








Misg Eleanor Hanley, Hist schbol



Corb H K. Cirtio, 82 , famoom



## aivim

The 4 -H elub member tho doee project program is misoting a good deal beeause it will not only show
him what his or her defects are but him What his or her defects are but
will help to overcome them. Ho
this works is plainly shown in the case of two Indiana cluw members Who were recently chosen health
champlons in the anual round-up
of club members held at Perdue of club members held at Perdue
University. Both of these champlons had been
in the previous state contest and made good scores, but not good
enough to $w i n$. So they started in a systematic way aftere returning to a
their homes to lo lmprove, their health they came back to the next content boy won the highest award. The pounds. His height is 5 feet and
$9{ }^{3-4}$ inches. He is the youngest

## 

| USE CANNED FOODS |
| :--- | :--- |
| TO BALANCE DIET | Not oniy does canning surplus

vegetables and fruits in summer save money in wrinter and assure the
tamily of an adequate fock but it al ano an mproveste the genperal
tealth of the family by balancing the "Some 250 tarm women in Pitt
County have learned this important lesson," says Mise Ethel Nice, home
"We hent.
have been studying ods and nutrition fin our studying demonstration clubs of this county
during the past two years and we
have found that tood ave found that good nutrition and
anning go hand in hand. In 1931. ons ziven before the clumonstrand vegetables were saved by can-
ning and preserving. If this food 8 valued at only 20 cents a quart,
1.60 . Whould amount to $\$ 15$, ritant While this saving is an fmscarce, the more mimportant money thing
the better health of the farm
milles having bill milles having a better balanced
tet. For two years now, Pitt farm
omen have studied the value of ee different foods and the part they
palay in nutrition of the body. In 1931, the women studied cereais,
vegetables and eggs. So far this
year, the studies have center year, the studles have. centered about this
meats, salads and breads. There
are are few elub women who do not
know the easentials of a good diet
and how to prepare meals that aill and how to prepare meals that will
supply the balanced diet necessary
to continued
 men are now purchasing pressure
cookers so that they may can surcookers so that they may can sur-
plus meats and other products. These
canners are sap canners are supplied by Greenville
merchants and pald tor in fresh and canned produce, Mise Nice says.
There are 3,721 white farm famlHes in Pitt County and the goal of
the home demonstration forces is to reach each of these this season so so
rhat they may serve a balanced diet next winter.

## PREVENT MANURE LOSGES

BY BCATTERING IN SUMMER
total weight.
Losses are
Losses are greatly, reduced by
leaving the manure in the stable Where it is wel ltramped and not ex
posed to the weather. The smal lest losses occur, however, when
nanure is late but is spread out over the lann-
every few days. This also reduces the fly population of the farm. lina agriculture it may be'dimeult so ind a piace to spread manure fa
summer but there are always a few such places on every farm, Blair be-
Heves. In late spring and early
 gratn, the manure may go on the
stubble land; from August unti January, the, manure may go on sod land ready for corn the followfig ear and from January until April,
the manure makes an excellent top
dresser for small gratn. The gar den should be covered at this tim
and the tobacco land will need sood application, he says.
TMIELY FARM QUESTIONS
O. My tobaceo. is growing tall and spindly and blooms too eariy
What causes this and how can I cor-
rect it?
Ans. This condition is caused by
a poor root system and may be a poor root system and may be cor-
rected by eultivating so that the soil
will be piled the plant will then put the plant.
and better root system which new result in better tobaceo which a will
ar lield to the acre the ridge method of cultivation and deftinite information may he had by
writing for Extension Foider 27 the Agricultural Editor, State Col
lege, Raleigh, N. C.
Q. Is it dangetous to use can
ning powders to preserve fooda?
have heard that food canned wit ave heard that food canned with
aetds in the shape of powder will
not spoil.
Ans. Canning powders are not
Wholesome and may cause serious
digestive troubles, bunt, if by dan-
geronis you mean that geronis you mean that, canning pow-
ders will cause death, then we would ders wil cause death, then we would
say "no" to your question. The sim-
ple way to ean truits on we Manure from the barn lot or daify shed plled out-o -aoors and left un
covered during summer is not only a breeding place for troubiisesome nlily
but foses considerable of its plant but ioses conslderable of its plant
food vilue. Now that the depression makes it necessary to get the
most from every pound of farm fertilizer, it mitght be wise to sater-
this manure in summer if no goor place is arallable for holding it ove
until next winter. E. C. Blain, extenslon agronomist
at state Coillege, cites the case of an experiment-made in the case of an where barayard manure mixed wth




Resalts From Sargon Almose Unbelievable
 L. E. scogein drva company. 1 and agaln ten days before ripenINUTTIEOD NEN YORK kay

A taxi driver fin New York may
have a meter which overcharges you per cent but no more.
If you want to take a hatchet fron
 In New York ${ }^{2}$ you may read a not sit on il. $\ddagger \ddagger \ddagger$ Here you may not keep a canary
if it prevents a neighbor from sleep-
ing. You can't coast on a bleycle in
New York. It is against the law. editor of The New Yorker into fifth Avenue out of Twenker into Firth
the other noon, fust beatry street the other noon, Just beating a red
light, grazing a trafic sign, grazing a satety zone, grazing a bus. A cop
halted him. Deliberately he took a big handkerchet trom his pocket. your way, back III' drop this, an' see you can pick it up wit' yer teeth"
With that he motioned him on Was in a restaurant the other
Ight when I saw a woman smoking a eigar. She attracted little attender why women don't take up cigar
Sandwich shop $\ddagger \ddagger$ itners last meet Old newspapers that 80 per cent of
the sandwiches sold in their shopa are made of rye bread.
A harness shop closed its doors y owserved thet he had philiosophical-
finally reach-
the conclusion that the automthe conclusion that the automo-
olie was here to stay.
 as unkown in New York. In 1880
here were no bridges here, no trolley cars, no eleetrie Hghts or elec-
ric power, telephones had just been ingoduced and there were seareely
any buildings over aix stories. George Washington Hives at 228
West 140th Street tand Martha Wask ington lives right around the corner at. 320 West 139th street. A curbstone hawker in West 42nd
Street sells gaudy maps of the world lecorated with portraits of kings
and presidents, the flags of the na and presidents, the flags of the na-
tions and tables of foreign 'exchange;
"An' folks," he says, "each an very one of these beautiful practihunerd and saxixty degrees of latitude
and three hunnerd and sixty degrees of three hung
on longitude."
Used automobilies are being loaded
board barges and taken out into heard barges and taken out int
he ocean where they are dumped
verboard.

Adam died of gont, according to
volume of geneologles fust un Volume of geneologies just un-
carthed it is not clear whether he
ontracted the alment from eting ontracted the allme.
he forbladen apple.


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