

The Journal - Patriot

INDEPENDENT IN POLITICS

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The State Guard

When the national guard was mobilized cities, towns and communities were left without military forces to serve for protection in cases of emergencies.

Then came the organization of what was called the home guard and has later been called the state guard.

North Wilkesboro was fortunate in being the location of a state guard company.

Captain Harry Pearson has a fine group of men. They have worked hard, trained twice as much as requested, and are in shape to render very good service in any emergency. Theirs is a patriotic service because no provisions is made for pay of officers or men.

During the blackout here Monday night we had opportunity to see them perform and they did exceptionally well. Seemingly, they have already passed the stage of "amateurs" and are now real soldiers.

Just before the blackout the company received its inspection by Major Blackwelder and he did not spare words in praising the company, which is something unusual at inspections.

The state guard company here is a patriotic group of men. They represent our protection in time of emergency. We fear that the people of this community do not appreciate that fact as they should.

Because there is no armory, the men have had to have indoor drills just anywhere they can and the less frequently used streets have been their drill grounds.

The state guard company needs an armory. After the war North Wilkesboro will be without a military company of any kind unless an armory is provided.

Prices And The Farmer

We do not believe that the attitude the administration is taking relative to farm prices is exactly in line with some other domestic policies.

The farmer has been a downtrodden victim of economic machinations since the first World War. Now he has a chance to get something near fair prices for his products, which represent his labor.

We cannot conceive of putting a ceiling on farm prices as the prices were in 1941 while labor is allowed to go up and up with the sky apparently the limit.

If semi-skilled (and that is an exaggeration) labor can get \$10 per day, why limit the farmer to the bare subsistence prices he has been receiving?

Before going any further, let it be said here and now that we do not favor inflationary farm prices. We do not favor the price of wheat going to old war prices of \$2.50, wholesale on eggs at 60 cents, or the price of any farm commodity going higher than the general level of manufactured products.

But there has been no indication that the price of any staple and necessary farm products of this part of the country going to a height proportionately equal with that of products the farmers must buy. Then why all the fuss about ceilings for farm prices when they have barely increased, much less skyrocketed?

The prices on farm products represent the farmer's pay for his work. Why not let him get paid along with the members of labor unions who have forced wages up and forced up the prices farmers have to pay?

And the office of Price Administration could very well do some investigating on certain food prices.

Some foods which were canned in the summer of 1941, and which had been selling at about the same prices for months, have increased recently.

Those responsible surely do not believe that the American public is dumb enough to think that the farmer is getting more. In fact, he sold the foods in season about

seven months ago at the same old price and the foods were canned then for the same costs as formerly. But in recent weeks the prices have advanced.

Somewhere between the farmer and the retailer there has been some profiteering at the expense of the consuming public.

If a food product was produced last summer, and was sold for a certain price until the outbreak of the war, why should there be a price increase?

When food prices increase we want to see the farmer get his just share of the increase and if he does not get his part of the increase why allow it?

Retailers, especially in this part of the country, are not responsible for price increases. In many instances we know of retailers who have sold for less profit percentage rather than charge their customers prices in accordance with what they were paying wholesalers and jobbers. Retailers are doing a good job supplying the public and without trying to make unjust profits.

One America

"We face a period of consumer rationing of every article which requires an appreciable quantity of strategic raw materials.

"We've barely begun to sacrifice, and while it may find us soft at first, we've come from strong forebears, and there is no fear in my mind that Americans can't take it."

That's straight talking, and it comes from William P. Witherow, President of the National Association of Manufacturers, a man in a position to know what he's talking about. In a recent speech he warned us Americans of the trials ahead, and he called for unlimited cooperation "in deed, in fact, and in every action" to meet the test.

"Half-baked sophistries must be out for the duration. This war is no pink tea or social barbaaz. . . .

"Speed of production is the essence of victory. The rules of the game can not be changed if we are not to encourage defeat. . . .

"For us there is just one America, and as one people we must protect that land of free men against the encroachment of enemies to freedom—armed or otherwise—so that these United States and all they symbolize may endure for us and our posterity."

