



It is not too early to be thinking about what you will need this summer to fill the family freezer with high quality fruits and vegetables. While most housewives are familiar with quick freezing methods, we are not always well informed on good quality in the processed product.

It is well to remember that harvested fruits and vegetables are highly perishable. While attached to the mother plant, they are supplied with food and water and build up reserve energy. When removed from the plant, they are still very much alive and dependent

entirely upon the energy stored within to keep alive. This means that their useful life as food for the family is rather short unless some method of preservation is immediately employed.

Of all the methods used, quick freezing probably preserves the fresh flavor and nutritive value better than any other method, if suitable varieties are used and harvested at the proper stage of maturity. Apples, peaches, strawberries, raspberries and dewberries should be on tree or vine ripe and suitable for eating out-of-hand. Vegetables should not be allowed

to become over-ripe. Snap beans will become tough; okra, fibrous; broccoli, coarse.

At 85 degree F. sweet corn will lose approximately 50 per cent of its sugar content within twenty-four hours. Lima beans and garden peas also lose sugar rapidly after harvesting.

Quick freezing is important. The lower the temperature (minus 20 degrees or lower), the smaller the ice crystals formed during the process. This brings up the question of over-loading your freezer with unfrozen material. Limit to about 10 per cent of freezer capacity the introduction of unfrozen packages.

Here are some fruit varieties you will find satisfactory: Apples—Golden Delicious, Grimes Golden, York and Stayman; Peaches—Dixigem, Red Haven, Golden Jubilee, Georgia Belle and Elberta; Strawberries—Dixieland, Albritton and Tennessee Beauty. For vegetable varieties, write the Agricultural Extension Service for Leaflet No. 35, or see your county agent.

A student came by recently and told me that his mother was interested in buying two or three apple trees suitable for Espalier training. This is an interesting type of training as well as unusual. It consists of doing the necessary pruning so that the tree will grow flat against a wall or on a trellis. The trellis may be constructed of either wire or wood.

For this type of training you will need a dwarf tree. The trees are dwarfed by grafting on a spe-

cial stock. If you wish to try this method, I suggest that you order varieties grafted on East Malling IX, as this is the most dwarfing root-stock of any of the East Malling selections.

These stocks have been known in France for many years but no attempt had been made to classify them until research was begun at the East Malling Research Station in England. As a result of this work, stocks are now available for apples and pears which range from very dwarfing (E. M. IX) to very vigorous (E. M. I).

While on the subject of dwarf trees, I might suggest that they are excellent for small properties because they require so little space. They come into bearing early, sometimes the second year aft-

er planting, if they grow well the first year.

It is desirable to plant more than one variety to insure pollination and fruit setting. For apples, I would suggest Golden Delicious and Gallia Beauty (similar to Rome Beauty but more color).

If you would like to substitute another variety for Gallia Beauty, they are available and you will still have a fruitful combination because Golden Delicious is both self-fruitful and cross-fruitful.

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Children May Not Work on Farms During School Hours

With the spring strawberry picking season at hand, farmers are reminded that while the Federal Wage and Hour Law permits children of any age to work on farms after school and during vacation, it prohibits farm work by children under 16 during school hours.

This reminder comes from State Labor Commissioner Frank Crane, who administers the Wage-Hour Law in North Carolina.

Crane said that the child-labor provisions apply to local youngsters and children of migratory workers alike. The only exception to the law is in the case of children working exclusively for their parents or legal guardian, he added.

To make sure of the age of any young worker he hires, the farmer should require an age certificate. These certificates, which serve as proof of age for purposes of law, can be obtained from local county welfare superintendents.

The child-labor provisions apply to farmers whose crops go either directly or indirectly into interstate or foreign commerce. Commissioner Crane pointed out that a

farmer must observe the law if he has reason to believe that his crops, either in their original form or processed, will eventually cross State lines.

Additional information about the application of the Wage-Hour Law to children working on farms can be obtained from the Wage and Hour Office of the N. C. Department of Labor, at Raleigh.

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Say "NO" To Poison-Fluorine in Your Drinking Water

IN YOUR CITY ELECTION—TUESDAY, MAY 5

THE FOLLOWING FLUORIDATION FACTS ARE PRESENTED FOR YOUR PROTECTION:

(These excerpts are from statement by National Citizens Committee Against Fluoridation, Inc., in Washington, D. C.)

1. What is fluoridation?

Fluoridation is the adding of a deadly, cumulative poison to drinking water for the scientifically-unproved purpose of helping children's teeth resist cavities. When sodium fluoride is added to municipal water supplies, this procedure becomes mass medication of the populace without regard to health, age, sensitivity, or individual need of the citizen drinking this doctored water.

2. Will this poison store up in your body even when taken in the 1 ppm dosage recommended by the U. S. Public Health Service?

Absolutely! Dr. P. Wallace Durbin, of the Crocker Laboratory, University of California, conducted radioactive tracer studies of minute quantities of fluoride many, many times less than 1 ppm, and found that this poison would store up in the body.

