

## SEASONABLE SUGGESTIONS GIVEN BY COUNTY HOME DEMONSTRATION AGENT

The underweight child should be given in addition to her regular meals a glass of milk in the middle of the morning and another in the afternoon. A graham cracker or slice of bread may be eaten with the milk but sweets should be avoided.

Vitamins are constant constituents of living tissue, health is dependent on their action; they do not themselves contribute to the energy supply of the body, but facilitate utilization by it of proteins, fats, carbohydrates support life without the former, and salts of food. The latter cannot without vitamins the body starves. There are three vitamins, namely; fat soluble "A" found in such foods as milk, egg yolk, green leaf vegetables; fats surrounding the vital organs of animals, to a less extent in meat and in certain fruits, and whole milk, cream and butter. The absence of this vitamin in the diet causes rickets. Water soluble "B" found in most foods except those which have been artificially purified, such as white flour, cornstarch, polished rice, refined sugar, and most table oils. The absence of this vitamin causes polyneuritis and beri-beri (general paralysis.)

Vitamine "C" is found in fruits, vegetables and milk. Its efficacy in milk is destroyed in cooking. This vitamin prevents scurvy.

Vitamine "B" induces in the human body a desire for food.

Vitamins are the spark which ignites the fuel mixture of a petrol-driven engine, liberating its energy.

Vitamine "A" is associated with the metabolism of liquids and calcium (lime) as well as the chemical reactions requisite for growth and maintenance.

Vitamine "B" (water soluble) is associated with the metabolism of carbohydrates and with the chemical reactions and functional perfection of all cells, particularly nerve cells.

Vitamine "C" (water soluble) is associated with the metabolism of calcium and with the chemical reactions of growing tissues. Metabolism means.....the changes taking place in nutrients from the time they are absorbed into the circulation until they are eliminated as body waste.

### LAXATIVE DIET LIST

All foods rich in cellulose. Fruits—all fruits, especially figs fresh and dried, purple figs (soaked), figs pur'ee, prunes pur'ee, maltose marmalades, tomatoes, berries and

### INCOME TAX

The following statement is issued by Collector of Internal Revenue G. L. Grissom of the District of North Carolina.

Numerous inquiries have been received by the Bureau of Internal Revenue concerning Section 202 (c) (1) of the revenue act of 1921 which provides that for the purposes of the income tax no gain or loss shall be recognized when property held for investment, or for productive use in trade or business (not including stock-in-trade or other property held primarily for sale) is exchanged for property of a like kind or use.

Many taxpayers and salesmen of securities are interpreting this to mean that all sales of securities and the immediate purchase of like securities are exchanges resulting in no gain or loss. Such interpretation of the law and regulations is erroneous.

The Bureau realizes that in many cases it is difficult to determine whether the transactions is a true exchange or really a sale and reinvestment of the proceeds in other securities. To constitute an exchange within the meaning of Section 202 (c) (1) the transaction must be a reciprocal transfer of property as distinguished from a transfer of property for a money consideration. In such an exchange neither principal would pay a commission to the other, although if a broker in his capacity, as such, negotiated the exchange for either principal the fact that the broker was paid a commission for his services would not of itself take the transaction out of the classification as an exchange.

If a person owning one hundred shares of stock in "A" cor-

poration should instruct a broker to exchange them for shares of stock in "B" corporation, it would be essential in order to bring the transaction within the meaning of the exchange provisions of the revenue act that the person owning the shares of "B" corporation should receive the one hundred shares of "A" corporation stock should receive the shares of "B" corporation stock. The stock received in exchange should be treated by each party as taking the place of the property exchanged. If, on the other hand, the instructions to the broker are in effect to sell one hundred shares of stock in "A" corporation and invest the proceeds in shares of stock in "B" corporation, the transaction can not be treated as an exchange but is a sale of "A" corporation stock and a purchase of "B" corporation stock. The element of exchange in this case is lacking as there is no reciprocal transfer of securities between principals unless by mere coincidence.

Where the broker in the transaction, whatever his instructions may be, sells the stock in "A" corporation and then buys the stock in "B" corporation, or buys the stock in "B" corporation and then sells the stock in "A" corporation, there is an interval of time, however short, during which one or both of the customers would have title to no securities whatever. In a true exchange the passing of title to the stock in the "A" corporation and acquisition of title to the stock in the "B" corporation, and vice versa, would be simultaneous as to both parties to the exchange.

In all cases where there is a doubt as to whether the transaction is a sale or exchange, all facts connected

### FATTENING DIET LIST

Fruits—All fruits especially dates, figs, and ripe olives

Nuts—All nuts, especially almonds, walnuts, pecans and peanuts, peanut butter, almond cream.

Milk—Certified milk, cream, butter, buttermilk, cottage cheese, cream cheese, clotted cream, malted milk.

