the finest attributes of the home, such as fellowship, hospitality, comfort, peace and protection. The oak leaf symbolizes strength; the sheaf of wheat, productivity; the Roman lamp, knowledge and other attributes of a successful home. Around these symbols are the words: "Home, Family, Community" with "Co-operative Extension Service" in the out-

side ring designating the cooperation of the county, state and nation in the Extension program.

Extension means to go out farther—to increase—to get larger. Won't you do just that? Extend the knowledge—extend an invitation to all those who do not belong. Especially—will you invite those young homemakers—they haven't had all the years of experience that you may have had. They may be afraid—won't you take them by the hand and show them the way—to Character, Courage, Culture and Citizenship.

Dorothy Vanderbilt, *editor*

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Continued from page 3

RICT, health representatives from fourteen counties were present. Leaders were urged to stress the importance of *all age* groups receiving the three polio shots at inoculation centers. Clubs wishing information on this can write either to the National Polio Foundation in New York, or get it from the regional representative—Mr. John Dickinson of the Doctors' Building, Charlotte, North Carolina. Health leaders were given an opportunity to report on projects carried on in their counties such as helping at the Health Department, Cancer Detection Centers, Polio Clinics, Well-Baby Clinics, etc.

It seemed to be the unanimous opinion of those present that a well-organized, well-planned workshop had been carried out, thus giving the Health and Safety leaders new inspiration and new ideas for future work in the important field of Home Demonstration clubs.

Mrs. Reed Wilson  
State Health Chairman

# Everyone Loves A Party

tea. The official host and hostess are, of course, the father and mother of the prospective bride.

Individual bridge tables, each set with romantic "rose heart" tree centerpiece, set the stage for an intimate luncheon.

A white flowerpot, three squares of styrofoam, green rose leaves, crepe paper streamers, an 18" dowel stick are all that's needed to make the tree. First, make roses from red, pink and white crepe paper streamers. Cut streamers into 6" lengths and use one length for each rose. Roll the crepe paper tightly on a lead pencil and push the crepe toward the center from both ends; pinch together tightly. Slip off the pencil and unroll—still keeping the crinkled effect intact. Form rose by rolling one end of crepe paper. Hold at bottom edge and gather crepe paper round and round the center, securing ends with spool wire.

Cut heart shapes from the styrofoam in three graduated sizes and cover each with roses. Insert pins into the roses and fasten into the heart one at a time. Make a decorative edge around each heart with green rose leaves. For contrast, cover each table with a deep green table cloth and use additional roses for napkin and place card trims.

## GIVE A MORNING PARTY

When spring comes, brides can't be far behind. Be different and have a morning Shower Party that's pink and pretty. A yeast-raised bread filled with bright cherries and almonds is sure to appeal to the girls. And this Party Bread is pretty enough to use as a centerpiece too. Decorate it with a pale pink frosting, with fruit and almond flowers that are good enough to eat. A fruit punch is a bright and refreshing accompaniment. A simple to make and



*This "rose heart" topiary tree makes a novel centerpiece for a party honoring the prospective bride and groom. crepe paper in colorful shades of white, red and pink, styrofoam, green rose leaves, a dowel stick, and the flower pot, of course, are all you need.*

The custom of feting the bride before her wedding day is as old as history itself.

Even though the manner of celebrating pre-wedding festivities has changed somewhat with the years, there's still that air of excitement and anticipation when party invitations are received.

Everyone loves a party! Whether you are a'going or a'giving, a party is something that's fun to look forward to.

A very pleasant way of letting people know the big news is to announce it at an engagement party. The party in this case may be a small dinner for relatives and a few close friends or an afternoon

decorative touch to add to your punch, is an ice ring with sweetheart roses frozen in it. All you do is fill a metal ring mold with water. Add a few sweetheart roses or other flowers and freeze overnight in the freezer. (Of course, coffee is always good! Either hot or iced.)

