

How Much Food For Family of 5?

Question Answered in Release by County Home Demonstration Agent

How much food is required per week for an average family of five and what proportions make a properly balanced diet?

These questions are answered in a "Food Family Guide" made up by Miss Mary B. Thomas, extension nutritionist of North Carolina State College, and released in Wilkes through Miss Harriet McGoogan, home demonstration agent.

Of course the requirements vary according to eating ability and appetites but the following table is supposed to show the average requirements:

Flour, corn meal, cereal and

FARMERS—Come to us for year lespedeza seed. Fresh shipment just in.—PEARSON BROS. 2-16-41

USE A Want Ad FOR QUICK ACTION

Rates: 1c a Word (Each Insertion) (MINIMUM CHARGE 25c)

FOR RENT

FOR RENT: New house with all modern conveniences in Fair Plains. Apply Journal-Patriot office. 11-pd.

FOR SALE

FOR SALE or trade for cattle, 3-year-old filly, J. M. Costner, Gilreath, N. C. 3-16-24-pd

FOR SALE: Five room-house and one acre of land, on main street, Wilkesboro. Big bargain, for quick sale. Easy terms. J. L. Garwood, Wilkesboro, N. C. 3-23-41

BEAUTY PARLOR for sale or lease. Latest equipment. Modern in every respect. Phone 457 or write Box 64, North Wilkesboro, N. C. 3-20-41

12 LINOLEUM RUGS, only \$3.95. A fortunate buy makes it possible to offer you this bargain. Mark-Down Furniture Co., North Wilkesboro, N. C. 3-16-31

GOOD HORSE at a low price.—Yadkin Valley Motor Company. 2-27-41

JUST RECEIVED: Fresh shipment of seed potatoes, lespedeza, and onion sets; also fertilizer. See us for your needs. North Wilkesboro Grocery Co., Tenth Street. 2-23-41

FOR SALE: Good young work mare; medium size. Yadkin Valley Motor Co., North Wilkesboro, N. C. 2-20-41

COME TO HEADQUARTERS for your fertilizer seed potatoes, lespedeza and onion sets. Fresh shipments just arrived. North Wilkesboro Grocery Co., Tenth Street. 2-23-41

WANTED

WANTED: Neat colored girl for maid. Must stay on lot. Good pay. Phone 385. Mrs. W. M. DeBerry. 11

WANTED: you to call for W. G. Harrison at Carl W. Steele's Jewelry store, for typewriter, adding machine and cash register repairing, prompt service. Phone 244. 13-5-41

bread—16 pounds per week 832 pounds per year.
Milk—32 quarts per week, 1,644 quarts per year.
Dried beans, peas and nuts—two pounds per week, 100 pounds per year.
Potatoes—sweet and Irish—13 pounds per week, 685 pounds per year.
Tomatoes or citrus fruits—nine pounds per week, 455 pounds per year.
Dried fruits—two and one-half pounds per week, 125 pounds per year.
Leafy, green and yellow vegetables—12 pounds per week, 985 pounds per year.
In Addition
Butter—two and one-half pounds per week, 120 pounds per year.
Other fats—one and one-half pounds per week, 80 pounds per year.
Sugar, molasses, preserves, etc.—five pounds per week, 270 pounds per year.
Lean meat, poultry and fish—nine pounds per week, 460 pounds per year.
Eggs—20 eggs per week, 87 dozen per year.

DRIVE TO SECURE NEW MEMBERS STARTS IN COUNTY THIS WEEK (Continued from page one)

other source, we are entirely dependent upon this drive to carry on.

Therefore a scale of memberships has been arranged, hoping that the people of this community will, according to their ability, avail themselves of the privilege of helping to support this worthy enterprise. The Library is a free library, and anyone may borrow books without charge, whether a member of the association or not. But it has been definitely and seriously crippled in its most important function by its lack of funds for the purchase of necessary books. To continue, we must have the cooperation and support of the town and county. The solicitor who calls upon you will be glad to give you any additional information. This is YOUR Library. GIVE IT YOUR WHOLE HEARTED SUPPORT.

Memberships:
Ordinary Membership ... \$ 1.00
Family Membership ... 2.00
Contributing Membership ... 5.00
Sustaining Membership ... 10.00
Patron Membership ... 25.00
Life Membership ... 100.00
Memorial Membership ... 100.00

Signed: **MRS. FRANK E. JOHNSON,** Chairman
MR. C. B. ELLER,
MR. W. K. STURDIVANT,
MRS. J. C. REINS,
MR. E. G. FINLEY,
MR. F. E. JOHNSON, Board of Trustees.

ABOUT 100 CASES ARE DISPOSED OF IN WILKES COURT (Continued from page one)

good behavior.
Ralph Vernon Marley, non-support of child, six months suspended on payment of cost and \$300 for support of child.

