



YOUR MIND

Gaining Victory From Defeat

By WILLIAM THORPE
 As many people have told me; it seems like the odds are against them. Most of them said every thing they do toward achievement turns out to be a failure; And they just don't understand why things go so hard with them; although they try to live and do the best they know how. They also say: "Maybe the jinx is on me", or "Maybe it's just nothing in life for me": "I'm just existing and that's all."
 I mention that because a lot of people have those mental thoughts pictured in their minds, which causes them to lose faith and confidence in themselves. Such mental thoughts takes away their courage to face life, and leads up to despair. In my opinion, all of us have our ups and downs in life. But when we are doing fine, we should realize that life doesn't run on the same level all the time. Think back over your past life and see for yourself how your own wrong mental pictures have attracted wrong conditions to you. Yet, you have found solutions to still survive in this world which we should be enjoying daily.
 We, as human beings, can get ourselves in situations which we find hard to confront with. I believe its a test that we have to take to find out whether we are a real champion or not. A real

BIG EATERS

Dairy cows require a tremendous amount of food to produce large amounts of milk. The "average" cow in the top North Carolina dairy herds consumes 18,800 pounds of silage, 1,100 pounds of hay and 5,400 pounds of grain a year. In addition, she grazes about 128 days. From this, she manufactures 12,843 pounds of milk and 481 pounds of butterfat.

USES FOR PUMPKIN

Pumpkin pies taste great, but there are other uses for pumpkin too. Mrs. D. E. Read, Chadbourn, bakes pumpkin bread and pumpkin cakes for her family and preserves pumpkin marmalade to sell at the SENC-Crafts store at Lake Waccamaw. Mrs. Read says she enjoys preparing the foods she sells at SENC-Crafts, but it is a lot of work, adds Mrs. Yvonne Ray, home economics extension agent, Columbus County.

RALEIGH — North Carolina egg markets steady Monday. Supplies ample, demand good. Prices paid producers and handlers for consumer grade eggs in cartons delivered nearby outlets: Grade A, large whites: 44½¢, medium whites: 44¢, small whites: 37¢.

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