American Anniversary

What are we Americans fighting for? We read a lot these days about our way of life and the necessity of preserving it. But what is our way of life? What does it mean in terms of those little every day liberties that we all know, and sometimes all forget? Here in America freedom is as familiar to us as the homes we knew as children, and, like safe and trusting children, we often take it for granted, not thinking what it means.

Without showing a tank or a bomber, a map of a battle, a new movie that has just been released brings home the meaning of this freedom that Americans are sweating, fighting and dying to preserve. Called "American Anniversary," it traces 20 years in the life of an immigrant who, like so many millions before him, came to America and was able to work himself up to a position of dignity and respect in his town.

The picture, which was made by the National Association of Manufacturers, dramatizes the simple rights and opportunities that our system of democratic government and free enterprise makes possible—rights and opportunities that have made America a legend of hope for oppressed people everywhere, rights and opportunities that we must make up our minds to preserve, no matter what the cost.

This Scrap On Our Hands

Five hundred pounds of scrap rubber are needed for every medium tank. A battleship may contain as much as 9,000 tons of scrap metal. Ten thousand tons of waste paper will be needed this year to make ammunition containers alone. Three miles of copper wire go into a modern bomber.

Facts like these make it clear why we Americans must begin to save materials as we never have before. Government officials say that salvage operations will play an important part in winning the war. Our industries are expanding at such a rate that they will need vast quantities of scrap to keep them going full blast, making weapons, and it's up to us to see that they get it.

Salvage campaigns are being organized throughout the country to gather material of this kind. Every one of us can help in these collection drives. Every one of us has scrap of some sort that he can contribute.

THE MARKET BASKET

Conserving Sugar

Now that the Nation's sweet tooth is undergoing a little discipline, many a homemaker is working out ways to make her sugar supply go further. In the following paragraphs, Dr. Louise Stanley, chief of the U. S. Department of Agriculture's Bureau of Home Economics, makes some suggestion along this line.

"Restricting retail sugar purchases may be a bit inconvenient at first," says Doctor Stanley. "But it can hardly be regarded as a kitchen catastrophe."

"In the first place, we can get along on a lot less sugar than we have been eating—and still have nutritious meals that taste good."

"For, as far as actual food value is concerned—sugar is not an indispensable item in the diet for most of us. Sugar supplies food energy in an exceedingly palatable form. But as far as energy from food goes, any reduction in sugar can easily be taken care of by increasing quantities of other inexpensive energy-giving foods that supply, in addition, valuable vitamins and minerals. Whole-grain cereals are one such food group. Starch vegetables and dried fruits are others."

"Although sugar is a quicker source of energy than most foods—that is it can be digested and used by the body rapidly—most of us who do not work at hard physical labor for long periods of time have no special need of quick energy."

Therefore, Doctor Stanley concludes, cutting down on sugar means little more to most of us than cutting down on a flavor that is particularly pleasing. And with a little thought, she believes, the homemaker can cut the sugar in her meals the necessary amount in comparatively painless ways.

Whether the weekly sugar available to each person arrived at by the Office of Price Administration is three-fourths of a pound or slightly more or less—that is quite a bit of sweetness. Three-fourths of a pound—about 1½ cups—a week amounts to a little over 10 level teaspoons a day.

Plans for diets that are nutritious, satisfying, and palatable, worked out by the Bureau of Home Economics for years of normal sugar supplies have included 50 to 60 pounds of sweets a year. This figure, in addition to sugar, counts syrups and commercially prepared preserves. And it doesn't mean that the same amount is recommended for everyone in the family. Quantities suggested in the diet plans range from less than 5 pounds a year for infants to 90 pounds for very active men.

Although these diet plans use less refined sugar than has customarily been bought by the nation's families in the past few years, the amount can be further reduced. Here are some suggestions:

Keep a weather eye open for out and out sugar wastes. One of the most obvious sugar wastes, of course, is the undissolved sugar in the bottom of a cup of coffee or tea. Other sugar wastes are over-sweetened foods, cake failures—or failures of any products that contain sugar.

