

Green 'n' Growing



JUNE

Volume 6

1960

Number 6



They sigh and ask, What brings contentment, dear?
A lot if this, and this;—so much a year
For cars, travel, clothes, gems, and all the rest?
Ah, that I do not know—
But I have never found it so.
Yet I do know a satisfying life.
For you have called me wife,
I've held your child upon my breast:
I've kept a home and swept a hearth,
And delved in good brown earth.
I've watched a sunset pageant by your side,
And sipped with you the peace of eventide—
So measured love and work and rest
Make me, a humble woman, richly blest.

Alta Booth Dunn
Sent in by Mrs. Georgia Cohoon
Newland, N. C.

DEAR SUBSCRIBER,

Just wish you could see these beautiful materials ready for sewing. There is still time to get your subscriptions sold. EVERY woman can win something if she wishes. Ten (10) subscriptions will win a lovely cotton dress length. Fifty (50) subscriptions will win a beautiful wool suit length. Think of members and relatives or neighbors that would enjoy the warm friendliness of *Green 'n' Growing* (It's just like a visit.) The inspiration of the devotions, the usable recipes, the exchange of ideas, program plans and other time-saving information are worth much more than a dollar a year.

Tell ALL of your club members so they, too, can win a dress, suit, blanket or the wonderful trip to New York. Nearly every county has at least 400 women that would get much from *Green 'n' Growing*. Think of the tremendous good we can do—and so easily. All year long, we can tell the Home Demonstration Story—in the homes where it is needed!

Many good comments have been heard about our “extra-special” CONTEST issue and we are so glad that you enjoyed it. Like any 18 months old child (that's *our* age) we have to grow and sometimes the growing pains are difficult. (—like having to combine the April and May issues in order to get out nearly 6,000 contest letters and over 7,000 magazines all at the same time.)

Remember this magazine is yours and can grow only as you support it with your subscriptions and ideas.

It will be a GREAT DAY for Home Demonstration when EVERY member and many friends subscribe to *Green 'n' Growing*.

Sincerely,
Dot Vanderbilt

P. S. See you at Farm-Home Week. Be sure to bring a fan and comfortable shoes !!

D. V.

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Peggy Mann, WTVD, Channel 11
Mondays 1:00 to 1:30

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Green 'n' Growing

Home Demonstration News Magazine

CHARACTER

CITIZENSHIP

COURAGE

CULTURE



VOL. 6

JUNE, 1960

No. 6

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.

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

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Permanent Pointers

June is the start of the "hatless-happy" season and the month in which more permanent waves are given than at any other time of the year.

Did you know that less than 50 years ago, the first permanent waves were given to a select list of eight women, each of whom spent \$1000 for her curls? It's true! Last year approximately 16 million women gave themselves home permanents at an average cost of \$1.50 per wave. And this doesn't count all the waves given by beauty operators!

This year, women will spend more money than ever before on cosmetic products. (We have to look our best for the men.) For shampoo preparations alone, they will spend \$180 million. And \$95 million will go for lipstick.

But ladies, that is not all—most people believe that American men never (well, hardly ever) dye or color-treat their hair. Actually, a recent survey discloses that approximately 7½ million American men color-treat their hair regularly. However, only a few hundred males admitted to using home permanents. How about that?

Well, to get a little more serious, many ladies have many questions about their hair and permanents of all kinds. Here we've printed some of the questions (with the answer) that are asked most frequently. And we wish for you many more-permanent permanents!

WHEN IT'S A QUESTION OF PERMANENTS

1. *I don't know which home wave kit to choose because I don't know whether my hair is easy-to-wave, hard-to-wave, or normal. How can I tell?*

Past experience with permanent waves is the best guide to choosing the right kit. If your hair waves easily or if it has been treated with any product that affects its color, if it is dry, brittle or damaged, if it has some natural wave—use a GENTLE waving lotion. On the other hand, if you have had difficulty with waves not lasting or "taking" in the past, if your hair is resistant to curl, if you have not used a color product—choose a

super waving lotion. If you find that your hair waves normally, a regular waving lotion is for you. If you've never had a permanent wave of any kind, choose the regular waving lotion. After the wave, if you have more curl than you want, use the GENTLE for your next wave. If you do not have as much curl as you want or if your wave does not last as long as it should, try the SUPER for your next wave. But. . .if you color treat your hair, be sure to use the GENTLE waving lotion and follow the special directions in the kit.

2. *I like to wear my hair in a smooth, sleek hairstyle with just the ends turned up. Directions for permanents always say to wind the curl under. Why?*

When you wind the curlers under, waves line up in better formation and the over-all permanent is generally more professional looking. It's easier to wind under, too.

3. *If I apply waving lotion twice, as indicated in the directions, I get a tight wave. If I apply it only once, will I get a loose wave?*

Remember, it's not the waving lotion, but the curlers and the way the hair is wound that determines the wave. For a loose wave with a rod-type permanent, use the softstyle curlers with the larger curling rods. Waving directions are formulated by experts who know your hair better than you do, so if the directions call for two saturations of lotion, follow them. You can also give your hair a loose wave with a pin curl permanent.

