

# Strip Cropping System Should Be Seeded Now

Fall seeding season is an ideal time for establishing a system of contour strip cropping, says Frank Doggett, soil conservation specialist at N. C. State College.

Doggett reports that contour strip cropping is becoming more popular each year. It is a pattern of farming in alternate contour bands of close growing crops and row crops.

"This is one of the simplest, cheapest, and in many ways one of the most satisfactory means of erosion control available to farmers," Doggett said.

Strip cropping can provide protection against both wind and water erosion. It can be used on sandy land and shallow stony land where terraces are not practical. It is also quite effective on slopes too steep for terraces as well as land so nearly level that terraces are not necessary.

Strip cropping is generally used without terraces, but on extremely erodible soils it may be used with terraces.

Doggett says contour strip cropping has many advantages: once established it makes a rotation simple and easy to follow. It is a simple way of balancing row crops, close growing crops on several fields of different sizes.

It costs nothing to establish and provides no obstacles to the use of farm machinery. No more land is required to use a given rotation in contour strips than is required to use the same rotation in field units.

Doggett predicts that many farmers will establish contour strip farming systems this fall by seeding alternate strips of small grain

and corn. The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The County Veteran Service Officer, Mr. Lionel Ward, further stated that the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

The important thing to keep in mind according to the County Veteran Service Officer is to keep the amount of pension is regulated by the amount of income. For example, a veteran with no dependents and an annual income of \$500.00 would receive \$85.00 per month.

# Beech Creek Study Group Ends Course

The Beech Creek Study Group of the Beech Creek Community Club completed its second week of study Saturday, September 30.

This rug school was held at Beech Creek. Fourteen persons were enrolled.

Miss Isadora Williams, member of the Southern Highland Handicraft Guild, was teacher. She kept the group busy every minute of the time. Her remark: "This, to me, has been a perfect week. You all have shown such interest and have done such excellent work. I am very happy."

Stress was put on color and design. Each person worked out his own original design. We are now to get our design on burlap, collect material, select the colors needed, and dye them, and be ready to spend our time just hooking and doing more dying in the school we hope to have in May.

Miss Williams gave us dying with native materials. Goldenrod was used this time. Saturday was given over to making craft articles from native materials: corn, corn shucks, seeds of all kinds, gourds, etc. Some very interesting things were worked out.

We were pleased to have eight women from the Toe River Community Club, near Spruce Pine, visit with us Wednesday morning.

An interesting exhibit of Beech Creek crafts was shown them. The story of the Beech Creek Community Club was told.

Miss Williams explained how the guild works with communities throughout the mountain areas in seven states. She invited the group to return in the afternoon and observe the work our group was doing.

ATOM WAIVER VOTED  
The Senate has approved by a voice vote and sent to President Kennedy legislation to speed the training of French troops to handle nuclear weapons.

The bill waives the requirement of law that any agreement on the exchange of information on weapons must lie before Congress sixty days before it can become effective.

Pope protests expulsion of priests from Cuba.

Peruvian chief urges O.A.S. stand against Reds.

# Zionville News Notes

Visiting recently with Mr. and Mrs. J. B. Triplett were Mr. and Mrs. G. O. Triplett, Mr. and Mrs. R. D. Wellborn and Jan, Mr. and Mrs. Jack Wellborn and Mark, all of Deep Gap, Mr. and Mrs. C. M. Miller, of Parlier, and Mr. and Mrs. Boice Triplett and family of Charlotte.

Dean Miller, son of Mr. and Mrs. Max Miller, is a patient at Cannon Memorial Hospital at Banner Elk.

Mr. and Mrs. Hough Reece, Bill and Nancy of Kingsport, Tenn., visited Sunday with Mr. and Mrs. Vaughn Reece.

Mr. and Mrs. Lee Wagner of Shoemans, Tenn., and Mr. and Mrs. Earl Isaacs of Mabel spent Sunday with Mr. and Mrs. Roy Wagner.

Mr. and Mrs. Earl Miller, David and Donald, spent Sunday with Mrs. Miller's mother, Mrs. Jim Wilson, at Shoemans, Tenn.

Mr. and Mrs. Edd Mains, Miss Arta Rash and Monroe Rash of Trade, Tenn., visited Sunday with Mr. and Mrs. Roy Martin.

