

FOOD CONSERVATION IN NORTH CAROLINA

(S. R. Winters, in Review of Reviews.)

The county health officer who wrote the North Carolina Food Conservation Commission that the diversification campaign and war-production drive had lessened the death rate of both adults and children is at least credited with voicing the ardor of a production and conservation program that added \$75,000,000 in food-crop wealth to the State.

The incident alike suggests the scope and effectiveness of the four months' campaign of the North Carolina Food Conservation Commission in re-shaping a state wedded to cotton and tobacco. It was a stroke to square a deficit of \$80,000,000 annually spent for food and foodstuffs from the Middle West. The task was one of gigantic calibre, and happily the Governor of the State threw the weight of his personality and office into the "feed yourself" campaign.

The centralized conservation agency was duly organized, and bearing the charter-seal of the State, empowered to act on April 17. The Governor headed the commission. John Paul Lucas, ex-newspaper man, farmer-real-estate-dealer, and president of the North Carolina Farmers' Convention, was designated full-time executive secretary.

Crops had begun to sprout when the executive secretary assumed active direction and initiated plans to switch farmers from all-cotton crop, insure a liberal use of commercial fertilizers, and guarantee a well-tilled soil and an increased acreage adaptable to food crops.

Informed in the art of publicity as newspaper reporter, the whole-time secretary instantly sought the cooperation of the State press. Three days after perfecting the organization, a letter was dispatched to sixty daily and weekly newspapers, and a syndicate service supplied readable copy to as many more. Plans and purposes were outlined, with the admonition, "Grow your own food and feed crops, or go hungry!"

Co-operative efforts of 7,000 school districts, 85 boards of trade, 3,000 bankers, mayors, ministers, county agents, and organized farmers were impetioned to establish fair and adequate markets. These trade arteries were to invite an equitable distribution of \$12,000,000 war-garden expansion. To establish adequate markets in trading centers of 100 counties was the ultimate aim of the commission, as expressed by Secretary Lucas to food commissions in different counties.

Director P. W. Kilgore, of the Agricultural Extension Service, addressed personal appeals to 3,000 bankers and merchants, stressing the significance of adequate markets. He analyzed the big essentials thus:

(1) A disposition to give the farmer a square deal, to give him preference over the farmers of the Central West; (2) warehouse space and equipment for shelling corn, grading and cleaning corn, wheat, oats, beans, peas, and other products.

He urged the merchants to provide shellers and graders. Merchants had heretofore excused themselves from developing a market by blaming the farmer for not shelling his corn or properly grading his product. The farmer, however, with only a surplus of probably from 200 to 300 bushels could not afford to purchase shellers or graders.

The North Carolina Food Conservation Commission uncovered 11,000 idle acres on farms of county homes (poor-houses). Here, as elsewhere, the marketing problem was found to be local, with the production and lagging in this instance. Boards of county commissioners were written spirited appeals: Certainly no county home should ask the taxpayers to buy corn, meal, sweet or Irish potatoes, beans, or other crops, that are adaptable to their section of the State. Consequently, road convict forces were transferred to these hitherto unproductive acres. The response was generous, and at least one county

GIRLS! THICKEN AND BEAUTIFY YOUR HAIR AND STOP DANDRUFF

Try This! Your Hair Gets Wavy, Glossy, and Abundant at Once

To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a small bottle of Knowlton's Danderine now for a few cents—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance, freshness, softness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.

Disbursements of Road Board for Nov. 6, 1917

Table listing disbursements for various items like Standard Oil Co., oil, W. W. Hockett, lumber, J. A. Wright, hay for county teams, etc.

LEMONS MAKE SKIN WHITE, SOFT, CLEAR

Make This Beauty Lotion For a Few Cents and See For Yourself

What girl or woman hasn't heard of lemon juice to remove complexion blemishes; to whiten the skin and to bring out the roses, the freshness and the hidden beauty? But lemon juice alone is acid, therefore irritating, and should be mixed with orchard white this way: Strain through a fine cloth the juice of two fresh lemons into a bottle containing about three ounces of orchard white, then shake well and you have a whole quart of skin and complexion lotion at about the cost one usually pays for a small jar of ordinary cold cream.

SEALS ON SALE FOR SOLDIERS' CHRISTMAS PACKETS

Red Cross Seals Went On Sale November 5. Soldiers' Christmas Packets Expected to Carry Red Cross Seals

For the reason that Christmas packets must be sent by the Red Cross chapters to the soldiers not later than November 15, and again for the reason that every packet will be expected to carry one or more Christmas message through Red Cross Christmas seals, the sale of seals was allowed to begin this year November 5. This was the order of Dr. L. B. McBrayer, executive secretary of the State Red Cross Commission, to all agents or chairmen of local Red Cross Seal committees.