### PARTY BREAD

- 1/2 cup milk
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1/4 cup shortening
- 2 tablespoons warm, not hot, water (lukewarm for compressed yeast)
- 1 package or cake yeast, active dry or compressed\*
- 2 1/4 cups sifted enriched flour
- 3/4 teaspoon ground cardamom
- 1/3 cup candied cherries
- 1/4 cup chopped almonds

Scald milk. Stir in sugar, salt and shortening. Cool to lukewarm. Measure water into a bowl (warm, not hot, water for active dry yeast, lukewarm for compressed yeast). Sprinkle or crumble in yeast; stir until dissolved. Add lukewarm milk mixture. Stir in 1 cup of the flour. Beat thoroughly, and beat until smooth. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 30 minutes. Stir down. Add cardamom, cherries and almonds. Stir in remaining 1 1/4 cups flour. Turn out

### PARTY BREAD

Grace your Shower table with a delicious yeast-raised Party Bread that doubles as a gay centerpiece. It's decorated with a sweet pink frosting with fruit and almond flowers that are also good to eat.



### Working Girl Special

If most of the girls are working, Sunday may be the only time for a bridal shower. A quick and easy brunch is the answer. Hearty, party foods make up the menu for this after-Church brunch.

on lightly floured board. Knead until smooth and elastic. Place in greased bowl; brush top with shortening. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 55 minutes. Punch down. Form into round ball and place in round greased cake pan. Cover. Let rise in warm place free from draft, until doubled in bulk, about 1 hour. Bake at 350°F. about 35 minutes. When cool frost with Plain Icing\* and decorate with candied cherry and almond flowers. \*Plain Icing: Combine 1 cup sifted confectioners' sugar, 1 tablespoon milk and 1/4 teaspoon of vanilla. Tint pink with vegetable coloring.

### SUNDAY BRUNCH

Chilled melon, with wedges of lemon or lime, and a choice of cereals will get the meal underway. A hot loaf of cinnamon-orange bread or the Party Bread just given, and baked eggs in corned beef hash will satisfy even the hungriest guest. These appetite satisfiers can be prepared the night before, and timed to come out of the oven as guests arrive.

Continued on page 22

# A Contest to

# CROW

# about

It's Easy . . . It's Fun . . .

You Can Win . . .

A Trip To New York For Two - or

## STATE PRIZES

- 1st. Trip to New York City for two (2)
- 2nd. Portable T.V.
- 3rd. Duchess County Blanket Chest by Drexel

Other prizes offered for:—

- 200 Points—electric blanket.
- 100 Points—blanket (wool blend)
- 50 Points—wool suit length.
- 25 Points—dress length (nylon, dacron, blends, etc.)
- 10 Points—cotton dress length.

## CONTEST RULES

1. Subscription contest for *Green 'n' Growing* magazine starts May 1, 1960 and closes June 25, 1960.
2. Contest is open to Home Demonstration members and 4-H members. Home Economics Agents and *Green 'n' Growing* staff members are ineligible.
3. State winners will be announced and prizes awarded at Farm-Home Week in Raleigh, N. C. Other winners will be notified by mail.



4. Individual prizes, will be awarded to those who earn 10, 25, 50, 100, and 200 points. 1 point for each year of subscription.
5. Participants will be judged on total points of PAID subscriptions.

Subscriptions	Amount	Points
1 year	\$1.00	1
2 years	\$1.75	2
3 years	\$2.50	3
4 years	\$3.25	4
5 years	\$4.00	5

6. Only one prize will be awarded to a person.
7. Use official subscription blanks. Additional blanks may be obtained from County Home Economics Agents or your County Contest Chairman. (Public Relations Chairman)
8. Lists of subscriptions and money must be turned into your County Public Relations Chairman (Contest Chairman) not later than mid-night, June 25, 1960.
9. Decision of the judges will be final.

# Face-lifting for walls

Having a wedding? A party for a "grad"? Or do you just want a spring-clean-change? Wallpaper will give your rooms a "face-lifting"—for little effort and amazingly small cost.

New wallpaper not only gives a fresh look to a tired room, it is simple to apply. And do you know that you can paper an average sized room for less than \$10.00?

