

Pulp Mills Are Aid To Forestry Practice

RALEIGH — The coming of the pulp mill to the Southeast has not only offered to market for the low quality products of the forest but also provided a fair stumpage value for the products. Unfortunately there are many sections in the Southeast where timberland owners are too far distant from existing pulp mills to have a market for their low quality forest products. We need more pulp mills to grow more forests, markets permitting.

"Planted forests usually maintain at least 1,000 trees per acre. As they grow they become too dense to maintain orderly and reasonably fast growth and should be thinned of surplus trees. This operation frequently begins when the trees are fifteen years old and should be continued at intervals of from three to five years until the stand has matured. Thirty to fifty trees of sawlog size per acre is a very good stand. Unless forestry is practiced the surplus trees die. With a pulpwood market for the small size trees, forestry can be practiced and what naturally would be mortality would be turned into an asset in the form of labor and stumpage.

Mr. Gillett, commenting on the forestry practices of the pulp

mills in the Southeast stated, "The pulp mills of the Southeast recognizing the value of proper forest practices, are employing trained foresters skilled in managements and utilization to supervise the proper cutting of pulpwood on private lands as well as their own. One of the larger pulp and paper companies, operating in the South has thirty trained foresters, exclusive of the foresters employed by some of their pulpwood producers. One of the mills in South Carolina has sufficient private lands signed up for improvement cutting operations to operate the mill for at least ninety days."

Nation's 7th Greatest Killer Stomach Ache

Pooh poohing a stomach ache kills thousands of Americans every year.

Digestive tract ailments, causing about 85,000 deaths annually, are the seventh largest cause of mortality. Appendicitis, the neglected stomach ache, is greatest killer in this category digging 14,500 plus grave a year.

Paradoxically, expert surgery made appendicitis more dangerous. Once the appendicitis death rate was almost 100 per cent but surgery changed all that. Surgeons now can save the great majority, so many that the public grows increasingly careless about appendicitis.

Early symptoms are disregarded. Victims do with physics, the worst possible thing to do. The result is a rising appendicitis death curve. Failure to call a doctor soon enough results in a ruptured appendix probable peritonitis.

Best Source of Vitamins Is Garden

Family Supply of All Needed Factors Easily Grown in Yard.

Doctors generally agree that the best way to take your vitamins is in a balanced diet of natural foods. Lack of such foods, in particular of fresh green foods, such as can be grown in back yard gardens, is being offset as far as medical knowledge permits, by the distribution of synthetic vitamins in countries at war.

A defense gardener who wishes to insure for his family a plentiful supply of vitamins, together with all the other nutritional benefits which a well balanced diet provides, may obtain them by growing vegetables which he likes, and which supply the required elements. A list of the vitamins and vegetables which supply them and can easily be grown in most home gardens follows:

A—Promotes growth, increases resistance to infectious diseases, prevents certain eye diseases: in asparagus, stringless beans, beet roots and leaves, broccoli, cabbage, cantaloupe, cauliflower, carrots, celery leaves, chard, Chinese cabbage, collards, cress, yellow corn, endive, kale, lettuce, okra, parsley, peas, peppers, potatoes, pumpkins, spinach, squash, and turnip greens, sweet potatoes, tomatoes.

B—Promotes growth, stimulates appetite, protects nerve and brain tissue and functions: Stringless beans, beet roots and leaves, broccoli, cabbage, cantaloupe, carrots, cauliflower, celery, chard, Chinese cabbage, collards, yellow corn, cress, cucumbers, eggplant, kale, kohlrabi, lettuce, okra, onions, parsley, parsnips, peas, peppers, potatoes, pumpkins, radishes, spinach, squash, sweet potatoes, tomatoes, turnips and turnip greens, watermelons.

C—Promotes growth, protects jawbone and teeth, and the walls of blood vessels: Asparagus, stringless beans, beet roots, broccoli, cabbage, cantaloupe, carrots, cauliflower, celery, Chinese cabbage, collards, cress, cucumbers, eggplant, endive, kale, kohlrabi, lettuce, onions, parsley, green peas, peppers, potatoes, pumpkins, radishes, rhubarb, rutabaga, spinach, sweet potatoes, tomatoes, turnips and turnip greens, watermelon.

