

North Carolina Garden Times

By M. E. GARDNER
N. C. State University

Local Births

The following births were reported to the Durham County Health Department during the week of May 15 through 20:

Iziah and Paulette Perry, girl
Sylvester and Gloria Miller, boy
Arlandia and Gertha Clark, girl
Eugene and Quincey Eaves, boy
Lanond and Missouri Green, boy
James and Mamie Burwell, boy
James and Carolyn Thorpe, boy.

The trouble with progress is that it compels us to scrap a lot of fine institutions.

How cordially we dislike those people who criticize us for our own good.

nity activities. It will make it harder for him to raise his child. Why is it, then, that parents much pass on to them this terrifying and constricting heritage, this burden of hate and fear? It is because they have never objectively assessed the effect that prejudice can have on children—their children.

Prejudice is dangerous. A world where many people feel rejected is not a safe world for our children to live in. When our children are not free to think clearly and honestly about the people of other races and nationalities and religions, because we have already made up their minds for them this huge planet will never be big enough to accommodate them securely.

All the way home from the dentist's office, Mrs. Adams' little daughter kept asking, "Mummy, why didn't you let me play with Eddie and the new girl? Eddie's mother let Eddie play." Mrs. Adams didn't answer.

The next day she attended a "Rearing Children of Good Will" institute sponsored by the Nat'l Conference of Christians and Jews (NCCJ) right in the neighborhood and in hundreds of others across the nation.

The first thing she learned was that mothers and fathers should tell the truth. They should certainly not make disparaging remarks in the presence of their children about people of other groups, but they should candidly admit the existence of their own prejudices, acknowledge that they are unfair, and resolve to do something about them.

"I didn't let you play with Eddie and his friend," Mrs. Adams told her daughter that night, "because I've always had the feeling Negroes are sneaky and dirty."

"This feeling is wrong," she said, "and I am trying to get over it."

Ascorbic acid (vitamin C) has been a magic word in the daily dietary requirements, especially of infants and young children.

Although the exact function of vitamin C in body functions is not fully understood and its relationship to enzymes is not yet clear, it is known to be essential in growth processes and is found most abundantly in active growing tissue and seems to be necessary for the proper growth and functioning of all living cells.

The deficiency effects of vitamin C are expressed chiefly in the bones, blood vessels and teeth. The pathological changes of scurvy, for example, are the direct results of marked deficiency of this important vitamin. Hemorrhages may occur due to fragile capillaries which result from growth failure of connecting supporting tissues and perhaps loss of cementing substances between cell walls.

The highly developed and specialized food processing industry of today has made it possible for the average mother to find adequate sources of vitamin C 12 months in the year. In the minds of many, vitamin C and freshly pressed citrus juice, through common notion, were considered to be the same. But now with the almost universal use of supplementary vitamins in the ration of young children, the addition of fruit juices to the diet has become less important as a primary source of vitamin C and more important as a supplement to the dietary program.

As a wholesome between-meals food that satisfied hunger temporarily but does not interfere with normal appetite, there is nothing to compare with fruit juices. In addition, the idea of giving vitamin C



COMEDY ACTOR Don Knotts may be the king of laughter (he won an Emmy for his role on "The Andy Griffith Show"), but he's the first to admit that Muhammad Ali is the undisputed king of the boxing ring—no matter what anyone says. That fact is convincingly clear when a feather weight actor puts on the gloves and enters the ring with a heavy weight champion, even when it's a make believe match. Knotts is currently starring in the comedy-western, "The Shakiest Gun In The West."



NO HATRED HERE

Rearing Children of Good Will

NEW YORK (CFN) — Mrs. Adams and Mrs. Morgan, members of the same women's club, met a few months ago in their dentist's waiting room and struck up a lively conversation.

While they chatted, their two children began to play. A winsome little Negro girl, waiting for her mother to emerge from the dentist's office, shyly walked across the room to join the game.