Claude Elledge and Andrew Smith, plea of guilty to larceny; sentence not passed.
On the nol pros list for the latter part of the first week were six defendants: J. T. Little, Fred Walker, J. H. Crabb, Vada Crabb, Herman Henderson and Duckie Russel.

Nine nations will send navy vessels to anchor off Treasure Island, site of the California World Fair.

We are headquarters for **SEED POTATOES.** All the best varieties.—PEARSON BROS. 2-13-41

Welfare Bill Gets Committee O. K.

(Continued from page one)

welfare work.
Covles Answers Arguments
Senator Covles concluded the Wilkes opposition to the bill by replying briefly to arguments advanced by two previous hearings by proponents of the bill, chief of whom was W. H. McElwee, Wilkes Democrat attorney.

Senator Covles said that the only reason that an attempt had been made to discharge one of the case workers in Wilkes was that the commissioners felt she was no longer needed. Also he said that there had been some charges of discrimination placed against her.

MARTIN SAYS SPIRIT OF CHRIST WILL SAVE OUR NEW ERA CIVILIZATION (Continued from page one)

War at present is in the south, but he said there is a spiritual frontier and that the person who dares put into practice the teachings of Jesus is penetrating the greatest frontier of them all.

"The Bible is not just another book... It contains the inspired message of God... The Bible will make a good citizen out of any man... It is needed in the homes today as well as in the churches and Sunday schools," were some of the highlights of Mr. Martin's address.

He spoke of the dictatorships in Europe and predicted that the power of Hitler and Mussolini will not last but a few years while the greater power, the "spirit of Jesus in the hearts of men," will live on after Hitler and Mussolini have passed away.

The only road that leads to true friendship and the only highway to peace are mapped by the Bible, was the theme of his closing remarks.

The address was received with rapt interest and Mr. Martin received many invitations from members of the class to come again.

EXPECT WILKES AD BILL TO PASS O. K. (Continued from page one)

the year one thousand nine hundred and forty to be used for the purpose of advertising the County of Wilkes.

Section 3. That the Board of Commissioners of Wilkes county and the Commissioners of the Town of North Wilkesboro shall appoint a committee of three or more members agreeable to both the county and town commissioners, to be known as the "Wilkes County Advertising Committee" whose duty it shall be to use the money herein provided for advertising the natural resources of Wilkes County, its advantages as to climate, soil and industry, with and by the approval of both of said boards. The said Advertising Committee shall make monthly reports to the Chairman of each of the said Boards showing the amount expended, the amount contracted to be spent and for what purpose and no money shall be paid to said Advertising Committee except on the approval of said county and town commissioners."

WINS BANNER
For making the best record among the 4-H Clubs of Johnston County, the Four Oaks club was awarded a banner when the county celebrated Achievement Day recently.

Reading the ads. get you more for less money. Try it!

Dula Is Declared Sane By Jurymen

Winston-Salem, March 9.—L. C. Dula was held today mentally capable of pleading to a bill of indictment charging him with the breakfast-hour murder of his wife. Sanity hearing was conducted in Forsyth Superior court.

Three of Dula's sons told the jury they believed their father is mentally unbalanced. Associates of Dula on WPA projects recited instances of allegedly abnormal behavior by Dula.

But the state presented expert testimony of two county health physicians to the effect that Dula is capable of normal reasoning. Several other state witnesses acquainted with Dula testified they believed him sane.

The jury's verdict was returned 20 minutes after Judge J. H. Clement finished his charge.

Trial of Dula is set for Tuesday of next week. A special venire of 50 men was ordered.

Still weak from pistol wounds allegedly inflicted by his father as he sought to intervene in the shooting of his mother, Richard Dula, son of the defendant, took the stand to express his belief his father is not mentally competent. He recited instances of abnormal conduct he said he had observed in his father in recent years.

Dula is under indictment for assault with intent to kill the son, Richard.

Elder son Charles Dula, said his father was very nervous, often walked the floors at night for hours, and had been unable for several months to carry on connected conversation.

Report on Peanut Investigation Made

E. R. Collins and H. D. Morris of the State College Agronomy Department have made a progress report on fertility investigations with peanuts in 1938. They conducted experiments in fertilization on Dunbar-Lenoir fine sandy loam soil in Chowan and Northampton counties, on Wickham sandy loam in Halifax county, on Norfolk very fine sandy loam in Edgecombe county, and Ruston loamy sand in Bertie county.

While it was made clear that the experiments are by no means conclusive, the first year of investigations showed the following results: Response was obtained from land plaster (gypsum) on both Dunbar-Lenoir fine sandy loams with pH values of 5.9-6.1, and 4.6-4.8, respectively. Lime gave a response on only the Dunbar-Lenoir with pH of 4.614.8. There was no response to lime on land plaster on the other soils.