4. *I need a firm curl for my new, longer hairdo, but my hair doesn't take a curl easily. What do you suggest?*

The proper waving lotion for your hair is important. Rod type permanents are best for hard-to-wave hair and you should use a kit with SUPER waving lotion, made especially for hair that resists curl. Try winding less hair on each

curler, but don't wind the curls more tightly. If the permanent has a separate neutralizer, be sure to neutralize thoroughly.

5. *How long should I wait between Permanents? I had the last one two months ago.*

The length of time between permanents is an individual thing. Generally, a pin-curl permanent should be renewed every two to three months, a rod-type every three to four months. But the time between permanents is really governed by the rate of hair growth (which is generally a half inch a month) and the amount of thinning and trimming. Hair that is in good condition and trimmed of "old permanents" can have a new wave as often as it's needed.

6. *My hair is very fine. Should I use the gentle lotion home permanent?*

Fine hair may be either very easy to wave or extremely hard to wave. Best way to judge is from previous experience with permanent waves or how the hair responds to setting it. If the hair has a natural wave, if it holds a set for several days, it may be considered easy-to-wave, regardless of the texture. If the hair is normal, holds a set for about three days, it is probably normal-to-wave. However, if the hair is limp, cannot hold a set for more than a day, it would be considered hard-to-wave.

7. *What's the difference between neutralizer permanents, self-neutralizer permanents and pincurl permanents? I'm confused.*

Some home waves contain a separate neutralizer and are used with plastic rod-curlers. Most come in three waving lotion strengths: GENTLE, REGULAR and SUPER. After your wave is neutralized, you can set and dry it immediately. Even though there's an extra step or two with a separate neutralizer permanent, your wave is finished sooner.

The self-neutralizer permanent neu-

Continued on page 15

District Doings

TWELFTH DISTRICT

"Homemakers Influence Around the World" was the theme of the Twelfth District Meeting held in Asheboro.

Hats bloomed in spite of the heavy rain as women from Guilford, Rockingham and Randolph Counties gathered for an inspirational day.

Mrs. C. W. Gregson, chairman, presided. Mrs. I. L. Nance, vice president of the Randolph County Council, welcomed the guests. The devotional was given by Rev. Cecil G. Hefner, pastor of the First Methodist Church, where the meeting was held.

Mrs. Gilbert English, president of the N. C. Home Demonstration Clubs and Ira McDowell, chairman of Randolph County Board of Commissioners, brought greetings.

Mrs. English told of her trip to Edinburgh, Scotland, as one of six North Carolina women at the United Country Women of the World Conference last August.

A symposium moderated by Miss Isabelle Buckley, Rockingham County Home Economics agent, was conducted. Mrs. Roy Bowman, Guilford County, and Mrs. Allen McDaniel, Randolph County, assisted her in explaining plans and goals in HD work for the coming year. During the afternoon session, Mrs. Harold Klipfel, mother of Miss North Carolina, and William Rush, manager, told of some of the amusing side lights and the "plain hard work" behind the Miss America Pageant.

Miss Anamerle Arant, Northwestern District Agent, presented the gavel to Rockingham County. Their members had traveled the greatest number of miles from county seat to county seat, which earned them the gavel.

New officers were elected. They are: Mrs. Joe Meadows of Reidsville, chair-

man; Mrs. S. S. Clark Jr. Greensboro, vice chairman; Mrs. Doris Latham of Randolph County, second vice chairman; Mrs. R. O. Jones of Reidsville, secretary; and Mrs. J. D. McAllister of Reidsville, historian.

Mrs. Carl Kearns
Randolph County

FOURTEENTH DISTRICT

A procession of Home Demonstration women dressed in costumes of the United Nations—from Afghanistan to Yemen—opened the meeting of the 14th District, N. C. Federation of Home Demonstration Clubs held in Durham, N. C.

Mrs. W. M. Johnson of Durham County presented the costumed members, who stood before a display of the 81 flags of the U.N. as they were introduced. Victory Club had charge of the costuming.

Presiding over the district session was Mrs. T. D. Adams, district chairman. Mrs. W. M. White of Chatham County gave the devotional.

Greetings were brought to the women by Mrs. Gilbert English, state president; Miss Ruth Current, assistant director of Extension in charge of Home Economics; Mrs. C. R. Mayberry, Durham County president; Mayor E. J. Evans, E. S. Swindell Jr., Durham County Manager; and E. C. Shoaf, Minister of Education at Duke Memorial Church. Mrs. Harold Walker of Orange County gave the response.

Mrs. O. R. Gallagher of Durham County introduced Dr. Frank P. Graham, former University of North Carolina president and now United Nations representative for India and Pakistan. Dr. Graham presented the major address.

Continued on page 22

Home Demonstration House Fund is Building

Women in Alamance County are concerned about the Home Demonstration building on State College Campus because we are thinking of this building as continuing adult education and headquarters for Home Demonstration work for its women throughout North Carolina.

When we were asked to pledge \$2.50 per member at first we thought it would be impossible to meet this obligation. It was then that we began to talk, encourage and inform members about the needs for this building.

Many of our women along with our agents attend meetings in Raleigh and it wasn't hard for them to recognize the needs. Women got busy in each club with money making projects and soon found they could meet their quota.

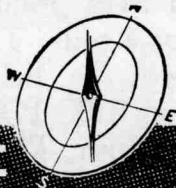
\$750.15 was turned in. However, we realized this year in order to reach our goal of \$100,000 each county must pay also on inactive members. Rather than to ask clubs to contribute again our county council decided we could com-

plete our quota from our council treasury.

