

## America Still Land Wide Open Spaces

### Urbanized Areas Take Up Less Than 20 Million Acres

America is still a land of wide open spaces, whatever contrary impression may be given by the big growth in population over the past decade and our rapidly-spreading urbanization and industrialization. Figures compiled by the U. S. Department of Agriculture on major uses of land in the United States show that all urbanized areas together take up less than 20 million acres, or just about one per cent of the nation's entire land area of 1.9 billion acres. Urban areas are towns and cities of 1,000 population and over.

About 25 million more acres are involved in such necessities of modern civilization as highways and roads, railroads and airports. To this can be added an estimated 10 million acres occupied by rural villages and towns with populations of 100 to 1,000.

**Big Expansion Trend**  
Thus all the land involved in populated places and in the working and living space of our urbanized and industrialized society adds up to about 55 million acres, or less than 3 per cent of the country's land area.

This is not to say that the physical appearance of the United States has not changed. It has to a marked degree, and particularly in the East and other built-up sections of the country. Suburbs, factories, shopping centers, and other essentials for today's living, aided by the investment of the people's accumulated savings in life insurance and other thrift institutions, have spread out beyond former city and metropolitan fringes into once rural and farm areas. Over the last decade, in fact, new communities have sprung up so fast along side each other as to link up cities and suburbs into vast interurban areas.

This trend is certain to continue, with more changes in the future. It is estimated that urban areas, highways, airports, and reservoirs are increasing at an average of well over 800,000 acres a year, an area greater than the size of Rhode Island. So vast is the United States land area, however, that this holds no foreseeable threat to our overall land needs to feed a growing population and to provide raw materials for our factories and machines.

**Situation On the Farm**  
In at least one respect, the country is more open today than it has been in years. This is the case in agriculture, where there is more land in farms than at any time before. Though the number of farms has been showing a big decline due to consolidation and economic factors, figures recently made public on the results of the 1954 Census of Agriculture show 1,160 million acres in farms, the highest on record.

As against this trend, the farm population has declined by around 10 million since the mid-Thirties adding up to around 22 1/2 million persons in 1956. As a result, the number of persons living on farms

today represents little more than one out of every eight persons in the entire U. S. population, the smallest proportion as far back as figures go.

### Take A Super Short Cut

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**Take A Super Short Cut**  
Here's a rich, tangy tomato-meat sauce that you can make in quantity, store in the freezer, and use at will for quick dishes.

**Freezer Meat Sauce**  
1/3 cup salad oil  
3 minced cloves, garlic  
3 chopped green peppers  
3 large sliced onions  
3 lbs. chuck, ground  
2 cups boiling water  
4 8-oz. cans tomato sauce  
3 6-oz. cans tomato paste (2 cups)

1 tbs. salt  
1 tbs. paprika  
1 tsp. celery salt  
1 tsp. garlic salt  
1 tsp. chili powder  
1 tbs. Worcestershire sauce  
3 tbs. bottled thick meat sauce  
3 tbs. chili sauce

In hot oil in large kettle, cook garlic, peppers, and onions for 5 minutes. Add meat; cook over heat until all red color disappears. Add water, and rest of ingredients; simmer uncovered for 2 hours. Cool quickly. Freeze in 1 pt. freezer containers. Makes 7 pts.

To thaw: Place container under hot water long enough so that contents will slip out. Or let container stand at room temperature several hours. Then heat sauce in double boiler.

Party night raids on the refrigerator can be feasts when you have buns, rolls or English muffins and the marvelous freezer meat sauce to turn to. Toast buns in broiler then top with baked beans, brown-and-serve heated sausages, cheese or bologna. Spoon hot sauce over all.

For a quick stick-to-the-ribs dish, make a plain (French) omelet with 6 eggs in the usual way and lather it with hot freezer meat sauce. Another time, use the sauce to bank a platter of scrambled eggs; the combination is terrific.

It is no work at all to stuff green peppers this way: For 6 servings, wash and seed 6 green peppers. Prepare 1 1/3 cups pack-



**THREE TROUBLED BABIES** — It's curiosity on the left, apprehension in the middle and outright panic on the right. What's troubling triplets Herbert, Emily Ann and June Ann Woolley, 10 months old, of Austin, Tex.? Polio injections. June Ann is getting hers now and her sister and brother don't seem anxious to follow suit.

aged pre-cooked rice as label directs. Blend in 1 cup freezer meat sauce. Fill peppers with rice mixture. Bake in greased shallow baking dish at 375 deg. F. for 50 minutes or until tender.

### Health For All

#### "Bored To Death"

How many times have you said it? "I'm bored to death." Stop a minute. It could come true.

