

### Shoe Retailers Given Time For Remitting Stamps

It was announced this week by officials of the local rationing board that shoe retailers may give their ration coupons to their suppliers just before the suppliers ship orders of shoes, according to a recent OPA ruling which is expected to stop the practice of requiring retailers to supply the wholesaler with the proper number of ration tickets at the time an order for shoes is placed.

The latter practice is said to have threatened the supply of fall shoes to consumers in some localities. Orders for shoes are placed in advance of the season during which they will go on sale, and the retailer often do not have ration coupons on hand to give the supplier when the order is placed.

Under this new arrangement, a retailer may place his order, and then pay the supplier the ration coupons when the order is ready to be shipped, it was explained.

Scientists in the Agricultural Research Administration report that it is possible to produce industrial alcohol from wheat without the addition of malt.

There are about 164,000 acres of snap beans for processing this year as compared with about 59,000 acres average for the previous ten-year period.

There will be about 421,000 tons of green peas for canning, freezing, and other processing this year as compared with about 229,000 tons in the previous ten-year period.

### Belk's Dept. Store

"We Sell It For Less" Sparta, N. C.

### SELL MORE BURLS — BUY WAR BONDS

## The South Briar Co., Inc.

BURNSVILLE, N. C.

We are willing to share our profits to the limit with our customers, we are now paying \$20.00 (Twenty dollars) Per Ton for all the nice well trimmed Ivy and Laurel Burls, delivered to our scales at Cherrylane, N. C.

BUYER,

### John T. Miles

BUY MORE WAR BONDS

### WANTED!

## TIES and LUMBER

Bring US your Ties and Lumber for the Highest Prices. CROSS TIES, SWITCH TIES, BRIDGE TIMBER, EXPORT, WHITE PINE, CHESTNUT and POPLAR.

SEE US FOR SPECIFICATIONS and PRICES

### Mt. Airy Lumber & Tie Co.

Located just above the Stock Yards  
B. H. RICHARDS, Mgr.  
West Jefferson, N. C.

### Canada Develops Training Table For Her Air Men

THE ROYAL CANADIAN AIR FORCE has raised cooking to a new plane and what was once considered an art reserved for mothers and chefs has become a highly developed science.

The revolution in mass-feeding was achieved recently when the Royal Canadian Air Force adapted the modern science of nutrition to the development of a fighting and flying force, and recognized the importance of diet and eating habits to its efficiency. To accomplish this, the Royal Canadian Air Force has made marked changes in military feeding methods. Medical men were invited to recommend a basic ration, then dietitians were put in charge of airforce kitchens across Canada as messing officers.

This was the first time in the annals of modern warfare that women had looked after the cooking arrangements for a fighting force. The job of preparing varied diets within the basic ration was handed over to them, and a test kitchen was created to assist them in evolving the tastiest and most nutritious recipes. Nutrition laboratories were set up to test the meals served at the different stations. Dietitians were drawn from restaurants, hotels and hospitals to supervise the feeding problems of the Royal Canadian Air Force. They plan the menus and instruct the cooks in the best methods of preparing and conserving food.

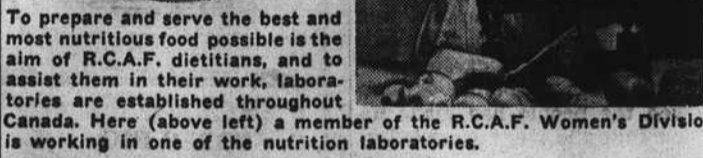
A survey of the food habits at representative Air Force stations showed 33 percent of the personnel didn't drink all the grapefruit juice in their ration. Others didn't drink enough milk or eat cheese, yet these were the very foods that were needed as a source of calcium, and many of the vitamins essential for sound teeth and bone structure.

A color movie, called "Training Table" was created by the Royal Canadian Air Force medical branch to educate personnel in proper eating habits. The film explains how proteins repair damaged aircraft, and how pilots who finish a flight in bright weather with tired and watery eyes often suffer from a lack of riboflavin.

The new test kitchen has three jobs to do. It must develop suitable and accurate recipes for cooking large quantities, from the basic ration. It experiments with methods of food preparation. Thirdly, it tests food products from the standpoint of suitability to service conditions, particularly new types



That's no dessert spoon being wielded by the young lady—and it's no quart size pot she's cooking in. This young lady has learned how to prepare food in large quantities for Canada's air force, working with equipment like this. Quantity recipes are carefully developed and tested in the kitchens at the R.C.A.F. School of Cookery.



To prepare and serve the best and most nutritious food possible is the aim of R.C.A.F. dietitians, and to assist them in their work, laboratories are established throughout Canada. Here (above left) a member of the R.C.A.F. Women's Division is working in one of the nutrition laboratories.

