

HARVEST FRUIT IN YOUR YARD

BY LEONARD BARRON, Editor of The Garden Magazine.

I would like to see every man under his own apple tree at least, and as much else he fancies and has room for. You can have plenty of variety in apples, too, by planting a Baldwin, and grafting other kinds on one tree. Four different apples from one tree!

dated on a 20-foot arbor. In making choice of varieties plant by preference those that cannot be bought easily in the market. Not only because they are different but because they are better in quality. Plant early and midseason varieties not all alike. There is another good, sound practical reason for this, too. The fruits set better crops when different varieties of one kind are mixed together. They are more fertile to foreign pollen than to their own.

WHEN, HOW, WHAT TO SOW

BY LEONARD BARRON, Editor of The Garden Magazine.

General instructions—The best soil for the all-around garden is a mellow, well-drained loam, somewhat sandy, and a southern exposure, preferably slightly sloping to that direction, and with a protecting hedge, fence or building on the north. It must be open to the sun, and the greater part of the day. The rows may run in any convenient direction.

however, slightly according to the season and location. For planting purposes the common vegetables are arranged in four groups which are planted in rotation thus: Group 1—Smooth peas, onion sets, kale, early cabbage, potatoes, collards, radish. Group 2—Wrinkled peas, beets, carrots, parsnip, lettuce, salsify, spinach. Group 3—String beans, tomato plants, sweet corn, okra. Group 4—Peppers, eggplant, Lima beans, cucumber, melon, sweet potatoes, squash.

How About Your Danger Zone?

You've got it—every human being is born with it—your large intestine, or colon. It is a long, muscular tube—intended to collect food waste and remove it from the body. Plug it up with waste, neglect it, and you're sick on your feet. The food waste stagnates, undergoes decay, fermentation and germ action. Allow constipation to become established, and you are liable to become definitely and miserably sick—and not on your feet either.



For Constipation

Of Interest to Farmers of Upper Cape Fear

Farm Women's Column

By MISS ELIZABETH GAINEY, Home Demonstration Agent

N. C. CLUB SONG

It's A Carolina Farm For Me In North Carolina we live well, The war makes prices high; For we can raise what we can eat, And we don't have to buy. Hoo-oray! Hoo-oray! Oh, we don't have to buy; For we can raise what we can eat, And we don't have to buy.

Chorus: Hoo-oray! Hoo-oray! For diversity! The Far Heel can live well. The he neither buy nor sell. IT'S A CAROLINA FARM FOR ME! And we can eat what we can raise, And we don't have to sell; So, if they won't buy cotton crops, Why, let them go— a spell. And we can eat what we can't eat, We can't eat the plan. We plan to eat. WE CAN! WE CAN! WE CAN!

WE CAN! WE CAN! WE CAN! THE CANNING GIRLS and CORN CHIB BOYS Will make the State our pride. When they have shown what can be grown With crops DI-VER-SIFIED. Hoo-oray! Hoo-oray! Will make the State our pride. When they have shown what can be grown With crops DI-VER-SIFIED.

Interesting meetings held since last week's issue of our Farm Women's Column have been with the Glendale, Bechany, and Grays Creek-King Hiram clubs. At all these places we have continued our lesson. The Sherwood club will meet for this work on Saturday afternoon at the home of Mrs. Dixon.

Plans for a year's work in Home Ground Improvement and Flowering Plants. Draw a plan for the year's work. Base plantings (or plantings about the foundations of buildings).

Use annuals largely this first year. Farmers' Bulletin 1171. As many plants as possible should be collected from the woods and planted in the spring and summer, but especially in the fall. If collected after the year's plantings are made in the spring these plants may be put in a nursery row for a year or two. Propagate two kinds of shrubs by each of the following methods: greenwood cuttings in May or June, half ripened wood cuttings in mid-summer, hardwood cuttings from fall till early spring, and by seeds. Such cuttings could be secured from the neighbors and other sources. Some information on the handling of seeds and cuttings is found in Farmers' Bulletin 157. Some plants that may be propagated from greenwood cuttings, are: Lilacs, golden bell, Jasmine, philadelphus or mock orange, bristly wreath spirea, Van Houtte's spirea, red-stemmed dogwood, high-bush cranberry, climbing roses, tea roses.

Jim True and His Strange Way

By W. W. Shay, State Agricultural Extension Service.

"That farm over there? Jim True owns it, stranger, and it ain't for sale." "Stranger," and the ubiquitous active of one of the central counties of the cotton belt of North Carolina put his foot on the running board of the yellow Ford, expectorating, as he did so, the juice of a small portion of his principal crop, "there's only a hundred acres in that farm, but it's a humdinger, an' he's been offered two hundred an' a half for it, but he says he reckons he'll stay on."

