

Thesis Published By Diet Authority

A short time ago, a doctor who has an international reputation as an authority on diet, published a scientific article in one of the leading medical journals. His thesis was that the health and vitality of a people are largely determined by the amount of protein in the diet. As a striking example, he pointed to the individual superiority of American soldiers, in the last war, to those of the other combattant nations. This, he believes, was the direct result of the fact that our Army had the highest protein content in its rations. The American soldier was a heavy eater of meat and of milk and eggs — the three sources of complete protein.

Many other examples could be cited. Travelers are always impressed by the relatively frail physical stature of many Europeans. During and since the war, especially, the physical capacity of whole nations has shown an alarming decline. This, in large part, is the consequence of a diet which has been inadequate in almost all particulars — and most inadequate in protein. Meat and eggs have been luxuries in Europe for many years. Thousands of people have lived on the borderline of starvation. Their stamina is low. And that, in turn, has mental effects which make themselves felt in a poor state of morale.

Centuries ago, in Elizabethan times, one of the most famous regiments in the British Army was given the nickname of "Beef-eaters." This elite group was

made up of big, ruddy men, who consumed enormous quantities of the beef of old England. Little was known of dietetics then, and the word protein didn't exist. But the heavy quantity of protein in the diet undoubtedly gave those soldiers of a bygone age their strength and effectiveness as fighting men. Science has simply proved what nature always knew.

North Carolina ranks seventh in the nation in the increase in number of farms electrified since 1935. But it still ranks sixth in number of farms yet to be electrified.

GOOD PASTURES

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phosphorus and potash were used, feed, nutrients or TDN were produced at 51.7 cents per 100 pounds or at the same cost as would be obtained in alfalfa hay at \$5.17 per ton, corn silage at \$1.80 per ton and a mixed dairy grain ration at \$7.83 per ton.

The Maine Experiment Station reports a yield of \$5,000 pounds of 4 per cent milk per acre from Ladino clover pasture on good soil. Results secured in New Jersey showed that dairymen who had a good pasture and roughage program secured 72 per cent of their feed requirements from pasture and roughage and produced 100 pounds of milk at 40 cents less than other dairy roughage.

The results secured from these experiments show pasture to be a good low-cost milk producing feed. Its value would warrant the seeding of pasture on good fertile soil and giving it proper management so that good grazing may be obtained for the long-

est possible period during the year. Arey believes.

According to studies made by the U. S. Department of Agriculture, pasture now supplies about one-third of the total nutrients consumed by dairy cows, but at a cost of only one-seventh of their total annual feed bill. This contribution of pasture to the total feed supply can and should be materially increased in the southern states where a long grazing period is possible. An increased acreage of improved pasture in this area supplemented with good pasture management should make it possible in many sections of the South for pasture to supply 50 per cent or more of the total feed nutrients needed for dairy cows.

While it is possible in North Carolina to secure a much greater portion of the dairy cows' annual feed supply from pasture crops than is done at present, the acreage of improved pasture in the State must be materially increased before that very desirable and profitable change can take place. While much progress has been made in North Carolina during recent years in developing good pasture, such as that provided by Ladino clover and orchard grass, many of the pastures still in use are unproductive, requiring around three acres to provide sufficient grazing for one cow. Such pastures were seeded on poor land from which good grazing cannot be obtained until the level of fertility in the soil has been raised.

Haywood has been cited many times as being the ideal county for profitable dairying, in that there is ample pure water supply, cool nights which means tender grass, and the hills that are not suitable for crops, are ideal for pastures for all size herds.

LINE OF TOBACCO

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ted for research studies undertaken by the regional research laboratories set up under the Agricultural Adjustment Act of 1938. Their efforts have been influenced by the fact that, because of export restrictions, it may be necessary to develop new and important outlets for tobacco other than for conventional purposes.

RABBITEYE BLUEBERRIES
(Continued from page one)
four other selected hybrids produced 15 pints per plant under similar conditions.

Varieties of the Rabbit-eye which have been raised successfully in Eastern North Carolina are Black Giant, Clara, Hagood, Mincola, Myers, and Suwanee. Most of these are now available in limited quantities from the nurseries specializing in the propagation of this species. New varieties not yet generally available are Ethel, Satilla, and Walker. All of these are satisfactory for home use and local market.

In common with all Blueberries, the Rabbit-eye needs an acid soil for satisfactory growth. If azelaas do well for you, Rabbit-eye Blueberries should thrive.

Because of its exceptional vigor and productivity, its long season of ripening and its attractive flowers and fruit, the Rabbit-eye Blueberry is an outstanding addition to the home fruit garden for most areas in Southeastern United States.

