

## SOIL CONSERVATION NEWS

By G. SAMUEL COX, Work Unit Conservationist

### Change of Scenery

Several months ago Mr. Joseph S. Crisanti made application to the Albemarle Soil Conservation District for assistance in developing a soil and water conservation program for the land which he recently purchased, part of the old base property. Mr. Crisanti's main interest from the standpoint of the program was wildlife conservation with some livestock on the farm. This type of operation called for all the wildlife food and cover possible, improved pastures, and a lake or pond. The North Carolina Wildlife Resources Commission provided assistance in the wildlife planning and the Extension Service provided assistance in the pasture program. The Soil Conservation Service has designed an approximate 10-12 acre pond for waterfowl management.

This joint effort of all the agencies rendering assistance to Mr. Crisanti has resulted in the beginning of turning about 110 acres of brush into a showplace and haven for wildlife. Joe has most of his pasture seeded and it is looking good. The planting

of some of the wildlife food and cover is in the process of beginning. The rough plans for the pond are complete.

This is a very good example of what planning and cooperation of the different agencies and a lot of hard work can do.

### Revising District Program

The Albemarle Soil Conservation District will hold their next regularly scheduled meeting in Chowan County on January 9, 1963, at 3:00 P. M. The main event will be getting started on revising the long range overall district work plan. A plan or program the district uses to set forth the work they plan to do in the next few years.

All agriculture workers and agencies are being invited to attend and take part in the program formulation.

### What They Are Doing

Preston Monds, K. J. Copeland, E. V. Welch, Mayo Lawrence and others are in the process of installing tile drainage. This work has been planned for sometime and the actual installation is being done now. Leonard Small, B. P. Monds, Gum



**WATER WAITER**—Citizen of Venice, Italy, sits in ankle-deep water, seemingly unconcerned about the heavy rains that have ruined his table service. He waits patiently for his waiter (wader) to wade out to him and wait on him. Perhaps, he's thirsty.

Pond Group, and Leary Bros. are planning to or have just finished open ditch construction. Recently seeded pastures are looking good. Bemby Wood and Joe Crisanti are planning to put in several acres of Coastal Bermuda Grass next spring. Coastal Bermuda Grass is one of the most highly productive summer plants known. It produces in hot weather where the other plants are not doing so well.

## Health And Safety Tips

From The American Medical Association

### COLDS

Old King Cold is arriving again for his annual, if not more frequent, visit to millions of Americans of all ages.

First is the scratchy sensation in your nose and throat, the dull ache in your bones—and then, "Ka-choo!" You've got another cold. And Old King Cold opens the door to pneumonia, bronchitis and a host of other infections, such as ear, throat, sinus and tonsil.

First off, let's say once again that you can't cure a cold. This is still true despite many patent medicine claims to the contrary. Normally a cold lasts from five

to eight days and usually you can outlast it without calling a physician. Sometimes a fever or cough hangs on, or the cold keeps recurring. In either of these events, see your doctor.

You can ward off a cold much of the time by following a few simple rules—

- Keep your body in best condition to fight disease germs by eating a well-balanced diet of good, nutritious foods. Get enough sleep every night.
- Don't sit or lie in a draft. Beware of chilling or of over-heating, either of which can weaken resistance.
- Dress appropriately for cold or rainy weather. Avoid dressing or undressing in a cold room.
- Try to avoid close contact with others who have colds. And then comes the day when, despite all these precautions, you still come down with a cold. There are some things you can

do to help your body fight the infection—

- Take a hot bath, drink a glass of hot lemonade or warm milk, and go to bed. Colds require bed rest to allow your body's defense mechanisms full opportunity to fight back against the virus.
- Watch your diet. Don't overeat, but don't starve yourself. Just follow a common sense diet. Drink a lot of liquids if you wish. It won't help the cold but it won't hurt you.
- Don't take laxatives unless your doctor so orders.
- Use caution in taking medicines. Follow your doctor's directions carefully. Patent medicine "cold cures" available without prescription can only relieve discomfort. Vitamins won't help a cold either.
- Blow your nose gently. Strong blasts can cause ear

or sinus problems.

- Show consideration for others. Cover that cough or sneeze. Use your own glass, towel, dishes and utensils. Stay out of crowds. And don't kiss anyone.
- Cold vaccines still are highly inexact and their usefulness is not certain. Ask your doctor whether you should have a vaccine.