"All local agents will be expected to have their supply of seals on hand and ready for sale before November 15," says Dr. McBrayer who believes every Red Cross chapter as well as the people in general, in making up their Christmas packets for the boys, will be glad to place one or more Red Cross Christmas seals on every package they send. He says seals will be sent to may person acting as chairman of a local committee who will make the request. "We have four million seals with which to supply your needs. We trust you will sell three times as many as you did last year. If you can sell more than your present order call on us."

STATE FALLS BEHIND IN OPEN AIR SCHOOLS

Climate Favorable, Need Great, Yet Not One Virginia Has Fourteen, Georgia Four

In the campaign for a more liberal use of fresh air that the State Board of Health is making as its first advance against preventable diseases this winter, it is forced to admit, it says, that the State is backward in the use it makes of open air schools. "Thus far," says the Board, "we have no record that there is a single open air school in North Carolina. Why, we cannot understand, as our climate is all that is favorable to this particular kind of educational health work and there is no doubt about such work being needed. Just recently, a father wrote: I would like to send my boy to school but he has afternoon temperature, and I'm advised to send him to the State Sanatorium. Is there any place in the State I could send him where he could improve his health and his mind at the same time?"

"That North Carolina has no place for children where their minds and their bodies can improve at the same time" says the board, "is not in keeping with her other progressive health and educational agencies. It is not in keeping with her sister States. Virginia has fourteen open air schools, West Virginia three, Georgia four, Alabama one. In many of the northern states, the open air school system has found a permanent place in the State's educational system. New York state has 106, Pennsylvania 22, Maryland 12, Massachusetts 23, Ohio 10, Illinois 15, Michigan 15, and California 7. Where there was not a single open air school listed in 1905, there were 800 in 1916.

"As to the value of open air schools, New York City last winter well demonstrated that children "so fortunate as to be sick enough to get in them" made rapid gains in their books as well as in weight and other health requirements. So evident were the benefits of the open air schools that the parents requested that their children be admitted, and the teachers demanded that more closed school rooms be made into open air school rooms."

Advertisement for Dr. King's Discovery for Coughs & Colds, featuring a large illustration of a man's face.

Constipation Causes Sickness Don't permit yourself to become constipated, as your system immediately begins to absorb poison from the backed-up waste matter. Use Dr. King's New Life Pills and keep well. There is no better safeguard against illness. Try it tonight, 25c. All druggists.

SENATOR BANKHEAD CARRIES "BIG STICK"

Washington. — Senator Bankhead of Alabama startled his colleagues by stalking into the chamber just before the recent adjournment with the aid of a hickory stick six feet long. The senator is no lightweight and he towers over the average man, but a prop so entirely out of all accepted proportions caused comment.

Senator Knox's curiosity was such that he demanded an explanation.

"It's the stoutest bit of wood ever cut in Virginia," said the owner.

"Quite a good deal of it," observed the Pennsylvania senator. "Do you know that if that stick were cut in two, and one of the parts had a nice silver head on it, it would make a most appropriate gift for a friend?"

"Not on your life," responded the gentleman from Alabama, quick to reject the hint. "This was sent to me by a friend. I am going to take it down home if you fellows ever get through wind-jamming here and adjourn. It will be just the thing for me to use when I go prowling around my farm."

GET LEATHER FROM SHARKS

Series of Tests by Government Shows That Product Is Durable and Satisfactory

New London, Conn.—A contract for 1,000 shark hooks, 800 to be completed in ten days and 700 in twenty days after the first consignment, has been awarded by the government to J. W. Fordham, a blacksmith, of this vicinity.

There are to be three varieties of hook, eleven, ten and nine inches in length. A chain and swivel are to be attached to each hook.

It is reported from a Washington correspondent that the government is about to prospect in a new leather field, that of shark skins. In a series of tests a durable and satisfactory leather has been evolved from the skins of these fish. It is believed there is no reason why an industry may not be profitably started.

WORKS FOR NATIONAL UNITY

Theodore N. Vail, who is head of the League for National Unity, organized recently with the approval of President Wilson, is preparing an intensive campaign for the unification of public opinion in the war. Mr. Vail is president of the American Telegraph and Telephone company.



NICK CARTER IS IN ECLIPSE

Boy Readers Want Alrmen or Submarine Captains for Heroes Instead of Old Thrillers.

