

Of Interest to Farmers

Sweet Potato Good Wartime Food Crop

The sweet potato is one of the best crops which North Carolina farmers can grow at present to meet the increased demand for extra food under wartime conditions, says J. Y. Lassiter, Extension Horticulturist, at N. C. State College. He reports that growers are anticipating a normal season during 1943 with relatively good prices for the crop. As an example of how some farmers feel about growing sweet potatoes this year, he points out that Dan Lee of Arapahoe is planning to fill three curing houses on his farm with about 50,000 bushels. He will put in around 256 acres of vine cuttings, following a crop of oats. The rotation followed in this land is soy beans, oats and sweet potatoes.

The horticultural specialist reports that Lee is marketing the last of his 1942 crop in three grades, No. 1's, No. 2's, and commercials. Recently he was getting \$6.75 per bushel for his No. 1's, and \$3.00 per bushel for the No. 2's and commercials.

Lee keeps 13 Duroc brood sows so that he will have enough pigs coming along to take care of his cull sweet potatoes. On the 600 acres, which he operates with four tractors, three mules and a saddle horse, he has 37 acres of tobacco but he is more interested in the sweet potatoes than in the tobacco. His returns over the past twelve years show that the net returns from the yams are greater than the returns from tobacco.

In addition to a large acreage of feed and soil improving crops, Lee has 20 acres of Irish potatoes. He is a firm believer in diversification and, according to Lassiter, he follows a definite plan of rotation and cropping based upon carefully prepared records.

Keep Your Milk Out of The Sun

Sunlight destroys the riboflavin or Vitamin B 2 of milk and therefore this valuable food, which is such an important part of the everyday diet, should be stored in a cool, dark place, says W. J. Peterson and P. M. Hag of the Animal Industry Department at N. C. State College.

Their report that recent studies at the North Carolina Experiment Station show that the riboflavin is rapidly destroyed when milk is exposed to sunlight in standard bottles under normal conditions. The tests showed that 44 per cent of this valuable vitamin was lost in one hour's time and that only 23 per cent of the riboflavin remained after the milk had been exposed to sunlight for three hours.

The scientists report that milk and meat are two of the most important sources of the vitamin in the human diet, although it is

No AAA Penalty For Not Meeting War Crop Goals

Farmers of Hoke County who fail to plant at least 90 percent of their war crop goals this year will not have deductions made from their 1943 agricultural conservation payments to be made by the AAA, according to A. S. Knowles, County Agent.

"In order to encourage maximum food production in the face of weather handicaps of a late and wet spring over most of the nation, the War Food Administration has relaxed provisions of the 1943 AAA program which prescribe these deductions." When goals were being set this year, the AAA announced that failure to plant at least 90 percent of individual farm war crop goals would result in a deduction of \$15 per acre from adjustment payments.

The deduction provision was announced along with a plan to make incentive payments on the acreage of war crops between 80 and 110 percent of a farm's goal. These payments, however, failed to receive Congressional approval, but special payments will be made on Irish potatoes and eight designated vegetables grown commercially for fresh marketing.

"Removal of the deduction provision does not mean that farmers should relax their efforts to reach their goals, and exceed them if possible," Mr. Knowles said. "The unfavorable weather conditions which were responsible for removal of this provision were most severe in the Middle West, from which a large portion of the nation's food comes. This means that farmers in areas not so affected must exert extra efforts to see that goals are met and that all the crops are harvested."

Since prevailing weather conditions have cut the anticipated corn average, the War Food Administration urged farmers in all areas to plant emergency feed crops adapted to their conditions and needed to carry out their individual live-stock programs.

also found in green leafy vegetables, the whole cereal grains, liver, eggs and yeast. Practically none of the vitamin is found in such foods as butter, fats of all kinds, unenriched flour, and white potatoes. The importance of riboflavin in the daily diet and the results of these tests, showing that the vitamin is rapidly lost when milk is exposed to sunlight, suggest that the handlers of milk and housewives should cooperate in the proper storage of milk so that its full food value may be maintained.

