

Carolina Beef Producers More Optimistic This Year

North Carolina beef producers have reason to feel more optimistic about their industry as a result of prices paid for stocker cattle this spring.

Prices averaged \$27.27 per hundred pounds on 11 organized state sales, an increase of \$2.57 over 1967 prices for the same type cattle.

This is one of the few breaks cattlemen have received in prices in recent months.

"I think there is a more optimistic feeling among cattlemen as a result of stocker prices this spring," observes A. V. Allen, specialist in charge of extension animal husbandry at North Carolina State University. "Some of our producers had become a little discouraged over beef prices generally. The strong market for stockers may have been a shot in the arm the industry needs, although prices across the board are still not as strong as we would like."

North Carolina farmers sold 7,105 head of stockers in the 1968 sales. These animals, which had been wintered on a variety of lowcost feeding programs, averaged 556 pounds. Total numbers were down by over 2,000 head and weight was

off only four pounds from 1967 averages. Quality held steady with 41 per cent grading good or better—the same percentage as the year before.

Allen estimates that roughly 60 per cent of the cattle went out of state, primarily to the Corn Belt of the Mid-West and to Northern Virginia, Maryland and Pennsylvania. Most of the ones staying in North Carolina will be placed on mountain pasture for summer grazing.

"We could have sold many more cattle than we had available," Allen commented. "The market this year illustrated again that North Carolina has an excellent opportunity with stocker cattle."

One of the keys to success with stockers, the extension specialist believes, is staying in business. "Like most other enterprises, you can't get in good years and get out in bad years," he explained. "The people who are most successful with stockers stay in business through bad as well as good years."

Stocker cattle are bought in the fall at weights of around 300 to 500 pounds. The idea

is to grow the cattle rather than fatten them.

Farmers in western and Piedmont areas feed large amounts of corn silage to the stockers. They usually buy the heavier calves in the fall sales. Further east, lighter weight calves are bought and receive grain in many cases. Farmers also use the cattle to clean fields from which crops have been harvested.

"The calves put on about one to 1 1/2 pounds of gain a day for roughly 200 days," Allen said. "With the type and price of feed they receive, and with stockers selling for over \$27, farmers have been able to make a reasonable profit."

CERTAIN

A worried lady in Albany entered a notation store and bought two packages of invisible hairpins.

"Are you absolutely certain these are invisible?" she asked. "Lady, I'll tell you how invisible they are," the clerk assured her.

"I've sold \$4 worth this morning, and we've been out of them for three weeks."

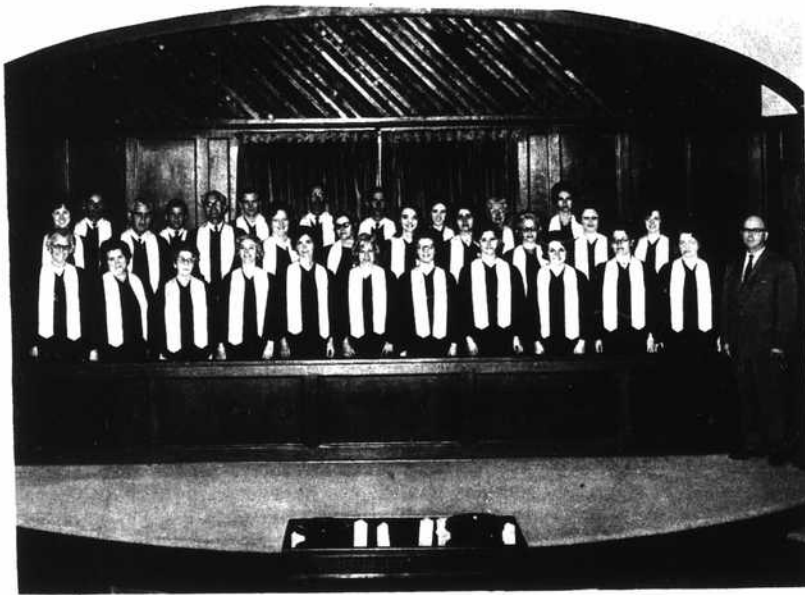
Learn To Refinish Old Furniture

Yancey County Extension Homemakers have learned in a two-day workshop that there are no shortcuts to good furniture refinishing. Mrs. Margaret Dayton, home economics Extension agent, reports.

pose, and if it had good shape and design and pleasing proportions.