Denver, Colo.—A canvas of book-stalls in Denver—the very center of romantic "wild and woolly"—shows that the kaiser has put the western brand of romance out of business. As one dealer explained it "with the war sentiment sweeping the land, young America has tired of Deadwood Dick, Old Bronn Brim, King Brady and Nick Carter, and demands a hero patterned after the dashing aviation captain or the submarine commander."

Gains 200 Pounds as Soldier.

Syracuse, N. Y.—There is nothing the matter with United States army "chuck."

Sergeant Imhoff, quartermaster's corps, stationed at the Syracuse expansion camp, retired after living on Uncle Sam's "chuck" for twenty-seven years.

Imhoff weighed 125 when he enlisted and 325 when he retired, and, as he is said to be the largest soldier in the world, credit cannot be withheld.

Draft Leaves Only Aliens.

Weirtown, W. Va.—The selective draft will leave only foreigners in this steel mill town. Of the 950 registrants here it has been found that 700 are aliens who are exempt from military service. Practically every physically fit American will be taken in the first National army.

BRITISH VESSELS WORK FOR ALLIES

Merchant Marine Is First Line of Naval Defense in This War.

ARE FEEDING MANY LANDS

English Freighters Fight U-Boats While Neutral Craft Ply to Safe Zones—Half Tonnage Working for France Sent by England.

London.—An analysis of the present status of Great Britain's merchant fleet as affected by the war will indicate more clearly than any statement heretofore issued the extent to which the merchant marine has been absorbed into national service under the immediate control of the government.

There is no more emphatic proof of the measure in which England has placed her resources at the disposal of the war cause than this analysis of the merchant fleet's disposition. British ships are working for France, for Italy, for the unfortunate neutral states that would be threatened with starvation if the allies did not help to keep them alive. Troops, munitions, equipment, food supplies have been brought from all quarters of the world in British ships, not exclusively for British consumption, but for all of Britain's allies and for neutrals. Without the British merchant marine the world's international commerce would be almost at a standstill.

A famous authority on shipping and naval affairs recently pointed out that the merchant marine has become the first line of naval defense in this war; and it is literally true. A majority of merchant ships are now armed, and therefore take the same chances as warships. They are attacked by the enemy on sight and they fight the enemy on sight.

Keep Out of Danger.

Neutral vessels have sought the less dangerous zones of operation and ply their trade in waters far from the German submarine bases, where they may reasonably be certain to remain unmolested. To the British merchant fleet is left the uncomfortable duty of serving in those waters where submarines are thickest, where mines are strewn, where the Germans show the least concern for humanity, where every hour and every mile represents the serious chance of death and destruction.

The French ministry of mercantile marine has issued a statement which sets forth the condition of the French merchant fleet. It is stated that the French merchant marine amounts to \$4,167,000 tons, of which 2,100,000 tons has been loaned to France by Great Britain. Thus it appears that half the tonnage working for France is furnished by Great Britain. This is particularly interesting in view of the well-known fact that French shipping has been dealt with rather tenderly by the German submarines.

The greatest of French shipping corporations has been particularly fortunate in this regard, and a curious explanation of the fact is current in both France and England. It is that this corporation represents a large investment by one of the most powerful and influential religious orders of the Roman Catholic, and that the Germans have made it a policy not unnecessarily to give offense in this quarter. Secondly, it is a matter of frequent note that certain French ships are always permitted to escape, while other vessels in the same waters are invariably attacked.

Almost Cut Off.

France is now almost as completely cut off from the privilege of commerce with her neighbors by land as is Great Britain. To put it in the reverse, she is almost as dependable on shipping as England. Before the war, according to the French ministry of marine, France imported by land 18,000,000 tons annually, while last year her imports by land amounted to only 1,000,000. Inasmuch as the total of imports in 1916 was 44,000,000 tons, the proportion received by land is very small indeed. Inasmuch as France is at present much less capable of living within itself than is England, by reason of the necessity particularly to import metals and coal, it may fairly be said that France is even more dependent upon maintaining her touch with the sea than is England.

The French government is co-operating with England in every possible way to increase the production of new tonnage; but France's contribution must necessarily be small compared to those of England and the United States.

The French minister of marine said that Great Britain would shortly have to recall a part of the 700 vessels which she had lent to France. British needs are increasing rapidly, and no vessel will be recalled from the service of an ally unless it is agreed between the two countries that it is more necessary to England than to the ally.

The British nation before the war was importing 58,000,000 tons of goods a year, which fell to 43,000,000 tons in 1916 and will be considerably further reduced this year. Before the war foodstuffs represented less than 25 per cent of the imports; in 1916 two-thirds of all imports consisted of foodstuffs, munitions of war and the manufacture of war supplies.

