

A negro dairyman in Wake county says he is keeping up his payments on ten shares of building and loan stock from the pennies given him in payment for milk.

Where no lespepeza was turned under, J. T. Yarbora, of Person county, made 22.8 bushels of corn; where lespepeza was turned after one year of growth, the yield of corn was 32.5 bushels; but where the lespepeza was allowed to grow was allowed to grow two years before turning the yield of corn was 47.1 bushels an acre.

Lincoln's Tomb at Springfield, Ill. is being improved by the state at a cost of \$175,000.



W. C. ROUNTREE, M. D.
ARE YOU GROWING OLD TOO SOON?

Do you look older than you should? Do you feel older than you are? If you have the dark or yellow, wrinkly skin of old age, or any of the following symptoms: Nervousness, bad circulation, fast heart, loss of sleep, loss of weight, stomach trouble, burning feet, general weakness, forgetfulness, despondency, bad mind, queer feeling in head, irregular bowel movements, and others, I have the remedy, no matter what your trouble has been treated for.

Don't think you are old at 40 or 50 when you are only sick. I have the remedy for such conditions.

Write at once for my booklet and questionnaire. ALL FREE.

W. C. Rountree, M. D., Box 1150
Dept. 58-J Austin, Texas

Another Grazing Crop Discovered Down East

An additional grazing crop growing wild in the coastal section of North Carolina and with potential value in the development of the live stock industry of that section has been discovered on the old bed of Lake Mattamuskeet. This is a tall annual plant of the legume family as sensitive joint vetch.

Chemical analysis have just been completed of various samples of this plant by Dr. J. O. Halverson, nutrition chemist of the North Carolina Experiment Station. The vetch seems to have found a luxuriant home over an area of some seven to eight thousand acres comprising the old bed of Lake Mattamuskeet. It grows about five feet tall, is of a deep, green color and is palatable to cattle.

Dr. Halverson made analyses from two portions of the plant. The upper portion comprising the leaves and twigs, contained about 7 per cent of crude protein, one per cent of fat, and 14 per cent of nitrogen free extract. The fiber content ran about 13 per cent. The analyses of the lower portion comprising only the hollow, woody stem with no branches or twigs

NOTICE.

Notice is hereby given that application to the Governor of North Carolina will be made for the pardon of John N. Johnson, who is now serving a term at Caledonia Farm.

Mrs. John N. Johnson.

contained much crude fiber, running as high as 20 per cent, and less protein. The nitrogen free extract was just a trifle less, as was the fat.

Comparing the sensitive joint vetch with such grasses as Orchard grass, Johnson grass and Red Top, Dr. Halverson the upper portion of the vetch about as nutritious as these grasses. As a result of his studies, he believes the vetch should prove of value for grazing and maintaining beef cattle in that area.

Discovery of the availability of this legume for cattle grazing follows closely recent experiments made with the low swamp reeds which were recently analyzed at the college. It was found that the reeds could also be utilized successfully as a cattle roughage.

Plant Cover Crops Early As Possible

For best success with winter cover crops for soil improvement, the seed should have been planted by October first, but those planted at once may get established before cold weather.

"In all parts of North Carolina at the present time, the soil is well supplied with moisture and seed should germinate immediately," says Enos C. Blair, agronomy specialist at State College. "Immediate planting will permit the plants to make a good growth of both tops and roots before frost. This will not only put the crop in better condition to stand the

winter; but, when spring comes, the well-developed root system will allow the plants to take advantage of the first warm days of spring and to make an early and rapid growth."

Mr. Blair says early planted cover crops will make more growth than late planted ones and will attain this growth earlier. This permits the landowner to turn his winter grown crops for soil improvement in time to plant the spring cash or food crops.

The proper amount of seed for one acre of fall sown cover crop as given by Mr. Blair is as follows: Crimson clover, 25 pounds; vetch, 25 pounds; Austrian winter peas, 30 pounds and Abruzzi rye, 1 1-2 bushels.

These crops may be planted after tobacco; after corn that has been cut and shocked; in cotton before picking is completed; in corn before pulling the ears or after soybeans or cowpeas planted and cut for hay. In sowing in a growing crop, the seed may be broadcasted and covered with a cultivator. In other cases, prepare the seed bed with a harrow, sow the seed and then harrow them in. No fertilizer is necessary except on very poor soils, says Mr. Blair.

May Feed Cows At Lower Cost

Crushed wheat and barley is cheaper than corn meal as a feed for dairy cattle and is just as efficient in producing milk when fed pound for pound as a substitute.

"Crushed wheat and crushed barley is selling from \$8 to \$10 a ton less than corn meal and North Carolina dairyman may

SALE OF LAND UNDER DEED OF TRUST.