Further, Dr. Paul H. Phillips, biochemist at the University of Wisconsin, states: "We have worked with all sorts of levels of fluorine . . . in very low levels of less than 1 part per million . . .", and Dr. Phillips says, as noted above, that it is an accumulative poison which stores up in the body. He further states: "I long ago came to the conclusion that the smaller amount of fluorine we're exposed to, the better off we'd be."

While the Public Health Service tells the public consistently that the recommended and accepted dosage is 1 ppm, they are actually allowing up to 1.5 ppm in less published statements, and the American Dental Association has openly told all its membership that the Association favors "up to 2 ppm." This makes a tremendous difference, as it means just 100% more of the poison than the public is given to believe it is getting.

3. What effect does artificially-fluoridated water have upon the digestive processes?

The University of New Mexico Bulletin of August 1, 1938, on the "Menace of Fluorine to Health," states on page 20-21: "Solutions of sodium fluoride with a fluorine content as low as one part in 15,000,000 may inhibit the action of the lipase (pancreatic juice) as much as 50 percent."

4. What effect does fluorine have upon the dentine of the teeth?

University of New Mexico Bulletin referred to above states on page 19: "Although it is true that the enamel of adult teeth is unaffected by fluorine, the dentine, which receives nutrients from the blood stream continually and whose composition is subject to change, will suffer."

5. Has anything beneficial been proved to be due to fluoridation?

Nothing in scientific literature can be found which shows fluorine, the "wild cat" or "villain" of the chemical world, to be a beneficial agent to human biology. Even the delay in dental cavities which is attributed to the ingestion of fluorine has been said by Dr. Paul Manning, D.M.D., to be a "pathological or diseased effect" of fluorine. And Mr. K. K. Paluev, an experienced analyst of experimental data, Fellow of the American Institute of Electrical Engineers, states that any apparent benefits, as claimed by the promoters of fluoridation, are due to delays in detection of dental defects, and to errors in methods of statistical calculation. He says: "A short delay in the appearance of tooth decay was mistaken for a radical and permanent reduction in the number of afflicted teeth."

6. Why are so many doctors and dentists favoring fluoridation?

It seems to be a matter of as-

sociation control. Medical and dental colleges, as well as state health departments, receive large grants of money from the U. S. Public Health Service, which is promoting fluoridation. These money grants are given on the condition that the programs of the USPHS are fostered. Furthermore, it is considered unethical for an individual doctor or dentist to publicly oppose a program which his association has endorsed. However 123 of the 151 dentists of Worcester, Mass., in 1953 petitioned and demanded that the approval of fluoridation by the Worcester District Dental Society be rescinded. Also, 83 doctors and dentists in Michigan joined in a protest to the Governor of that State on March 31, 1955, against what they termed "the relentless promotional activities of the Michigan State Health Department" for fluoridation. It should be noted, also, that medical associations are slowly waking up and refusing to endorse fluoridation, notably, the Texas Medical Association, and the Association of American Physicians and Surgeons. Others are reconsidering their previous approval such as the Meltnomah County (Oreg.) Medical Association.

7. Has either the American Dental or American Medical Association done any original scientific research in regard to the effects of artificially-fluoridated water upon teeth or the organs of the human body?

There is no record of scientific literature of their having done so. They seem to be merely echoing the opinions of a group of public health officials from the U. S. Public Health Service, who, likewise, have done no conclusive research.

8. Who is behind fluoridation, and who stands to profit?

Oscar Ewing, attorney for the Aluminum Company of America, which has sodium fluoride as a waste product, gave the fluoridation movement its big push when he became Federal Security Administrator. He left \$750,000 a year with the Aluminum Company to take \$17,500 a year as F. S. A. head. In 1951 his agency asked for two million dollars for fluorine propaganda alone. He also had millions of dollars to give out to dental and medical colleges, state departments of health, as money grants. Of course, these money grants are given only to those dental and medical colleges and state health departments which foster and promote the programs of the U. S. Public Health Service. It all fits together like a glove! Thus the price of sodium fluoride jumped from 1½ cents a pound when sold as a rat poison up to as much as 15 cents a pound when sold for human consumption in drinking water, and chemical firms, therefore, have a very real financial interest in the promotion of the sale. Equipment firms also, which supply feeding machinery, are profiting hugely.

9. Are not naturally-fluoridated waters the same?

Absolutely not! The fluorides found naturally are usually organic calcium fluorides which are in combination with other natural elements serving to inhibit and neutralize the toxic effects of fluorine and which can be assimilated by the body; the artificially fluoridated water is obtained with sodium fluoride, which is an inorganic, cumulative poison 85 times more toxic than calcium fluoride, and cannot be assimilated by the body, and which, when added to water, makes hydrofluoric acid, an extremely active and dangerous poison, used chiefly for etching glass.

This advertisement is paid for by a committee of citizens and taxpayers who believe the drinking water—all water supplied by the City of New Bern should be kept clean, pure and wholesome for the convenience and safety of EVERYONE who uses it; that it should not be polluted by the addition of any medicating chemicals. Every customer of the Water Department has the right to demand that. We urge every voter to go to the polls Tuesday, May 5, and vote against poison-fluorine in our water.

This Advertisement Sponsored and Paid for by New Bern Citizens Committee Against Fluoridation