Cereals—All cereals, especially rice, Granola and other dextrinized cereals, breads, zwieback, mushes, etc.

Vegetables—Potatoes, sweet potatoes, greens.

Miscellaneous—Malted nuts, malt sugar, (maltose), lactose, lactose-dextrine, Acidophilus. Lactose.

Accessories—Laxa, agar, paraffin preparations.

### REDUCING DIET LIST

Fruits—All fresh, juicy fruits, especially acid and sub-acid fruits. Avoid figs, dates and raisins and prunes. Also avoid nuts.

Cereals—Bran mush (bran 3 parts by measure, rolled oats 1 part, cook 6 minutes,) bran bread toasted, 1 slice at each meal, or rye bread toasted. Gluten bread (40 per cent, gems, and gluten biscuit instead of ordinary bread. Avoid "breakfast foods," flakes and dextrinized cereals.

Vegetables—Most vegetables, especially the artichoke, the Jerusalem artichoke, greens of all sorts, turnips, cabbage, celery, lettuce, cucumber, radish, safsify, Brussels sprouts, and avoid potatoe, sweet potatoe and the dasheens.

Miscellaneous—Whey, cottage cheese, skimmed milk, buttermilk, (Yogurt, acidophilus), butter one half ounce daily, cereal coffee.

Accessories—Laxa, agar, Parafax, Paramels and other paraffin preparations.

### MISS MYRTLE SWINDELL

## WHAT MAKES FOR PROSPEROUS FARMERS IN N. C.

BY C. B. WILLIAMS

There can hardly be a shadow of doubt but what the first and most important factor in the development of the farm home, the rural church and in the betterment of schools and health in the country, is that of making farming pay better. To do this, it is obviously necessary to increase our acreage production in the State at a minimum cost and at the same time secure at least reasonably fair returns from the crops produced. Poor homes, inadequate church and school facilities are more prevalent than we should like to see them in North Carolina, because of the fact that so many of our farms are producing such poor yields and net returns for the efforts put into their operation.

During the past few years in our visits to different sections of the State, we have been struck very much with the marked correlation between the productiveness of the soil and the character of the farm homes and their surroundings; schools and churches; with the healthfulness of the families; and with the educational qualifications of the people. In close proximity to such areas, it is not uncommon to find other areas scarcely settled with the people living in humble homes without beautification and with their children not permitted to enjoy social, religious and educational advantages as do the communities established on more productive lands. The underlying conditions largely causing these differences is not hard to find. My observations are, that to a large extent they are fundamentally connected with differences in the productiveness of the soils of these different communities. Does not this then, unmistakably point to the fact that the greatest and most fundamental necessity of North Carolina farming is that of securing and applying information that will aid in the economic building up of the productiveness of soils of the State? No community, State or Nation dependent upon its agriculture, can prosper when its soils are not productive.

North Carolina farming, in a general way, therefore cannot be profitable unless goodly acreage yields are secured and at economic cost per unit. No amount of temporizing along other lines in a broad way can bring prosperity to the masses of our people on the farm. Year in and year out, where farmers do not get goodly yields of their crops, it is not possible to secure large returns for labor and expenses put into their production, it matters not how favorable prices may ordinarily be.

It is evident, therefore, from the foregoing that North Carolina farmers must have economic production and in order to secure this they must have more productive soils so that larger acre yields may be secured. For the average farmer, one of the most economical means to aid in building up soil fertility is by the adoption of suitable crop rotations on every farm in which legumes enter, and to utilize the legumes after growth in such a way so that they will aid in building up the organic matter and nitrogen supplies of the soil. On the general farm, it will aid in building up the organic matter and nitrogen supplies of the soil. On the general farm, it will have to be seen to that a portion at least of the legumes after growth go back into the soil direct. No one can, or has ever been able to remove them from the land, and have their growth on the field benefit that field in a permanent way. It cannot be done.

Again, after the crops have been produced, steps must be taken by farmers to see that the very best returns are secured for them.

### PORCH PARTY

Miss Marjorie Smith was hostess Friday evening, July 14th at a delightful porch party given at her home on Daniel Street. The affair was arranged in honor of Miss Smith's house guest, Miss Emma Wooten of Ahoscie.

Progressive conversation was played. There was an interesting contest in which Miss Catherine Overman won the prize. Fifteen couples were present. An ice course was served during the evening.—Wilson Daily Times.

with the transaction should be submitted to the Bureau of Internal Revenue for a ruling in the matter.

## CONVENTION OF THE AMERICAN LEGION

New Orleans, July 19.—A new chapter in the history of efforts towards bringing about world peace will be written when representatives of World War fighters from eight principal Allied powers meet in New Orleans, October 11, 12 and 13 at the annual convention of the Inter-Allied Veterans' Federation.