GIRLS! ITS YOUR STEP THAT ATTRACTS!

Says Women Pay Too Much Heed To Their Face Instead of Their Corns

Watch your step! A brisk, lively step is what charms more than a lovely skin, but your high heels have caused corns and you limp a little. That's bad, girls, and you know it. Corns destroy beauty and grace, besides corns are very easy to remove. Had your feet of every corn by asking at any drug store for a quarter of an ounce of freezezone. This will cost little but is sufficient to remove every hard or soft corn or callos from one's feet.

A few drops applied directly upon a tender aching corn relieves the soreness and soon the entire corn, root and all, lifts right out without pain.

This freezezone is a gummy substance which dries instantly and simply shrivels up the corn without inflaming or even irritating the surrounding skin. Women must keep in mind that cornless feet create a youthful step which enhances her attractiveness.

NOW IS THE TIME FOR SAUER KRAUT

The Food Value is Great and a Huge Supply Should Be Put Up for Winter Use

Now is the time to make sauer kraut, say officials of the United States department of agriculture. Tremendous rainfall throughout the country has resulted in an enormous cabbage crop. Nine out of every 10 pounds of cabbage is water. Lack of rain last year sent the price of cabbage from \$2 and \$3 a ton to \$100 and \$200.

One million dollars' worth of last year's crop of cabbage was made into sauerkraut, but even so there was such a shortage of this valuable food material that the price rose from \$3.50 a barrel to \$35.

The ancient art of pickling or fermenting food, as a cheap and simple means of preserving it in large quantities, is highly endorsed by the department's experts. On account of the great development of canning industries, this healthful method of food preservation has been lost sight of in recent years in the individual homes, but it offers a safe and sane method of caring for the perishable products coming on to the market in quantities too great for immediate consumption.

The advantages of this method of food conservation, say the department's officials, are that it is simple, requires little labor, practically no outlay of capital, and takes care of food in larger quantities. The method also lends variety to the home menu. The ferment high developed in the food is thought by some to have a beneficial effect on the health. It is the same acid that develops in sour milk which has had such a wide vogue as healthful beverage. To a certain kind of pickle, fermented by the sauerkraut process, was ascribed the good health of Japanese soldiers during the Russo-Japanese war. Uncle Sam has been quick to appreciate the value of fermented food in the diet of soldiers, and has ordered large quantities of cucumber pickles, sauerkraut, etc. Not only cabbage, cucumbers, and beets can be very successfully preserved by this process but string beans, beet tops, turnip tops, and other food materials which would otherwise go to waste.

Fermentation of vegetables is successful either in northern or southern state. Full information will be sent by the department to anyone wishing full details regarding the method.

A HOME ORCHARD ON EVERY NORTH CAROLINA FARM

Plans of the Agricultural Extension Service to place a demonstration orchard in every township or every county where an agricultural agent is employed will aid greatly in the Thrift Month campaign for a home orchard on the farm, states F. H. Jeter, secretary to the Thrift Committee recently appointed by Governor Bickett. Mr. C. R. Hudson, State Agent in charge of the Farm Demonstration Work has obtained plans from Horticulturist Hutt in which a good home orchard for the three main divisions of the State have been outlined. Every county agent has been given a copy of the plan drawn for this section with instructions to have one demonstration home orchard in every township in the county. A selection of the very best fruit trees for the section designated has been made and it is the purpose of the Extension Service to have, in each township, such an orchard as any farmer could afford to put out.

In this work the county agent will demonstrate the proper handling of an orchard. The plans are drawn for one acre and one-half acre orchard plots. Only a few of the best varieties of fruit for a given section are used—but these consist of early, medium and late varieties, in order that the home may have some fruit the year round.

After one of these demonstration orchards has been put in each township the county agent will be required to see the proper planting, fertilizing, subsequent cultivation, spraying, pruning and worming. It is not intended that this shall be a commercial venture, as its sole purpose is to further the purpose set forth in the Thrift proclamation to supply fruit for home use as an investment.

It requires very little outlay in cash to put in a small home orchard while the fruit is beneficial to the health of both body and purse. Those who desire to put in one should consult with the county agent or write to the Agricultural Extension Service at Raleigh for home orchard plans.

PHYSICIAN SURPRISED

"Hearing of some good results from the use of Mayr's Wonderful Remedy I decided to try it on a chronic case of indigestion and gastritis I was interested in. After the first dose the patient was relieved of gas trouble and most anything else he had not eaten in years. It removes the catarrhal mucus from the intestinal tract, and allays the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitis. One dose will convince or money refunded."