Science has come to the aid of cooks in R.C.A.F. kitchens and through laboratory tests, proper cooking methods are determined. (Above right) A member of the Women's Division is seen working in the laboratory testing raw vegetables to determine the vitamin count. Analyses like these have determined, for instance, that cabbage can lose as much as 90% of its Vitamin C if cooked too long and in too much water.

The aim of the Royal Canadian Air Force is to provide the best in food. "that men may fly," and through scientific methods and intensive training they have rapidly reached their objective. Today the Air Force can rightfully claim to be one of the best fed services.

### N. C. Dairymen Are Asked To Follow 8-Point Plan

The Dairy Industry Committee has recommended an 8-point program to North Carolina producers for maintaining milk production in the coming months so as to achieve their part of the 122-billion-pound milk goal this year, says John A. Arey, in charge of Dairy Extension at N. C. State College.

With so many soldiers and their families in this area, it is particularly important for North Carolina dairymen not only to maintain production but also to increase it wherever possible.

Arey emphasized the following practices: provide abundant pastures, both temporary and permanent; grow plenty of good hay and be sure to cut it early for good quality; and provide abundant silage. Also, he recommends that cows be conditioned for freshening, that good roughage be fed liberally, and that balanced rations be maintained at all times.

When pastures begin to get short, additional feed should be given to avoid the customary summer slump in milk production. Dairymen should anticipate this period by putting their cows on food because, if the animals show a drop in production, they will probably not be able to regain their normal flow of milk before freshening.

With Uncle Sam daily calling for more and more milk, the calves probably should be raised with less milk because it is too valuable for human consumption to allow it to be diverted to calf raising.

Arey further suggests that dairymen begin to think of putting in some alfalfa, oats and

other crops for grazing and hay. Hens laid 6,506,000,000 eggs in

May in the U. S., which is 13 percent more than for the same month last year.

Because Nazi authorities in Holland are stripping the country of sugar to supply their troops on the Russian front, Hollanders will be without sugar for one month this fall.

## Notice To Delinquent Taxpayers

After August 1, 1943, land on which 1942 taxes remains unpaid, will be advertised and sold. The law of the state will not permit carrying beyond this date.

Jess Moxley,

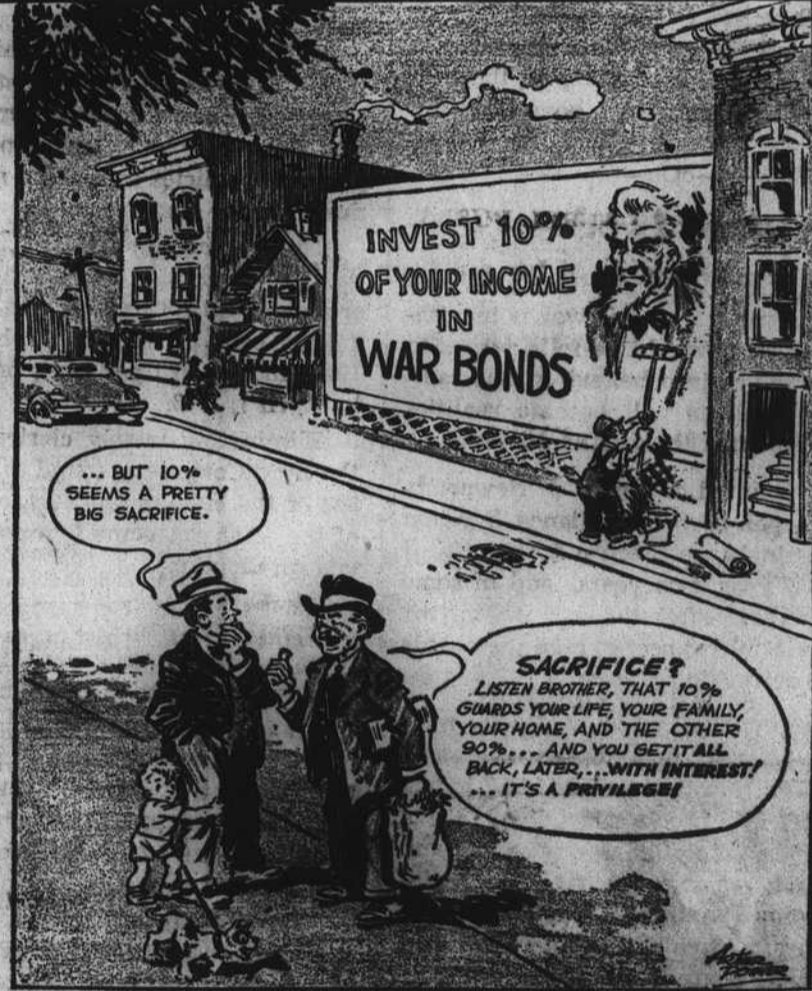
Sheriff, Treasurer and Tax Collector

SPARTA,

N. CAROLINA

### JOHN CITIZEN SPEAKS ★ Cartoon by

Active POWER



Courtesy of Detroit Free Press.

