

HALIFAX FARM ANIMALS NEED PLENTY OF SALT

(By E. K. Veach, Aurelian Springs Agricultural Teacher)

How much salt do you feed your farm animals? Surveys show that many farmers feed their animals feeds that are deficient in salt and are not supplied from any other source in many cases. Salt as used on farms is sodium chloride. It is needed by animals for chlorine, and to secure a proper balance between the potassium and sodium in the ration. Ordinarily, the potassium in the ration is higher in proportion to sodium than it should be. The ratio of potassium to sodium is higher in pasture grass than in winter rations. Therefore, there is a particular need for sodium as well as chlorine to be fed as salt in the summer on pasture.

Many years ago Professor Babcock showed at Wisconsin that dairy cows will go down in flesh and milk flow and will finally die if deprived of salt. When salt was given to an animal that had been deprived of it she promptly recovered.

A careful experiment in Scotland in 1931-32 showed that Ayrshire cows giving 50 pounds of milk per day would consume an average of 4.4 ounces of salt. They were fed 0.6 ounces of salt for each ten pounds of milk produced, 0.7 ounces for maintenance and then allowed to lick what they wanted in addition.

In the United State it is customary to recommend 1 ounce per head per day. This seems too little in the light of the Scotch experiment. It is probably the soundest to add 1 per cent salt to the grain mixture and then allow the cows access to salt in some other way. This may be fed as salt licks or an extra amount fed two or three times per week in the manger.

For horses it is recommended in "Feeds and Feeding" by F. B. Morrison that they be fed 2 ounces of salt per day because the perspiration contains a large percentage of salt. Horses perspire more

freely than other animals.

Many claims are made concerning the value of salting new hay as it is put into the barn. It is claimed that salt will "prevent hay moulding", "prevent spontaneous combustion", and the inference is made that by using salt it is safe to put hay into the barn much greener than without. There is no need to discourage the practice of putting salt on hay since many farmers do it, believe in it, and the animals that eat the hay need salt. Although, it has been impossible to find any actual proof that salt will prevent moulding or spontaneous combustion in hay, or that by using salt it is possible to put hay in the barn with less drying and curing than without salt.

Don't forget to give your animals sufficient amount of salt to keep them in the best condition and to get the best results from them.

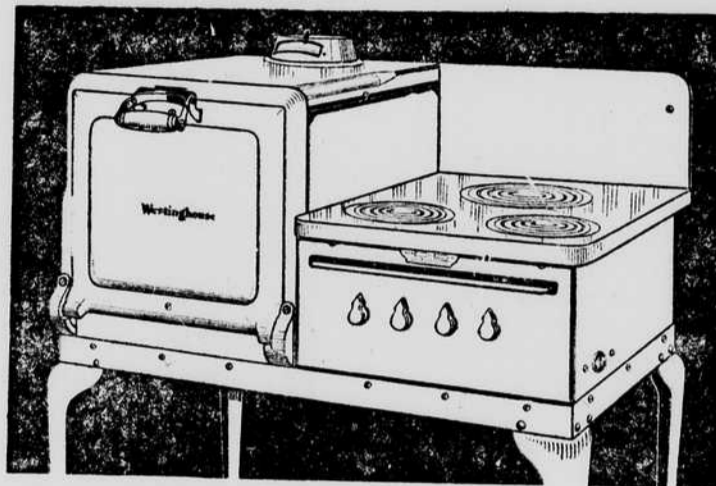
Dr. Barfield Attends Chiropractic Convention

Dr. Morris C. Barfield, Chiropractic and Naturopathic Physician of Emporia, Va., and Roanoke Rapids, is attending the 1935 Post Graduate Course at the Lincoln Chiropractic College this week. Leading Chiropractors from all over the world are attending the 1935 Reunion and Homecoming of the Lincoln Chiropractic College in Indianapolis, Indiana. This week of intensive Post Graduate training brings together the best speakers and the leading teachers from the outstanding Chiropractic schools and colleges. Those who attend will return to their offices with the latest developments in Chiropractic Technique. Dr. Barfield is a member of the school board.

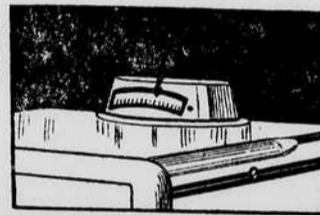
Lynwood Harrison, former Men's Shop manager here in Roanoke Rapids, will be graduated from this school this winter.

John Buck, Jr., spent the weekend in Norfolk, Va.

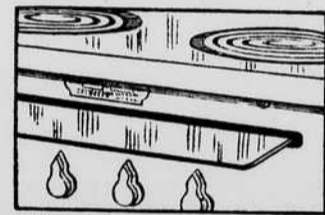
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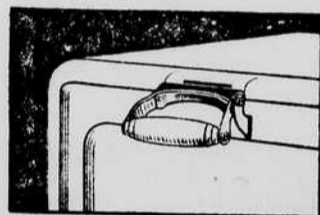
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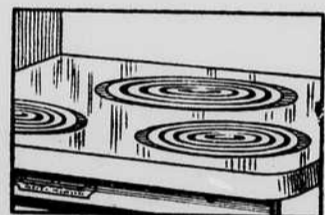
A MODERN temperature regulator conveniently located at the rear top of the oven provides automatic control, and permits roasting and baking by the maintained heat method. Accurate and easily visible!