Mr. and Mrs. James Layne have returned from Jersey City, N. J., Pennsylvania, and New York.

Mr. and Mrs. Raymond Miller, Kenneth and Nadene, and Mrs. Minnie Woodring spent Sunday with Mr. and Mrs. Harve Brown.

Miss Hettie Greer is sick at her home here.

Lt. Andy Redder of Connecticut and his friend from Mooresville visited Friday with Mr. and Mrs. Lee Wilson.

Mr. and Mrs. Raymond Wilson and Danny of Boone, and Mr. and Mrs. J. C. Wilson of Rt 2, Boone, visited Sunday and Monday with Mr. and Mrs. Henry Miller.

Mrs. Emma Warren of Silverstone spent Saturday night with Mr. and Mrs. Everett May. Mrs. May spent Sunday with her father, Monroe Greer, at Silverstone.

The Rev. and Mrs. E. O. Gore and grandson of Deep Gap were supper guests Saturday of the Rev. and Mrs. Gene Sherwood.

Miss Becky Wilson received a fractured ankle at school last Friday while playing volleyball.

Pope protests expulsion of priests from Cuba.

Peruvian chief urges O.A.S. stand against Reds.

# Garden Time

Are you ever inspired by people? Really inspired?

A friend dropped by for a visit a few days ago and gave me the lift I needed.

He lives on 150 acres on the Neuse River in northern Wake county and is "surrounded by biology." When you retire, he tells me, by all means surround yourself with things biological because there is always something of interest to be found in the many plant species and in the insect kingdom.

"I have more than 500 plants species on my 150 acres, most of which I have identified and card indexed."

Dr. Bertram W. Wells was for many years head of the Department of Botany at N. C. State College. In 1932 he published a book, "The Natural Gardens of North Carolina." This book has long since been out of print and should be revised.

I wish that some of you garden clubbers would help me revive interest in this project so that we might bring the data up-to-date and make the volume again available to the thousands of North Carolina citizens who would like to purchase a copy.

You have guessed by now that Dr. Wells is the person I had in mind when I began this column. Physically, he has changed very little, although he has been retired for some ten years. His enthusiasm for the biological sciences is unbounded. In addition, he is an artist in his own right. It seems that there is never a dull moment in his life.

Perhaps this little verse by Dorothy B. Strauss is emblematic of the philosophy of B. Wells and accounts, at least in part, for his fresh and effervescent outlook—

"Count your garden by the flowers, Never by the leaves that fall; Count your days by golden hours, Don't remember clouds at all. Count your night by stars, not shadows, Count your life by smiles, not tears, And on this and each tomorrow Count your age by friends, not years."

# Doctor Talk

By JOHN B. REMBERT, M. D.  
Viruses, as discussed in last week's column, have for years been suspected by some as the possible cause of cancer in man, or at least the causative agent producing some cancers.

This concept is that the central or core of the virus is composed of nucleic acid with a surrounding layer of protein. The protein layer of the virus initiates the process of entry into the body cell and then the nucleic acid core of the virus begins the process of reduplicating itself within the body cell.

The theory has now been advanced by Dr. Wendell M. Stanley of the University of California, that perhaps the role of the virus in cancer is that of an "infecting" agent rather than of reduplicating agent. Dr. Stanley feels that the tumor virus may set the cancer process in motion, not by reduplicating itself inside an invaded cell, but simply by introducing its nucleic acid into the cell structure and thus altering the cell's metabolism.

In addressing the American Chemical Society Dr. Stanley pointed out that there does appear to be a viral role in cancer, but to date a mature virus has not been demonstrated in a cancer cell. On the other hand, it has been demonstrated by the addition of nucleic acid to a normal cell that cancer growth occurs. This knowledge implicates the nucleic acid core of the virus and indicates the possibility that cancer develops through the transfer of "naked" nucleic acid from cell to cell in the body organ involved, rather than the reduplicating of the virus within the body cell.

The reader, at this point, is perhaps completely confused—but it is felt that if the general public understands some of the possibilities now being investigated by medical science, that continued financial support for such worthy work will also be available from public donations.

The problem of cancer (and many other deadly diseases affecting man) that is being investigated daily by thousands of scientists in this country and around the world must be financed—this money must come from individuals like you and your neighbors if progress and possible cures are to be found.