### Silver Lining

Wife (at desk)—"I've been asked for a reference for our last maid. I've said she's lazy, unpunctual and impertinent. Now, can I add anything in her favor?"

Husband—"You might say that she's got a good appetite and sleeps well."



## STUDENT CERTIFICATE

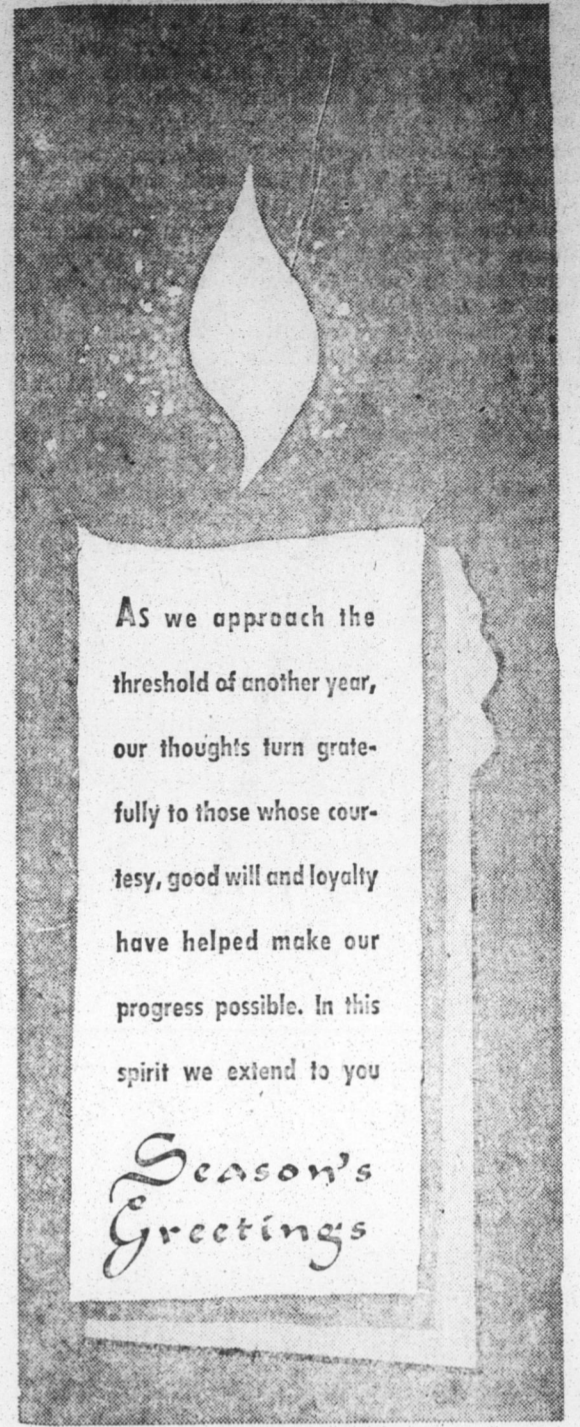
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As we approach the threshold of another year, our thoughts turn gratefully to those whose courtesy, good will and loyalty have helped make our progress possible. In this spirit we extend to you