More and more people too, are finding both fun and satisfaction in hanging their own wallpaper. It is not difficult, needs but a few simple tools—most of which you will have on hand. And for those who like things *very* easy, the ready pasted wallpapers are a snap. They come in lovely designs, too.

If your walls are already papered, and the paper is tight to the walls, you can paper right over the old. If the paper is loose, it should be removed. If your walls are painted or unpainted plaster, condition the surface first with "size." It takes but a few minutes to apply and dry.

And now, away we go, step by easy step.

Start your first strip to the right of the door. To figure the length of your first strip of wallpaper, measure the wall height with a yardstick and add about eight inches for matching the pattern. So that your first strip will be straight, use a plumb line (a length of string rubbed with ordinary colored chalk with a spoon tied onto the end works fine).

The first strip will overlap the door frame slightly in case it is not perfectly straight. This surplus can be trimmed later. So, starting at the door frame, measure off one inch less than the width of the paper, and at this point, tack your plumb line up near the ceiling. When it is hanging straight, hold against the wall at the bottom and snap

the string against the wall. The resulting chalk mark on the wall will give you a true vertical.

When you have measured and cut one strip, unroll your wallpaper alongside, matching the pattern exactly at the right hand side. Continue cutting strips this way, matching each strip with the one before, always allowing the extra few inches. Pile each strip one on top of the other as you go, and finally turn the pile over so that your first strip is on top, pattern side down.

Now for the pasting. If you have pre-pasted paper, all you do here is dip in water and hang. If not, apply your paste evenly on the top strip until two thirds of the paper is pasted. Fold this section in on itself without creasing the fold. Do the same with the remaining one third. This simply makes it easier to handle.

Apply this first strip to the wall, lining up the right side with your vertical chalk mark. Starting from the top, smooth down with a smoothing brush, working downwards and out to each edge.

Using a metal ruler or large putty knife as guide, trim off any excess paper at baseboard and ceiling with a sharp razor blade, plus any excess next to the door frame.

Now put up the next strip and each additional strip, in the order cut. Slide the edge of the strip against the edge of the one already up (this is called butting the seams) matching the pattern as you do this. Smooth as before.

As you go along remove excess paste promptly from paper and woodwork. If the paper is water-resistant (and most of them are) wash down the entire strip with a wet sponge, otherwise use a clean, dry cloth. Run a seam roller or chair caster lightly but firmly down the seams.



1. To figure length of first strip, measure wall with yardstick.



2. Use a plumb line to get first strip of paper straight.



3. Match paper by placing one strip beside another.



4. Apply paste evenly, fold pasted end toward center, paste other end.

You will be delighted with the transformation. And as an additional incentive to the busy housewife, most of today's papers are either washable or scrub-

bable, so that they not only go up looking fresh and pretty, but they stay that way.





5. Hang first strip on wall, smooth down with handy brush.



6. Put up next strip, "butting" edges and matching the pattern.

## HELPFUL HINTS

**PASTE** When mixing wallpaper paste, follow package directions carefully and stir until entirely free of lumps. Paste should be about the consistency of cream — thin enough to brush smoothly, thick enough to permit sliding the paper on the wall. Tie a string across the paste bucket as a rest for the pastebrush.

**WATER RESISTANCE** Practically all wallpapers are water-resistant; some are truly washable. To make certain, test a scrap piece by rubbing with wet sponge. If color is affected, be especially careful to avoid paste on the pattern side.

**CEILINGS** Papering a ceiling goes much faster when two people do it . . . a "hanger" to position and smooth out the strips, and a "helper" to unfold the pasted strips ahead of the "hanger." Two step-ladders supporting a walking plank are also very helpful.

**WHERE TO START** Although papering is usually begun next to a door or window casing — or in a corner — there is one notable exception. If you are hanging

a large scale pattern and the room has a fireplace, center the first strip over the fireplace and hang to the right until you reach a corner or doorway where you wish to end. Then go back to the strip over the fireplace and hang to the left to finish the room.