# Travelers Spent Over \$408 Million In N. C.

Travelers spent \$408 million in North Carolina last year, 4.5% above 1959, a survey by the Travel Council of North Carolina shows.

President Lynn Nisbet of Raleigh said the increase was caused both by new attractions and highways in the "Variety Vacationland" State and because "more people are traveling everywhere."

The report was presented as a feature of the meeting of the Travel Council in Winston-Salem, October 1-2, at which speaker was Voli Gilmore, director of the new U. S. Travel Service in the Department of Commerce.

The report reveals that the travel industry, third largest in North Carolina, has increased 167% in dollar volume since 1948.

Expenditures by out-of-state travelers was estimated at \$245 million, and expenditures of North Carolinians traveling within their own state was set at \$163 million.

Total sales receipts of businesses at the service of travelers was estimated at \$810 million, of which the largest portion went to automobile service stations, \$552 million. Eating places took in \$181 million, and lodging places \$58 million.

ARMY BUILD-UP  
The Pentagon has ordered to active duty two National Guard divisions and 240 smaller National Guard and Army Reserve units throughout the country. The mobilization date will be Oct. 15.

Secretary of Defense Robert S. McNamara announced the mobilization at a news conference at the Pentagon. He emphasized that the Atlantic Pact allies were also taking measures to increase their military strength.

Britons defiant on anti-atomic protests.

**Watches**  
**Watches**  
**Watches**

Bargains Galore in  
Elgin  
Bulova  
Others

Name in Gold Free  
on any  
BIBLE

Purchased from Us  
**Walker's Jewelry**  
Opposite Post Office — Boone, N. C.

**5 Fun-Filled Days**  
**OCT. 10-14**

**A THOUSAND THINGS TO SEE AND DO!**

at North Carolina's Biggest Area Fair!

- ★ Interesting exhibits from 11 Northwest North Carolina counties
- ★ Gigantic agriculture exposition and livestock exhibit
- ★ Competitions and record premium prizes

**Dixie Classic FAIR**

FOR NORTHWEST NORTH CAROLINA

- Mile-long "World of Mirth" midway
- New grandstand thrill show—Kochman's Hell Drivers
- Military projects—U. S. Navy's Polaris missile exhibit
- Youth activities
- Free movies and demonstrations
- NASCAR Stock Car racing
- Tractor driving contest
- Scores of area industrial exhibits
- Community Development projects
- Hamemaking displays and exhibits
- 3 colorful flower shows

Bigger 'n better than ever!

Free Parking for 4000 cars

A spectacular event for the entire family  
Children admitted free on special "School Days"

One of the Southeast's biggest regional fairs!

**WINSTON-SALEM FAIRGROUNDS**

**SUPER 10-OZ. JAR INSTANT COFFEE**

**Nescafe - \$1.29**

SHORTENING

**CRISCO - - - 3 lb. 85c**

MDI ALL PURPOSE

**Shortening 3-lb. Can 69c**

NEW HEAVY DUTY

**FAB Lg. Size 29c**  
No Limit

STOCK UP—400 CT. KLEENEX

**Kleenex 4 Boxes \$1.00**

JIMBO PAC COBLE'S

**ICE MILK - 1/2-Gal. 39c**

COBLE'S TOP QUALITY

**ICE CREAM 1/2-Gal. 69c**

JUMBO

**PIES - - Box of 12 39c**

**ARMOUR'S NORLINA BRAND YOUNG TOM**

**TURKEYS** 12 LBS. TO 22 LBS. **Lb. 29c**

WHITE'S WORTHMORE

**BACON** SLICED TRAY-PACK **Lb. 49c**

PILLSBURY OR BALLARDS Sweet Milk or Buttermilk

**BISCUITS** Can - - - **7c**

AMOUR'S FULLY-COOKED BONEESS

**HAMS** 3 Lb. Can **\$2.39**

MADE IN OUR OWN MARKET

**Pimiento Cheese Ham Salad Chicken Salad** 8-OZ. TRAY **39c**

**We Feature Top Quality U. S. Choice Graded Western Beef At All Times**

WE APPRECIATE YOUR BUSINESS

Park Free in Our Large Parking Lot

**MDI THRIFT FOOD CENTER**

East King St. — Plenty of Free Parking Space — Phone AM 4-8886