

Food Conservation Program Drawing National Attention

The state-wide Food Conservation Workshop, which was held at Raleigh March 5 and 6, began a movement which will carry safe and practical methods of food preservation to every county in North Carolina. Eighty-five food nutritionists, representing college, extension and commercial home economics departments, united to carry the message of food production and food conservation to every family in the State.

Following the Raleigh conference, two-day training courses are being held in all counties; for leaders in the towns and cities; and neighborhood leaders in the country districts. Demonstrations in the latest methods of steam pressure canning, hot water cooking, freezing, drying and brining will be given. Every effort will be made to conserve, without food spoilage, all of the surplus fruits and vegetables that come from this year's crop of Victory Gardens.

The food situation is serious, but the workshop conference pointed out that North Carolina victory Gardeners can have a year-round supply of fresh vegetables and can easily can enough of the surplus supply to fully take care of the situation, if everyone who can grow a good garden, cooperates. Victory Gardens are not rationed and neither are the home-canned products from these gardens rationed.

The unified program of North Carolina nutritionists is in the National spotlight. Several Government representatives from Washington were present at the Raleigh conference and they will present outlines of the North Carolina program as a pattern for other states to follow.

Farmers Must Have Permits To Deliver Meats

Farmers who kill animals for home use do not need a slaughter permit, but they are required to secure one if they deliver any part of the meat to others, says I. O. Schaub, director of extension at N. C. State College.

The Government issued three permit orders which become effective after midnight March 31. They required: (1) All livestock slaughterers who sell meat, including farmers and local butchers, to operate under a slaughter permit system and, as an aid to enforcement, to stamp their permit (2) All livestock dealers to obtain permits to buy and sell livestock and to keep complete records of their operations (Farmers are not required to obtain dealer permits, but they are asked to keep records of their purchases and sales) (3) All slaughterers, operating under Federal inspection, to set aside designed percentages of their production for war uses.

The stamping of all meat is specifically designed to halt the black mar-

ket operator. According to Schaub, growers, who obtain permits for the delivery of meat directly to consumers, may comply with the permit requirements by attaching tags, showing the permit number, to the meat they deliver.

The dealer in livestock gets no stamp of any kind, but he must keep full records on all sales.

The authorities have requested all livestock producers, packers, dealers, health officials, and consumers to aid in eliminating the illegal slaughtering, selling and distribution of meats.

Conservation News

The farmers in Hoke County, cooperating with the Pee Dee Cape Fear soil conservation district has set out 28,000 pine seedlings during this planting season.

Frank McPhatter Rt. 1 Red Springs, has completed the construction of 1,900 feet of terraces. This was accomplished by a neighbor tractor and plow in less than a two hours. Frank says that he saved enough soil during the hard rain March 5 and 6 to more than pay for the cost of the terraces.

Mr. J. A. Webb of the Buffalo Spgs. community has been using rye and crotalaria to improve a 5 Acre field of poor land. Mr. Webb needed the field five years ago and has depended on volunteer stands since. Besides keeping a cover on the land and furnishing a good growth to turn under, Mr. Webb says he can harvest enough rye and crotalaria seed to take care of his farm needs.

State College Hints for Farm Homemakers

By RUTH CURRENT
N. C. State College

Proper posture greatly improves the general appearance. You can make progress, if you think of your posture at all times and make a conscious effort to improve and to stand straight and tall, keep your knees slightly bent and relaxed, with the abdomen flat (held up and in).

Keep your hips pulled down, in the position that you naturally take when you make yourself small to squeeze through a narrow space, with your buttocks muscles tucked under.

Keep the shoulders level, swinging free and relaxed. The chest and ribs should be held up in any easy position. Keep your head well up and perfectly balanced; your chin level with the ground; and your body parts balanced directly one over the other. Always watch the ear-to-ankle line, a straight line drawn through the lobe of the ear, the tip of the shoulder, the hip, and the ankle bone.

Roy H. Thomas, State Supervisor of Vocational Agriculture, was here last talking on the school gardens and community project in preparation for passing the Hoke place on to other schools and communities throughout the state.

State College Answers Timely Farm Questions

Q. Can the "jitterbug" disease with pigs be controlled?

A. Yes, Dr. C. D. Grinnells, veterinarian for the North Carolina Experiment Station, suggests that all sows be given liberal, well-balanced grain rations and proper supplements before the pigs are born. If any pigs show loss of appetite, rough hair, or lowered vigor, they should be separated from the rest of the litter and hand fed. Corn sirup, fed in proper proportions, has been beneficial but it should be fed under proper guidance to prevent scours.

Q. Is it worthwhile growing herb just for seasoning?

A. Home demonstration specialists answer, "yes". Herbs give zest and flavor to many foods that might otherwise be dull, and they help bring changes when the same foods are used frequently. Parsley in the herb border is a good source of vitamins A and C. Chives for onion flavor, thyme and sage for stuffings, basil for tomato soups and sauces, and mint for summer drinks are recommended. Your neighbor might plant dill for pickles, omelets and salads; marjoram for soups and salads; and rosemary for lamb and beef. Then, you might exchange herbs with your neighbor.

Q. Are there any good chemical

Rent Increase Permitted

Rooming house owners who rent to an operating tenant may petition for higher rent if there has been an increase in the number of roomers in the house since the maximum rent date, the state OPA announced today. This ground for an increase applies only to the rent paid the owner of the rooming house by the person operating it, and does not affect maximum rents set for individual rooms. The amendment is effective March 1st.

weed killers?

A. Sodium chlorate, sulphuric acid, carbon disulphide, and common salt are flour of the best. The first two kill the plants above the ground and the other two kill plants below the ground. Full instructions should be obtained for any of these treatments. With sodium chlorate, for instance, a solution should be made up, one pound to the gallon, and sprayed upon the plants. This chemical is very active and it must at all times be kept away from fire and never should be stored near sulphur.

With sulphuric acid, a 1 to 2 percent solution is sprayed on the plants. Care should be taken in mixing the acid and the water. This spray is to be applied only in dry weather.

CARD OF THANKS

We wish to thank our friends and neighbors for their kindness shown during the illness and death of our husband and father.

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Only the Red Cross collects blood plasma for the Armed Forces. So far, 1,500,000 pints have been sent to medical bases.

Only the Red Cross recruits Army and Navy nurses. More than 28,000 additional nurses are ready to be ordered to active duty.

Only the Red Cross sends Clubmobiles and recreation huts out to the men on the Fighting Fronts.

Only the Red Cross stocks Naval patrol boats and dirigibles with medical kits, supplies emergency clothing and food to torpedo survivors.

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Only the Red Cross finds missing persons in enemy and occupied countries, sends messages to families there. So far, almost half a million messages have been handled by the Red Cross Foreign Inquiry workers.

Only the Red Cross acts as an emergency link between the men in the Services and their families, keeping in touch through some 2,780 Field workers and local Chapters. They have helped more than 1,525,000 men and families.

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It is you who keep these Red Cross activities alive. The Red Cross gets no money from the Government. The War Department, after auditing all Red Cross accounts, submits annual reports to Congress. The Red Cross needs \$125,000,000 for its 1943 War effort. On American citizens rests the whole responsibility. Presidentvelt has designated March as Red Cross Month. Give-Give. Give!

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