



## Folk-Ways and Folk-Speech



of SOUTHERN APPALACHIA  
with Rogers Whitener

Send your suggestions for column material to Rogers Whitener, Box 376, Lipson, N. C. 2804.

It has been interesting to note the many books and articles in recent months on the care of organic gardens.

Authors of such texts not only make recommendations for fertilizing with natural materials, but they also provide solutions to the problems of insects. "Safe" insecticides such as Roetene and Sevin are usually suggested, but in addition certain puristic gardening experts say the "companion" or compatible planting is the answer. By this they mean that certain plants help others ward off insect attacks.

To the amateur gardener all this sounds wondrously new and green revolutionist. "Taint necessarily so. Ask a mountain farmer what he thinks, and he may tell you that like the one-room schoolhouse, natural insect control has always been around -- it's just back in fashion again.

"Actually in the olden days the farmer didn't have much trouble with bugs," says Jim Byrd, a Valle Crucis, North Carolina resident. "His trouble started when man began to overpower the fowls. Why I've seen the time when just the partridges alone would clean up the bug population in the Valley! Then the hunters began to come in with their dogs and kill off the quail. After they were gone the bug crop got bigger and bigger."

But Jim says his mother found other ways to combat the pests. She discovered, for instance, that muffs dusted over cucumber plants kept down the "flea bugs," that a colony of lady bugs would devour insect eggs, and that ground red pepper mixed with a sudsy water from homemade lye soap kept down potato and bean bugs.

"Sometimes she just mixed flour and water to put on the beans -- maybe the bugs didn't like the look of the stuff. Or maybe they didn't like the taste!

I remember during the days of the WPA we used to joke about "relief flour." A neighbor of mine came into Mast's store one day and asked me how I kept my beans from being eaten up by bugs -- that whatever I was using he wanted some too. Go back there at the end of the store," I told him, "and get a bag of that relief flour. Mix you some up with water and sprinkle it on your beans. Once them bugs get a bate of that stuff they'll never strike another lick at your beans."

The best way, however, to control bugs is with a flock of guineas, according to Jim. "I remember when Japanese beetles first came into the valley we thought they were going to take things over. But my neighbor and I talked things over and he bought twenty-one guineas and I bought nineteen. In three years you couldn't find a beetle on our place. Them guinea hens would not only pick them bugs off the plants and grass but would catch them on the fly! I've been told that one guinea can eat up to six gallons of bugs in a single day."

John Welborn, Food Services Manager at Appalachian State University, is another mountain man who remembers bug-fighting on the farm before insecticides came into general use.

"I'd hate to do this now, but I remember as a boy walking the rows of potatoes with a kerosene bucket in my hand. I'd pick off potato bugs, throw them into the bucket of kerosene, and then bum them when I'd finished the job."

John also noted that his mother had a number of homemade mixes to sprinkle over her garden plants -- "onion juice, garlic juice, and the likes. They seemed to work pretty well." He also remembers that she planted marigolds, sage, geraniums, larkspur, and nasturtiums to drive away garden pests.

"But the strongest thing in my memory was how she killed flies. Long before the days of sticky flypaper, she used to smear newspapers with mol-

as and hang them up by the doors to catch flies, gnats, and other small insects. That way she kept the bugs out of the house."

By way of postscript, I'd like to thank those readers who have recently helped to improve my folk-term vocabulary. There is now no doubt in my mind as to what a thunder mug is!



Movie fans are in for a treat this week at Yancey Theater. Featured are Charlie Chaplin, Charleton Heston, and a Walt Disney film.

"City Lights", a 1931 Charlie Chaplin classic, features a blind girl as the heroine. At a time when all the silent movie greats were graduating to "talkies", Chaplin refused because he felt that he was primarily a pantomimist, and since his audiences were all over the world, a talkie would be limited to English speaking audiences. Determined that "City Lights" would not be completely silent, Chaplin toiled at the piano for three months composing a score and personally conducting a symphony orchestra for the film.

"The Omega Man" stars Charleton Heston as the last man on earth trying to elude strange creatures aroused by bacteriological warfare who are trying to destroy him and the technology they feel has caused the destruction of the world population. Roaming the empty streets of Los Angeles, the hero finds the only girl in the world--and this is only the beginning of this interesting and unusual movie.

A full length Walt Disney movie, "Chitty, Chitty, Bang, Bang" is the main attraction at the Saturday and Sunday Matinee. It stars Dick Van Dyke and a car that flies.

## Yancey Health Dept.

April 2 (Mon.)	Child Health, Dr. Pope	12:00- 3:30
April 3 (Tues.)	Nurse Screening	9:00 -12:00
April 3 (Tues.)	Maternal Nurse, Miss Kingham	1:00 - 4:00
April 4 (Wed.)	Eye Clinic, Dr. Powell	by appointment
April 5 (Thurs.)	Mental Health, Dr. Byron	10:00- 3:00
April 6 (Fri.)	Mental Health, Mr. Hutchison	10:00- 3:00
April 10 (Tues.)	Nurse Screening	9:00-12:00
April 11 (Wed.)	Chest Clinic in Bakersville	
April 12 (Thurs.)	Family Planning, Dr. Webb	8:30-12:00
April 13 (Fri.)	Mental Health, Mr. Hutchison	10:00- 3:00
April 16 (Mon.)	Child Health, Dr. Pope	12:00- 3:00
April 17 (Tues.)	Nurse Screening	9:00-12:00
April 17 (Tues.)	Maternal Nurse, Miss Kingham	1:00- 4:00
April 19 (Thurs.)	X-Ray	10:00-11:00
April 20 (Fri.)	Mental Health, Mr. Hutchison	10:00- 3:00
April 23 (Mon.)	Holiday! Health Dept. Closed!	
April 24 (Tues.)	Nurse Screening	9:00-12:00
April 25 (Wed.)	Orthopedic Clinic in Bakersville. Register before 11:00.	
April 26 (Thurs.)	Family Planning, Dr. Webb	8:30-12:00
April 27 (Fri.)	Mental Health, Mr. Hutchison	10:00- 3:00

The Clinic for Immunization and General tests is held every Monday morning from 8:00 to 11:30.