Fourteen pieces of furniture, including a large oak dining table, a 100-year-old spinning wheel, two desks, three lamp tables, three chairs, one stool and three small chests were refinished into attractive pieces at very small costs to the homemakers.

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A "SERMON IN SONG"—A special service will be presented at the Oak Grove Baptist Church Sunday, June 30, at the 11 o'clock worship hour by the church choir. The program will consist of anthem arrangements of beloved hymns known and loved by most Christians. The 30-voice choir will be directed by Ralph L. Beshears, Sr. with Mrs. Kathleen Ward as organist and Mrs. Carolyn Taylor, pianist. The members of the choir are, first row (l-r) Mrs. Frances Culler, Mrs. Bonnie Hodges, Mrs. Edith Norris, Mrs. Virginia Hartley, Mrs. Frances McNeil, Miss Vickie Johnson, Miss Patsy Beshears, Miss Sharon Farthing, Miss Dianne Farthing, Mrs. Peggy Hodges, Mrs. Billie Gragg; second row—Mrs. Carolyn Taylor, Mr. R.B. Hodges, Mr. Vance Culler, Miss Patricia Hodges, Mrs. Mary Lee Hodges, Miss Rosie Bentley, Mrs. Reba (Buck) Hodges, Mrs. Marie Farthing, Mrs. Reba (Don) Hodges, Miss Donna Hodges; and third row—Mr. Harold Farthing, Mr. Gary Deitz, Mr. Jairy Hunter, Mr. Bill Hodges, Mr. Herbert Hodges, Mrs. Arlene Bumgarner, Mrs. Crete Hodges and Mrs. Kathleen Ward. The Rev. Fritz D. Hemphill, pastor, will preside at the service and invites the public to join the congregation at this time.

Can't Keep Beauty When You Break Health Laws

You cannot keep beauty long if you break the laws of health, even though nature bestowed it upon you at birth.

In order that creams and powders may do effective work, they must have as a foundation a good skin. The hair must be glossy, the eyes sparkling and the teeth clean and white. The person must be neat and well-groomed.

Above all no one can possess a charming personality who is not kind, unselfish and thoughtful. Goodness is the crowning glory that cannot be put off and on at will. Pretense never deceives anyone. The counterfeit will always be discovered, and disgust will take the place of admiration.

Three things are necessary

for the beauty-seeker—plenty of sleep, sufficient exercise and the right diet.

The list requires knowledge which you may acquire by earnest study. It is most unfortunate, even tragic, that the American diet has been so denatured and devitalized by milling processes that most of the calcium, vitamins, and minerals have been removed from our breads and cereals.

For example, people are paying large prices for vitamins in pills and tablets, because they contain vitamins that are lacking in many foods besides the white flour, bread, and polished rice that constitute such a large part of their diet.

Iron is a mineral that is essential to life itself. It is the

iron in the blood that produces the red coloring matter. It carries the life-giving, essential oxygen to the various parts of the body. If a person is deficient in iron he is anemic. An anemic person has a pale, sickly color. He is listless and has indigestion.

The sufferer from anemia must eat foods that are rich in iron.

THE PERFECT METHOD
Jim—Alice might marry you if you propose to her correctly. Fred—How had I better do it? Jim—Sit on the edge of the Grand Canyon, get her to sit on your knee and tell her you'll push her off if she doesn't say "yes."