\$277.35 will be turned in. We find it more interesting and inspiring when we work together and then share together. I am proud of our women and the interest they are showing in our work and particularly our Home Demonstration building project.

Mrs. Wm. H. Arnette, President
Alamance County Council

ROCKINGHAM County reports that Apple-Clark, Happy Home, Monroeton and Dan Valley Clubs have completed their pledge of \$2.50 per member for the HOUSE FUND. Bason, Sandy Cross and Wentworth Road Clubs plan to complete their pledge soon. Other clubs will have stews, white elephant sales and sell lunch at the Court House. For that "last round-up", the Council is having a Bake Sale with all clubs participating. (We think they will make their pledge. Don't you?)



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Hear Ye! Hear Ye!

Big Days

HIGHLIGHTS OF PROGRAM

Each morning *Devotions* in the Danforth Chapel, College Y.M.C.A.

The Annual Meeting of the State Council of Home Demonstration Clubs will be held Tuesday afternoon at 1:30 in the Auditorium of the Textile Building.

Tuesday Night, July 12, at 7:30 *Formal opening program* (we open on Tuesday as we did last year) followed by a Reception honoring Chancellor and Mrs. John T. Caldwell. Coliseum.

Wednesday morning Mrs. Jewell G. Fessenden, USDA, Washington, D.C. will discuss "A Study of Leadership Needs" in the College Union Ballroom. Classes will also be held. Wednesday afternoon from 2:30-3:30 P.M. we'll be in the Coliseum to hear Iris Davenport (Mrs. C. A. Mahan), Lexington, Ky., speak. Her topic is "It's Nice to Know How". Julia McIver, Extension

Specialist in Clothing is in charge of "Hats We Made, on Parade". These should be very interesting. Honors and Awards and State Prizes for the *G 'n' G* Subscription Contest will be given Wednesday evening in the Coliseum.

After lunch on Thursday there will be an optional guided tour of the North Carolina Museum of Art. Time 2:00 P.M. At 3:30 P.M. the home of Chancellor and Mrs. John T. Caldwell will be open for a tour. The Past President's Dinner will be held in the College Cafeteria at 6:00 P.M. Thursday night is Special Music Time. Singing will be directed by Dr. Hoffmann. This will be followed by more singing under the direction of Mr. J. O. Barber, President, Greensboro Chapter Chorus, Society Preservation and Encouragement of Barber Shop Quartet Singing in America, Greensboro, N. C.

The Thirty-Fourth Annual Meeting of the North Carolina Home Demonstration Clubs will be held Friday morning in the Coliseum. This is a big day and we want everyone to make plans to attend.

THIS A BIG WEEK!

THIS IS A FULL WEEK!

YOU can't afford to miss the classes. You don't want to miss the fun. Make your reservations early. Below are listed some of the classes that will inform and inspire you.

FARM-HOME WEEK

July 12 - 13 - 14 - 15

CLASSES

"Frame Your Pictures—Frame Them Right"—Pauline E. Gordon, Extension Specialist in Housing and House Furnishings, N. C. State College, Raleigh, and A. D. Miller, Kinston.

Tour of John Harris's Garden—John H. Harris, Extension Horticulturist, N. C. State College, Raleigh

"The Art of the Potter"—Mrs. Slater E. Newman, Raleigh.

"The Hope of Research in Cancer and What We Can Do About It"—Dr. H. Max Schiebel, Watts Hospital, Durham.

"Understanding Among Family Members"—Mrs. Corinne J. Grimsley, Extension Specialist in Family Relations, N. C. State College, Raleigh, in charge; Dr. Albert Edwards, The Pastor of the First Presbyterian Church, Raleigh, guest speaker.

"Learning to Appreciate Art"—Charles Stanford, Curator, State Museum of Art, Raleigh

"1960 Inheritance Law for North Carolina"—James C. Little, Jr., Raleigh Attorney.

"World of Good Eating"—Nancy Carter Director of Home Economics, Colonial Stores, Inc., Atlanta, Ga.

"The Nervous Woman"—Dr. Hugh A. Matthews, Canton, N. C.

"Cancer—What Is Being Done in N. C."—Ozner L. Henry, Chairman, Commission to Study Cause and Control of Cancer in N. C., Lumberton.

(Registration starts Tuesday morning at 9:00 A.M. See you there.)



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FARM HOME WEEK INFO.

DATES

July 12-15, 1960

PLACE

N. C. State College, Raleigh

ROOM RATES

- 1 night —2 persons per room—\$2.00 ea.
1 person per room—\$4.00
- 2 nights—2 persons per room—\$2.50 ea.
1 person per room—\$4.50
- 3 nights—2 persons per room—\$3.00 ea.
1 person per room—\$5.00

ROOM RESERVATIONS

Write for room reservation to

Eleanor H. Mason, In Charge
Room Reservations
P. O. Box 5097
Raleigh, N. C.

Send check to cover number of nights you expect to stay. If you have to cancel at last minute, notify Miss Mason immediately and a refund will be made.

DOUBLE-DECK BEDS

Sorry, some will have to use double-deck beds. Please do not dismantle these beds. We have given our word that we will not pull beds apart. We are counting on the women to cooperate with us in this. Should any beds be taken apart, we will have to ask the women to pay damage charges.

