

Proper Foods Will Cure And Prevent Pellagra

RALEIGH, August 25.—No medical treatment, no serums, only the right kind of foods in sufficient amounts, are necessary for the prevention and cure of pellagra, which is purely a dietary disease, as was pointed out here by Dr. Roy Norton, assistant director of the division of preventive medicine, state board of health. "There are foods that cure pellagra," he said, "foods that are 'good' for it, others that are 'fair' while some have little or no effect." Others he described as poor. He also gave some rules for the prevention of this ailment.

Foods that cure pellagra, according to Dr. Norton include: powdered yeast, green vegetables—the greener the better—eggs, lean meat and liver, fresh milk, wheat germ, and canned salmon. In the group of foods "good" for pellagra Dr. Norton placed: rabbit meat, lean pork shoulder, canned chicken, sweet milk, buttermilk, lean beef (fresh or corned), pork, mutton, fish, fowl, pork liver, powdered yeast—bakers' dried and brewers'—eggs, tomato juice, peanut meal, canned salmon, canned kale, canned collards, canned green peas, canned turnip greens, liver extract and wheat germ.

Among the "fair" foods he classi-

fied: evaporated peaches and canned haddock, while the following he described as "poor": cotton seed meal, canned lettuce, and canned green onions.

The foods having "little or no effect" upon the disease are: prunes, canned beets, white flour, cornbread, hominy grits, dried beans, molasses or syrup, cod liver oil, lard and cotton seed oil.

"Clear up contributory causes, such as pyorrhea, Vincent's angina, peptic ulcer, gall bladder disease, pernicious anemia, etc.," Dr. Norton advises, continuing: "Plenty of good milk and milk products are valuable in preventing pellagra. It is important to secure the best milk possible and the simplest way to do this is to insist on a grade A label that is approved by the health department when buying from a commercial milk producer."

Dr. Norton stressed the value of a program of health education, including a study of the dietetic causes of pellagra, and the encouraging of people to correct their faulty food habits. "It is a good idea to get every family possible to have a good garden," he said, "and to encourage diversified farming, keeping a family cow and raising poultry for home consumption."

Time to Plant Fall And Winter Gardens

Farm families who wish to enter the fall and winter garden contest sponsored by the State college extension service are urged to start planting their gardens as soon as possible.

The first step recommended by extension specialists is that of preparing the soil and supplying it with plenty of stable manure or other organic matter.

Among the vegetables that may be planted in August are: Broccoli, mustard, Swiss chard, endive, lettuce, cauliflower, cabbage, turnips, carrots, beets, celery, collards, snap beans, lima beans, sugar corn, and tomatoes.

Broccoli, cauliflower, and Chinese cabbage may be planted in hills 15 inches apart, or the seed may be sown in plant beds and transplanted later. Side dress the plants with nitrate of soda three to four weeks after transplanting.

Sow celery in plant beds and cover with burlap or heavy paper, but remove the covering as soon

as plants appear above ground. Transplant to field 6 to 8 weeks later. Set plants in double rows 6 to 8 inches apart.

Celery will not mature in acid soil. Wood ashes or hydrated lime broadcast over the soil a month before plants are transplanted will aid in maturing the celery.

Sugar corn should be planted early in August except in sections where frost is delayed.

Lettuce may be sown in seed beds partially shaded during the day. Cover bed with a layer of woods litter and water thoroughly once a week. Transplant to a partially shaded plot, and give a side dressing of nitrate of soda a few weeks later.

State College Answers Timely Farm Questions

Q. How can I control the bitter rot or anthracnose disease in my apple orchard?

A. This disease can be controlled by spraying with Bordeaux mixture, but the spray should be applied as early as possible. Peel off all mummified fruit and destroy it to keep down infection next year. This spray should not be applied to early apples as it is apt to leave a residue that violates federal regulations in interstate shipments. This treatment will also control attacks of the codling moth, especially on the late apples.

