

**WHAT IS TAKING PLACE BY**

*W. R. Reynolds*

UNITED STATES SENATOR

Although this is being written in advance of the convening of Congress, it is already evident that the special session will have a very definite bearing on the

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**Farm Program Needed for the Grower and Buyer**

The consumer, whether he lives in town or on the farm, has a three-fold interest in the agricultural conservation program. First, he wants adequate supplies of food and fiber to supply his needs, said E. Y. Floyd, AAA executive officer at State College. Second, he wants these supplies to remain stable year after year, avoiding as far as possible drastic shortages such as drought years bring. Third, he wants to know that the ability of agriculture to produce adequate supplies in the future is being conserved through wise use of the nation's land resources.

Achievement of these goals, Floyd said, is not only in the consumer's interest, but it is also in harmony with the objectives of a sound farm program. Production cannot be stabilized completely, however due to variations in weather and growing conditions that cause yield per acre to be greater in some years than in others. Consequently, Floyd said, for the consumer's protection, there should be a carry-over of adequate reserve supplies from one year to the next.

But if this protection is going to mean depressed prices, then agriculture cannot afford to give the consumer this kind of insurance. For this reason, something in addition to the regular 1938 agricultural program is considered necessary to provide consumers with the protection adequate carry-overs give without making the farmer run the risk of ruinous prices. The ever normal granary plan is a proposed solution for this problem.

**Fish and Milk Make a Safe Combination**

The popular superstition that fish and milk make a dangerous combination is just so much hooey, said Fred M. Haig, of the dairy department of State College. This belief, he said, probably started in days before refrigeration when people who got sick ate fish which were not strictly fresh happened also to drink milk at the same meal.

No facts of food chemistry or physiology substantiate this old belief he went on. Experience of years disproves it. Other people are afraid to drink milk and eat acid fruits at the same meal. They say that acid fruits will curdle the milk in the stomach. As a matter of fact, the first thing the stomach does to milk is to curdle it so it can be digested. And curds formed from fruit acids are finer and easier to digest than those formed by stomach gastric juices alone.

Another oft-told admonition is that sipping milk slowly instead of drinking it naturally aids digestion. Research studies have shown that when milk is sipped slowly, the curds formed are bigger and harder to digest than those formed when it is drunk rapidly. Milk is no more fattening than any other food containing the same number of calories, Professor Haig declared. Milk is the most nearly perfect food. He said growing children need at least a quart of milk a day, and adults can drink a pint a day to good advantage.

**Filth and Exposure Lead Swine "Flu"**

Filthy pens and exposure in bad weather lead the way to swine influenza that takes a heavy toll of the baby pig crop every year. Dr. C. D. Grinnells, veterinarian at the N. C. Agricultural Experiment Station, said this disease can be controlled by giving swine the right kind of care in fall and winter.

**Health Work Among Negroes Gains Impetus**

Raleigh.—North Carolina is commended as a "pioneer state" in the matter of health work among negroes, by Edwin R. Embree, President of the Julius Rosenwald Fund, in a letter to Dr. Carl V. Reynolds, which the State Health Officer has made public here. Dr. Reynolds recently wrote Mr. Embree, telling of the accomplishments of Dr. Walter J. Hughes, first negro physician attached to any State Board of Health, whose appointment was made possible through a grant from the Rosenwald Fund.

You will be pleased to know that since the appointment of Dr. Hughes, Mr. Embree informed Dr. Reynolds, "the states of Texas and Louisiana have added similar negro assistants, while in Illinois now two -Fdds—esthraldiomf there are two negro physicians on staff. 'The children's Bureau and the United States Public Health Service have done the same thing. The cities of Louisville and New York have negroes in charge of health centers. In addition to these movements, several other southern states are preparing to make similar moves. 'The State of North Carolina', Mr. Embree concluded, "was a pioneer in using negro physicians in tuberculosis work as internes in the State Sanatorium, Georgia, Kentucky, Florida, Texas and Maryland are following suit."

**Home Beautifying Contest for 4-H-ers**

A 4-H Home beautification contest for 1938 has been announced by L. E. Harrill, 4-H club leader at State College. Although sponsored by 4-H clubs, he said, the contest will be open to all farm boys and girls between the ages of 10 and 20. "I would like to see every club member enter this contest," he added, "not just for the sake of the contest, but for what they can do to make their homes more attractive. 'Just think what North Carolina's 4-H club members could do to make this a more beautiful State.'"

**Stage Safety Campaign Here**

Captain Jimmy Jerritt made the principal speech of the Armistice Day program at Chisapeake last week before a crowd of about 700, and mentioned in addition to the subject of peace some facts concerning Red Cross work and the Safety Campaign sponsored annually by the Atlantic Coast Line Railroad.

**Former County Agent Visits Here**

Mrs. Herman Ward Taylor, of Raleigh, and her husband, who is a swine specialist at State College, spent a day last week in Kenansville visiting several old friends. Mrs. Taylor, formerly Miss Ruth Eborn, will be pleasantly remembered as the pioneer Home Agent in Duplin, directly preceding Mrs. A. T. Outlaw. After leaving here she went to Tarboro, Taylor is a Duplin county man, also.

**Flames Wipe Out Family's Goods**

A house belonging to Zack Williams, near Maxwell's Mill, and occupied for the past few years by the families of Vander Outlaw and Jim Barnette, burned to the ground last week, destroying all their possessions. The occupants of the house were away from home when the blaze started and it was completely enveloped in flames when neighbors discovered it. All of the furnishings and personal possessions were burned.

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Thousands of men and women know how wise it is to take Black-Draught at the first sign of constipation. They like the refreshing relief it brings. They know its timely use may save them from feeling badly and possibly losing time at work from sickness brought on by constipation. If you have to take a laxative occasionally, you can rely on **BLACK-DRAUGHT** A GOOD LAXATIVE

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