Potash alone gave a response on the Norfolk very fine sandy loam in Edgecombe. This treatment did not respond on the other soils. Phosphoric Acid gave no significant increase in yield, but resulted in a significant decrease on the Ruston loamy sand in Bertie. A complete fertilizer (100 pounds of 2-8-4) gave a significant increase only on the Norfolk very fine sandy loam in Edgecombe, but this yield was no larger than for potash alone.

The agronomists pointed out that the peanut grower is primarily interested in the value of his crop when sold on the market, and therefore must consider quality as well as the yield in bags per acre. In reporting the results of the investigation, all figures were based on the equivalent number of bags that would shell 60 per cent good nuts.

A copy of this progress report may be obtained by addressing a request to C. B. Williams, head of the Agronomy Department of State College, Raleigh, for Agronomy Circular No. 117.

WILKESBORO HIGH STARTS BASEBALL (Continued from page one)

28; Rockwell at Wilkesboro March 31; Mocksville there April 4; Thomasville at Wilkesboro April 7; Coolidge there April 11; Mocksville at Wilkesboro April 14; Rockwell there April 18; Boone there April 21.

The mound duties this year will fall on Boone and Henry Lane, both veterans of high school play and Legion Junior baseball, and Bouchelle. The Lane brothers are sons of Bob Lane, once famous fireballer of amateur baseball in this section.

Other players include R. Brookshire, J. B. Brookshire, Flake Steelman, Ralph Miller, Raymond Smith, Don Story, Baxter Davis, Ray Cain, Eddie Adleman, Max Canter, Joel Bentley, Claude Bentley and Claude Robertson.

WOOL LOSSES
Wool producers of this country suffered a loss of almost \$55,000,000 in income in 1938, compared with 1937, despite increased production. Prices fell from 32 cents in 1937 to 19.1 cents in 1938.

Ads. get attention—and results.



Cash Balance Is Under 2 Million

Raleigh, March 9.—State Auditor George Rou Pou announced today that North Carolina's general fund had a cash balance of \$1,819,363.34 at the end of last month, compared with \$7,157,556.77 on July 1, 1938, the beginning of the fiscal year.

The announcement, contained in a joint statement by the treasurer and auditor, was made while members of the general assembly were struggling with a proposed record-setting \$154,860,000 budget for 1939-1941.

CROP INSURANCE
More than \$4,000 growers in the eight principal spring wheat states have filed applications for "all risk" crop insurance policies on their 1939 harvests.

State College Answers Timely Farm Questions

Question: When should the fertilizer be applied when planting cotton?

Answer: The fertilizer should be mixed with the soil and bedded on ten days prior to planting, if possible. It is extremely important to mix the fertilizer thoroughly with the soil to prevent seedling injury and a poor stand.

Where proper equipment is available side placement is recommended. The kind of fertilizer for different soils together with other pertinent information is given in Extension Circular No. 234, "Approved Practices for the Production of Cotton" and copies may be had free upon application to the Agricultural Editor, State College, Raleigh, N. C.

Florida's vegetable industry is a \$40,000,000-a-year business, second in importance to citrus crop.

Cracker Concocts Perfect Tax Plan

Atlanta, March 9.—Here's the "perfect" tax plan offered to the Georgia legislature by Representative C. A. Williams, of Bacon county:

Ten per cent tax on the first drink of liquor, 20 per cent on the second, 30 per cent on the third, and 100 per cent on all the rest.

"It's perfect because after the taxpayer's third drink he wouldn't care what the tax was", explained Statesman Williams.

Ads. get attention—and results.

Why Suffer With Colds-Pain?—TAKE COOK'S—?

CCC
And Be Relieved

March Special

Rytex Tweed Weave

PRINTED STATIONERY

Lively as a top hat in a March wind... colorful as the Easter parade... and as popular as "Ferdinand". Yet, indeed, here's a REAL thrill... RYTEX TWEED WEAVE in

DOUBLE THE USUAL QUANTITY

200 SINGLE SHEETS	100 ENVELOPES
OR	
100 DOUBLE SHEETS	100 ENVELOPES
OR	
100 MONARCH SHEETS	100 ENVELOPES

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YOU CAN MAKE YOUR SELECTION FROM THE NEW 1939...

Imperial WASHABLE WALLPAPER DESIGNS...

Living Room—Whether it is formal or casual, traditional or modern, we have the right wall paper.

Bed Room—Highly decorative, or simply restful, our large stock of wall papers offers a perfect choice.

Kitchen—Hall—and Bath—These are the places where you must be most practical! Let us show you the smart, new, washable wall papers—they're thrifty! Come in today.

Jenkins Hardware Co.

North Wilkesboro, N. C.