The convention, which will be held a few days before the fourth annual national convention of the American Legion here, will be attended by thirty-five accredited delegates from the following ex-service organizations: American Legion, United States; Federation Nationale des Combattants, Belgium; British Legion; Union National des Mutiles et Mutilés Italiens, Italy; Unione Nazionale a Fostlor Luptatori, Roumania; Udruzenja Rezervnich Oficira i Obvennika, Serbia; Druzina, Czecho-Slovakia. In addition France will send representatives from the Union Nationale des Combattants, Union Nationale des Mutiles et Reformes, Le Poilu de France, Ligue des Chefs de Section, Camarades de Combat and from a society of former French interpreters, who were assigned to the American and British armies during the war, known as the Sphinx. Five delegates will represent each country.

One of the chief aims of the international fighters' organization is to promote World peace and the New Orleans gathering will be known as the convention of peace. To further this ideal the convention will decide upon means of obtaining representation for veterans at Interallied and International Congresses. International exchange rates also will be a topic for discussion.

Headquarters of the Federation is now at work on the preparation of data on comparative legislation affecting ex-service men. The summary will contain measures which have been taken in favor of veterans and to improve the lot of widows and children of disabled men.

The delegates, who will consider themselves guests of the American Legion, will meet in Paris and sail from Le Havre, on the same ship. Landing at New York, the distinguished visitors will proceed to Washington where appropriate ceremonies will be held at the tomb of the unknown soldier in Arlington cemetery. Respects will be paid to the United States Government and to the various diplomatic representatives of the countries participating in the conference, although there is a definite understanding that the convention of veterans in its deliberations will not be influenced by any consideration of present day politics.

Among the questions to be considered at the conference are:

1. Laws allowing a disabled veteran living in an Allied country to obtain in that country, in the same way, as the native ex-service man of that country, reduction in railroad fares.

2. The eventual hospitalization of disabled or other impecunious veterans living in Allied countries on the same basis as his comrades who served in the armed forces of the country in which the foreigner lives.

3. Unemployment in the allied countries. Arrangements to be made by which an Allied Government having need of foreign labor, will give preference to the unemployed veterans of the other Allied countries. This policy has already resulted in the forming of plans for employment of 50,000 jobless British veterans in the French devastated regions.

Despite the fact that English was the language employed in the Washington disarmament conference, delegates to the New Orleans meeting will hold deliberations in French. The general public will be invited to attend all sessions.

Our esteemed contemporary in Waterville says that a young lady in that town kneads bread with her gloves on. That's nothing. The editor of this paper needs bread with his shirt on, he needs bread with his shoes on, he needs bread with his pants on, and if some of the subscribers to this old rag of freedom don't soon come across with what they owe him, he'll be needing bread without a darn thing on.—Iowa Country Newspaper.

Send your job printing to the HERALD, Ahoscie, N. C.

## STATE NEWS IN DIGEST COMPILED FOR READERS OF THE HERTFORD COUNTY HERALD

Junius W. Hayes, 75 years of age a highly respected citizen of High Point, died suddenly at his home in that city Sunday.

A quarrel between Henry Johnson and Royal Oakes, both negroes, of High Point, resulted in the death of Johnson, being shot by Oakes, Sunday afternoon. Jealousy is believed to have been the cause of the shooting.

Hubert C. Pritchard, of Windsor, a student of N. C. State College, has completed a radio outfit of his own make and his many friends are enjoying music by choirs of New York, Chicago and other cities.

A bond issue of \$200,000 to take care of proposed street paving in all parts of the city of Henderson has been ordered by the Council of that city. Sealed bids will be accepted until August 15, when they will be opened and the purchaser probably announced.

A still of 600 gallons capacity, 400 gallons of whiskey, 4,440 gallons of mash, a ton of sugar and other accessories, were captured last week by revenue officials, on the Roanoke river near Littleton. The outfit estimated to be valued at \$10,000 was ordered destroyed.

Secretaries of Chambers of Commerce of North Carolina will meet in annual convention at Wrightsville Beach, Thursday and Friday, July 27 and 28. Headquarters for the convention will be at Oceanic Hotel.

At a meeting of the Board of Directors of the North Carolina Railroad Co., held at Greensboro, July 14, Col. Wade H. Harris, Editor of the Charlotte Observer, was re-elected President of the Board.

S. J. Cooper and V. C. Copening, both colored, were sentenced to 30 days each on the roads, in recorders court of Elizabeth City last week, charged with beating their way on a south bound train from Norfolk.

Mrs. E. R. Shephard, of Putney, Ga., arrived in Lumberton last week for the purpose of trying to find some clue that will clear the mystery of the sudden disappearance of her husband whose abandoned automobile was found in a ditch on the Wild Cat Highway, one mile south of Lumberton, on Tuesday morning, April 11.