**BORDERS** These should always be hung last. Cut about 6 feet of border from the roll, paste and fold as with wall strips. Start in the least prominent corner of the room, hanging about 1" of border on the wall at the ceiling line, turning the corner and continuing around the room. Your last border strip should go flush into your starting corner, covering the 1" overlap.

### THE "TOP" OF THE PATTERN

Some patterns, like the geometric design shown in this folder, appear to be the same whether held "upside down" or "right side up," but they're not. The "top" of the pattern is usually the free end of a fresh roll, but if you have any doubts, see how the design is displayed in your dealer's sample book.

**MIS-MATCHING** A certain amount of mis-matching is inevitable — particular-

Continued on page 18

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## Let's Read!

Armchair travel is wonderful and Russia is suggested for your next trip. Board the ship with Willie Snow Ethridge and her Russian-born friend, Nila (Mrs. Robert Magidoff), who set off together for Russia apparently as tourists, but all the while, hoping that missing relatives can be located.

Mrs. Ethridge, in *Russian Duet*, describes this zany trip in a highly personalized travelog. Here you will find a vivid and engaging picture of post-Stalin Russia. There is never a dull moment due to Nila's knowledge of the language and country, plus the author's zest for making the most of every second.

The same duo also produced a previous book—*Nila, Her Story As Told to Willie Snow Ethridge*.

The Mine Creek Home Demonstration Club in Wake County has recently donated fifty dollars to the Effie Green Elementary School library. This was done in honor of Mrs. Effie Green who is a member of this club. Mrs. Green was a teacher in Wake County for many years, and the school was named in her honor. The Mine Creek Club plans to continue with a donation to the library each year.

Mrs. Douglas A. Eaker,  
Public Relations Chm.

Grassy Creek is the 'readingest'—"It's fun as well as educational", says Mrs. Ted Long. "The members are taking advantage of the opportunity to go exploring in books. For the last two

years this club has received first prize for the greatest percentage of members receiving reading awards in Surry County.

Already this year more than half of the members have completed the reading requirement and are still reading. Others are near completion. We are striving for one hundred percent completion before Achievement Day."

### In Account With **HOME INSURANCE AGENCY**

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Continued from page 16

ly in corners, which are seldom true. There will be one other location in every room where the pattern will not match, but you can control it. For example, if you start beside the entrance door to the room and paper clear around the room, you'll end up with the last — and mismatching — strip above the same door. On the other hand, you can start at the door and paper around to any desired corner, then go back and paper from the door — in the *opposite* direction — until you reach the corner selected for the mis-match. Survey the room before you start and select the least noticeable location for the mis-match.

### **"DROP-MATCH" PATTERNS**

It is suggested that beginners select "straight across match" patterns, which require less care in tearing strips than "drop match" patterns in which the design is intentionally staggered so that only every other strip is identical at the matching level. Check this with your dealer when selecting paper.

#### *Editor's Note*

A booklet "How to Hang Wallpaper" is obtainable upon request from the Wallpaper Council, 509 Madison Avenue, New York 22, N. Y. for 10c, to cover postage and handling.

## House Cleaning

- ( ) 1. Have good tools and supplies needed, kept in good order and stored together in convenient place, preferably a cleaning closet in back hall or kitchen .....
- ( ) 2. Keep small cleaning supplies in basket or container with handle for easy carrying .....
- ( ) 3. Use wheel cart to haul cleaning supplies and equipment from room to room when cleaning .....
- ( ) 4. Get cooperation of entire family .....
- ( ) 5. Keep dirt out of house as much as possible by: cleaning walks, steps, and porches regularly; using foot scraper and door mat at each entrance; keeping doors and windows well screened; and cleaned .....
- ( ) 6. Lessen the number of dust-collecting places, unnecessary articles of furniture, pictures, and bric-a-brac .....
- ( ) 7. Lessen heavy seasonal cleaning by better daily and weekly cleaning .....
- ( ) 8. Clean by taking dirt away, and not by scattering it to settle down again ..
- ( ) 9. Use a broom less and a treated mop and treated dust cloth more .....
- ( ) 10. Do heavy cleaning a little at a time .....
- ( ) 11. Use improved cellulose or sponge rubber wet mop with self-wringing device instead of the old cotton or string type—makes mopping easier ....
- ( ) 12. Use long-handled tools especially for the floor: dustpan, mops, brushes, polisher—saves much stooping and bending .....
- ( ) 13. Dust walls regularly. If you have no vacuum cleaner, use a soft flannel bag made to fit over your broom .....
- ( ) 14. Schedule window washing so that they will be done a few at a time ....
- ( ) 15. Wax window sills, door handles and thresholds, refrigerator, washing machine; waxed surfaces are easier to clean .....
- ( ) 16. Use both hands and 2 dust cloths or mittens at the same time; it will save you time and energy (if you have no vacuum cleaner) .....
- ( ) 17. Make full use of your vacuum cleaner and attachments .....
- ( ) 18. Store vacuum cleaner and attachments where they will be easy and convenient to "get at" .....

