

A Page of Interest to Farmers and Housewives of Wilkes County

Should Replant Injured Gardens

SEE An Opportunity For Raising Many Vegetables, Says State Man.

Early summer gardens have been a disappointment due to the prolonged drouth occurring over most of North Carolina for the past two months. However, there is still the opportunity to plant a number of vegetables for use in late summer and early fall.

H. R. Niswonger, extension horticulturist at State college, advises growers to sow the seeds of cabbage, cauliflower, collard, broccoli and celery for fall crops of these vegetables. The Jersey Wakefield is a good early cabbage of which seed may be planted now.

To be successful in getting seed to germinate, Niswonger suggests keeping the seed bed partially shaded during the heat of the day. Burlap or old sacks put over the seed bed will prevent the soil from drying out so rapidly on the surface and will hasten germination.

Sweet corn and snap beans planted early in July will add to the fall supply of vegetables.

For the second crop of Irish potatoes, seed from the spring crop of Cobblers, Early Rose and Bliss Triumph may be used if the sprouts are showing. A better plan, however, is to secure seed of last year's crop which has been kept in storage. In the mountains, the storage crop of Lookout Mountain variety is usually planted as a late crop.

Sprouting of seed from the spring crop can be hastened by spreading the potatoes on the ground under a shed or tree. Some farmers spread them in the shade and cover them with hay or straw which is kept moist until sprouting occurs. In no case should seed which have not sprouted be planted, Niswonger says.

VIRGINIA TO HAVE SESSION ON BEER

Richmond, Va., June 30.—Assured that more than two-thirds of the membership of both houses were eager to act at once on beer legalization, arrangements for a repeal referendum and a public works program, Governor Pollard today decided to call a special session of the general assembly for August 10.

Only a few constitutional requirements which proponents of the special session termed "mere formalities" awaited disposal before the governor will issue his formal call.

Three banks in Catawba county and an automobile firm have offered valuable cash prizes in forestry club projects started in the county by the farm agent.

Hints For Housewives of Wilkes

(By Miss Edna Reinhardt, Emergency Home Demonstration Agent for Wilkes County)

If you strike a thorn or rose
Keep a goin'
If it hails or if it snows,
Keep a goin'
Taint no use to sit and whine
When the fish ain't on your line
Bait your hook and keep on tryin'
Keep a goin'.

When the weather kills your crop
Keep a goin'
When you tumble from the top
Keep a goin'
'Spose you're out of every dime
Gettin' broke ain't any crime
Tell the world you're feeling fine
Keep a goin'.

When it looks like all is up
Keep a goin'
Drain the sweetness from the cup
Keep a goin'
See the wild bird on the wing
Hear the bells that sweetly ring
When you feel like sighing sing,
Keep a goin'.

EACH HOUSEWIFE'S PLEDGE TO HERSELF

- "1. To serve each child in my family one quart of milk daily.
- "2. To give each adult in my family one pint of milk daily.
- "3. To prepare 45 pints of canned or dried fruit for winter consumption by each member of my family.
- "4. To prepare 57 pints of vegetables, canned or dried, for winter consumption by each member of my family.
- "5. To give each member of my family one egg daily.
- "6. To serve home-grown chicken at least once weekly.
- "7. To plant some native shrubs about my home.
- "8. To try to promote or take part in at least three community recreational meetings this year.
- "9. To buy home products whenever possible and to boost Wilkes county with all my heart."

Meal Planning Guide

In order to aid the housewife in planning her meals so that the family will be adequately fed, we submit the following tabulated list of foods. One food from each of these groups should be chosen every day:

I. Building Foods
Muscle Builders: Milk, cereals (whole grain), cheese, meat (lean), eggs, fish, beans (dried), peas (dried), nuts.

Bone Builders: Cottage cheese, carrots, cauliflower, rutabagas, milk, cheese, buttermilk, nuts, fruits.

II. Energy-Giving Foods
Starches: Bread, macaroni, rice, tapioca, cornstarch, potatoes, cereals, crackers.
Sugar: Desserts, jellies, jams, fruit, candy, cake, sugar, syrup.

(fresh or can.), raw cabbage, raw carrots, raw onions, raw turnips, raspberries, grapefruit, rhubarb.

How to Market Surplus

Farm women will find a market for their surplus farm products more readily by a proper classification or grading of them.

Many women who produce a substantial surplus have found it an excellent plan to arrange this produce into three classes, and call them Classes A, B and C. Class A is the highest grade and contains the freshest eggs, the most perfect tomatoes or whatever the produce is. Uniformity of size should be carefully observed in this grading. Class B is next best, and C is the left-overs of the other two classes.

The price of course varies with the class. In doing this, it not only gives the produce a better quality, but simplifies grocery buying for the housekeeper who wishes to order her groceries by telephone. She orders whatever class she wishes or can pay for.

In selling to the retailers, it is essential to bring in produce in as large quantities as possible. Merchants, as a rule, do not care to be bothered with small amounts.

Neatness, cleanliness, and a fresh cool crispness have most to do with successful marketing.

Seed Wheat In State Is Mixed

Standardization Is Needed, Says Dr. Middleton, of State College

Inspection of wheat fields for certification of seed under the regulations of the North Carolina Crop Improvement association has revealed the fact that seed wheat in this state is badly mixed.

"We need some careful standardization done by communities, counties and districts," says Dr. G. K. Middleton, seed specialist at State college. "It is entirely possible for the growers of a community to test the adapted varieties of wheat, secure the one best suited to their community and to adopt this variety as the one for all to grow. This will prevent mixing to a great extent and assure the community of having wheat which will find ready favor among the millers. It is only by growing pure varieties of wheat with good milling qualities that the best grades of flour can be made."

Mr. Middleton selected 50 fields of wheat at random in the important wheat growing counties of the state this past spring

and inspected them for varietal mixtures. Out of the 50, there were 12 fields having over 20 per cent of mixtures and the counts in one field showed 56 per cent of bearded wheat and 44 per cent of smooth-headed wheat. Only two fields could be classed as pure and of the total, 76 per cent contained sufficient mixture to make the wheat objectionable for seed purposes.

In contrast to this, Dr. Middleton inspected 19 other fields where the owners were seeking to have their wheat certified. Out of these, only one field was turned down because of mixtures.

This proves, Middleton says, that wheat seed can be kept practically pure. Most of the mixing occurs because threshing machinery and re-cleaning machinery are not properly cleaned.

Busted Flush
"I believe in calling a spade," said the emphatic speaker, "That's right, friend," said Bronco Bob. "There was a man who nearly lost his life gettin' into a game and then call a spade a club."—Winston-Salem Evening Star.

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