Season's Greetings

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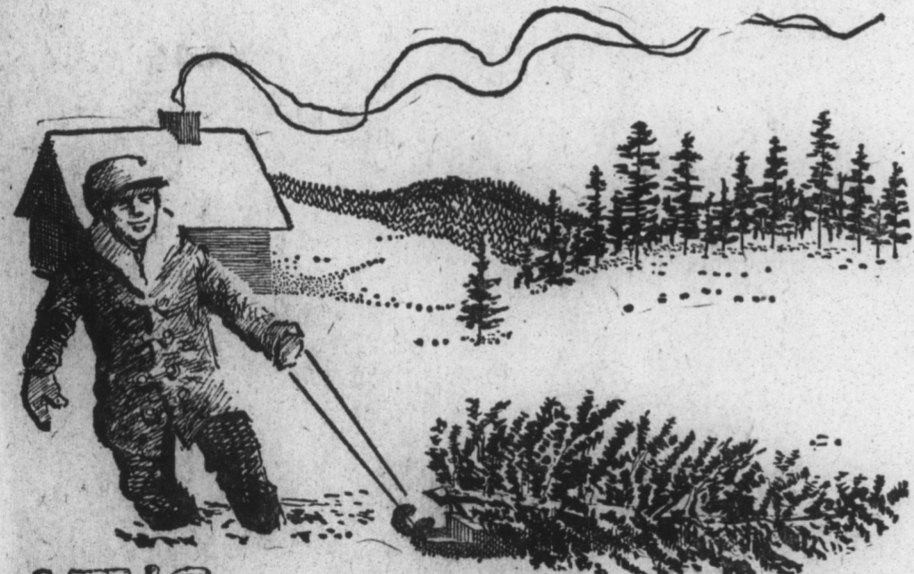
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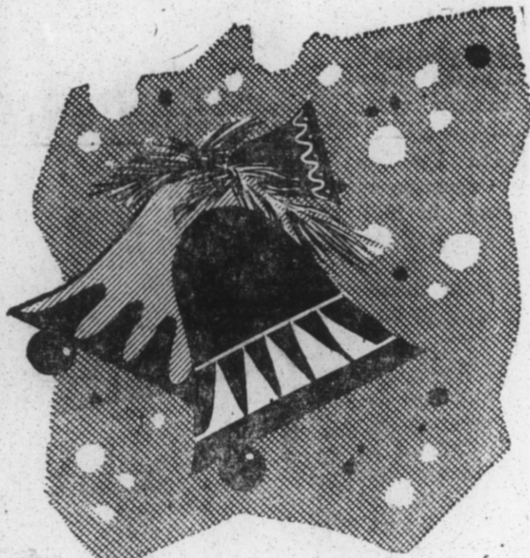
IT'S CHRISTMAS TREE TIME

And it's time for all the other familiar things that go with "Christmas Tree Time"... the familiar smells of Christmas cooking... the familiar sounds of bells jingling... the familiar touch of Christmas wrapping. These and many others signify that Christmas is once again come.

As in times past, we're glad to offer the ageless and familiar greeting of this season to you as we say sincerely,

"Have a Very Merry Christmas."

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RING for JOY

Christmas has come again! And again the bells of the Season chime out the happy sounds that help make Christmas a splendid season. Our very finest wishes to you and our very special thanks for your friendship.

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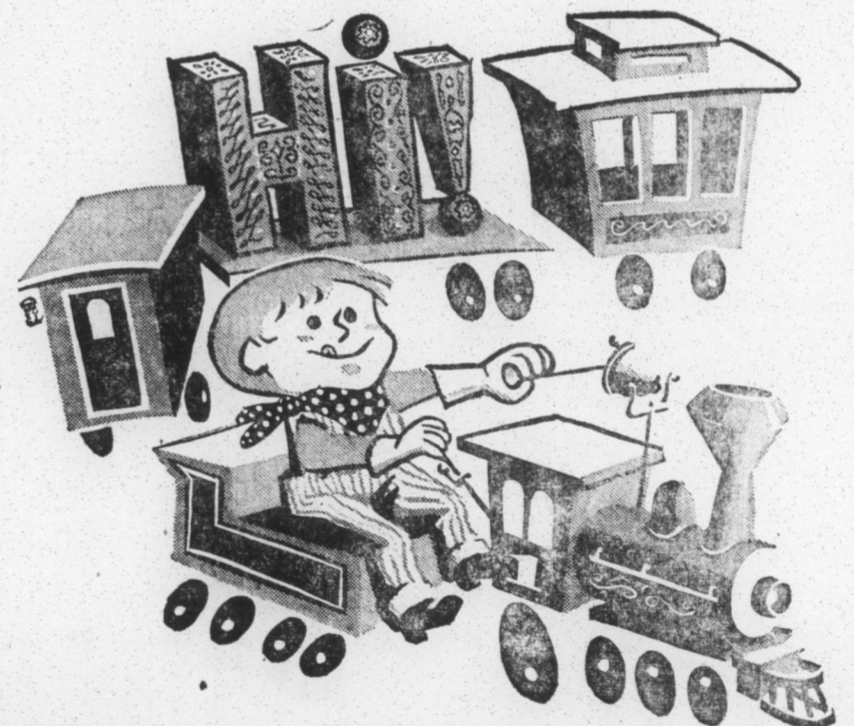
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HERE COMES CHRISTMAS

And as usual, it's come too fast... it's upon us before we realize it, bringing the happiness and hurry that is such a large part of every Christmas Season.

Pause a moment, won't you?

We'd like to tell you how much we've enjoyed your friendship... how much a pleasure it has been to be of service to you.

And especially... from all of us, to all of you our very heartiest wishes for a wonderful Christmas!

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