

Worry, Diet, Allies Of Blood Pressure

To countless thousands who, with the onslaught of years, live in mortal terror of high blood pressure, here is an encouraging word. It is not necessarily or immediately dangerous. The trouble is, blood pressure has reached the proportions of a phobia, and this is even worse to live with than the disease itself.

Maxine Davis, authoritative writer on medical subjects, states the facts and flays the fiction about this vital subject in the June issue of Good Housekeeping Magazine. One myth in particular Miss Davis wants to straighten out. It's the old horse and buggy formula that your blood pressure should be 100 plus your age. "Bunk," says this author. Blood pressure varies greatly, depending almost entirely upon the individual and his physical and nervous make-up. Weight, for instance, is a determining factor. Thin people have blood pressure 10mm. lower than those of normal weight, while fat people average about 13mm. higher than the normal group.

Alarming as high blood pressure may seem, it is important to remember that this situation may be only an indication of some other disease, Miss Davis says. Head injuries often cause it, and trouble in the kidneys and endocrine glands also bring it about. Once these have been properly cared for, high blood pressure usually subsides.

Though a final cure has yet to be discovered, Miss Davis says that doctors can prescribe care for those afflicted with the disease which will enable them to live a perfectly normal life. This care resolves itself very simply into a matter of common sense. Don't strain yourself mentally or physically. Excessive worry and work are injurious to anyone's health. Be careful, too, of what you eat. Don't overdo it. Rest and relaxation are strongly advised wherever possible. And above all, consult your physician regularly for a thorough examination.

Questions Answered By State College

Question: When should culling be started in the poultry flock?

Answer: When best results are secured culling is almost a continuous process for the entire flock but with laying hens the time for the most rigid culling is toward the end of the laying period. This usually occurs from July until November. The wise poultryman will begin to check his hens in May and June for signs of molt as many hens go into a molt as early as June or July. The earlier the molt the more rigid the culling and those birds that go into a molt in June and July should be removed from the flock.

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Virginia Field, Robert Taylor, Vivien Leigh in "Waterloo Bridge"

Longer Life For Many Fence Posts

Fence posts are an important use for wood on the farm, but one does not realize that by far the greatest use of all wood in contact with the ground is for this purpose, says the U. S. Forest Products Laboratory, Madison, Wisconsin.

Cheap and effective preservative treatments now make it possible for the farmer to use kinds of wood for posts that were formerly regarded as worthless, the Forest Products Laboratory points out.

One of the simple treatments is the tire-tube method. In this treatment a section of a discarded auto tire tube is stretched over the butt end of the post that has been placed with the butt end higher than the other end. The tube is then filled with a solution of zinc chloride and this soaks through the sapwood. This chemical will give a fence post that will last three to four times as long as the untreated one.

The broad bearing surfaces of wooden posts against the earth in which they are set and the strength of the post itself are inherent advantages in fence building. The ease with which nails and spikes can be driven into fence erection a simple process adapted to ordinary tools and skill. The general suitability of wooden fence posts is amply illustrated by their use wherever available.

The annual consumption of treated posts for use in new fences and replacement is estimated at from 100 to 600 million

posts, or three to nearly five fence posts per capita of population. This enormous consumption will, however, undoubtedly decrease as old posts are replaced with new ones treated with preservatives, a number of which are cheap and the processes are such that the farmer can easily use to protect posts that he can cut from his woodland.

Infertile Eggs Keep Best In Summertime

Get rid of, or pen up the roosters and produce only infertile eggs, says C. F. Parrish, head of the Poultry Extension Office at N. C. State College, in his suggestions to poultry-raisers for the month of May.

"The male birds are of no use in the flock after hatching is completed, so sell them, eat them, or at least separate them from the hens," the specialist said.

He pointed out that infertile eggs keep much better than fertile eggs in the summertime. Gather the eggs often in wire baskets, especially in the broody hen season, and this will help to cool the eggs quickly. The eggs should be left in the wire baskets overnight, before packing in cartons or cases for marketing.

Continuing his advice, Parrish said: "If a cool moist room is not available for holding the eggs until marketing time, construct an egg cooling rack. It consists of a framework covered with burlap on one or more sides, with provision being made for a water pan or can on top to keep the burlap curtain saturated with water. The evaporation keeps the eggs cool and moist."

As other suggestions for work in the poultry yard this month, the specialist said a soybean meal should be started now to provide cover and shade for the pullets this spring and summer. It is best to plant the beans in rows.

At a nearby farm flock, there is more than normal mortality at this season of the year where dirt floor hen houses are used and filth is allowed to collect. Bowl syphilis and other diseases usually get a start under such conditions as these, Parrish declared.