WHITEVILLE LOOKS

(Continued from page one)
All in all, everyone is looking for one of the most prosperous tobacco seasons in recent years and according to all indications, "they will have it, right on down to the man and boy on the street who gives out with that familiar cry: "boiled peanuts".

Yes, there's going to be a "gold rush" in Whiteville on August 2 and you can wager that the growers who sell in Whiteville will make their

Auction System Used To

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follow and record the sales, and usually a few farmers and hangers-on. The opening bid is made by the warehouseman or his representative, and since it indicates the warehouseman's appraisal of the tobacco, it has an important effect on the price paid. If, as sometimes happens, the opening bid is too high the auctioneer finds it necessary to drop the price back until there is a taker.

Rules for bidding vary from auction to auction. However, bids are usually made on quarter-dollar jumps until the price per hundred pounds reaches \$15. although in some districts ten cent jump bids are allowed when the price is very low. Bids of from \$15 to \$25 are raised by half dollars, and thereafter by dollars. Exact rules as to bids permits rapid sales, since a slight sign such as a wink, a quick glance or the turn of the thumb may be interpreted as a bid. Each buyer has his own method of indicating a bid, and the auctioneer accepts such signals and runs the price up at once.

Rapid Sales

The entire set-up of an auction market is designed to facilitate rapid selling. During rush times the wagons or trucks of farmers form long lines of approach to the warehouses, and are unloaded from long before daylight to take care of the stream of deliveries, tobacco must be removed from the floor as rapidly as sold to make way for farmers bringing more tobacco for the next sale. After the tobacco is new deliveries. No sooner is a sale underway way until hurrying truckers move the tobacco to the side doors where it is loaded on trucks for delivery to redriers or to packing houses of the different companies. Lots which have been bought by the house, or the sale of which has been rejected by the grower, are not removed. Such lots are usually dressed up" and put back in line for resale. A grower has the right of rejecting the bid. He exercises this right by turning his ticket—folding with a crease, tearing off a portion, or

otherwise mutilating it—within a specified time after the sale.

Bringing up the rear of every sale are a bookman and a clip man. The former draws off the accounting records of the warehouse. The latter, armed with a pad of forms on a clip board, prepares a statement or farmer's bill covering the lot or lots sold

by each grower. Each computes the total value based on the number of pounds sold, multiplied by the selling price of the respective lots. Their computations must agree. The clip man then hands the statement to a bill boy who presents it to the office where the warehouse charges are computed and deducted. If desired, the

farmer may immediately check for the net proceeds sale.

Payment to the grower by the warehouseman, who a check against his own count. Settlements between the warehouseman and the companies they represent usually made daily.

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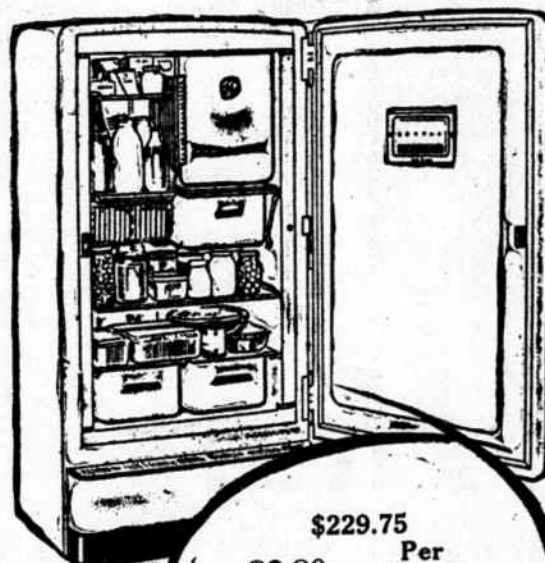
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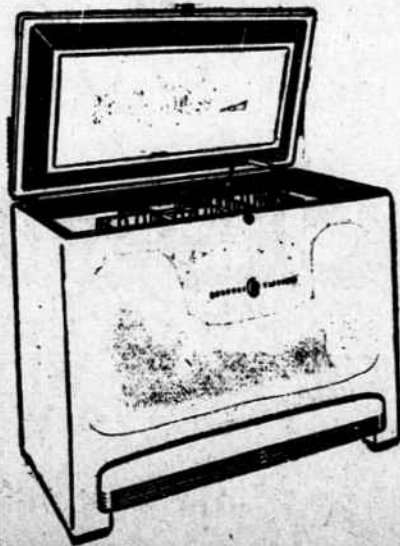
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