If you would prefer making your own lodging arrangements in the motels and tourist homes near the College, you may feel free to do so. We will give you a list of near-by places upon request.

Some day we hope State College will have adequate rooms with single beds to take care of our needs. Now we must accept what we have to offer and not complain.

We *must* not—we cannot dismantle the double-deck beds. We are on our honor.



*Let's
Read!*

Few parents, if any, who had children in the summer of 1953 have forgotten the polio epidemic which swept across North Carolina. People knew fear during those months and there was no Salk vaccine to give them hope. Polio invaded the Luther Robinson home in Lenoir, North Carolina, and it is from this experience that Mr. Robinson has given us a heart-breaking but inspiring story in the pages of *We Made Peace With Polio*.

As the story unfolds, you will share the Robinsons' fears, hopes and sorrows as the pattern of their family life changes. You will realize that through their courage and the deepening of their faith your own life has been strengthened. Read Luther Robinson's book, *We Made Peace With Polio*, soon.

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Green 'n' Growing Subscription Contest

Closes June 25, 1960

First Prize A Trip To New York

For five, wonderfully-exciting days you will be the guest of the Piccadilly Hotel. Mr. Ed. Wallnau, vice-president of the Piccadilly and a native North Carolinian, will be your host. Some of the things that you will see and do are: a sight seeing yacht trip around Manhattan; sight seeing trip through Lower New York, Chinatown and to the Statue of Liberty; a trip through Upper New York, St. John's Cathedral, Grant's Tomb, St. Patrick's Cathedral, Harlem; a Broadway Show; supper and floor show at the Copacabana. Of course you will see the Empire State Building and the United Nations Building, etc. There will be time for you to go shopping, looking and wishing. (Or resting).

Second Prize A Portable T. V.

This is just right to take from room-to-room. Good for those teen-agers to have in their room or for your den. Good when Dad wants to watch the fights and you want to watch a play or the youngsters want to see the latest "shoot 'em up, cowboy" and your can't stand the noise another minute.

Third Prize . . . Drexel Blanket Chest

Drexel's *Dutchess County* Blanket Chest is a beautiful piece of furniture in true Pennsylvania Dutch style. The designs are done in soft colors on a honey colored background. It is a most useful piece as well as being lovely to look at. Oh, la-la, and wouldn't it be a beautiful hope-chest?



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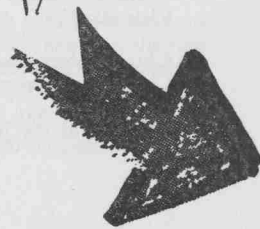
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- Bunny Soft Blankets—of miracle blends for long wear
- Handsome Wool—enough for a suit or coat
- Lovely Materials—dress lengths—for Sunday and everyday "good looking"!

The three State Prizes and the County Chairman's Bonus Prize will be awarded at Farm-Home Week on AWARDS NIGHT in the Coliseum, Raleigh, N. C.

Turn
the
Page
for
Contest
Rules



STATE PRIZES

- 1st. Trip to New York City for two (2)
- 2nd. Portable T.V.
- 3rd. Dutchess 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 on Awards Night, Wednesday July 13, at Farm-Home Week in Raleigh, N. C. Other winners will be notified by mail. County Contest Chairman's Bonus Prize will also be awarded at this time.
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.

tralizes automatically while your hair dries on the rod curlers. The step of applying the separate neutralizer is eliminated—saving some work giving the wave—but the hair must remain on the curlers until it is dry—usually 4 to 6 hours or overnight.

Pincurl waves are designed for those who are adept at pincurling and want less curl in their hair. Pincurl permanents are self-neutralizing and don't have to be reset. They are the easiest but are not as long-lasting as waves given with rod-type curlers.

8. *I used to be a bleached blonde, now I'm a dyed redhead. I need a permanent and want to know if a pincurl permanent will give me a good wave.*

Never use a pincurl permanent on color-treated hair. Use a rod-type kit with the GENTLE lotion for bleached, dyed, or damaged hair. Be sure you take two preview curls before starting your wave. *And follow directions closely.*

9. *I like the large mesh wire rollers for setting my hair. Can I use them for permanent waving?*

No. Through a long series of laboratory tests and from the experience of millions of users, the plastic curlers which are made especially for permanent waving, will give results far superior to any other kind. When using the wire mesh rollers, the curls have a much larger diameter and lack firmness, and this results in a wave that will not last.

10. *When is the best time to have my hair trimmed and shaped—before or after a permanent?*

Shaping and trimming should be done before a permanent. Then the wave accommodates itself better to the finished hairstyle. If you can handle your hair and the scissors, do it yourself. Or, perhaps a friend will lend a helping hand. Otherwise, better find professional help.

11. *I am not handy with my hair but would like to give myself a permanent. My hair is medium length and normal. Which is easier—a pincurl permanent or a permanent with the curlers?*

You do not have to have any special talent for handling your hair because today's home permanents are faster, easier, and better than ever. A pincurl permanent is the easiest to give if you can make good pincurls, uniform size. If not, choose the rod-type wave. With either kit, be sure to read the direction sheet carefully. It's a good idea to have a practice session before you start your permanent. Dampen your hair with water and make a few dime-size pincurls or wind a few tresses on the curlers.

