

Arey Explains That Pastures Need Feed

Too many North Carolina farmers look upon their permanent pastures as "poverty row," says John A. Arey, dairy specialist of the State college extension service. The old feeling, that when land gets too poor to grow profitable crops, it is still suitable for pasture is yet too prevalent in this state for the good of many cows, he added.

Poor, washed land will not make pasture unless it is rebuilt. Most of such land should be planted to forest trees. Not much is expected of a cotton or tobacco crop which is not fertilized, yet the plant residue on closely grazed pasture is more completely removed than is the case with either cotton or tobacco.

Arey recommends that a light application of stable manure be applied early this month to old pastures which have become thin. On farms where manure is not available, an application of about 300 pounds of a high test fertilizer per acre will give good results.

On the more fertile soils, a complete fertilizer will not be needed because the object there is to stimulate the growth of legume plants, such as the clovers and lespedeza. All that is needed for this purpose is an application of phosphat and lime, such as ground limestone and superphosphate or basic slag. The latter contains both elements.

One to two thousand pounds of ground limestone and about 300 pounds of superphosphate, or 400 to 500 pounds of basic slag, per acre will do the work. This material should be applied just as soon as the soil gets dry enough to work. It can be broadcast and worked in with a drag harrow, or better still applied with a drill.

RECOVERY

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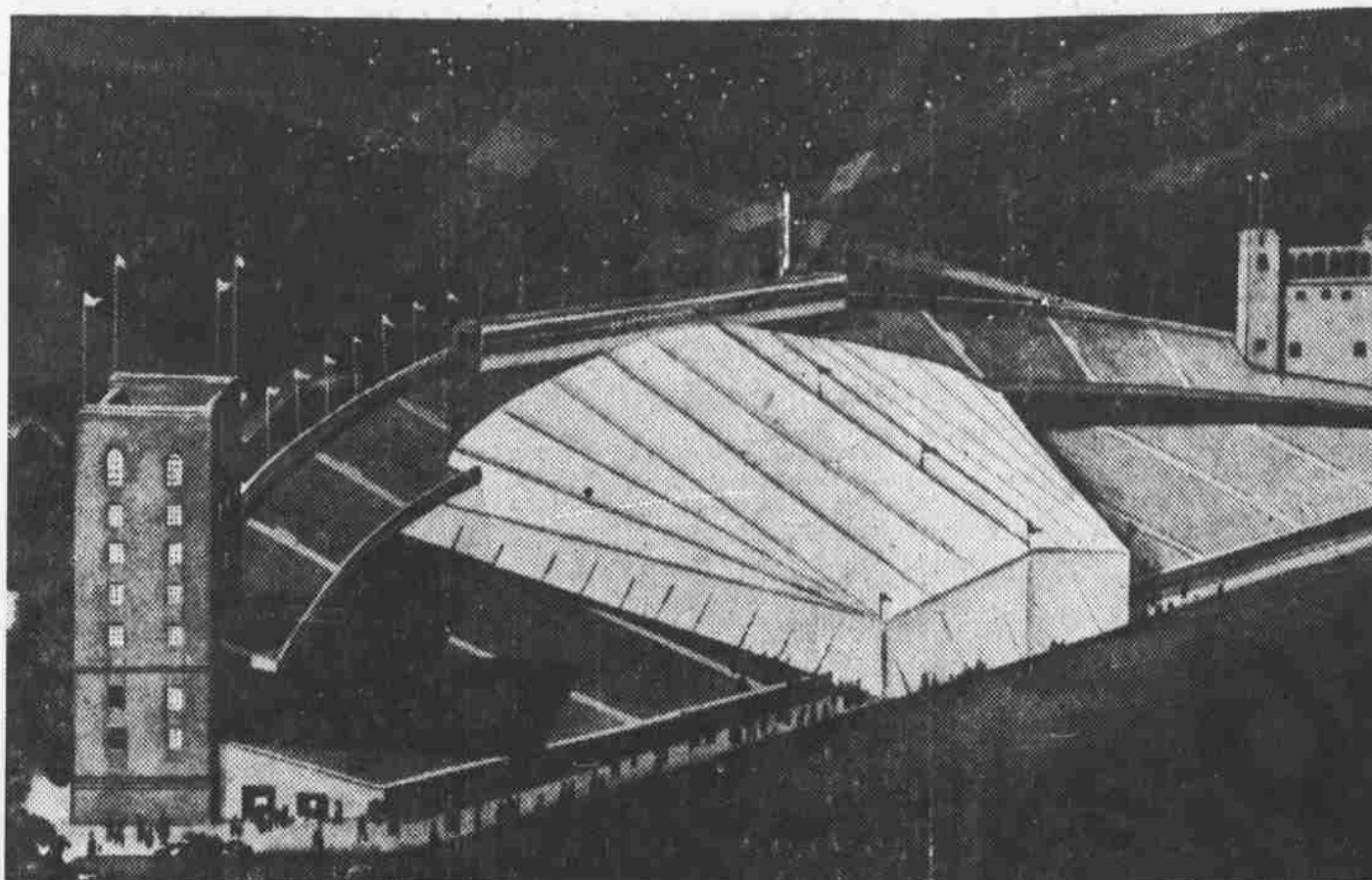
Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength.