Promotes growth and normal nutrition and prevents pellagra: Stringless beans, beet roots and leaves, broccoli, cabbage, cantaloupe, carrots, cauliflower, Chinese cabbage, collards, yellow corn, cress, cucumber, eggplant, kale, lettuce, onions, peas, potatoes, pumpkin, spinach, squash, sweet potatoes, tomatoes, turnips and turnip greens, watermelon.

In addition to vitamins, these vegetables contain minerals which are necessary to nutrition. It is an easy matter to prepare a list which can be grown in your garden, which will provide all the necessary food elements.

and a good chance to meet the coroner professionally. U. S. Surgeon General Thomas Parran emphatically warns that appendicitis is no minor ailment. When pooh poohed, the ailment kills.

Diarrea in infants is the second greatest killer among digestive tract ailments. Doctors resurrected an old remedy—just plain apples—to minimize this disease. Apple pulp, dried or fresh, controls the ailment. The death rate has been cut many times over since 1900.

Other major fatal ailments of the digestive tract are hernia and intestinal obstructions—12,000 deaths; cirrhosis of the liver—10,000 and stomach ulcers—8,500.

Surgeons are becoming more adept in repairing stomach ulcer damage, and the death curve is going down slowly. Surgery likewise is more successful in controlling hernia and intestinal obstruction deaths.

Cirrhosis deaths are inching ahead since prohibition was repealed, alcohol receiving blame for one tenth of them. Non alcoholic causes of the disease exist, but have not been determined.

Som studies in the causes of cirrhosis and stomach ulcers are in progress, but have not made much headway. There seems to be a definite connection between worry and stomach ulcers.

Dr. J. S. N. Tross Speaker On Race Relation Sunday

CHARLOTTE, (Special to the CAROLINA TIMES) — Dr. J. S. N. Tross, divisional secretary of the American Bible Society, and one of the city's outstanding clergymen and leaders, was the guest speaker last Sunday evening on the annual Race Relations Sunday program of the First Associated Reformed Presbyterian church.

The text of Dr. Tross' sermon, Phil. 2:5-6, set his mind be in you, which was also in Christ Jesus" was illuminated by the speaker's wide knowledge of modern racial concepts, and his personal observations on the modern problems arising from racial conflicts.

In reference to our immediate problems, the speaker pointed out that the twentieth century Negro and White man have failed to come to an understanding; having allowed hostility, a foreign element in the pioneer era of master and slave, to disrupt their interrelations.

Regarding the current crime situation, the speaker pointed to the failure of our system of education to develop the moral side of the individual as one of the contributing factors to the high crime quotient.

Traffic Accidents Take Heavy Toll In North Carolina

RALEIGH — Reporting 980 deaths and approximately 10,000 injuries as the result of traffic accidents in North Carolina last year, the Highway Safety Division this week released a horrible story of death and destruction on the streets and highways.

The 1940 traffic death toll, highest since 1937, represented an approximate 4 per cent increase over the 943 killed in 1939. However, the National Safety Council's provision report for 1940 reveals an increase of around 6 per cent in traffic accidents nationally.

The 980 traffic fatalities in the state last year included 337 pedestrians, 270 persons killed in motor vehicle collisions, 161 killed in cars that ran off the roadway, 68 killed in cars that overturned on the roadway, 54 killed in collisions with fixed objects, 35 killed in railroad crossing crashes, 20 bicyclists, and 6 killed in collisions between motor vehicles and animal drawn vehicles.

The 1940 accident report revealed that the 980 persons killed included 789 males and 191 females.

According to last year's figures a driver stands a better chance than a passenger, and both stand

a better chance than a pedestrian. There were 288 drivers killed, 327 passengers and 340 pedestrians.

Now for some facts about the 15,184 drivers involved in these accidents. A total of 13,933 of them were males, and only 1,302 were females. Nearly 5,000 of them were under 25 years of age. In all types of accidents, 7,456 drivers resided in urban areas and 7,099 in rural areas, but in fatal accidents the number of rural drivers increased sharply, 659 rural drivers being involved in fatal accidents while only 476 urban drivers were involved in these accidents.