FOR VICTORY
USE IT UP
WEAR IT OUT
MAKE IT DO
OR DO WITHOUT.

Hoke Narrative Report For May

The eleven Home Demonstration Clubs of Hoke County met in May with an attendance of 146. The major project for the month was "Milk for Better Meals."

The Farm and Home Agents spent Monday, May 10, in Rockingham, where they attended an all day meeting on Farm Labor.

A canning demonstration for colored women, was held at the Freedom school on May 13. This was attended by 28 women. A number of these promised to help others in their neighborhoods with their canning problems.

Information was received that thirty pressure cookers have been allotted to Hoke County. The Advisory Committee, composed of Miss Holleman, FSA Supervisor; Miss Peele, Hoke High School Home Economics Teacher; and the Home Agent, have reviewed the applications and tentatively approved 25. Approval of the applications was based on the number of quarts of food to be processed, the number of families using the cooker, the number of cookers already in the community, the number of cookers approved in the community and their location and nearness of applicant to the community cannery in Raeford and to cookers which may be borrowed from Home Agent's office. The twenty-five applications have been turned over to the Machinery Rating Board who will determine whether or not the applicants are eligible for cookers. If so purchase certificates will be issued them in the near future.

Twenty-four more pounds of edible soybeans were distributed in May. This makes a total of 72 pounds that have been sold through the Home Agent's office.

Miss Vera Stanton, District Home Agent from Raleigh, spent the afternoon of May 24 in the county.

Club women, realizing that their willingness to cooperate with other agencies and organizations helps in creating a favorable feeling toward Extension work as well as in helping out in the War Effort, have given their cooperation especially to Red Cross work in May. Each club, at the request of Mrs. H. A. Cameron, Production Chairman, for the Red Cross, voted to make a Red Cross Afghan to be used in the army hospitals. Bed room slipper patterns were distributed at club meetings and club women were asked to make bed room slippers for the patients also. 144 Red Cross Kit Bags were filled under the direction of Elsie McNeill, a Hoke High 4-H Club member. These were sent to Hampton Roads, an embarkation point, where they will be distributed to boys in the armed forces who are being sent out of the country.

The Ashmont club, at the request of Chaplains Moore and Hidy of Camp Mackall, made curtains for one of the chapels in the 188th Glider Infantry Regiment.

Neighborhood leaders as well as club women have assisted in giving

PEANUTS GO TO WAR

Peanut Oil is EXCELLENT FOR COOKING. BECAUSE OF ITS SMOKELESS QUALITIES IT IS USED IN SUBMARINES.

Peanut Oil FREES OTHER OILS FOR THE MAKING OF GLYCERINE USED IN BIRTH CHARGE RELEASE MECHANISMS AND OTHER EQUIPMENT

Peanut meal is a HIGH PROTEIN FEED & IN A BALANCED RATION HELPS PRODUCE PORK FOR UNITED NATIONS

MEET YOUR FARM GOALS!

publicity to canning demonstrations which have been and will continue to be held in the county.

63 Library books were distributed at club meetings in May
Josephine Hall,
Home Agent.

LEGAL NOTICES

NOTICE
North Carolina, Hoke County, Eunice McGhee Phinney vs. Guilford Phinney. In the Superior Court.

Notice to Guilford Phinney, defendant, or his attorney, if any:

Take notice that on the 28th day of June, 1943, at 2:00 P. M. and thereafter, in the law office of Henry W. Sawyer in Milbridge, Maine, before said Henry W. Sawyer, Notary Public, the undersigned will take the deposition of Mrs. Sarah B. Phinney and others to be read as evidence for the plaintiff in the above entitled action, which is now pending in the Superior Court of Hoke County, North Carolina, and you will further take notice that if the taking of said deposition is not begun and completed on the said day, the same will be continued from day to day until completed.

This 27th day of May, 1943.