Other signs of kidney or bladder disorder may be burning, scanty or too frequent urination.

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DOAN'S PILLS

Dyche Stadium to Undergo Transformation



Northwestern university's famed Dyche stadium, at Evanston, scene of many exciting sports events, will undergo a complete transformation in April. For the first time in history a stadium will be converted into a fully covered choral theater, equipped with heat, ventilation, comfortable chairs and other necessary appurtenances of a complete music hall. The theater will be used for the North Shore music festival, May 16-20. The structure will cost approximately \$20,000.

Organizing Community Play And Recreation Activities

An illuminating study of community recreation assets, with a plan worked out coordinating recreation activities, has been made by Jay B. Nash, superintendent of recreation, City of Oakland, Calif., and director physical education, Oakland public schools.

Citing a condition of leisure-time bankruptcy in many cities and towns with the liabilities that encourage misuse of leisure time outnumbering the assets that encourage right use, there are listed the following:

Recreation Liabilities

Liabilities are cramped living quarters, cheap and often harmful amusement centers where passive commercial recreation may be bought, and a growing tendency to be spectators rather than participants in life-giving activities.

Recreation Assets

Among the assets may be listed municipal and school play grounds, parks, swimming pools, public buildings, libraries, camp grounds, vacant lots for baseball, football, tennis, besides the yards and spare rooms of private homes.

In addition to these, there is a large list of assets offering activities such as churches, lodges, country clubs, golf clubs, athletic clubs, dramatic clubs, Boy and Girl Scouts. These organizations serve the community by helping to solve the problem of the wholesome use of leisure time.

Methods of Cooperation

Can all these assets be so organized that they can be drawn into a cooperative plan?

The only way in which this can be worked out is "the feet under the table" plan.

In such a round table conference somebody might say something as follows:

"Ladies and Gentlemen: This town and the various agencies we represent have just one group of people for which recreation opportunities must be provided. Let us consider there is but one pocket-book, the people's pocket-book. How can we spend the money we have for the best interests of the community?"

It would, in other words, be just the same as bankruptcy proceedings. Here's what we owe. Here's what we have. What can we do to make us a growing concern?

The Oakland cooperative plan combines the forces of the board of education, physical education department, play grounds and community center activities, home and school facilities, U. S. forest service, boys' and girls' camps, industries, private and public institutions.

These have the same ideals, namely:

Physical efficiency—to be promoted through exercise in the open air, health and character habits, etc.

Proper use of leisure time—to be promoted by habit training in the youth and providing proper play

and recreational opportunities for young and old.

Citizenship training—to be promoted through the teaching of sportsmanship, fair play team work, courage, courtesy and other desirable qualities. . . .

In a democracy, the words "all men" assume a very large force; in fact, the test of real democracy is simply that no one is to be left out. This is superbly stated in our Declaration of Independence, "which sets forth that all men "are endowed by their Creator with certain inalienable rights," that among these are "life, liberty and the pursuit of happiness." If this dream of a democracy is to be realized in

this country, one of the essentials will be that all men have equal rights to the fullness of life that comes with the wholesome use of leisure time. One of the big steps toward this ideal of democracy is a cooperative plan whereby all the assets of a community are properly functioning through cooperative planning.

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We wish to thank our many friends and loved ones for every help and kindness shown us during the sickness and death of our dear husband and father; also for the beautiful floral offerings.

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AND FAMILY.

PLANS FOR FUTURE

"I want some ready cash 15 years from now, so I am planting 1,000 pine seedlings this spring," says S. S. Farabow, of Oxford.

CARD OF THANKS

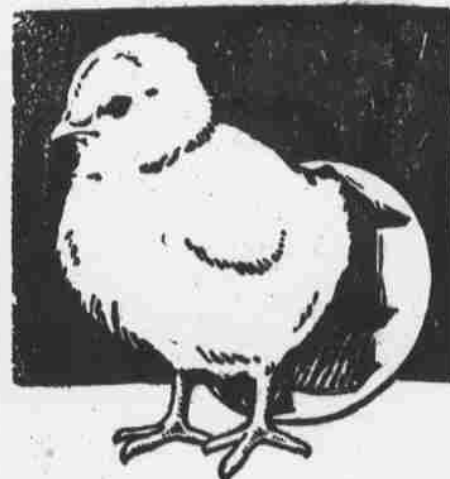
We wish to extend to our many friends and neighbors our sincere thanks for the kindness shown during the illness and death of our beloved father and husband.

