

Kenansville Scouts Win Achievement Banner Second Consecutive Month

Four club boys of Catawba County have set 100 black walnut trees as a 4-H project.

DOLLIE A. SANDLIN, adminis-
tratrix of L. L. Sandlin, deceased.
Robert C. Wells, atty.
Feb. 24. St. B.C.W.

H. L. Cromwell of Cabarrus County has grafted 1,000 'Tony' apples, a native variety that thrives in the county.

By Bruce Stuart



Mrs. Jasper Smith of Pink Hill was carried to Memorial Hospital in Kinston Friday suffering severe burns caused by an explosion of a can of syrup which she was heating on the stove. The can burst while Mrs. Smith was leaning over it and threw the hot liquid in her face. Doctors say that they feel sure that her eye sight will not be injured.

From earliest times it has been esteemed that milk is an important and necessary article of food. The milk of the cow has its composition more evenly adjusted than any other mammal. The composition of cows milk is approximately as follows: water 87 per cent, fat 4 per cent, protein, 3.35 per cent, sugar 4.90 per cent, ash .75 per cent. However these proportions vary. Some breeds of cows produce richer milk than others, for example, the Jersey and the Holstein. The milk from individual cows may also vary according to age, health, etc.

Milk is particularly adapted for human food because it contains the four essential nutrients (proteins, fat, carbon-hydrates and mineral matter) in better proportions than almost any other food materials. It is very essential in the diet of children. Every child should drink at least one quart of fresh milk each day. Scent Norwood Bone. Jr.

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