These suggestions were taken from Misc. Pamphlet 143, published by the North Carolina Agricultural Extension Service. These and many more suggestions and ideas may be obtained at your County Home Agent's Office.

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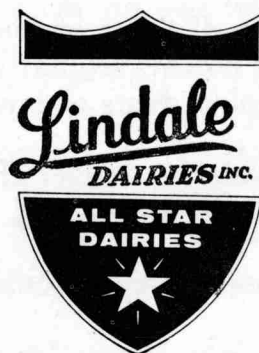
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## "A MAN AND A MULE"

Over the hill trailed a man behind a mule a drawing a plow. Said the man to the mule, "Bill, yo uare just a mule, the son of a jackass, and I am a man made in the image of God. Yet here we work, hitched up together year after year. I often wonder if you work for me or I for you. Verily, I think it a partnership between a mule and a fool, for surely I work as hard as you, if not harder. Plowing or cultivating we cover the same distance, but you do it on your four legs and I on two. I, therefore, od twice as much as you do.

"Soon we will be preparing for a corn crop. When the crop is harvested I give one-third to the landlord for being so kind as to let me use a small speck of God's earth. One third goes to you and the rest is mine. You consume all of your portion with the exception of the cobs, while I divide mine among seven children, six hens, two ducks and a banker. If we both need shoes, you get 'em. You are getting the best of me, and I ask you, is it fair for a mule, the son of a jackass, to swindle a man—the Lord of Certain—out of his substance?

"Why, you only help to plow and cultivate the ground, and I alone must cut, shuck an dhusk the corn, while you look over the pasture fence and hee-haw at me. All fall and most of the winter the whole family, from baby up, picks cotton to help raise money to pay taxes and buy a new set of harness and pay the mortgage on you. And what do you care about the mortgage? Not a thing, you 'onery' cuss. I even have to do the worrying about the mortgage on your tough, ungrateful hide.

"About the only time I am your better, is on election day, for I can vote and you can't. And after election I realize that I was fully as big a jackass as your papa. Verily, I am prone to wonder if politics were made for a man by a man or a jackass. or to make jackasses out of men. And that ain't all, Bill. When you're dead, that's supposed to be the end of you. But me? The preachers tell me that when I die I may go to hell forever. That is, Bill, if I don't do just as they say. And most of what they say, keeps me from getting any fun out of life.

"Tell me Willyum, considering these things, how can you keep a straight face and still look so dumb and solemn?"

Contributed by

Mrs. John Leeuwenburg, Sr.  
Eastwood Club, Hanover Co.

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Continued from page 11

## CINNAMON-ORANGE LOAF

1/4 cup soft butter or margarine  
1/3 cup light brown sugar, firmly  
packed

1/3 cup granulated sugar

1/2 teaspoon cinnamon

1 tablespoon orange juice

2 teaspoons grated orange rind

1 (1-pound) loaf sliced enriched bread

Combine butter, brown sugar, granulated sugar, cinnamon, orange juice and rind. To make: Assemble the loaf by stacking each slice of bread as you spread it with about 2 teaspoons of the sugar mixture. Hold the stack firmly and with a sharp knife, trim away the crusts. Turn the loaf on its side and set in a greased, shallow pan. Loosely tie a string, lengthwise, around the stack. Spread remaining sugar mixture over the top. Slice lengthwise, cutting completely through center of loaf. Gently pull top of loaf apart in several places. Bake in a hot oven (400°F.) for 10 minutes.—Yield: 15 servings.