### Save 10% ... to Save 100%

All over the nation, patriotic Americans are spending less and saving more—putting at least 10% of their incomes into War Bonds and Stamps. So our boys can have the planes and tanks and guns they need to fight and attack and WIN for us! So the Nazis and Japs will wish they hadn't tried to enslave America, too—and won't ever try it again! And it's going to take 10% in War Bonds to do it! So, if you've been postponing buckling down, remember, it's "Everybody 10%" or "Nobody (except our Axis masters) having a cent."

NOTE—Now You Can Buy War Bonds Through Your Rural Postman!  
**Buy War Savings Bonds**  
SHOOT STRAIGHT WITH OUR BOYS  
This space is a contribution to America's All-Out War program by

## Pless Electric & Furniture Company

Galax, Virginia

### SPARTA



### SPECTACLES

Mrs. Constance Garvey

Well, the Glorious Fourth has "come and went" and it was one of the quietest of our whole life. Like many others, we celebrated the holiday just by being at home — a rare privilege to the poor workin' goid. And to most anybody, for that matter.

The other day Mrs. J. K. Andrews surprised us in our office as we whistled at our work. She said upon entering the door, "Well, somebody doesn't have false teeth, anyhow." Which is true enough, thank goodness, but we had never thought about a set of false teeth preventing one from whistling. But upon reflection, we can readily see why a plate would sort of botch up a rendition of the favorites in our repertoire. Yes, we do too have a repertoire—we can't sing a lick, but we CAN whistle! Imagine "My Mammy Done Tole Me" or "Fisher's Hornpipe" to the accompaniment of the clacking of a set of falsers! No, Annabelle—it just isn't being done.

And ARE we flattered! This week two of our readers way off in Africa and Texas, actually wanted us to publish our photograph in the paper! Wouldn't it be a joke if we did? At the risk of "killing off" our sub list we might just do that thing some of these days. Anyhow, we only have one photograph—and it's much better looking than we are. (We told the photographer if it wasn't we wouldn't have it)—and people tell us it doesn't even look like us, because it has its mouth shut!

It just rains and rains. The other day we heard a boy say he thought it was raining just because he cut his hay on Sunday before it started raining on Wednesday. Anyway, "Dog Days" started out wet and have been consistently damp ever since.

Recently, Mr. Mack Holloway came in to renew his subscription to the News and told us about having some mistletoe growing in a big blackgum tree in his yard. He lives near the Wilkes

### Conservation Farming News

BY W. O. HOOPER

A few miles north of Sparta three men on adjoining lands have established a splendid system of conservation farming. From the nearby mountain tops it is a beautiful sight to look down on the alternating strips of corn and grass on the farms of Cabell Wilson, Robert Edwards and Commodore Edwards. These men are justly proud of their farms and eager to do everything possible to improve them. They have found that strip cropping is the common sense method of farming and it has been so easy to follow that they are actually surprised. Strip cropping puts the rows on the level, saves fertilizer, topsoil and moisture and protects the field from severe winds.

"I tried ditches and other things because I wanted to save my top soil", said one farmer, "but from now on I'll take strip cropping."

county line, and said it was the only mistletoe he had heard of growing in this section, and wondered if anybody else could report a similar plant in their yard. Ask the boys and girls—we bet they know!

Sometimes we wish we could print anonymous letters. We get some gems once in a while, but naturally, we would not print anything a writer had not the courage to sign and have printed over his name. Those things just aren't done in newspaper business, so please don't expect it.

At the request of a friend, we publish this:

**MY PRAYER**  
Most merciful God, cast me not out in the time of old age; forsake me not if my strength fail-eth. May my hoary head be found in righteousness, preserve my mind from dotage and imbecility and my body from protracted disease and excruciating pain. Deliver me from despondency in my declining years and enable me to bear with patience whatever may be Thy holy will. I humbly ask that my reason may be continued to the last and that I may be so comforted and supported that I may leave my testimony in favor of the reality of religion and Thy faithfulness in fulfilling Thy promises. And when my spirit leaves this tenement, Lord Jesus, please receive it. And to be sure that my inexperienced soul may not be confused about the way, please send some of Thy blessed angels to convey my soul to that mansion which Thou has prepared.