By virtue of the power of sale contained in a certain deed of trust, bearing date of October 7, 1926, recorded in the office of the Register of Deeds of Stokes county, North Carolina, in Book of deeds of trust No. 76, at page 243, executed by W. M. Eaton and his wife Irene Eaton, H. M. Nance and his wife Beatrice Nance, to C. F. White, trustee, to secure a certain debt and bond or not for the sum of \$2,000.00, two thousand dollars, made payable to B. P. Shelton, and the said debt and bond, or note, being due and unpaid, upon application being made to me to foreclose said deed of trust, I will on

FRIDAY, THE 24TH DAY OF OCTOBER, 1930, at the hour of one o'clock P. M., on the premises, under the terms of said deed of trust, and to satisfy same, sell at public auction to the highest bidder for cash the lands therein conveyed which are described and defined as follows, to-wit:

A certain tract of land lying and being in Stokes County aforesaid and more particularly described and defined as follows:

Beginning at an iron stake in the edge of Main Street and being the N. E. corner of Bank of Stokes County lot, running S. 37 deg. W. 75 feet following Bank of Stokes County line to an iron stake, corner of lot of Bank of Stokes County; thence S. 52 deg. E. 25 feet to an iron stake; thence N. 37 deg. E. 75 feet to an iron stake in edge of Main Street; thence N. 52 deg. W. with Main Street 25 feet to the beginning, containing 1875 square feet. The above mentioned lot is situated in the town of King, North Carolina.

This 18th day of Sept., 1930.
FANNIE J. WHITE,
Administratrix of C. F. White,
Trustee, Dec'd.

save considerable money this year by substituting these feeds for the meal," recommends John A. Arey, dairy extension specialist at State College. "We have some late experimental data which show that these two feeds have about the same milk producing value, pound for pound, as does the corn meal and the progressive dairyman should be quick to take advantage of the lower price of the feeds so that he may increase his profits or be able to produce milk at a lower price."

Mr. Arey suggests a good ration in which the crushed wheat and crushed barley may be used. When it is to be fed with non-leguminous roughage such as meadow hay, corn stover and silage, he suggests the following grain ration: 100 pounds each of crushed barley, crushed wheat, crushed oats, cottonseed meal and soybean or peanut meal.

When the ration is to be fed with a mixed roughage such as alfalfa, soybean or cowpea hay together with grass hays and silage, Mr. Arey suggests making it by mixing together 100 pounds each of crushed barley, crushed wheat, crushed oats and cottonseed meal. If the crushed wheat is not available an extra 100 pounds of barley

may be substituted for the wheat in each of the above mixtures.

In both of the mixtures, Mr. Arey recommends the addition of one per cent of salt and two per cent of steamed bone meal. This is necessary to provide the minerals needed in the diet of the dairy cow.

Three-fourths of the tobacco growers attending a recent mass meeting in Beaufort county voted for a co-operative organization.

Over 400 Vance county farmers attended six community meetings recently held in the county to introduce the government tobacco grader on the Henderson market.

Caldwell county farmers are learning about corn fertilizer from a series of demonstrations placed in the county this season. Several meetings have been held at the demonstration fields.

Dr. Pierce Jacques Givorney of Paris declares that women are going bald because of tight hats.

Frank Sherbourne, of Bristol, Eng., found a boa constrictor 2 1-2 feet long among the bananas in his store.

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We're ready with gay mufflers, scarfs and gloves . . . and . . . Bradley Sweaters! A slip-on, a knitted coat or an ensemble, make outdoors more attractive. Choose from our Bradleys.

SLIP INTO A BRADLEY AND OUT-OF-DOORS

What Will you do

When your Children Cry for It

There is hardly a household that hasn't heard of Castoria! At least five million homes are never without it. If there are children in your family, there's almost daily need of its comfort. And any night may find you very thankful there's a bottle in the house. Just a few drops, and that colic or constipation is relieved; or diarrhea checked. A vegetable product; a baby remedy meant for young folks. Castoria is about the only thing you have ever heard doctors advise giving to infants. Stronger medicines are dangerous to a tiny baby, however harmless they may be to grown-ups. Good old Castoria! Remember the name, and remember to buy it. It may spare you a sleepless, anxious night. It is always ready, always safe to use; in emergencies, or for everyday ailments. Any hour of the day or night that Baby becomes fretful, or restless, Castoria was never more popular with mothers than it is today. Every druggist has it.

Fletcher's CASTORIA

Eleven sheep growers co-operated to pool 1,352 pounds of wool and to sell it by grade, reports T. B. Elliott, county agent of Currituck county.

FAMILY DOCTOR MADE MILLIONS OF FRIENDS

Fifteen years after his graduation, Dr. Caldwell became famous for a single prescription, which now, after forty years, is still making friends.

Today Dr. Caldwell's Syrup Pepsin is the world's most popular laxative. Millions of people never think of using anything else when they're constipated, headachy, bilious, feverish or weak; when breath is bad, tongue coated, or they're suffering from nausea, gas, or lack of appetite or energy.

Dr. Caldwell's Syrup Pepsin is made today according to the original formula, from herbs and other pure ingredients. It is pleasant-tasting; thorough in the most obstinate cases; gently effective for women and children. Above all, it represents a doctor's choice of what is safe for the bowels.