

### Beef Is Plentiful; Price Low

Meat as a Source of Protein, B Vitamins and Iron					
KIND OF MEAT	COMPLETE PROTEIN	B VITAMINS (THIAMINE (G.) RIBOFLAVIN (F.))		MINERALS	FOOD IRON
PORK	E	E	F	E	E
BEEF	E	F	E	E	E
LAMB	E	F	G	E	E
VEAL	E	G	G	E	E
VARIETY MEATS	E	E	E	E	E
SAUSAGE	E	G	G	G	E

**E=EXCELLENT G=GOOD F=FAIR**  
All meats also contain the minerals copper and phosphorus in significant quantities

Now is a good time to satisfy your family's taste for beef. It is plentiful and the price is lower than it has been for some years.

Beef supplies are not plentiful and retail prices are at their lowest levels in many years. Most consumers are taking advantage of these lower prices to satisfy their desire for beef. This is evidenced by the large increase in per capita consumption for 1953 and 1954. Beef consumption reached an all-time high of 77 pounds per person in 1953 as compared to 55 pounds per person in 1951. It is estimated that we will eat 79 lbs. per person in 1954.

It isn't the reduced price alone that makes beef so popular. Beef is one of our more tasty meats and is a favorite of most families. It can be used in a variety of ways for any meal of the day.

Beef not only is tasty but it is high in food value. It is one of our top-ranking, high quality protein foods. It will build and keep muscles strong. Beef also offers some good health protecting vitamins and iron to build red blood.

The Western North Carolina Beef Cattle Commission is interest-

ed in the people of this section sharing in this increased production of beef. The extension service is cooperating with the Beef Cattle Commission in conducting this program. The purpose of this program is to show consumers how they can spend their food dollar more wisely and at the same time to eat more beef.

The program on how to select cuts of meat and various ways of cooking and serving it attractively will be coming to you over the radio, television, in newspapers and through demonstrations. Watch all these sources for good ideas on using beef.

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### Grain Feed Is Unnecessary

Feeding dairy cows heavily on grain is not necessarily the most profitable way for a farmer to increase his milk output.

Scientists of the U. S. Department of Agriculture have completed studies which show that greater dependence on high-quality forage can reduce feeding costs—which normally account for half or more of the total cost of milk production—by 20 to 25 per cent.

Grain feeding has increased about 25 per cent among U. S. dairy herds in the past seven years. This has added materially to milk production costs. National average milk yields have increased 1.44 pounds for each pound of increase in grain fed.

To USDA dairy nutritionists, this means that the grain has been supplying more than enough cow nutrients for the extra milk—and that forage contributed little to the increased milk output. They believe that a similar increase could have been obtained, at less cost if more nutrients had been derived from good forage.

The Department researchers point out, however, that the savings possible through feeding more pasture, hay, and silage depend a great deal on the quality of this forage. It has to have a high level of TDN—the total digestible nutrients that make it more than a "cow filler."

Studies show that income over feed costs and rate of milk production are more favorable to dairy farmers when the quantity of good forage is about 2½ times the weight of grain fed. The cost of producing milk rises sharply when the forage makes up only a little more than half the cow's ration.

### Evergreens Are Valuable Shrubs

By FRANCES DELL

Evergreen shrubs, which hold their rich summer-green all during the winter, are very valuable plants. Families with picture windows or glass walls really appreciate evergreen shrubs.

There is a way to hold back the browning effect of winter. Experiments show that lawns can be kept green all year as far north as Philadelphia and mid-Ohio.

To do this you must feed your lawn generally and regularly every second month throughout the entire year. Most people do not use enough plant food on their lawns. One spring application is not enough. The result of under-feeding and cold is an unsightly lawn until spring.

Two fall feedings will usually keep a lawn in good shape. Make one immediately, another in six weeks. Then adopt the every second-month program.

The amount of plant food you use depends on the brand you buy. Follow the directions on the bag. Organic plant food can be used during the summer but you will need a chemical plant food during the fall. This is because when the soil is cold the nitrogen in organic matter is not released.

To insure even distribution of plant food use a chart made for this purpose. This way you will avoid streaks of uneven growth and color. The lawn should always be watered after a seeding to wash the plant food off the leaves.

Don't fertilize your trees during the fall, however. Fertilizing will cause new growth, then a sudden drop in temperature will kill it. You want the growth on trees to harden, the better to stand the

cold winds.

Evergreens, however, should go into the winter with a full supply of plant food and a moist soil. Feed and water your evergreens in October and November. This will help prevent winter injury and will keep your plants green and lovely looking as long as possible.

### PAJAMAS FOR AIRMEN?

The Air Force is said to be studying the possibility of issuing pajamas to enlisted personnel. The Men's Pajamas Institute, which announced the study, says pajama-wearing would speed up adjustment to military life, make airmen more comfortable in leisure hours and keep them cooler in the tropics and warmer in the arctic.