## BAKED EGGS IN CORNED BEEF HASH

1 quart or 2 (1-pound) cans corned beef  
hash

1 pint (1/2-inch) soft bread cubes

3/4 cups milk

2 tablespoons finely chopped onion

6 eggs

2 tablespoons light cream

Combine corned beef hash, soft bread cubes, milk and onion. Press mixture into a greased 1 1/2 quart baking dish. Make 6 square (or round) indentations in hash for eggs. Bake hash in a moderate oven (375°F.) for 15 minutes. Remove from oven and break one egg into each indentation. Pour 1 teaspoon cream over each egg. Return to oven for 15 to 20 minutes longer until eggs are set. Cut into squares and serve immediately.

Yield: 6 servings

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## JUST FINGER FOODS

For those parties that call for snacks for out-of-hand eating, small loaves of ice box rye bread are a great convenience. There are a variety of spreads that go well with this tasty bread, some sharp and nippy, some bland, and some with a bit of sweetness.

These cheese and bacon ryes combine pleasing taste with interesting texture to make a very favorite spread, and the garnish adds considerable eye appeal.

The Cheese-Bacon Ryes are made as follows:

- 1/2 cups sharp cheese spread
- 2 tablespoons chopped, cooked bacon
- 24 thin slices party rye bread
- 24 slices stuffed loaves
- 72 watercress leaves

Combine cheese spread and bacon. Spread on each slice of rye bread, using 1 teaspoon mixture per slice. Garnish each with an olive slice and three watercress leaves. Yield: 24 Cheese-Bacon Ryes

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During National H. D. Week we take a look at "The Big Picture" of Home Demonstration as it extends from coast to coast. This program would not be possible if it were not for the many, many people who believe in and work for Home Demonstration goals.

We salute ALL of the wonderful friends and members of Home Demonstration!

We, in North Carolina, especially want to thank our advertisers for their support and belief in our program.



### PLANTING TIME

This little seed, dry, brown, and seeming dead—  
 A tiny, almost microscopic mite,  
 And, even more, far more than feather light—  
 I sow in soil as gray and dull as lead.  
 Then anxiously by day I thither tread,  
 Hoeing and weeding while the sun and rain  
 Nurture the growing plant with might and main,  
 Until the blooms, blue, purple, yellow, red,  
 Give forth perfume almost unearthly sweet,  
 Or else develop luscious fruit to eat.  
 An aster, pink, tomato, cabbage head.  
 So let me plant in growing minds—good seeds—  
 Pure thoughts, lofty resolves, ambitious aims,  
 And help them grow and pull out noxious "weeds,"  
 Those evil tendencies with myriad names  
 Then, working toward such high, exalted goals,  
 They all may grow to strong and godlike souls.

—E. R. PERRY  
 Syracuse, N. Y.

Mrs. R. L. Turner, Rockingham County

## Home Demonstration House Fund is Building

Home Demonstration House Fund is growing. Several counties are busy finishing their pledges. One of the most interesting reports came from Mrs. Harry E. Miller, House Chairman of Forsyth Co. She writes: "At our March County Council Meeting, it was voted that each one of our 32 clubs was to contribute something towards this fund, and since then we have heard from a few of the clubs. One is considering selling candy, several are pushing the sale of the cook books. They have put the price at \$1.25 with the 25 cents going towards the fund. Another club is having an auction at their next meeting of

items each member has made. Several clubs are taking money from their treasury and one club voted to have each member give \$1 towards this.

"The Council also voted to do something on a county basis in addition to what each club was doing. It was decided to hold a county wide bake sale on May 6, which is the Friday during National Home Demonstration Club Week. This sale is to be held at approximately 17 different locations throughout the county, but on the SAME DAY at the SAME TIME. It is hoped that we will get some publicity of note on this event."