12. *I know there is a home permanent for gray or white hair, but I get beautiful results with a regular home wave kit. Should I change?*

Gray or white hair is a color, just like brown, blonde or black—it's not a condition of the hair. Custom-made waving lotion helps prevent the dullness that often accompanies gray hair. It also improves its resiliency and manageability. However, if you are pleased with the wave you are now using, why change?

13. *Why a permanent for children's hair? I thought that hair was hair and that age made no difference.*

Contrary to popular belief, children's hair is usually much more resistant to curl than adult hair. Children's permanents are specially formulated for baby-fine, limp, hard-to-curl hair. They are used for little girls from 4 to 12 years old.

14. *Can a hair spray take the place of a permanent wave?*

No. Although both permanents and sprays help your hairstyle, the functions each performs are completely different. No hair spray can give straight hair the curl that a per-

Continued on page 20



STRAWBERRIES APLENTY

The wonders of modern farming and transportation have made it possible to get strawberries almost any time of the year. However, the opening of the official strawberry season was in April. From now on they will become more and more plentiful and reasonable in price.

One different way to serve these berries is to make Strawberry Meringue Slices with bread as a base. They are delightful, yet easy to make! What's more, one pint of strawberries will be enough to make six portions.

Strawberry Meringue Slices

- | | |
|---------------------|---------------------|
| 6 slices bread | 6 tablespoons sugar |
| ½ stick of butter | ½ lemon |
| 1 pint strawberries | 2 egg whites |

Wash, drain and hull strawberries. Melt butter and brush it on both sides of the bread slices from which the crusts have been removed. Broil lightly on both sides. Sprinkle sugar on top while still hot, using about 2 tablespoons. Cover each slice of bread with strawberries sliced lengthwise into halves. Squeeze lemon over berries.

Prepare meringue by beating egg whites with remaining sugar until it

Um-m-m

Good!

forms peaks. Completely cover slice with meringue and broil about two inches from flame for approximately one minute to brown lightly. Serve warm.
Yield: 6 Strawberry Slices.

* * * *

Headline stealers at a spring or summer luncheon can be **BONNET SANDWICHES**. Created from slices of enriched bread, these take shape from cookie cutter "patterns." Use a 3-inch and 1½-inch cutter, respectively, to cut hat "brim" and "crown" circles from the bread. Spread large and small circles with cottage cheese, whipped until creamy and blended with a little lemon juice plus a dash of salt. For a springtime touch, add a few drops of food color—red, green, and yellow—to portions of the cheese mixture. Top each of the large "brim" circles with a 1½-inch cucumber round, then with its matching "crown" circle, spread side up. Decorate with a watercress sprig and a few fresh blueberries or raspberries to represent a flower trim.

* * * *

Graduates are twice lauded when **CHIPPED BEEF - CHEESE DIPLOMAS** are after-the-exercises fare. To make the "diplomas," spread slices of crust-trimmed bread with a filling of sharp cheese spread combined with finely chopped chipped beef. Roll up each bread slice, jelly roll fashion, fastening with a toothpick, if necessary. Brush with melted butter and place, open edge down, on cookie sheet. Toast until golden brown in a hot oven (400°F.), about 8 minutes, and "tie" the center with a strip of dried beef.



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I know you are noticing the advertising for April, May, June and July. The sponsors for these months are Halifax and Granville Counties in the Northeast and the 15 counties in the Western District. These counties are: Avery, Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Mitchell, Swain, Transylvania, Watauga and Yancey. The ladies are doing an excellent job and we are proud of them.

When you are vacationing in the spots advertised, take time to tell these advertisers how much you appreciate their belief in our program and that you saw their ad in *Green 'n' Growing*.

Make your plans to *really* see North Carolina this summer. Our own Home State can't be beat for mountain scenery, fishing, swimming or sunning—You can find anything in North Carolina!



Bits 'n' Pieces

RANDOLPH County had eight booths in seven shopping districts in their county during National HD Week. Each one was maned by club members who answered questions and gave out bulletins. An excellent idea!

One portion of STANLY County's celebration of National Home Demonstration Club Week was the gift of 24 books to the Stanly County Library. Here we see Mrs. Ray Hatley (left), council vice president, and Mrs. Luther Barringer, (right), council president, presenting the books to Miss Margaret Johnston, (center) librarian. The books were valued at approximately \$75.00 and one was presented from each club in the county. Picture courtesy of Fred Morgan and the Stanly News and Press.

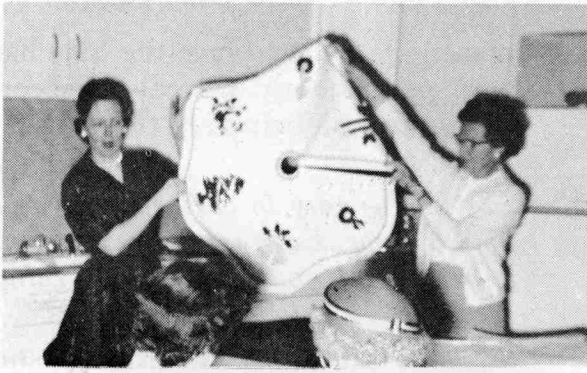


Mrs. Linwood Ward won the award as NORTHAMPTON County "Woman of the Year". She was in competition with 13 other outstanding club women chosen by their individual clubs. She has contributed so much to and for her community that it is impossible to list them all here. She is active in Conway Home Demonstration Club and a teacher of music in the Conway School, a member of the P.T.A. and an active member of the Conway Woman's Club. We know they are all proud of her.