The report showed further, that 11,312 of the 15,184 drivers involved in accident last year lived within 25 miles of the accident location, another 2,002 resided elsewhere in the state, and 1,871 were non residents.

In the matter of driving experience, only 175 of the 15,184 drivers had had less than one year's experience in driving, and approximately 10,000 had more than five year's experience. More than 5,000 of them had been driving over ten years.

Of the 886 fatal accidents in which the 980 persons were killed 194 were charged to exceeding the stated speed limit, 123 to driving on the wrong side of the road, 41 to disregard of warning signs, signals or other traffic control devices, 45 to usurpation of right of way, 49 to hit and run drivers, 45 to skidding vehicles, 29 to improper turning, and 33 to improper passing.

LIME

Farmers of Northampton County are ordering more lime through the AAA grant of aid plan than ever before, reports H. G. Snipes, assistant farm agent of N. C. Extension Service.

TREES

Estle Brock, Jr. of the Westbrook club is the first 4 H Club member of Sampson County to take tree planting as a club project, reports Assistant Farm Agent J. P. Stovall.

BEES

G. B. Barnett, unit demonstration farmer of the Bradshaw township in Mitchell County made a net profit of \$93.20 from 13 hives of bees during 1940, reports Assistant Farm Agent W. C. Mancee.

HAY

Al Smith declares U. S. plans to control insurance companies.

ORCHARD

Following recommended practices closely, Hugh White of LaGrange now has one of the best young peach orchards in Lenoir County, reports Assistant Farm Agent O. R. Freeman.

Do All Men Fear Women?

WOMAN is the only object in the world man cannot help thinking about. But what he thinks about her is up to the woman.

In a detailed report to the editors of Good Housekeeping, William Moulton Marston, world-famous psychologist and discoverer of the systolic blood pressure deception test, has set forth in the February issue of the Magazine, the fundamental reaction of man to woman. The essence of Dr. Marston's finding is that the more men are attracted by women, the more they are inclined to disparage them.

Men, says Dr. Marston, are afraid of nothing except their unfeeling susceptibility to women. They consider this quality a weakness, feel inferior about it, and criticize women because they feel so ashamed of it. Brought down to fundamentals, man feels this susceptibility disparages his masculine supremacy. The average man will not admit that he is made emotionally captive by the opposite sex. He combats their power to excite him by trying to dominate and belittle. Calling them "silly" and "trivialous" is one of the more harmless male compensations for yielding inwardly to woman's "mysterious, exciting quality." The key to male psychology as it affects women in their relationship with men, lies in their realization that men actually are on the defensive, despite external appearances.

Realizing the contradictory nature of men's reactions to her sex, the average woman is confronted with a personal problem. Dr. Marston asks: shall she try to deal with man's susceptibility or with his critical attitude toward women? Shall she concentrate on captivating him or try to live up to his opinions of what a woman ought to be? The first alternative, according to Dr. Marston, is by all means indicated.

"A woman, then, has two kinds of behaviour to control—the superficial and the fundamental. By superficial, I mean small talk and such details of appearance and manner and external personality as are apparent in any casual encounter with a member of the opposite sex. By fundamental I mean the type of woman she really is—submissive, maternal, possessive, ambitious."

State College Answers Timely Farm Questions

QUESTION:

What is the proper temperature for a brooder house?

ANSWER:

FOR the first week after the chicks are placed in the brooder, the temperature should be regulated to 98 degrees at the outer edge of the canopy and on a level with the chicks' heads. This temperature is lowered five degrees each week until the sixth week, but care should be exercised to avoid running the brooder at a sub normal temperature. Where brick or rock brooders are used, a room temperature of 70 to 75 degrees is sufficient.

QUESTION:

How can the small worms that uproot tobacco plants in beds be controlled?

ANSWER:

An application of naphthalene flakes applied at the rate of one and one half pounds to each 100 square yards of bed will control these worms easily. Sometimes one application is sufficient, but in some cases three applications may be needed. When more than one treatment is necessary, the applications should be spaced about a week apart. If a strong wind come up immediately after the flakes are applied, the treatment should be repeated as soon as possible, since the wind will blow the naphthalene gas out of the bed as soon as it is formed.