"Funny thing about that farm, an' Jim too, fer that matter; he only has one regular tenant, an' works part of the farm one year an' another part the next, no, the part he don't work ain't restin'." "See them haws in that corn field? Well, that ain't any accident; they didn't break in—he just naturally turned 'em in—that's one of the funny things about Jim." "No sir, he don't give the land any rest, he raises pasture an' hay on the land he ain't workin', see them two cows and more haws on the field between the two corn fields—joltin' that soy bean field? He calls that his medder, claims it pays too, but shucks! I buy what I need, bought some of Jim last year, got hay too, but I can't spare the land to raise hay. The stock can't get in that farther corn field, he's savin' that to gather when it gets ripe."

"He raised forty-five bushels of corn to the acre last year, over thirteen hundred bushels of corn on thirty acres, an' then fed a thousand bushels of it to stock, countin' what the hogs et up in the field." "No, Jim don't raise any tobacco, says he can't afford to keep his land poor just to raise tobacco to make a trust rich—funny feller Jim is." "Yes, he raises some cotton, a little over twenty bales a year, on twenty acres; that's the only money crop he does raise—Jim's funny." "Yes sir! he gets money outen of his haws; there's one of the funny things about Jim; take that corn; he gets more out of it by lettin' the haws destroy it, thataway, then he kills the haws, sells the heads and bones to the tenants an' puts the hams, an' shoulders, an' bacon in that big brick smoke house you see between the house an' barn, an' he cures it an' smokes it an' sells it—gets a right smart price fer it too, but shucks! that's a slow way to get money, but it seems Jim always has somethin' to sell." "An' Mrs. True, she sells butter an' eggs—it's right astonishin' how tefir' her haws right durin' the winter when haws just nacherly ain't expected to lay, an' them cows, laws! I never seen cows milk like they go, but it takes a heap of feed." "Take them haws, fer instance, Jim fed 'em corn, an' some other stuff—tankage, I think he calls it—right along an' even when they was runnin' on his soy beans and hay field—medder."

Heart Talks To County Farmers

By E. W. RISHER, County Farm Demonstrator

THE FARMER AND THE NEW DAY No. 2 Diversified farming and intensive systems are the farmers' hopes to overcome the present depression and further advance agriculture. In the cotton belt, the corn and tobacco sections, and the grain regions of the West, the production of one crop year after year by small planters has been found unprofitable, and their conditions every where at present is much the same.

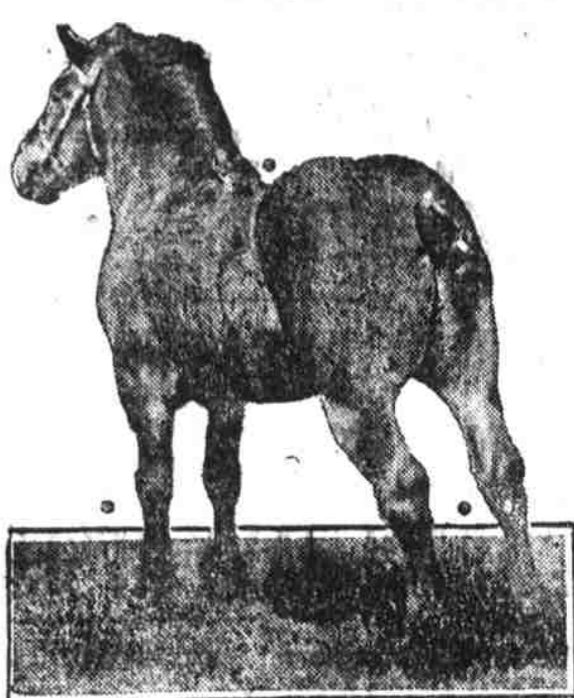
A study of courses lead invariably to the conclusion that a change from all cotton, under the old method of culture, to diversified farming on more extensive and intelligently executed plans is the only hope for prosperity. The cultivation of cotton has caused our soils of the South to become depleted of fertility and especially of organic matter. Cotton cannot be grown profitably this year, as there seems to be no ray of hope for good prices. The farmer must now raise first his home supplies, secondly plant crops to restore the lost fertility; so that when times are normal again he can produce five times as much cotton per acre as he is producing now. When these two principles are applied if there be left any place for cotton plant some. These changes must be brought about gradually. More attention must be given to planting hay, growing grasses, grain, legumes, livestock. For all livestock countries an rich countries, New York depends on the dairy cow from which to make a living, and her soils are rich. All fields are fenced and grasses are grown to feed cattle and to graze cattle. We should plan to put some legume in every acre of corn that is planted this year, you can choose between many, as velvet beans, soy beans, cow peas or peanuts. When our oats come off seed down cow peas, or soy beans for hay. When this is done see that some fence is done so that hogs and milk cows can have the run of the fields. This will mean money in our pockets. Hogs will be easy to start with, for a brood sow properly cared for this summer will give us a litter of fall pigs to turn into these fields. If we raise more than we can use at home market them cooperatively by assembling and allowing your county agent to ship to market by market.