## Activities At 4-H Forum

Mrs. Robert Treadway, a leader from the Bee Log 4-H Club, and Mrs. Steve Bryant, a leader from the Bald Creek 4-H Club have recently returned from the National 4-H Leader Forum which was held at the National 4-H Center in Washington, D.C. Delegates from North Carolina, New York, Connecticut, and Maryland attended the Forum.

Activities during the week included a number of guest speakers, workshops, and tours. Dorothy Emerson spoke to the group on the night they arrived in Washington. Her topic concerned pointers on public speaking. Dr. Milton Boyce, whose topic was "Working together in small groups," advised the delegates to "divide and conquer." Mrs. Treadway and Mrs. Bryant said that his presentation helped them to realize how the 4-H club program could be strengthened by special interest grouping.

Mrs. Treadway attended a workshop entitled "Programing for Teens," which advised the delegates to be tolerant of young people and take time to listen to their ideas. Mrs. Bryant attended a workshop entitled "The Challenge of Leadership" where she was told that self-confidence is the secret to leadership.

The speaker advised the group to lead others and not drag others. Another workshop, "Youth Involvement in Local Leadership," urged the 4-H leaders to get youth involved and then let the youth carry out their activities.

Some of the places the 4-H leaders visited while at the Forum included the Library of Congress, Smithsonian Institute, Washington Monument, Lincoln, and Jefferson Memorials, and the Capitol. During their visit to the capitol, Mrs. Bryant and Mrs. Treadway had the opportunity to meet with the 11th District Congressman, Roy Taylor and discussed with him several items of special interest.

## Garden Club Meeting Held

The first meeting of the Burnsville Garden Club for the year 1973 was held in the home of Mrs. Charles Proffitt, Thursday afternoon, March 29.

The new president, Mrs. David Powers, called the meeting to order. After the reading of minutes of the last meeting, paying of dues was in order, followed by a general discussion of whether the club should join the other clubs in boycotting the purchasing of meat beginning the first week in April. The decision was finally made that each member should follow her own mind in the matter of the boycott.

Mrs. Troy Ray brought up the support needed for "Music in the Mountains". It was voted to contribute the sum of \$25 to the project and to encourage the support of the endeavor.

The club was reminded that the time of meeting especially during the summer months is 3 o'clock on the fourth Thursday of the month.

The program presented by Mrs. Fall consisted of short readings from Gladys Tabor's "Still Meadows" and also a description of three ways to make a garden by Cecile Matschat. A brief report on why birds do not eat Monarch butterflies was given.

**THE YANCEY JOURNAL**  
Box 667  
Burnsville, N. C. 28714  
Ed Yuzluk--Publisher  
Carolyn Yuzluk--Editor  
Pat Briggs--Manager  
Jody Higgins--Assoc. Editor  
Published Every Thursday  
By  
Twin Cities Publishing Co.  
2nd Class Postage Paid at  
Burnsville, N. C. 28714  
Thursday, April 5, 1973  
Number 14  
Subscription Rates By Mail  
In Yancey County  
One Year.....\$3.12  
Six Months.....\$2.00  
Out of County or State  
One Year.....\$5.00  
Six Months.....\$4.00

## April Shower of DRUG SPECIALS

 REG. \$2.49 <b>177</b>	 REG. \$1.15 <b>88¢</b>
 REG. \$1.59 <b>159</b>	 REG. \$1.15 <b>115</b>
 REG. \$1.75 <b>175</b>	 REG. \$1.89 <b>189</b>

## POLLARD, S DRUG STORE



**5 3/4 percent**

Are you getting the best rate on your savings? If not, come to The Northwestern Bank. We're having a Spring Savings Special--5-3/4% on a \$100 minimum deposit. It's protected, renewable, and the highest allowed by law. Some banks are lowering rates, but not Northwestern. We want your savings to earn at the highest possible rate. So take advantage of this Spring Savings Special...5-3/4% from Northwestern.

5-3/4%...one of three 3-Way Passbook Savings Plans!  
 \$100 minimum deposit  
 Save by the 10th of a quarter...earn from the 1st  
 Choose your maturity date between 2 and 5 years  
 \$50 minimum add-on deposit  
 No deposits during final two years before maturity  
 Protected interest rate  
 Interest paid quarterly by check or added to your account  
 Renewable

**THE NORTHWESTERN BANK**  
Member FDIC

## GREENLEE TRADING POST

### GRAND OPENING

### SATURDAY APRIL 7, 1973

The largest trade lot or flea market in the South.

New restaurant where plate lunches, sandwiches, hot and cold drinks of all kinds will be served.

Clean rest rooms, acres of free parking for customers, small fee for merchants, plus free camping for those who wish to spend the night. Two well stocked lakes, travel trailer park, swimming with sandy beach opening in early spring. All grounds are sand and gravel (no mud).

This post is located 8 miles west of Marion, N. C. one half mile off Highway #70. Look for sign. Three and one half miles from I-40 at Parker Padgett Exit.

We urge all merchants to come by and make reservations for the spot that suits you best while you have a choice.

This lot will be open Wednesday, Friday and Saturday of each week, full time later on.

Bring this ad and trade free on opening date.

## GREENLEE TRADING POST

## Spring Savings Special!