Mrs. V. I. Hockaday (HALIFAX) immediate past State President, was honored as Davie Community's "Woman of the Year". She was presented a bouquet of roses in honor of the occasion by Mrs. George Harrison, herself, a former woman of the year. Mrs. Hockaday's long record of community service was outlined by Mrs. Harrison who said in closing, "In honoring Mrs. Hockaday tonight we pay tribute to one whose life is gentle, and the elements so mixed in her that Nature might stand up and say to all the world, 'This is a woman' ". All who work with Mrs. Hockaday, know that she richly deserved this honor.

Mrs. H. M. Guyot
Co-Chairman of Public
Relations, Halifax County

Horse Shoe (ENDERSON) H. D. Club recently held a recognition meeting for three of their club members who had done outstanding work in the past two years. Gifts and appropriate poems, written by club member, Mrs. E. B. Josie, were presented to Mrs. Rubie Shoffer, club president; Mrs. Margaret Pace, club treasurer and Mrs. Alma Merrill, club secretary. We wish we had space to print the poems—they're a real tribute to each of the recipients. We know they and their club are proud!



Left to right—Mrs. W. B. McCutcheon and Mrs. Wesley Shrader showing Christmas articles made of felt.

St. Patrick's day found ORANGE County women learning how to make everything from corn shuck articles to hooked rugs. The Chapel Hill Junior Service League, which is sponsoring the Country Store, planned this special meeting. Those interested in improving crafts, or making articles to sell in the Country Store were invited.

Miss Iola Pritchard, Extension Specialist, gave directions for making corn shuck articles and willow and reed baskets. She exhibited several products and discussed good packaging for the market.

Rug hooking was discussed by Mrs. James Holshouser. She showed types of material, burlap and patterns to use, needles, and a home made frame, as well as beautiful rugs.

Mrs. R. B. Sharpe showed how she cut, joined, dyed, and folded material for braided rugs, and demonstrated the method of braiding. Mrs. Sharpe said she preferred used material to new.

Beautiful handknit garments, felt articles, and Christmas gift novelties were also shown.

The meeting, which was under the supervision of Mrs. W. B. McCutcheon of Chapel Hill, will be continued as a workshop for those women who are interested in learning more about any of the crafts.

RANDOLPH County proudly announces a new addition to its family of Home Demonstration Clubs!

Early this year, Miss Rose Badgett, Randolph County Home Economics

Agent, met with a group of enthusiastic ladies to discuss the possibility of organizing a new club. At this meeting club officers were elected, and organization was on its way.

At the next meeting, charter members and visitors numbered thirty persons. This was a most unusual meeting, since there were so many "Presidents" present. Mrs. Gilbert English, State president, gave a very inspirational talk, welcoming the club into the state federation.

Mrs. C. W. Gregson, district president, talked briefly on the district meeting soon to be held in Asheboro, and urged members to attend.

Mrs. Allen McDaniel, county council president, organized this club and is probably the only club member in the county with membership in two clubs!

They are now known as "New Union Home Demonstration Club". The older clubs are really going to have to work to keep up with its enthusiastic activities. Hats off to our newest "sister club"——

These beautiful bonnets, in style "anytime, anywhere", were made as the result of a hat contest held by the Stem HDC (GRANVILLE). Notice the bread baskets, lamp shades and other kitchen utensils that were used. How many can you recognize?

Front row, left to right: Mrs. L. B. Jackson, Mrs. J. K. Watkins, Miss Linda Gooch, Mrs. Cliffie Watters, Mrs. J. A. Newton. Standing: Mrs. Webb Leonard, Mrs. Luther Franklin, Mrs. E. E. Mangum, Mrs. G. A. Parrish.



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Asheville, North Carolina

Perm Pointers cont. from page 14

manent provides. Once the hair has been permanently waved, however, hair spray can help keep these waves in place.

15. *My hair is easy to curl but it won't hold a wave. Even with a permanent a set comes out in damp, rainy weather. What do you suggest?*

Chances are your hair is fine and naturally straight, the kind of hair that frizzles when curled tightly and straightens out fast, but you can give your hair a soft, loose permanent with a pincurl kit or a rod-type wave with "gentle" lotion for easy-to-curl hair. When setting your hair, use the large rollers or make very large pin curls. A spray will help hold your set on a rainy day.

16. *Will hair take a satisfactory curl during pregnancy or after a short illness?*

Yes. Hair that is healthy will take a good permanent. Because pregnancy rarely affects general health adversely, a home permanent can be given at this time. If health is completely recovered and the hair is in good condition after a short illness, hair will take a satisfactory curl.

17. *Lately my permanents don't seem to last long. In fact, my latest permanent was gone in six weeks. What can be the matter?*

Are you using a pincurl permanent? They are made to give a loose, casual curl and last only a couple of months. A rod-type permanent should last longer. If you already use this type, there are three possibilities to consider: perhaps you are not choosing the right waving lotion strength; you may not be following instructions carefully; or perhaps you have short hair and trim it often. Try using a stronger waving lotion than the one you now use and be very certain to follow directions exactly. Of course, each time you trim or thin your hair you take off some of the permanent.