We also wish to express our appreciation for the many beautiful floral offerings.

MRS. W. T. ROGERS
AND FAMILY.

MORTGAGES

The farm credit administration estimates that 35 per cent of all farms in the United States carried mortgages in 1938, the debt amounting to \$7,082,000,000.



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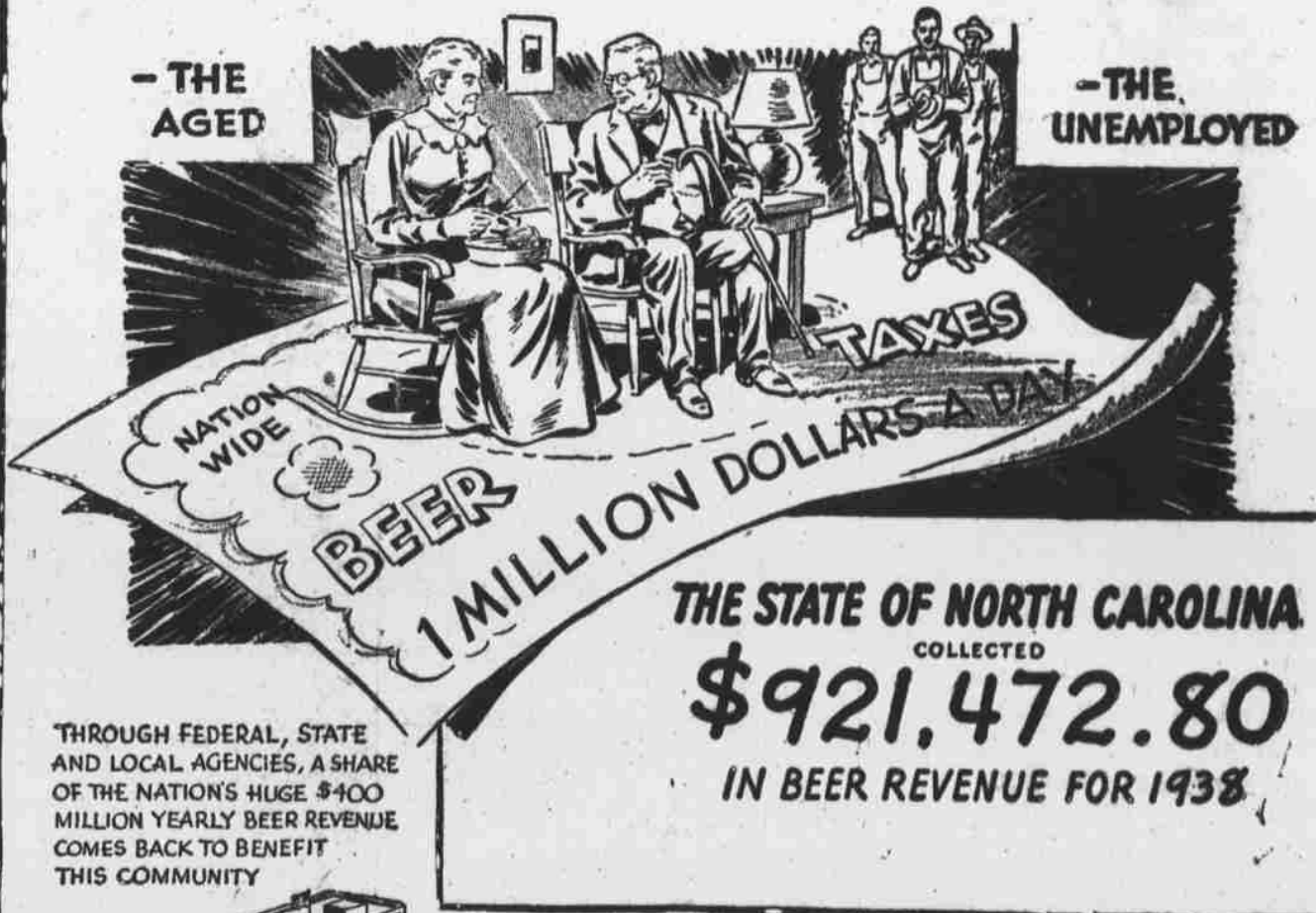
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