AMERICANS ARE **CHANGING THEIR** EATING HABITS

Population of United States Consum-ing More Fruit and Vegetables. More Milk and Dairy Products and More Pork. Less Beef, Corn and Wheat Light Work of Laborers Responsible for Decrease in Meat

Sor the same reason, in 1929 we do note than six times as many carlouds of carriers. These vegotable is note haracdous that the grain is the first of foods containing a high percentage of vita- is note in production cost, the product was as an of grapefruit, cabbage, caub and twice.
The 1977 we consumption about fit per same at least as great in avera that so and the same period we increased to 5 high percentage of the context. In the same period we increased to 5 high percentage of the context. In the same period we increased to 5 high percentage of the context. In the same period we increased to 5 high per person and our use of cheese by two pounds. That much of this can be and growing industry.
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Sor the future, dairy farming looks it and the same period we increased to the same period we increased to 5 high per person and our use of cheeses by two pounds. That much of this can be and growing industry.
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But the experience of specialists in says

Dear Editor

 Dear Editar:
 "A movie fan who also attends the theatre frequently with his own wife, want, to know whe orderle nation are not anotested against the melsy best, who talk and much and try to wise-crack about fines spoken by actors seen on the screen.
 "Saps who formerly read screen by the performers. They do this because in their feeble way they believe fas person sitting next is a moron also.
 "Not one, but many movie fans have been complaining, and some of the more donship und some of the more conspicuous auisances who make a nightly practice of yapping through moving picture perform ance..." A CASH CUSPONED." "A CASH CUSTOMER."

MAN GETS FOUR MONTHS FOR RESISTING VACCINATION

Howard Effer, of Job's Cabin Township, tried before Judge Hard-ing in Superior Court last week, was given four months in jail for resist-ing vaccination. When Effer was brought to the county jail on a charge of assault with deadly weapon the county health authorities, as re-aured by law, proceeded to vacci-mate him, along with the other pris-oners in the jail. Effer not only renate him, along with the other pris-onces in the jail. Eller not only re-sisted vaccination, but the evidence showed that he attacked the county nurse in a vicious manner, attempt ing to strike and kick her. Judgs Harding tacked on an extra four months for this piece of rebellion.— Wilkes Patriot.

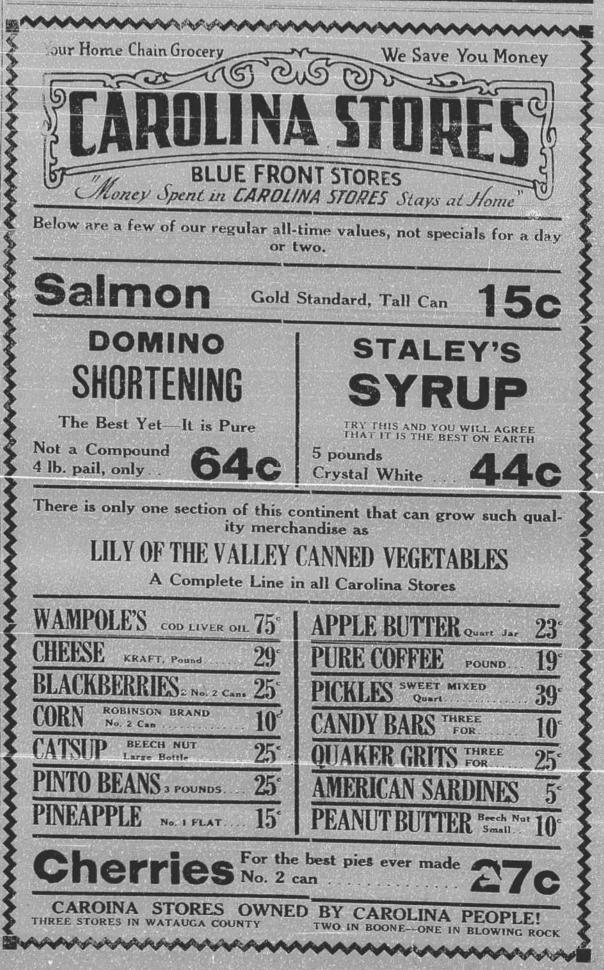
Mr. Farmer:

From all indications you will plant a large acreage to the different crops this season. In order to reap a bountiful yield you should prepare your seed bed with the utmost care. To do this, good implements are necessary. Do you need a DISC HARROW, SECTION HARROW, PLOWS of any kind, PLOW REPAIRS, FERTILIZER DISTRIB-UTOR, GRAIN DRILL, or CORN PLANTER? If so, see us before you buy.

What about LIME (\$6.50 per ton in 100-lb. Paper Bags on Cars, Boone, N. C.), Grass Seed (all kinds including Lespedeza), Garden Seeds (we have cabbage, beans, sweet corn, etc., in bulk)? We now have Mulch Paper in stock. Mrs. Gardener, investigate the possibilities of this paper.

Farmers Hardware & Supply Co.

Boone, North Carolina







I have been licensed by examination by the State Roards of Examiners of North Carolina, South/Carolina and Ten-nessee and pronounced thorcughly com-petent to examine eyes and fit glasses to correct defective vision. 25 years active experience. I have kept up-to date by doing Port-Graduate work, at-fending lectures and taking special gourses every year.

TO SEE BETTER SEE DULA

Have your eyes and your children's eyes examined by a well known and re-liable authority on eyes and vision. THE OLDEST, THE BEST EQUIPPED, THE MOST PRO-GRESSIVE EYESIGHT SPECIAL-UST AND OPTIMETIDIST IST AND OPTOMETRIST.

ZIONVILLE, N. C., Thursday March ZIONVILLE, N. C., Thursday March 27th, L. Greer's store.
 BLOWING ROCK, N. C., Friday March 28th. Watauga Inn.
 LENOIR, N. C., Saturday March 29 till Saturday April 5th. Always in Lenoir on Saturdays.
 TO SEE BETTER SEE DR. DULA With over 25 years active practice in 'Watauga County I have fitted mor eWatauga people satisfactorily than any obser Eye Specialist that has ever practiced here.