At a meeting of the Board of Wayne County Commissioners held last Saturday, it was decided that the contract for Wayne County's new \$32,000 county home will be let next week.

According to reports, the total state and county tax in Roberson County for the year 1922 will be 71 cents on the \$100 valuation, as compared with 70 cents in 1921.

Col Walker Tayloe, one of the leading insurance agents of Wilmington, is being urged by his many friends to run for Governor of North Carolina, in the 1924 gubernatorial campaign.

James Monroe Sims, Confederate veteran, who since the war has been a resident and leading merchant of Charlotte, died at his home Sunday. He enlisted in the Confederate Army at the first call for troops and saw Henry Wyatt, the first man killed in the war, fall.

J. S. Griffin, special council for the North Carolina-Traffic Association, is representing shippers of the state in the Southern class rate investigation, now being conducted by Commissioner Eastman, of the Interstate Commerce Commission, at Atlanta, Ga.

During a severe thunder storm Thursday, Augustus Kiger, of the Rural Hall section of Forsyth County, was knocked down by a bolt of lightning while out in the field hauling in wheat; he was speechless for a few hours, and although he sustained severe burns, his condition is regarded favorable.

John W. Gillam, of Sanford, who for a number of years was in the railway mail service, was installed as postmaster of Sanford, last week, succeeding S. Vance Scott, who served in that capacity for eight years.

E. J. Savage, a leading citizen of Germantown, was attacked and badly gored Sunday by an enraged bull on his farm. He was taken to a hospital in Winston-Salem, where an operation was performed. It is thought now that he will recover from the severe wounds inflicted.

The Kinston police are deeply interested in the safebreaking that occurred at the Standard Oil Company's plant there last week. The company lost \$25. in cash and the amount in checks is unknown to the police. The safebreaker did not resort to explosives, he battered the door of the safe with some implement and then used a crow bar to complete the job, prying open the battered door with it. The authorities had no clue whatever to work on.

Bertie and Martin Counties are making elaborate preparations for the opening of the great bridge which spans the Roanoke River and divides the two counties. The purpose is to have the grand presentation about September 10. This bridge which will cost more than \$600,000 and but for descending scale of material and working prices, would have been a million dollar beauty, will be much longer than any structure of its type in North Carolina.

The Merchants Association of Sanford has a live organization that is functioning along many lines. For the past two weeks the merchants have closed their stores at 1 o'clock Thursday afternoon and observed the rest of the day as a holiday. The closing was well nigh one hundred per cent. Some special attraction is arranged for this afternoon each week by the association.

The peach industry of the Aberdeen section is at the beginning of the busy part of the biggest years work that has ever been in the Sandhills. The early peaches have about all gone and the standard kinds such as Belles, Elbertas and Hales are just getting ready for shipment. During the next two weeks there will be hundreds and hundreds of solid car loads going out from this section, shipments now going forward every day. There are about 450 crates to a car and the outlook now is that there will be about 1250 cars. The crop is unusually fine, the size and color being over an average.

John M. Galloway, of Stokes county, largest grower of bright leaf tobacco in the world, died in Greensboro Sunday following an operation for appendicitis. Mr. Galloway, though a comparatively young man, was looked upon as a model landlord in his State, having perfected a cash system for his 250 tenants supplies in Stokes and Rockingham counties which gave them the advantage of cash prices.

Edgar Mabe, of Hickory, shot and killed his wife at the home of her father, W. H. Shooter, of Lumberton, and with a bullet from the same pistol he ended his own life. Mabe was 35 years old and his wife 24. They had been married only about six months. A note found in the trousers pocket of Mabe, addressed to his wife's stepmother, stated that he was going to kill his wife and then kill himself because he loved his wife. Both had been in ill health and it is supposed that brooding over this caused him to commit the double tragedy.

Seven of the thirteen special policemen, who, it is alleged, were kidnapped by a band of striking shop workers at Rocky Mount early Sunday morning, walked into Wilson and registered at a local hotel and it is stated at police headquarters that they will leave for the South today. One of them received rough treatment at the hands of the kidnapers. Five others, who stopped over in Elm City for medical treatment, arrived here later, leaving one unaccounted for.

Jess Potter was shot and fatally injured by his step-son, Leslie Groves, on the farm of Mrs. Julia Hodges near LaGrange Tuesday night about 8:30. He died about one-thirty. Potter is said to have been drinking and beating his wife and step-son at intervals through the day. The wife and boy started to church services when Potter again assaulted the woman with a heavy whip. The boy ran to the house and procured the shot-gun and emptied the contents of one barrel into Potter's stomach. Dr. Smithwick was called to give medical aid. Groves went to Kinston and surrendered to the sheriff.