Quickly, Mrs. Adams snatched her confused daughter by the hand deposited her firmly on the couch beside her. "At least we don't have to let our children play with them," she remarked to Mrs. Morgan indignantly.

Calmly, but loud enough for all the children to hear, Mrs. Morgan replied, "I'm sorry, but I feel quite differently about the matter." Then, leaving Mrs. Adams and the little girl, she strode across the room and joined her child and his new little friend.

An awful lot of us are like Mrs. Adams. We love our children very much. We want things to be better for them than we had it. We worry about their teeth so we take them to the dentist. We wonder about their talent so we take them to dancing school. Rarely, if at all, do we concern ourselves with the dangers of exposing our children to prejudice in a world very different from the one we knew when we were growing up.

Prejudice is poison to the mind. It can seriously undermine our children's emotional health. The child who is burdened with prejudice is all too likely to become a misfit. He will be ill at ease at school and at camp, and his uneasiness will follow him to adulthood, making him uncomfortable at work and in commu-

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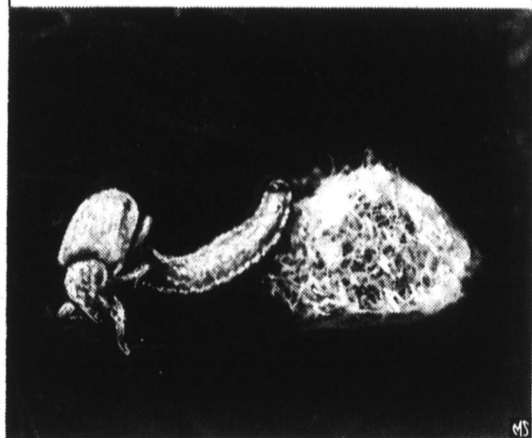


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THE ALFALFA WEEVIL THREAT—HERE IS WHAT TO DO ABOUT IT



An insect alert has been sounded for area growers. Start watching alfalfa fields now for signs of the alfalfa weevil.

This pest now ranges over 10 states and is spreading fast. Unless steps are taken to control it, the weevil will severely damage many alfalfa fields this spring.

Damage to alfalfa begins shortly after growth starts in the spring and is caused by the larval (or worm) stage of the weevil. After feeding for 3 or 4 weeks, each larva spins a net-like cocoon on the plants or in soil debris and later emerges as the adult weevil. All three stages are shown above.

Feeding begins in the growing tips and developing buds of the alfalfa. A heavy infestation will shred the foliage, making the first crop a total loss. After the first cutting, larvae and newly emerged adults feed on both stubble and new growth, greatly reducing yields from the second cutting.

Extension specialists agree that alfalfa is such a valuable forage crop that it's more economical to fight the weevil with insecticides than to switch to another crop. At \$35 a ton, a yield of three tons of alfalfa hay per acre has a value of \$105. Even if it takes three sprays, the weevil can be stopped for less than \$10 an acre.

The keys to effective alfalfa weevil control are selecting the most effective insecticide and accurately timing the application. Start now to inspect alfalfa fields twice a week for signs of feeding. Check different parts of the field. When 3 to 5 out of 10 plants show damage in the bud tips, spray immediately with a recommended insecticide. If an infestation hits at first cutting, spray stubble immediately after harvest.

Several materials are available that will effectively control the weevil without causing harmful residues in milk or meat. Of these, one has been especially formulated for use on alfalfa. It is a combination of Diazinon and methoxychlor called Alfa-tox.

Growers have found that under most conditions, a spray of Alfa-tox will give 2-3 weeks control of the weevil, and just about every other insect that threatens alfalfa. However, if it rains after spraying, alfalfa fields should be checked again, since washoff can reduce the effectiveness of any insecticide.

Entomologists agree that the battle against the alfalfa weevil can be won. By following a careful management program and spraying with a recommended insecticide as soon as 30 to 50 per cent of the bud tips show signs of feeding, the weevil can be stopped.

Hand Dad a new line for Father's Day.



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