Next, cut down on sugar in least noticeable ways. Experiment to see if the amount of sugar you have been putting on your breakfast cereal or in your coffee is just a matter of habit—whether you could be just as happy with half a teaspoon or so less. If the breakfast cereal is tipped with dried fruit, you need less sugar than for plain cereal.

In fact, when it comes to eating less sugar, we might take a tip from the diets that are recommended for children. Little sugar is given to a child early in life—so he can learn to like the natural taste of foods undisguised. And his sweets are kept simple—served to him either for dessert or just shortly after a meal. Sweets are such concentrated foods that they tend to take the edge off the appetite—make children or adults less hungry for other foods they need.

Trying eating fewer rich desserts—fewer pastries and very sweet cakes. Fresh fruits are among the most nutritious and desirable of desserts—and they carry their own sugar. Canned fruits also come in the class of not-too-rich desserts. Dried fruits are one of the best sources of natural sugar. A pudding made with raisins or dates, for instance, needs less sugar for sweetening than a plain pudding.

Finally, suggests Doctor Stanley, add variety and supplement the weekly white refined sugar with other naturally sweet foods. Available now are honey, cane syrups, molasses, sorghum, corn syrup, and maple syrup. Molasses, cane syrups and sorghum contain a good deal of calcium and iron.

When honey is used merely to sweeten, it may be used instead of sugar, cup for cup. For it is of about equal sweetness. If you use honey in cakes or quickbreads, you have to make certain other allowances. A formula worked out for honey substitution for sugar

by the Bureau of Home Economics is this—

If you substitute medium thick honey for all the sugar in a cake or quickbread—reduce the liquid in the recipe one half. If you substitute medium thick honey for half the sugar in a cake or quickbread—reduce the liquid in the recipe one fourth. Bake all such cakes and quickbreads at a moderate temperature to prevent too rapid browning and to keep the good honey flavor.

Sorghum, molasses, and maple syrup; all have their own characteristic flavors. For all, there are available special recipes worked out that yield delicious cakes, puddings, and cookies. Cakes made with much syrup are heavier than sugar cakes and they stay moist longer. Syrups are especially good in gingerbreads and spice cakes.

Syrups, like honey, may be used merely for sweetening—on cereals, in puddings, sandwich fillings, sauces. It takes about 1½ cups of these syrups to equal 1 cup of sugar in sweetness.

Corn syrup is half as sweet as sugar. It also may be used as the only sweetening in many ways. When it is used in beverages, puddings, custards, and sauce in the place of sugar—the other liquids in the recipe must be reduced by one fourth.

Recent studies made in the laboratories of the Bureau of Home Economics show that corn syrup may be used in standard recipes for muffins, plain cake and drop cookies. The corn syrup may be substituted, measure for measure, for the sugar specified, and the liquid in the recipe reduced one-third. These products are less sweet than those made with sugar. The cakes are especially good if served as a cottage pudding with a sauce—or with a sweet icing. The cookies are good frosted or unfrosted and served as accompaniments to a dish of sweetened fruit or pudding.

Corn syrup may also be used in candies, icings, and mousses, but for these special recipes are necessary.

U. S. Control Over Business Strengthened By A New Decision

Washington. — The Supreme Court strengthened federal authority over local business yesterday with a sweeping decision that Congress can regulate any trade—even that conducted entirely within one state—if it competes with interstate commerce.

Specifically, the court upheld unanimously an order by the secretary of agriculture under the 1937 marketing agreement act fixing minimum prices for milk produced, and sold entirely within Illinois. The tribunal took this stand because the product competed in Chicago with milk from outside the state, the price of which was regulated.

Two other decisions upheld federal powers at the expense of state authority. The court held, by divided votes, that:

1. Alabama could not enforce its state health law in connection with the manufacture there of "renovated" butter. The state considered this butter an adulterated food but was told to keep hands off because the federal government had stepped into this regulatory field.

2. New York would have to recognize the confiscation by the Soviet government in 1919 of Russian property in that state, notwithstanding its own state laws on the subject, because the federal government had granted recognition.