In five months a acre of good pasture furnishes feed equivalent to a ton and a half of hay, and at less cost. Why grow more cotton, to make more money, to buy more hay. Plant a few acres of soy beans for hay. Plant velvet beans to furnish grazing for cattle and hogs throughout the winter. Then we will perhaps have a surplus of corn for sale, a few hogs and a calf or two. All our eggs will not be carried to market in one basket. F. W. RISHER, County Agent.

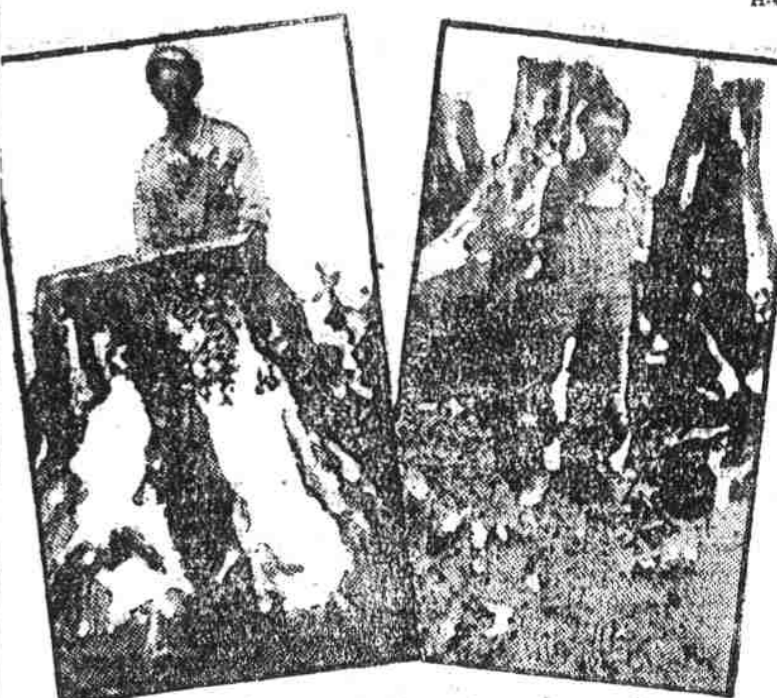
Plant Soy Beans

(By C. B. Williams, Dean of Agriculture at State College)

One of the safest crops that can be grown this year throughout the state, certainly in a small way, on every farm is soybeans. During the last few years many farmers have learned to appreciate the value of this crop. It is well adapted for growth under most North Carolina conditions. It fits in well in our rotations and will give usually as large or larger yield of material to turn back into the soil, or for hay, than any other summer-growing legume we have. The only reason why this crop has not been more generally grown heretofore than it is, is because our people have not had an opportunity to become acquainted with its merits. It is believed that anyone who will encourage the growing of soybeans in a safe and sane way will be performing a public service. Of course, soy beans, like other crops, will not grow satisfactorily unless the land is well prepared, the crop properly cultivated and the necessary amount and kind of fertilizer is added where needed by soils in need of plant-food. In a general way, where soy beans are grown in rows they should not cost more than \$15 to \$18 per acre to produce. In cases where they are grown in a corn crop, they will usually cost much less than this. The cost will include the seed, rent of land, breaking, disking, harrowing, running rows, planting, cultivation and fertilizer. The yields under good average conditions should run from 20 to 30 bushels per acre. Putting the average yield at 20 bushels, which is certainly very conservative, if the crop is properly treated and grown on good, average soil, such a crop will add to the soil when plowed in, after gathering the seed, something like \$15 to \$20 per acre worth of nitrogen which was gathered from the air which would offset the cost of fer-



tilizing and harvesting the crop. This in itself would be worth the cost of producing the crop and harvesting the seed. During the past two years the price of beans has varied all the way from something like \$1.50 to \$5 per bushel. Assuming the price of beans will be \$2 per bushel next fall and winter (which is very low) they should bring to the farmer at least \$40 per acre almost clear profit. It should be kept in mind, too, that where a crop of this kind is grown on land and turned back after harvesting the seed, there would be added a large amount of organic matter which would be worth a great deal to most of our soils which are deficient in this material. We would expect a good crop after harvesting the seed plowed back into the land to increase the yield of the crop following from 25 to 50 or more per cent due to the combined effect of the nitrogen and organic matter contained. This is the year of all years when everyone should grow some soybeans. The seed are now relatively cheap, and the crop will grow under almost any condition of reasonable treatment. Soybeans make an excellent quality of hay and are well suited for grazing purposes.



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