Q. Should moist mash be fed to the poultry flock all the year?

A. There is little to be gained by feeding this mash continuously, but it has an important place in the feeding schedule of most flocks at some time during the year. It should be used with early hatched pullets to prevent a partial or complete molt; with late hatched pullets to hasten production in the fall; with laying hens to keep up production until October, and with breeding hens to hasten production in January. Three pounds of the regular laying mash moistened with hot water or milk for each 100 birds will give excellent results. This should be fed about two o'clock in the afternoon.

Q. Is there any fertilizing value in tobacco stalks that are plowed under in the fall?

A. There is a certain amount of benefit to the soil, but the greatest benefit will come from the control of insect pests. Stalks that stand in the field after harvest furnish food and a wintering place for a large supply of insect pests to attack the tobacco the following season. All stalks should be plowed under or cut immediately after harvest. This also applies to plant beds where the growing plants furnish a breeding place for these pests as do the suckers on stalks left in the field.

Mixed Apples Impart Tang to Sweet Cider

The spicy, aromatic flavor and tang of sweet cider depends upon the varieties of apples from which the juice is pressed.

H. R. Niswonger, extension horticulturist at State college, has recommended the following combination for making appetizing, zesty cider:

Sixty per cent sweet apples and a sub-acid variety like Rome beauty; 15 per cent acid varieties like red winesap, Stayman, York imperial; 10 per cent of delicious, golden delicious, or Bonum, which impart aromatic flavor; 5 per cent crab apple or seedling varieties to give tang; and 10 per cent Ben Davis, black Ben, Wolf river, limbertwig.

Although cull apples can be used for making cider, Niswonger pointed out, they should be free from worms and rot and ripened on the trees.

Early windfalls not yet ripe and over-ripe apples should not be mixed with those ripened on the trees. Do not leave apples piled on the ground for any appreciable length of time.

All fruit should be washed thoroughly. The press and press cloths should be washed clean after each day's run. Place the cloths in boiling water for a short time.

After standing a few hours, the pomace may be pressed again. The second run of juice has a deeper color than the first, and may be added to the other cider to give it the rich color preferred by consumers.

Clear cider may be obtained by placing the juice in containers and allowing the sediment to settle, then siphoning off the clear juice.

Pine Beetles Ravage Many Valuable Trees

Southern pine beetles have been ravaging valuable pine trees over North Carolina this summer, according to Rufus H. Page, Jr., assistant extension forester at State college.

Beetles are most often found where pine debris has been left on the ground to give them a breeding place, he stated.

To breed in sufficient numbers to successfully attack and enter healthy trees, the beetles must first enter diseased or damaged trees or freshly cut pine stumps or pine debris.

Delaying pine cutting until the middle of September will check beetle attacks, Page continued. But if pines are being cut before that time, a number of precautions can be exercised to protect the living trees.

Remove all the trunk and limbs of felled pines that are more than two inches in diameter. Lop smaller limbs and brush and scatter well so they will be exposed to wind and sunshine.

Peel all high, freshly cut pine

stumps to ground level and burn or otherwise remove bark from the stand.

Clear away pines that display a yellowish-green foliage and around whose base is found reddish sawdust-like material. "S-shaped" galleries in the inner bark are a sure sign of pine beetles.

Remove from the stand all trees that are badly diseased, damaged, or otherwise weakened. Many infestations start from a single weakened tree.

Cooperation among land-owners is necessary, as little good can be accomplished by cleaning one area if timber in adjacent areas serves as a source of infestation, Page warned.

PULPWOOD WARNING

The growing demand for pulpwood is inducing some farmers to destroy their woodlands in an effort to sell as much pulp timber as they can. The Progressive Farmer warns its readers. In an article in that magazine R. W. Graeber, extension forester, urges farmers to sell only inferior, overcrowded trees for lumber and other more valuable purposes.

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