Seed Scarce; City Gardens Discouraged

Certain vegetable seed will be "short" in 1942, and Lewis P. Watson, Extension Horticulturist of the N. C. State College, says backyard "city" gardens should be grown only where suitable soil and equipment are available. He strongly urges that city people avoid digging up flower beds to plant vegetables in the "Victory Garden" program.

"We have been informed," Watson said, "that shortages of some types of garden seed exist. This is especially true of most of the greens, including mustard, kale, turnips, and cabbage. There appears to be a plentiful supply of spinach seed."

"Farm people generally have better soil, and more spraying and dusting equipment available, for growing a garden," Watson declared. "Most of the vegetable seed will be needed in rural areas. It is a waste of seed, and of time, to attempt to grow a garden in a city backyard where the 'soil' consists mainly of rubbish, brickbats and perhaps old automobile tires."

"However, where urban people have good garden plots, they can contribute to the Victory Garden program in 1942 by producing their own vegetables and small fruits. County farm and home agents will be glad to advise with city people in this connection."

The Extension horticulturist called attention to the fact that most garden seed dealers in his state are offering special packages of seed, containing enough to plant a complete garden for a family of five persons. Seed dealers have quoted prices ranging from \$5.35 to \$6.50 for the special packages, which are known as the "Food for Freedom Garden Seed Collection."

The same seed, if bought in separate packets at intervals throughout the year, would cost from \$10 to \$18, based on prices in 1942 seed catalogs.

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Victory Garden; Seed Suggestions

What constitutes a Victory Garden?

This question has been raised in connection with the "Victory Garden" campaign through which every farm family is asked to contribute to the National war effort by producing their own vegetables and fruit in 1942.

H. R. Niswonger, Extension horticulturist of N. C. State College, answers the question as follows: "A Victory Garden is one in which a sufficient quantity of different vegetables are grown to feed the family. Normally this requires one-tenth of an acre for each member of the family, with 10 or more different vegetables grown."

Niswonger suggests that the following 22 vegetables be grown and he recommends varieties of seed to buy and tells the amount of seed to plant for a family of five persons:

Bush lima beans, Henderson Bush, Wood's Prolific and Baby Fordhook varieties, 2½ pounds of seed; pole lima beans, Carolina Slave and Challenger varieties, 2½ pounds of seed; bush snap beans, Stringless Black Valentine, Stringless Greenpod, and Bountiful varieties, 5 pounds; pole snap beans, Kentucky Wonder; 2½ pounds; beets, Early Wonder and Crosby's Egyptian, 2½ ounces; cabbage, Jersey Wakefield (early) and Dutch Ball Head (late), 1 ounce; carrots, Chantenay and Imperator, 2½ ounces.

Collards, Carolina Short Stem,

1 ounce; cucumbers, Clark's Special and Kirby, 2½ ounces; lettuce, Big Boston and New York No. 12, 1 ounce; okra, White Velvet and Perkins Mammoth, 2½ ounces; field peas, Crowder and Cowpeas, 2½ pounds; garden peas, Laxton's Progress and Laxtonia, 2½ pounds; peppers, California Wonder, one-half ounce; onion (sets), Silverskin, Ebenezer, and Yellow Globe Danvers; 5 pints; kale, Siberian and Dwarf Blue Scotch, 2½ ounces; spinach, Virginia Savoy and Long Standing, 2½ ounces; squash, Yellow Crookneck and White Bush, 2½ ounces; sweet corn, Golden Cross Bantam and Iowa, 11-14 pounds, mustard, Southern Giant Curled, 5 ounces; tomatoes, Pritchard, Rutgers and Mariglobe, 1-4 ounce; turnip, Purple Top, 5 ounces; Irish potatoes, Cobbler, Green Mountain and Sequoia, 5 pecks; and 500 sweet potato slips of available variety.

Not Qualified

Tampa, Fla.—An Irishman, Harry V. Flood, served as justice of the peace and mayor of Frostproof for six years before finding out he was not a qualified officeholder.

He was not a United States citizen. So, Flood promptly resigned and applied for citizenship papers. The usual two-year wait was waived and he took the oath.

Now, the Irishman's qualified, but he hasn't revealed future political plans.

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