J. C. Pittman,
Attorney for Plaintiff

Alka-Seltzer
HAVE you tried Alka-Seltzer for Gas on Stomach, Sour Stomach, "Morning After" and Cold Distress? If not, why not? Pleasant, prompt in action, effective. Their cents and sixty cents.

DR. MILLS' NERVINE
FOR relief from Functional Nervous Disturbances such as Sleeplessness, Crankiness, Excitability, Nervous Headache and Nervous Indigestion. Tablets \$3.00 and 75c. Liquid \$5.00 and 1.25. Read directions and use only as directed.

DR. MILLS' ANTI-PAIN PILLS
A SINGLE Dr. Mills' Anti-Pain Pill often relieves Headache, Muscular Pains or Functional Monthly Pains—25c for 25c, 125c for \$1.00. Get them at your drug store. Read directions and use only as directed.

LEGAL NOTICES

NOTICE OF SALE.

Pursuant to law, the Hoke County Board of Education, will offer for sale for cash to the highest bidder at 12 o'clock, noon, on the eighth (8th) day of June, 1943, what is known as the old Aberdeen Chapel school site located about 3 miles South of Raeford, in Hoke County, described as follows:

Beginning in the Aberdeen Chapel lot at a stake and runs with line of said lot S 9 degrees W 464 feet to a stake in dividing line between Chisholm and Livingstone estates; thence North 1 degree E 415 feet to an iron stake on a ditch; thence N 78 1-2 degrees to the beginning, containing one acre, more or less.

Also another lot adjacent to the above, beginning at a stake in dividing line between Chisholm and Livingstone, about 5 yards from a large hickory with pointers, and runs S 73 degrees E 220 feet to a stake; thence N 1 degree E 262 feet to a stake; thence S 78 1-2 degrees W 117 feet to a stake; thence S 9 degrees E 244 feet to the beginning, containing one acre, more or less. See Book 17, page 230 and 430 of Hoke County public registry. . . . Right to reject any and all bids is reserved, as well as to offer and sell either lot alone, or the two together, and also to sell improvements alone, without the land, as the Board sees fit. All bids may be raised 10 days from sale.

Posted May 7, 1943.
Hoke County Board of Education
49-52c (Arthur D. Gore, Attorney)

ADMINISTRATORS NOTICE

Having qualified as administrator of the estate of W. B. McQueen, late of Hoke County, North Carolina, this is to notify all persons having claims against the said estate to present them to me, duly verified, on or before the 26th day of April, 1944, or this notice will be plead in bar of their recovery.

All persons indebted to the said estate will please make immediate settlement.
This 26th day of April, 1943.
W. B. McQueen, Jr.,
Administrator.
N. McN. Smith, Atty. 6-3—pd

LEGAL NOTICES

NOTICE OF SUMMONS BY PUBLICATION

State of North Carolina, County of Hoke. In the Superior Court Before the Clerk.

Hoke County vs. Hira McAlister, Et Als.

The defendants Hira McAlister, et ux., Catherine; Sarah McAlister, Jno. McAlister et ux., Gertrude, Tom Davis; Flossie McAlister; Mary McAlister-Melvin et vir, Rev. Wm. J. Melvin; Hector McAlister et ux; Ben McAlister et ux; Henry McAlister et ux., Minnie; Horace McAlister et ux; Walter McAlister et ux., Fann and all of the unknown heirs at law of Mary McAlister, deceased, wherever they are and whatever may their names be, will each take notice that an action entitled as above has been commenced against them and others in the Superior Court of Hoke County, North Carolina, for the purpose of enforcing tax liens against the real estate listed in the name of Mary McAlister, deceased, upon the tax books of said County for the years 1929 through 1942 and 1943.

And the said defendants will further take notice that they are required to appear at the office of the Clerk of Superior Court of said County, and answer or demur to the Complaint in said action within 20 days after the publication of notice of this summons and the fourth and last publication thereof in the News-Journal. The time, therefore, for answering or demurring will expire June 23rd, 1943, after which the plaintiff will apply to the Court for relief demanded in this Complaint.

This May 10th, 1943.