LET'S SOCK IT TO 'EM

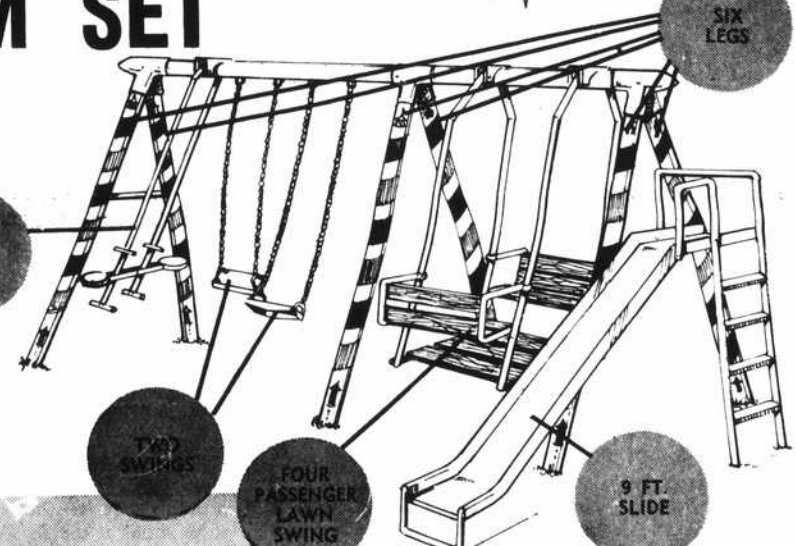
High Prices, High Payments, and High Costs are at it again. This terrible trio of savings — killers is rough, tough, and hard to bluff. Don't let them affect your buying power — "Sock it to 'em" with **Low's Low Prices.**

SIX LEG GYM SET

PRICE REDUCED \$2.00 FOR THIS SALE ONLY!

\$37.97 NO. 6

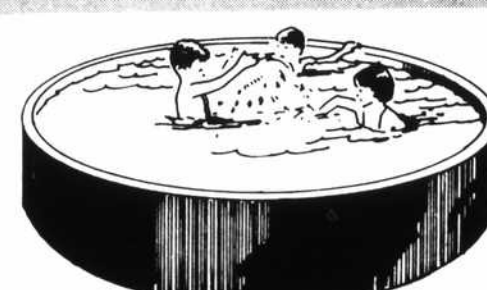
The price is low—the value high—when you check all the features built into this great, big, wonderful gym set! It's truly a super gym set at a super savings! 6 legs for extra strength and stability. 10'3" top rail and 8' legs.



GYM SET WITH 7 FT. SLIDE

This "Variety Funland" set includes: 2 swings, sky glide, 2 passenger lawn swing, 7 ft. sliding board, 9' top rail and 7'4" legs. All tubing is 2" — all corner sockets made of steel.

\$29.97 NO. 3



8 FT. DIAMETER-20" DEEP STEEL WALL POOL

Vinyl lining. Corru-ribbed steel side walls. Top edge of pool is reinforced with rails and connectors for extra strength. 624 gal. capacity.

\$11.99 NO. 6108

REGULAR 13.95



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Three ringed super wall construction. Each ring inflates separately. Comes complete with repair kit. Green and white.



4 QT. ELECTRIC ICE CREAM FREEZER
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4.49 NO. 666

4.00 oz. per sq. yd. treated tent fabric. 5' wide x 5'6" long at top, 7' long at base x 3'2" high at centers.



24 INCH CHARCOAL GRILL
5.77 NO. 230

Chrome plated grid with side handles. "Perma-lift" grid positioner. 1" steel legs, 5/8" plastic wheels. Folds flat for easy storage.



20 INCH 2-SPEED PORTABLE FAN
13.94 NO. 5000

2 speed motor, never needs oiling. Hi-impact polystyrene plastic grill front and back. Rust-proof baked enamel finish. 8 foot cord, mar proof rubber feet, carrying handle.

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VW sedans (even the 65 hp Fastback and Squareback) get up to 27 miles to a gallon. Even the biggest! VW, our boxy station wagon, gets up to 23. They all take oil by the pint. (Even the expensive-looking Karmann Ghia.) And never cost you a cent for anti-freeze because VW engines are air-cooled. But if you still don't care to sell out so cheap, there is one way to raise the price of a Volkswagen. Get a sunroof. With the beetle, Fastback or Squareback. (For no money at all, of course, you can come in and see them all in person.)

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