A medical expert on aging recently said that by conquering two problems—boredom and overeating—we could live to a hundred.

As a matter of fact, these two villains that are shortening man's life may be more closely related than they seem. What do you do when you're bored? Raid the refrigerator? Drop into the drug store for a sundae? Rich, sweet food is emotionally satisfying. And in our prosperous society most of us can afford too much of it. As we get older, vanity—keeping a slim figure—doesn't stop us. We feel we can eat as we please, and we usually "please" to eat fattening foods. It's rather sad to think of a piece of devil's food cake becoming the high point of anyone's day. It couldn't happen to you. Or could it?

Retirement is the beginning of

boredom for many men. Their lives have centered on their jobs for so long that they are lost without them. They feel no motive for living.

So-called retirement comes more slowly to women, and affects them less drastically. They change their pattern of living gradually as the children grow up and leave home. They take on interesting hobbies, clubs, activities in the community as free time increases. And, of course, a woman is never without a "job" as long as she has her home and husband to care for and grandchildren to fuss over. Incidentally, the death rate of women aged 65 to 69 is only 2.5, while that of men in the same age group is 4.2.

There may be a clue here for men who don't want to have their lives shortened by boredom. Perhaps they can plan a gradual change from the "job-centered" life, begin to expand and extend their interests so that on the day of "retirement" they don't just stop. They can move forward with positive energy that will keep them interested and alive right up to the century mark.

The North Carolina State Highway Patrol is the nation's sixth largest, exceeded in manpower only by California, New York, New Jersey, Pennsylvania and Ohio.

### SUNDAY SCHOOL LESSON

Continued from Page 3—Section 2  
tion and accomplishments. Early in life, Isaac learned from his father, Abraham, the lesson of obedience to and trust in God, having willingly acquiesced in the apparent necessity of becoming a sacrifice at the command of Jehovah.

Later, he married Rebekkah, obtained for him by his father from their kinsman in Haran, the old ancestral home, so that he would not intermarry with the Canaanites. While Abraham was a nomad, Isaac settled at different places, temporarily at least. "The Biblical patriarchs," says Thompson, in *The Land and the Book*, "were not mere Bedouin wanderers, like those who now occupy the Eastern deserts. They had large herds of cattle, which genuine Bedouins have not; they tilled the soil, which these robbers never do; and they accommodated themselves, without difficulty or reluctance, to town and city, when necessary, which wild Arabs cannot endure."

The proof of Isaac's sagacity and judgment is revealed in the description of his success: he "waxed great, and grew more and more until he became very great; and he had possession of flocks, and possessions of herds and a great household; and the Philistines envied him."

The Philistines, bear in mind, were prior settlers in the land to either Abraham or Isaac and they regarded the presence of the Hebrews as an intrusion upon their rights. To curtail the prosperity of this foreigner, they resorted to the practice of destroying the wells, which were so indispensable for the life of his cattle.

So, time and again, we find these covetous neighbors presenting Isaac with the alternative of moving on to another location or of attempting to live in the midst

of a people whom he would have to constantly fight. Isaac was a peace-loving man, desirous of friendship, and invariably he moved on, seeking new sites. He abandoned the well, named Contention, and the well named Hatred, and finally located at a well called Room, because, he said, here God had provided room.

Isaac was prompted by his desire for quietness and peace, as well as by a strong faith in the providence of Jehovah. For aught that Isaac might know, these strivings at the well may have been God's way of keeping him moving until he finally reached the location for his life's efforts, which God, in his judgment, would be better able to select than Isaac, trusting to human selfishness and passion.

"The noblest kind of sacrifice is the self-denial of those who have the clearest rights," says J. Strachan. "Isaac was again and again placed in circumstances in which others would have quickly drawn the sword. The question naturally

arises whether he surrendered too much for the sake of peace. If a man cannot waive his rights without neglecting his duty, violating his conscience, surrendering his religion, losing his self-respect, betraying his rights of others, he is bound to resist. Otherwise, he may yield, and scarcely any price is too high to pay for peace."

Our modern society should profit by Isaac's example. International rivalries for lands, markets, oil and power, expressed in political maneuvers, seeking advantage, the stimulation of animosities and passion and war, are in contrast with Isaac's peace-loving attitude.

"Neighborhood between nations

means the cooperation of the entire human race for common ends," declared W. J. Dawson. "We have two paths before us—cooperation or conquest. We have but two goals, mutual brotherhood or mutual butchery. We have but two principles to guide us, amity, which makes for peace, rivalry which makes for extra extermination." Which shall it be—peace and life or hatred and death?

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