

State College Answers Timely Farm Questions

Q. How can I keep my black walnuts after they are harvested?
 A. The nuts should be gathered as soon as they fall from the trees and the hull taken off as soon as it begins to turn dark. Never let the hulls dry hard on the walnuts. After they are hulled the nuts should be dried in the sun for not less than 10 days. They should then be stored in a dry place where air can circulate through them. Be sure that the nuts are not stored close to any kind of oil, grease, or kerosene. Walnuts that are properly handled and cared for will keep indefinitely.

Q. Can ground pea hay or ground soybean hay be used in place of alfalfa leaf meal in poultry mashes?

A. While little investigational work has been done on this subject, it is generally understood that the high fiber content of these hays would make them undesirable as poultry feeds. Records do not show any milling concern using these hays in their mashes. Due to the small capacity and rapid digestion little, if any, fiber can be utilized by the laying hen and any mash carrying more than five per cent fiber content is not recommended.

Q. How can I keep skippers and other meat insects out of my cured meat?

A. Protect the meat from flies and there will be no trouble with meat insects. If the smokehouse is not screened, each piece should be wrapped separately in heavy wrapping paper, dropped in a thin cloth bag tied securely to prevent flies from coming in contact with the meat, and hung in a cool, well ventilated smokehouse or cellar. However, if the smokehouse is screened with No. 16 copper wire the meat may be allowed to hang there until used. If the meat is wrapped be sure that this is done as soon as it is smoked to taste and before the flies come in contact with the meat.

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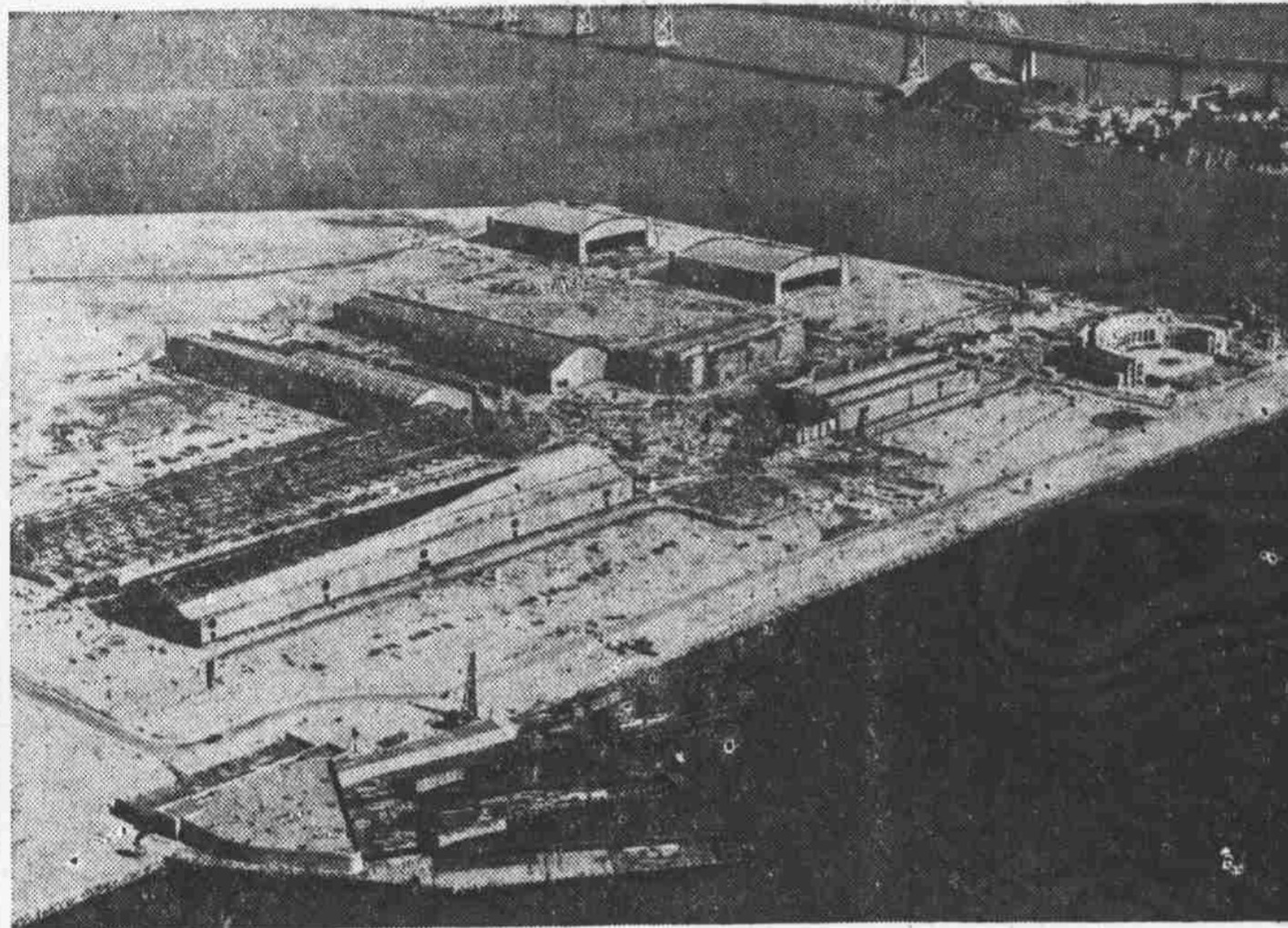
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1939 San Francisco Fair Speeds Construction



Ten million dollars' worth of buildings for the 1939 Golden Gate International exposition are already under construction on Treasure Island, San Francisco bay site of the fair. Photograph shows the latest air view of the exposition grounds. In the immediate foreground are the ferry slips and ferry terminal designed to handle peak world's fair crowds of more than 40,000 persons an hour.

