

**"Got Me Up Out Of Wheel Chair"**

"I was a complete invalid and had to be pushed about in a wheel chair before I started Sargon, and now my friends all marvel at my wonderful recovery."



MRS. LILLIE GARLAND JARVIS

"Pains and swelling started in my hand and extended into my left side, arm and lower limb. I couldn't walk a step or raise my hand to my head. My trouble was diagnosed as inflammatory rheumatism. My kidneys were disordered, my weight dropped to 97 pounds and I suffered with sick headaches and indigestion. Four bottles of this wonderful Sargon reconditioned my whole system and ended every one of my ailments! I'm up and about as good as anybody and have already regained 10 pounds of my lost weight!"

"I took Sargon Pills right along with the liquid and the way they stimulated my liver and rid me of constipation without the least upsetting is perfectly remarkable."—Mrs. Lillie Garland Jarvis, Woodfin Station, Asheville.

F. R. BELL, Druggist, Agent

**Will Control Pellagra In Richmond County**

By F. H. JETER

Raleigh, June 30—Cooperating with the county health department, Mrs. Anna Lea Harris, home agent of Richmond County, has set about eradicating pellagra as one of the main extension projects for that county this year.

"The whole county is cooperating to get this job done," says Mrs. James S. McKimmon, state home demonstration agent at State College. "Our home agent, Mrs. Harris is searching out suspected cases and getting them to the doctor while she prescribes a better balanced diet for the family. She has succeeded in getting the local dairies to supply milk to the cases at a reduced price and a local relief committee is helping to furnish other foods on the diet list. A number of individual gardeners who may have a surplus of different vegetables are turning these over to the committee to be used where they are most needed."

In some cases it is possible for the family afflicted with the disease to have a garden of their own. In such cases, the home agent helps to supply seeds and plants to get the plot started. Mrs. McKimmon says that both white and Negro families are assisted. There is no discrimination. This plan being tried in Richmond County could be adopted in every county in North Carolina where this disease is found, says Mrs. McKimmon. If such vigorous measures are put into operation in every such county, North Carolina would soon be classed with the non-pellagra states. Mrs. McKimmon says the home agents are anxious to cooperate with the health authorities whenever they are needed.

**INTEREST IN LIVESTOCK STIMULATES SHEEP GROWING**

By F. H. JETER

Raleigh, June 30—Destruction of cotton by the boll weevil, the need for more diversified farming, and the growing interest in pasture and hay crops is turning the minds of eastern Carolina farmers to the production of small farm flocks of sheep.

"The growing of sheep on a farm flock basis is a great need all over the State and especially in eastern Carolina," says John E. Foster, sheep expert at State College. "We do not wish to see large commercial flocks started in this State but we do think it wise to add a few sheep so as to have a nice farm flock. Such a flock will furnish an income both from the wool and the spring lambs.

Sheep raising also will pay in eastern Carolina because there are few farms without some waste land, pasture and cover crops which can be turned into profits by the animals."

There are times when the flock can have the run of the general farm, says Mr. Foster. In this way the animals not only glean much forage that would go to waste but they also keep down noxious weeds. Sheep may be grazed practically the entire year in eastern Carolina. Cover crops may be utilized after the pastures have failed and this together with the mild climate makes possible the production of early spring lambs. The lambs may be placed on the market when prices are highest and will thus escape the ravages of the stomach worms.

Soybean hay is one of the best possible winter feeds for sheep and this is produced in abundance in eastern Carolina. The large markets of Richmond, Philadelphia and Baltimore are nearby.

Mr. Foster says a small farm flock kept on the Upper Coastal Plain Branch Station near Rocky Mount has paid well and shows what can be done by the practical farmer in that section.

People in the big centers are moving out into the suburbs and the suburbs are going back farther and farther into the rural districts. Rapid transportation is doing its share to bring about this change. We are not going to lose our country and small town life if we will see to it that the people in the country have their fair share of prosperity and progress. After all, man is a social animal and his social instincts can be better satisfied in smaller communities than in the great metropolitan centers of wealth and population.

**ALLEGED BANDITS HELD UNDER BOND OF \$10,000**

Spencer, June 24—W. C. Benfield and V. C. Travis were bound over to the next term of Rowan County Superior Court in default of \$10,000 bond each on a charge of robbing the Boone Rock Bottling Company here June 17. The men are charged with having secured \$250 in cash and checks and jewelry. Today's hearing was before Mayor Protom J. W. Bean, of Spencer.

**NATIONAL AFFAIRS**

Written for This Paper by FRANK P. LITSCHERT

We have heard quite a little, since the taking of the 1930 census about the disappearance of the American hamlet from our national life. This is to a great extent true. We can many of us remember, in the days before the automobile became common and we took our outing behind the old reliable family horse in that red-wheeled rig, that every few miles down the dusty pike we would run across one of those typical American hamlets, including a general store, a blacksmith shop and perhaps a half dozen dwellings. A great many of these hamlets have disappeared.

But it is not to be assumed because of this that the American village and country town are disappearing. According to Dr. C. J. Galpin, agricultural sociologist of the Bureau of Agriculture Economics, the towns of from 1,000 to 10,000 population are not only prosperous and growing, but in most instances more prosperous than ever. Dr. Galpin said recently:

"Although the general trend has been for farmers to shift their buying from stores at country crossroads, in hamlets, and in small villages, to larger retail trading centers, the shift in farmer buying to towns ranging from 1,000 to 10,000 in population is increasing the trade area of these towns, increasing the trade and increasing their purchasing fulcrum."

But the decline of the cross roads hamlet and its half dozen homes clustered about the general store is not to be denied. It is due to more than one reason. First, the rural population has been declining during the past two decades, and with the advent of the automobile the farmer can get to the nearest sizeable town to do his neighboring hamlet in the early days. And the modern road makes the trip a pleasure instead of an unpleasant undertaking as was the case in the old days especially in inclement weather.

It is said that the farm population of the country has decreased four millions in the past ten years. But the 27,000,000 living on the farms now, have the same income as the 31,000,000 who lived on the farms in 1920, so that the standard of living is undoubtedly becoming higher. So the disappearance of the little hamlet of bygone days not mean the disappearance of rural and small town life, a calamity we do not like to consider as possible. In fact there are more prosperous towns and middle sized cities than ever before. And the villages and towns of today have advantages little dreamed of by the big cities a generation ago. The difference in the advantages in the big urban and the rural centers is becoming smaller each year and in time this is bound to have a salutary effect. Indeed the change now does not seem far away. While our middle sized cities are growing at a rapid rate the census returns show that the great cities of the country, with few exceptions, did not increase in population so rapidly during the ten years just completed as during the ten before.

**REPORTED AS WANTED ON SEVERAL CHARGES**

Kinston, June 24—J. G. Isley, 24 of Burlington, held at Morehead City, is reported by police here to be wanted on forgery or automobile theft charges at Winston-Salem, Graham, Burlington, Kinston and Morehead City. Cars belonging to J. E. Pilgrum, of Winston-Salem, and R. Thornton Hood, of Kinston have been recovered by the local authorities, who assert Isley confessed their theft to a Kinston detective in the town jail at Morehead City.

A Britisher wants a course in laughter introduced into the schools.

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**BUS SCHEDULE Carteret Transit Co.**  
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