18. *What's the word on permanents for dyed, bleached, or color-treated hair?*

Dyed, bleached or color-treated hair usually takes a curl rapidly and is more apt to become frizzy from over-processing than it normally would. Choose the gentle waving lotion kit and be sure to take two preview curls before giving a wave to all of your hair. A neutralizing or self-neutralizing home permanent can be given if the hair is not severely damaged, dry or unruly. It should not be permenated with a pincurl permanent because it is impossible to take accurate preview curls with this type of permanent.

Exhaustive scientific tests, including off-the-head studies on experimental tresses, are conducted on all hair care products. These tresses are waved, shampooed or sprayed and results carefully studied and evaluated.

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DISTRICT DOINGS

continued from page 6

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Registered Holstein—Shiawana
Wallie Queen Breeding
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THE BANK OF
FRANKLIN
Franklin, N. C.
MEMBER OF F.D.I.C.

He praised the efforts of the rural women in creating a better standard of living through an interest in "things of the mind and spirit." "No organization is more U.N. minded. You have transformed public opinion," he said, "by the hundreds of talks you make on your return to your state. I understand that over 2,000 talks were made to club groups as a result of just one of those pilgrimages. There's nothing like it anywhere else in this country."

Giving reports from the Symposium were Mrs. J. R. Hildebran of Durham County; Mrs. D. A. Lowe, Chatham, and Mrs. Clyde Roberts of Orange.

Hope Valley and Bethesda Clubs had charge of flowers for the meeting. Fairview Club made the programs and flags were placed by Lynn's Crossroads and Redwood Clubs.

Mrs. J. C. Dodson, White Cross Club, Durham County, led music. Publicity was arranged by Mrs. H. E. Forbes.

Phone 3836 Oxford, N. C.
THREE-WAY LUNCH
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Hubert L. Cox, Proprietor
Welcome Club Members

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DISTRICT DOINGS

The Seventh District Meeting composed of Catawba, the hostess county, Burke, Caldwell, Lincoln and Alexander counties was held in Newton, N. C. this year. Nearly 400 H. D. members attended. Mrs. Foy Goodin, district chairman, presided.

The morning session was highlighted by a talk on Russia by Mrs. George Shipp, of the Shipp Travel Agency in Hickory, N. C. Mrs. Shipp said that Russia was a depressing country to her. The clothes were drab black, brown and dull red. All were expensive and all alike. The food, like everything else, was also depressing. Most people live in huge, government-owned, apartment houses—all alike—and three or four families share one three-room apartment, Mrs. Shipp said. Mrs. Shipp also said that religion is not so much oppressed as ignored. There is no religious training, and as the older women die so do religious habits.

Mrs. H. C. Little, Lincoln County, reported on the International meeting in Scotland. Mrs. Goodin reported on the National Meeting in Portland, Oregon, last October. Mrs. C. Y. Green of Burke County reported on the United Nations tour and Mrs. Blake Watson of Caldwell reported on the Citizenship Conference. Mrs. Elbert Bowman, Alexander County told of the Rural Women's Symposium.

New officers named for the coming year are: Mrs. Jethro Hoyle, chairman, Burke County; Mrs. Harvey Taylor, first vice-chairman, Caldwell County; Mrs. Alfred Andrews, second vice-chairman, Lincoln County; Mrs. Ray Bowles, secretary, Alexander County and Mrs. Charles Lutz, historian, Catawba.

The Seventeenth District Meeting (Johnston, Wake, Wayne) presided over by Mrs. Vick Hill (Johnston) had several "specials". Extra special was a talk by Miss Lorna Langley, North-eastern District Agent. Special music was presented by the Smithfield Barber Shop Quartet. Aprons were received by every lady present and some door prizes

were given also. Officers for the coming year were elected as follows: Mrs. Clarence Bunn (Wayne) president; Mrs. J. H. Cornell (Wake) first vice-president; Mrs. Owen Thomas (Johnston) second vice-president; Mrs. G. H. Beckton, secretary; and Mrs. J. W. Cochran (Wake) historian.

Mrs. Ralph M. Evans,
Public Relations Chairman
Wake County

BITS 'N' PIECES Cont. from page 18

Members of the Gates County Council are happy to announce the organization of a new club. Mrs. W. L. Askew, of the Eure Club, and Miss Lydia Griffin, home economics agent, met with a group of interested women in the home of Mrs. Timothy Eure, in the White Oak community. Sixteen charter members enrolled and chose "White Oak" as the name for their club. They are now 6 months old.

The following officers were elected: President, Mrs. Robert Williams; vice president, Mrs. H. L. Umphlett; secretary, Mrs. Dalton Felton and treasurer, Mrs. W. N. Alexander.

Charter members are: Mrs. W. N. Alexander, Mrs. R. G. Cowper, Mrs. Mary K. Eure, Mrs. Felton Eure, Mrs. Tim Eure, Mrs. Gordon Eure, Mrs. Charles Eure, Mrs. Woodie Eure, Mrs. E. J. Felton, Mrs. Dalton Felton, Mrs. Geraldine King, Mrs. Albert Griffin, Mrs. W. D. Rountree, Mrs. H. L. Umphlett, Mrs. Robert Williams and Mrs. Nellie Sue Yelton. This group represents a large, thickly settled community of alert young homemakers. They are already adding new members.