Doctor Offers Rules For Avoiding Common Colds

With the annual high point in the number of common colds occurring regularly in the late fall season, Dr. Robert A. Fraser, chief medical director of the New York Life Insurance Company, offers 10 rules that will help men, women and children avoid this widespread malady. They are:

1. Get plenty of sleep, fresh air and sunshine.
2. Eat all the nourishing food you need, but avoid overeating.
3. Dress sensibly and with regard to the climate.
5. Breathe through your nose, not your mouth.
6. "Cleanliness is next to godliness." Bathe daily.
7. Avoid constipation.
8. Get outdoor exercise every day. Long walks are excellent.
9. Avoid sudden changes of temperature.
10. Keep away from people who have colds.

"It goes without saying," Dr. Fraser adds, "that those with colds must use handkerchiefs when sneezing, coughing or expectorating, to avoid infecting others."

"Overeating lowers resistance, making the individual more susceptible to colds. If you have difficulty in breathing properly, see your doctor promptly; your tonsils, adenoids, sinuses or teeth may need attention. Don't go from a hot room out into the cold without suitable protection and never cool off by sitting in a draft or directly in front of an electric fan. Finally, if there is an epidemic of colds in your vicinity, avoid large, crowded meetings; in the home, quarantine cold sufferers, particularly if there are children or old people around. The infection of children and aged people is the cause of excess mortality in these groups."

Colds—A Costly Enigma

The United States public health service estimates a direct economic loss of more than a half a billion dollars yearly because of the common cold, the average worker losing from three to five working days per year. "But," says Dr. Fraser, "in spite of the fact that much time and money have been spent in studying the cause and cure of colds, authorities agree on very few points, and the results of widely scattered experiments are full of contradictions."

Dr. Fraser thinks, therefore, that the common cold, regardless of how it is caused, must be looked upon as an infective agency that may vary in virulence from time to time. It may be endemic or it may be epidemic. It usually follows lines of travel, and it is communicable from hand to mouth.

What To Do

The best thing to do, Dr. Fraser feels, is to go to bed just as soon as you feel a cold coming on and isolate yourself from the rest of the family as much as possible,

Rest is more important than medicine. Take a hot bath and then get into bed with plenty of covers. Drink freely of water and fruit juices. A mild laxative is advisable and the diet should be light and simple during the acute stage. Don't prescribe medicine for yourself. See your doctor and let him do it. He knows far more about it than you or your friends.

"In the case of children," Dr. Fraser says, "by all means consult the family physician promptly. Many diseases of childhood are ushered in with symptoms resembling those of the common cold. Sniffing or running of the nose, complaint of sore throat, slight fever, these are symptoms which many parents attempt to treat as a cold, when it is a fact that the doctor might note them as the early indications of a serious, infectious disease."

"But above all," Dr. Fraser said, "let me emphasize again the necessity of rest in bed and seclusion from the rest of the family until the cold has disappeared."

Farm Kitchens Have Their Faces Lifted

Three hundred and twenty-six North Carolina farm home kitchens are having "their faces lifted" in a contest sponsored by home demonstration workers of the State college extension service.

Commenting on the contest, Ruth Current, state home agent, said: "Those dark, dusty grab-all, hide-away pantries and cupboards are going to be done away with or else be given more light and made usable."

An efficient kitchen, she said, requires a separate working surface for each kind of work to be done, the arrangement of large equipment in step-saving sequences, that working surfaces be close together, that equipment be at a convenient height, and that small equipment be grouped around the center where it is first used.

Finding the correct height for working surfaces, so that women can work without stooping or unnecessarily straining their bodies, is of utmost importance, she continued.

To find this height, she said, stand erect, rest the arm comfortably against the body, and bend the elbow at a right angle. Then measure the distance from elbow to floor, and subtract eight inches to get proper height for working surfaces.

Again, stand erect. Place hands palm down at a comfortable height on an imaginary table. If this distance from the floor differs with that obtained from the first measurement, divide the difference.

The contest, under the direction of Pauline Gordon, extension specialist in home management, and her assistant, Mamie N. Whisnant,

is being conducted in Alexander, Avery, Caldwell, Chatham, Davie, Haywood, Orange, Polk, Surry, and Watauga counties.

Total of 3,382 Enlisted In Conservation Corps

RALEIGH, November 10.—A total of 3,382 young white and negro men were enlisted for the civilian conservation corps in North Carolina during October, according to a statement made public here today by T. L. Grier, supervisor of CCC selection for this state.

There were 2,616 white and 766 colored enrollees from 10 concentration centers, the report stated. The greatest number was enlisted at Asheville, which had 423, while the smallest number, 114, was signed up at Elizabeth City.

Other enlistment points, with the number of enrollees, were as follows: Charlotte, 334; Fayetteville, 240; Wilmington, 164; Washington, 199; Raleigh, 348; Greensboro, 213; Wilkesboro, 353, and Bryson City, 228.

Cattle Sale AT FRANKLIN
Tuesday, Nov. 16
 Bring your cattle early Tuesday morning, as sale will start promptly at 11 o'clock.
 For further information, see **Bob Davis, Bob Patton, or the County Agent**

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