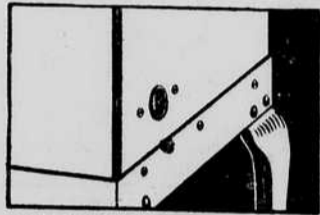
THIS modern electric range has a convenient "drip tray" which holds anything which might be dropped or spilled through the surface units. This tray is made of enameling steel, finished in porcelain enamel, and is removable from the front.



THE DOOR of this modern electric range is of counterbalanced spring type, held securely closed by a substantial handle of latch type which operates with gentle pressure. Door remains in convenient horizontal line when opened.

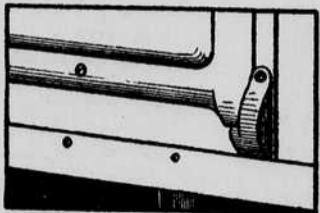


THE SURFACE Units of simplified design; two 6" and one 8" units; the cooking top is 20 1/2" wide, and 24" deep; the platform is a convenient height of 32 1/2" from the floor.



AN IMPORTANT feature of this new and modern range is the electrical outlet which is shown on the side of the range. This outlet can be used for a toaster, a percolator, or any other small electrical appliance very conveniently!

Inquire about our **TRIAL RENTAL PLAN**



THE OVEN is a full size, with maximum available space for cooking operations. It is 16" wide, by 14" high, by 18 1/2" deep. It is located at a convenient and practical height, easily accessible for placing of vessels and removing of hot food containers.



EASY to clean and easy to keep clean, by virtue of the simple design of all features, all fixtures and all units. The sparkling, beautiful neutral gray finish remains beautiful and clean with little care!

VIRGINIA Electric AND POWER COMPANY
Our Electricity is Cheap!

DEL MONTE BARTLETT PEARS Large Can 19c
SLICED OR HALVES
Peaches 2 Lge. Cans 35c



SNOWDRIFT 6 lb. Pail 95c

WHITEHOUSE PURE CIDER VINEGAR Gallon Jug 39c

BALL MASON JARS Qts. Dozen 85c
Pts., Doz., 75c. 1/2 Gal., Doz., \$1.15
ANN PAGE

PRESERVES 2 1-lb. Jars 35c

WELCH'S GRAPE JUICE 3 Pt. Bottles 50c

GRANDMOTHER'S

PULLMAN LOAF 20-oz. Sliced or Unsliced 9c
SQUARE ROLLS doz. 5c

N. B. C. Premium Flake Crackers 2 Pkgs.	19c	Sunnyfield Creamery Butter, lb.	30c
Octagon Soap or Powder 2 Small Size	5c	Shinola White Shoe Polish, bot.	10c
Rajah Prepared Mustard 9-oz. Jar	10c	Dethol 1/2 Pint Can	25c
French's Mustard 6-oz. Jar	10c	Ann Page Pure Grape Jelly 8-oz. Jar	15c
Grapefruit Juice 3 No. 2 Cans	25c	20-Mule Team Borax, pkg.	15c

FRESH PRODUCE

BANANAS 4 lbs. 18c
PEACHES Alberta 4 lbs. 25c

MEAT DEPARTMENT

FAT BACK lb. 19c
BEEF ROAST lb. 17 1/2c
BEEF STEW lb. 12 1/2c
BEEF STEAK lb. 19c

A&P FOOD STORES

SUNDAY DINNER Suggestions

By ANN PAGE

If you had planned to have Baked Ham for Sunday dinner, it would be well to change to poultry or lamb. Fresh and cured pork continue to rise in price; broiling or frying chickens are moderate; lamb is of excellent quality and also moderately priced.

There are many good values in fresh vegetables. Corn, peas, lettuce, tomatoes, and egg-plant are low priced. Fine cauliflower and green lima beans are coming to market. Potatoes of exceptional quality are selling at the lowest price in many weeks.

Many fruits tempt the appetite and purse—seedless grapes and red Malagas, Bartlett pears, oranges, bananas and peaches. Then there are cantaloupe, honeydews, honeyballs, Persian and Casaba melons—it is difficult to make a choice.

Egg, butter and cheese prices remain about the same. Fish is to be had in great variety at attractive prices.

Following are three Sunday dinner menus at different budget levels, planned to use seasonable foods.

Low Cost Dinner

Shoulder Roast of Lamb
Boiled Potatoes
Bread and Butter
Green Apple Sauce
Ginger Cookies
Iced Tea or Coffee
Milk

Medium Cost Dinner

Veal Cutlet, Tomato Sauce
Buttered Cabbage
Lyonnaise Potatoes
Bread and Butter
Chilled Melon
Iced Tea or Coffee
Milk

Very Special Dinner

Jellied Bouillon
Baked Young Chickens
Candied Yams
Lima Beans
Tomato and Cucumber Salad
Hot Biscuits
Butter
Peach Preserves
Lemon Ice Cream
Coffee