NOTICE

By virtue of an Order of the Superior Court of Wilkes County, signed by the Clerk thereof on the 17th day of May 1940, in the Special Proceeding entitled Mrs. Lizzie Dotson, Adm., and as Widow of Wiley Dotson, deceased, against Henry Dotson, Sr., and others, heirs at law and next of kin of Wiley Dotson, deceased, appointing the undersigned Commissioner to sell the lands described in the Petition, situated in Wilkes and Alexander Counties for the purpose of making assets with which to pay debts, and for partition of the remainder, the undersigned Commissioner will on Saturday, June 29th, 1940, at 11:30 o'clock A. M. at the Court House door in the Town of Wilkesboro, N. C. sell to the highest bidder at public auction for cash all the interests Wiley Dotson, deceased, owned at the time of his death in the following described lands:

Living and being in the County of Wilkes on the waters of Hunting Creek, adjoining the lands of Jesse Dotson, Mary Transou and M. E. Transou on the West; on the South by Magdeline Howell, and A. Howell; on the North and East by Nathan Parker Heirs; on the West by Zeno Baity, and others, and bounded as follows:

Beginning on Jesse Dotson's Northeast corner, and running East 70 poles; thence South 59 poles to Parker's line; thence West on said line 20 poles; thence South on Parker's West line 80 poles to the Salisbury Road; thence West on said road to Jesse Dotson's line; thence North 100 poles on said line to the beginning. Containing 45 acres more or less. This the 28th day of May, 1940. CHAS. G. GILBERT, Commissioner

6-20-41 (t)

Water System Is Approved At Boonville

Boonville.—Citizens of Boonville Tuesday voted nearly three to one in favor of a proposed bond issue of \$30,000 to construct a water system and sewage disposal plant for the town.

The vote was 120 in favor of the bond issue and 51 against. Mayor Harvey Gentry issued a statement after the votes had been tabulated expressing gratitude to the citizens for favoring the project.

Gentry said the project would get under way as soon as men can be secured to do the work. He said the system would be constructed as a WPA project with Boonville as the sponsor.

The WPA will provide \$42,873 and Boonville \$30,000. However, Gentry pointed out that bonds will be issued as funds are needed. He said that in the event the project cost Boonville less than the \$30,000 approved, only the amount necessary will be financed through a bond issue. The entire project is estimated to cost \$70,138.

The plans call for a complete

water and sewage system with a pump house, pumping unit and 75,000 gallon elevated tank. Two disposal plants will also be constructed.

Red Clover Adapted To Eastern Section

An old-time forage crop, red clover, may soon find favor with Eastern North Carolina farmers, says E. C. Blair, agronomist of the N. C. State College Extension Service.

Although a standard crop in the mountain counties, red clover was thought to be unadapted to the part of the State east of Raleigh. However, J. B. Patrick of Beaufort County has exploded that belief.

In the fall of 1938, Mr. Patrick prepared a seed bed on one acre of wood land and applied lime and fertilizer according to the directions of Farm Agent W. L. McGahey. Then he sowed a mixture of red clover and oats.

This mixture produced a good crop of hay in June, 1939. Although that was the last of the oats, the red clover lived on and made another crop in August.

Blair said Mr. Patrick allowed this crop to ripen seed before he harvested it. Before feeding the hay to livestock, he used a pitch-

fork to beat out the seed. Through this method, he obtained enough seed to sow eight acres in the fall of last year.

Meanwhile, the original acre of red clover lived on, and in March of this year it was topdressed with stable manure. During the middle of May, Mr. Patrick cut two tons of excellent hay from this acre. Since removing the hay, he has topdressed the field again, this time using hog lot manure. He expects to get more cuttings of hay from the field this year.

"According to this experience," Blair stated, "red clover can be made a good sideline hay and grazing crop in Eastern North Carolina. It requires a fertile soil, which must also be fairly heavy but well-drained. Lime in most cases and always liberal applications of phosphate and potash are required."

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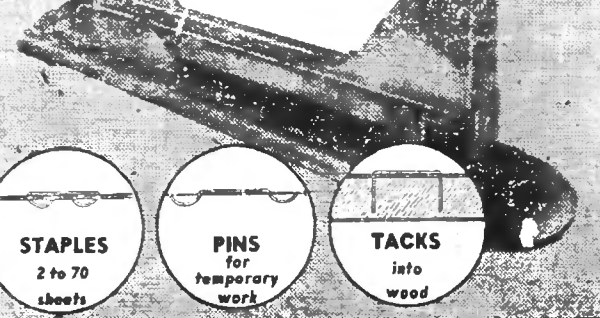
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