### Wildlife Club Meets Monday

A meeting of the Watauga County Wildlife Club was held Monday night at the American Legion Hut, with about 45 present.

Guests of the club included 4-H Club members and Boy Scouts. Dr. L. H. Owsley, president, presided and spoke to the group on the control of rabies in dogs.

The net income of United States Steel for the first nine months of 1954 was \$1.11 a share less than in the similar period of last year. General Motors, reported earnings for this year's three quarters \$1.50 a share higher, due largely to lower taxes.

Williams is leader in batting with .348 life mark.

Japanese Socialists urge close ties with Red China.

### Local Realty Values

G. I. and F. H. A. Loans Now Available—Require Small Down Payment

- MODERN BRICK HOUSE—Located on Oak Street near College. Three bed rooms, large living room with picture window, dining room, kitchen, full basement with finished recreational room, garage. Price \$13,500. Can be financed FHA or GI loans.
- 25-ACRE FARM. Block house, ½ acre tobacco base. All land cleared except 4 acres. Located on Rush Branch, Good gravel road. Price \$2,000. Terms if needed.
- GOOD 3-BEDROOM HOUSE—bath, hardwood floors, lot 7x150. Located Faculty street. Price \$7,800.
- NEW 3-BEDROOM HOUSE, bath, hardwood floors, insulated, full basement, furnace, refrigerator, stove, washing machine, dinette set, all for \$10,000. Located in Daniel Boone Colony just out of city limits (city water).
- NEW 5-ROOM COTTAGE, water in house, 6 acres of land located on good gravel road. Ideal site for lake in front of house. Typical for a summer cottage, trees, natural shrubbery. Priced for quick sale. Owner must move into town.
- GOOD 5-ROOM HOUSE, basement, forced hot air heat. Large lot located on Oak Street near college. FHA approved. Small down payment.
- NEW BRICK HOUSE—bath, plastered walls, hardwood floors, hot air furnace. Large lot. Located on Oak Street.
- 17 ACRE FARM—house, barn, located 9 miles from Boone on the Todd road.
- GOOD 2-BED ROOM BRICK HOUSE, bath, furnace, large lot, located near schools and stores. Price \$6,400. Terms if needed.
- SELECT RESIDENTIAL LOTS FOR SALE.
- NEED SMALL FARM—15 to 20 acres—with good stream.
- GOOD 5-ROOM HOUSE—bath, furnace, and 5 room garage apartment with bath. 1½ acre lot on highway 421 just ½ mile west of Boone. Priced to sell. Terms if needed.
- GOOD 6-ROOM HOUSE, bath, basement, hot air heat. Located Grand Boulevard. Requires small down payment.
- DECK HILL—Good five-room house, bath, ½ acre land, GI loan on property. Down payment \$1,200.
- GOOD SIX-ROOM HOUSE, bath, hardwood floors, large lot, located on Faculty Street. Long term G. I. 4% loan. \$58 per month, which includes taxes and insurance.
- BAMBOO SECTION—5 rooms, water, two acres, \$3,000.
- FOUR ACRES LAND NEAR BOONE. Good 4-room house with bath. \$1200 down, balance \$25 per month. GI loan.
- 4-ROOM BRICK HOUSE, hardwood floors, furnace, conveniently located.
- GOOD 6-ROOM BRICK HOUSE, furnace, large lot. Located Main Street. Will sell or trade for good farm.
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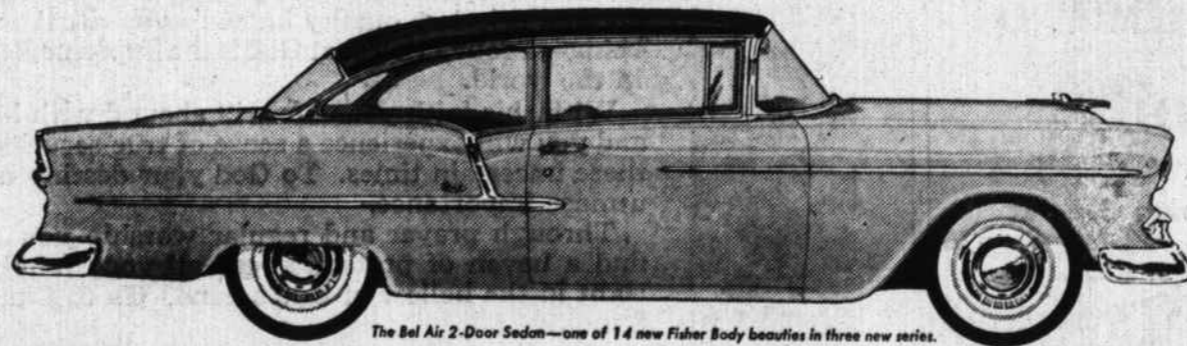
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