J. B. Cameron,
Clerk of Superior Court

ADMINISTRATORS NOTICE

Having qualified as administrator of the estate of W. J. Long, late of Hoke County, North Carolina, this is to notify all persons having claims against the said estate to present them to me duly verified, on or before the 21st day of May, 1944, or this notice will be plead in bar of their recovery.

All persons indebted to the said estate will please make immediate settlement.

This 21st day of May, 1943.

H. A. Long,
Administrator, C. T. A.

A. D. Gore, Atty.
51-5 - pd

3 SIMPLE STEPS
To RELIEVE That Dull, Ache-All-Over Feeling of a
COLD
Alka-Seltzer
A B C METHOD

- A**—Alka-Seltzer, start taking it at once to relieve the Dull, Aching Head, and the Stiff, Sore Muscles.
- B**—Be careful, avoid drafts and sudden changes in temperature. Rest — preferably in bed. Rest warm, eat sensibly, drink plenty of water or fruit juices. Be sure to get enough Vitamins.
- C**—Comfort your Sore, Raspy Throat, if caused by the cold, by gargling with Alka-Seltzer. If fever develops, or symptoms become more acute call your doctor.

ALKA-SELTZER is a pain relieving, alkalinizing tablet, pleasant to take and unusually effective in action.

Take it for Headache, Muscular Pains and for Indigestion, Gas on Stomach, when caused by excess stomach acid.

At your drug store—Large package 60¢, Small package 30¢, by the glass at soda fountains.

WHERE IT'S THE SURVIVAL OF THE FITTEST... Their Outfits are COTTON

IN THE HOT, INFESTED JUNGLES OUR TROOPS ARE BEING OUTFITTED WITH THE U.S. ARMY QUARTERMASTER CORPS' NEW ALL-PURPOSE ONE-PIECE UNIFORM, WORN WITHOUT UNDERWEAR. BUILT-IN SUSPENDERS HOLD UP GRENADE LADEN PANTS POCKETS AND ELIMINATE THE BELT, HELPING PREVENT PERSPIRATION IRRITATIONS. . . . EVERYTHING THESE SOLDIERS WEAR, FROM PLASTIC HELMET LINERS DOWN TO HOUSING GLOVES AND ROY PROOF SHOES, HATERSACK, WEBBING, GUN SLINGS, FURF-WATER BAG AND EVEN THE TAPE TO MUFFLE CLOTHING IDENTIFICATION TAGS ARE MADE OF COTTON.

THE ALL-PURPOSE JUNGLE HAMMOCK DESIGNED BY THE QUARTERMASTER CORPS IS MADE OF COTTON TIRE CORD, AND IS THE MOST COMFORTABLE HAMMOCK MADE. . . . IF WEIGHS ONLY 22 OUNCES, YET CAN SUPPORT THE WEIGHT OF 5 MEN.

AS A HYGIENIC SUSPENSION UNIT, IT IS USED AS A SLEEPING NET. . . . WITH ONE SOLDIER RESTING WHILE ANOTHER REMAINS ON GUARD. . . .

IT IS USED AS A CARRYING BAG. . . . BE CAMOUFLAGED IN OPEN TERRAIN. . . .

ATTENTION! Nearby Farmers

Permission has been granted by the Fort Bragg authorities for the nearby farmers to operate an outdoor curb market beginning immediately on the Main Post at Fort Bragg. The location selected for the use of these farmers is the porch on the south side of the Center Grill building, which is just back of the Main Post Post Office. The outdoor curb market may be operated Tuesdays and Fridays, starting Tuesday, June 1st. The Fort Bragg Exchange will not charge the farmers any commission on the sales. Farmers interested in selling vegetables, flowers, etc., at the Fort Bragg Outdoor Curb Market may obtain permission to enter the Post by going to the Control Station, and have the Control Station phone the Fort Bragg Exchange Main Office, phone numbers 2-8116 and 2-8117. Farmers on entering the Post are to come direct to the Main Office of the Fort Bragg Exchange.