

Herbert C. Bonner Seeks Re-election To Congress Seat

Seeking Seventh Consecutive Term for First District

First Congressional District Representative Herbert C. Bonner has filed for re-election.

The Washington, North Carolina, Congressman, seeking his seventh consecutive term of office, filed for the Democratic nomination in a letter mailed from Washington, D. C. Thursday evening.

Mr. Bonner, who served the Hon. Lindsay Warren, now Comptroller General, as Congressional Secretary for 17 years, was the first to file for the First District seat in Congress.

"I greatly appreciate the support which has been given me by the Democrats of the First District," the Congressman commented upon mailing his filing fee.

Mr. Bonner is ranking member of the Merchant Marine and Fisheries Committee, a member of the Expenditures Committee, chairman of the Inter-Governmental Relations and the Coast Guard Sub-committees, and a member of the committee on Maritime Affairs.

4-H Girls Learn To Sew And Save In Clothing Projects

Over Two Million Garments Made By Girls During 1949

With one eye on spring and the other on their pocketbooks, North Carolina 4-H Club girls are off to a good start in the 1950 National 4-H Clothing Achievement program. Last year more than 15,600 girls throughout the state took part in the activity.

Interest in the program is always keen because every young lady—whether she's 10 or 20—likes pretty clothes. Local club leaders and Extension agents teach the girls to select attractive patterns, buy good

fabrics, and plan a practical wardrobe. Hats, bags and other accessories are designed, too, at a considerable savings.

Evidence that 4-H'ers do acquire a working knowledge and skill in dress-making is the fact that in 1949 more than two million garments were made by some 591,000 club members. Another important phase of the clothing program is learning how to remodel out-of-date dresses and coats. Many daughters stretch the family budget by making over apparel for younger brothers and sisters.

In addition to these accomplishments, members have a chance to earn recognition for outstanding achievements in clothing work. The Spool Cotton Company, sponsor of the program, provided scholarship awards of \$300 each to the 12 top ranking girls in the nation; an all-expense trip to the National 4-H Club Congress in Chicago for State champion; and gold medals for many county winners.

The 1949 state and national award went to Evelyn Waugh, of White Plains. County medals were presented to 76 girls.

The program is conducted under the supervision of the Cooperative Extension Service.

Improvements Made At Health Center

The screened porch at the Health Center in Elizabeth City made into a room for storage and for extra filing space for X-ray films. The work will be completed in a short time.

Films have been filed in a small closet in the back hall in pigeon holes prepared some months ago. This closet is now so full of films and so crowded that it is extremely difficult to file films. A new system of filing will be started as soon as the quarters are ready and new racks built. The large increase in the number of large films being made in the follow

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up for the mass X-ray survey makes new space a necessity. A nurse is on duty everyday at the Health Center and films are made everyday. People are urged, however, not to come for X-rays Friday afternoon due to the Cancer Clinic.

"Since everyone 15 years of age and above in the Health District had an opportunity to have an X-ray, all persons except follow-up films from the survey and known cases will be expected to pay \$1.00 per film to cover cost of the film.

The Tuberculosis and Health Association which has been buying these films can now use that money for further Health promotion activities.

Eastern Farmers Plan Raise Christmas Trees

Raising red cedars for Christmas trees is becoming increasingly popular among Eastern Carolina farmers, according to W. G. Kelley, forestry specialist for the State College Extension Service.

Mr. Kelley states that a large number of veteran farm trainees in that area are interested in raising the red cedars. Although the State Nursery has exhausted its supply of cedar seedlings for this year, many of the veterans are planning to get their orders in early next year, the specialist said.

In most cases the veterans will plant the trees four by four feet apart, setting approximately 2,000 per acre. By fertilizing and cultivating carefully, they hope to have Christmas trees ready for market in three years. By selling the trees two or three months before Christmas on a contract basis, they hope to dispose of all the

trees that they cut and have no waste.

Some veterans believe they can make almost as much money per acre on Christmas trees as they can on tobacco or other field crops. They say that if western growers can ship trees into North Carolina and make a profit, they can grow the trees here at a profit, especially since most purchasers feel that the red cedar Christmas tree is superior to the Douglas fir and other varieties being shipped in.

"If the veterans put one-tenth as much care and energy into raising Christmas trees they do into raising the average field crop, they should be reasonably successful," says Kelley, a specialized branch of agriculture, and a great many armers could add substantially to their income by regarding it as such. Furthermore, with all the crop controls that now exist and the others that seem to be on the way, timber apparently is becoming the only crop that does not face acreage or marketing controls. The average farmer would do well to convert some of his idle land to timber, Christmas trees, or other special wood-product production."

Serious Injuries Result From Unsafe Ladders

Falls are the principal type of injury that occur on the farm and in the farm home, C. W. Overman, county agent for the State College Extension Service, declared this week in pointing out that this is a good time of the year to check ladders and other climbing equipment used around the farmstead. Farmers who fail to keep such equipment in good repair are

heading for a fall.

The National Safety Council has approved the following precaution for the safe use of ladders: Overman said.

1. set the base of the ladder one-fourth of the ladder's height from the wall.
2. Always face the ladder going up or down and hold on with both hands—don't hurry.
3. Avoid leaning too far out on the ladder—it is safer to move the ladder.
4. Clean mud or grease from your hands and shoes before climbing.
5. Tools or materials that cannot be carried safely in pockets should be hoisted with a hand line.
6. Avoid climbing or working on a high ladder in a high wind.

Ladders should always be kept under cover and in a handy location when not in use. It is never desirable to use make-shift devices such as chairs, boxes or tables, as severe injury and even death can result from falls even at low levels. Inspect lad-

ders frequently for rusted or loose bolts and nails, cracks or rotted or loose rungs or supports. Make repairs immediately or get a new ladder. That's cheaper than having an accident.



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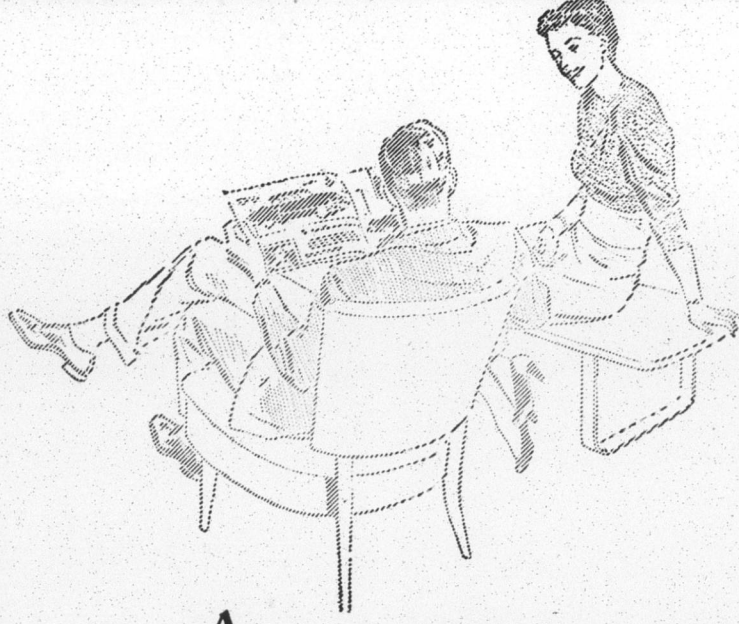
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