Mrs. C. W. Eason
Public Relations Chairman
Gates County

Mrs. Elton Byrum of Corapeake was named Gates County winner in the Home Demonstration Leadership Contest for 1959. Out HAT IS OFF to this well deserving lady. She has been an active member for 19 years and has done many, many things for her community and for Home Demonstration.



Second oldest town in North Carolina, New Bern is one of the most important and interesting cities of America from the standpoint of history and historic sites.

Namesake of Bern, Switzerland, the city was settled in 1710 by Swiss and German colonists, seeking religious, political and industrial freedom and advancement in the New World. Their leader was Baron Christopher deGrafenried, to whom Queen Anne of England had granted a tract of land on the Neuse and Trent Rivers in East Carolina.

Despite hardships and dangers, the settlement grew and prospered.

Here was established the first printing press in the province, with publication of the first newspaper, first pamphlet and first book. Here, too, were started the first incorporated school, and later the first free school of the province.

As seat of English government in the province, the town played a prominent part in Colonial and Revolutionary affairs. The first two provincial conventions were held here at Tryon Palace in defiance of Royal orders. British rule in the province was ended with the driving out of Royal Governor Josiah Martin from the city on May 31, 1775.

Visit Tryon Palace

**This is YOUR
personal invitation
to visit with
us here in New Bern
and help us celebrate
our**

**“250th Anniversary”
JUNE 11-15, 1960**

* * * * *

**“The Third Frontier”
Kermit Hunter’s
Latest Historical Drama
will be presented each
evening beginning June
11 through June 25. It will
be produced and directed
by Dr. J. A. Withey of East
Carolina College.**

* * * * *

“The Third Frontier” is a dramatic portrayal of the hardships endured by the founders of New Bern and their struggle to carve a new life in the New World.

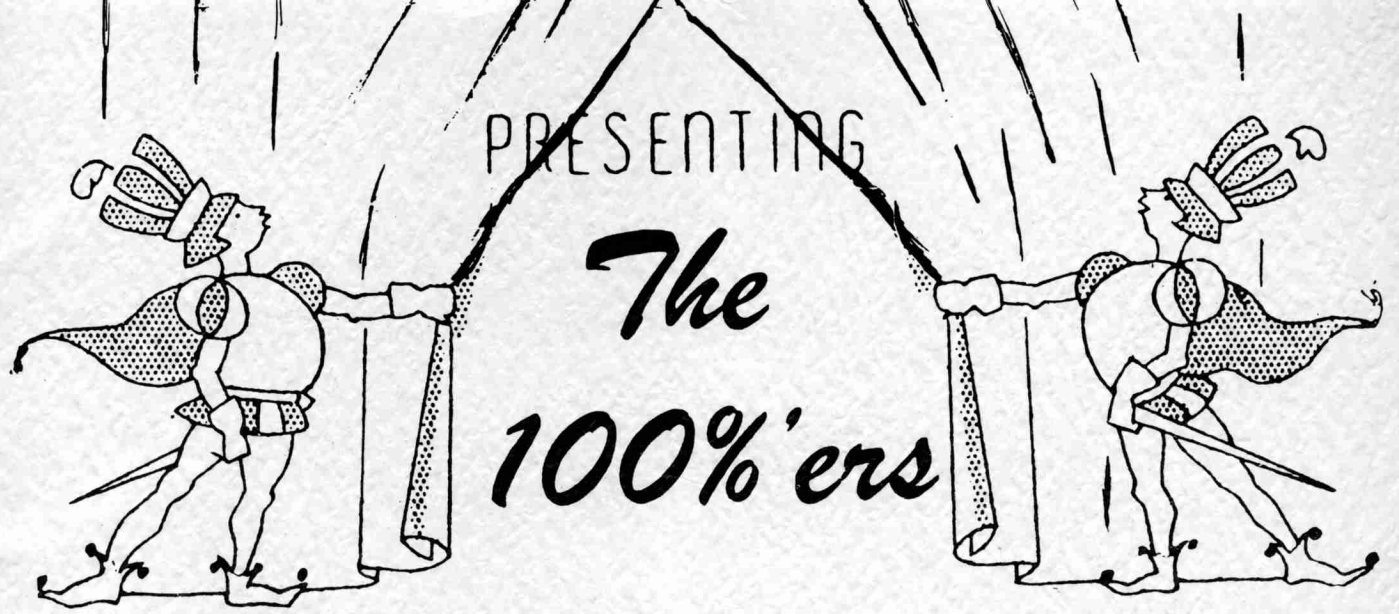
The political life in the colony is also portrayed, with the building of Tryon Palace and its burning.

* * * * *

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“250th ANNIVERSARY”

New Bern, N. C.



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 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

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 Friendly Community
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 Eureka
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 Meadow Creek
 Whitney-Sutphin
 Bethany

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

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

Jane Cobb, Gaston
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 Rivermont, Lenoir
 Oak Ridge, Halifax
 Edgewood, Chatham
 Franklinville, Randolph
 Locust, Stanly
 Rosewood, Wayne

Christian Harbor, Hertford
 Small Home, Beaufort
 Palmyra, Halifax
 Cape Fear *
 Ahoskie, Hertford
 Cannons, Pitt
 Sweet Gum Grove, Pitt
 Deep Creek, Yadkin

* Will the Cape Fear Club that has 100% please tell us the County they're in.