QUESTION:

What is the best ration for feeding pigs?

ANSWER:

COMPLETE details for feeding pigs are contained in Extension Circular No. 238, "Raising Hogs in North Carolina." Copies may be obtained without charge by writing to the Agricultural Editor, State College, Raleigh. Although there is no one best ration, a more or less standard ration that produces good results consists of corn, tankage or fish meal, and a mineral mixture. However, substitutes that are more economical can be used for some of the ingredients.

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Fashion and Beauty Hints from Hollywood

With fur accessories marching to the front of the fashion parade, Ann Southern chooses something new and different to add a novel touch to her plain wool suit. The Metro-Goldwyn-Mayer actress has fur hat-pins that boast spheres of either silver fox, leopard or Persian lamb at the tip of the pin; these may be pinned on a plain hat and changed to suit matching muffs.

To add sheen to the hair, between shampoos, Ruth Hussey has a favorite trick. The Metro-Goldwyn-Mayer actress, soon to be seen in "Flight Command," wraps a piece of gauze around her hair-brush and dampens it with her favorite cologne. A vigorous brushing for about fifteen minutes removes oil from the hair and leaves it soft and lustrous with a faint odor of the perfume.

To complement her pompadour coiffure, Laraine Day dons a tiny calot in black felt. The Metro-Goldwyn-Mayer actress, next to be seen with Lew Ayres in the new "Dr. Kildare" picture, has various ornaments to gild her little hat according to the outfit and the occasion. For instance, there are tiny ribbon bows for sport ensemble, coronets of flowers and ostrich tips for cocktail ensembles. To complement a black afternoon suit, Laraine accents the calot with two stunning rhinestone clips; thus, one bonnet serves several ensembles.

Mickey Whips Off A Tune



In a special corner at his Van Nuys ranch, Mickey Rooney has placed this xylophone which was presented to him by Paul Whiteman when they worked together in "Strike Up the Band." Mickey spends spare moments practicing and is rapidly becoming adept at the art.

United States plane output now hitting its stride, Jouett says.

Rooney's Favorite Dessert

When Fay Holden, the Ma Hardy of the Hardy pictures, has the family in for dinner, the actress serves Mickey Rooney's favorite dessert, English deep-dish apple pie. She gives us the recipe:

6 to 8 juicy apples
1 cup sugar
1 teaspoon butter
1/4 cup water

1 tsp. cinnamon or nutmeg
Invert a heavy china cup or custard cup in the center of a baking dish two to three inches deep. Line the sides of the dish with strips of pie paste, letting the paste come a little above the edge of the dish. Do not put any paste on the bottom. Fill with apples, pared, cored and cut in slices. Add sugar, spices and water, and dot with bits of butter. Cover the dish with pie paste, slashed to allow the steam to escape, and pinch its edge to the edge of the paste that lines the sides of the dish. Bake for three-quarters of an hour, or until the apples are thoroughly cooked, in a hot oven (450 for ten minutes, then 425 for thirty minutes). When serving, slip the knife under the cup to allow the confined juice to mix with the apple. Serve with hot sauce.

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NINETY-THREE THOUSAND KILLED Few of us realize that during the year 1939, NINE-THREE THOUSAND people met death from accidents in America... one person every five and one-half minutes, eleven persons every hour, two hundred and sixty each day, eighteen hundred each week. Sixty-two per cent of all fatal accidents fall under two headings... motor vehicles 34% and falls 28%. With the holiday season approaching, travel will be in full swing. What would be the picture in your home should you be one of the victims? Insurance will not bring back a loved one, but there is satisfaction in the thought that the future of those left behind is financially secure. Can you afford to gamble with a need so vital? NORTH CAROLINA MUTUAL Life Insurance Company C.C. SPAULDING, President * DURHAM, NORTH CAROLINA Charlotte Office 233 S. BREVARD ST. A. E. Spears Manager Durham Office 809 FAYETTEVILLE ST. W. L. Cook Manager

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