

News And Views Of Interest To Randolph Farmers:-

Per Acre Yields Of Leading Crops In Randolph County Show Marked Gain

Per Acre Increase In Yields Of Major Crops In Past Ten Years Has Been Large.

Money Value Reaches Thousands Of Dollars

Value Of Lespedeza And Other Hay And Legume Crops Incalculable To Farmers.

The board of commissioners of Randolph county was petitioned at its regular August meeting Monday to do away with the county agricultural department. Arguments pro and con regarding the matter were heard, with the board finally deciding to continue the work this year.

One of the most effective arguments used in behalf of the county agent and the county agricultural department was the following:

I have learned that there is before you gentlemen a petition or petitions asking for the discontinuing of County agent work in this county.

I am a believer in counting the cost of any article or object for which there is an outlay of money, let this object be private or public. I, therefore, have noted a few facts for your consideration. The figures and facts I quote are obtained from your own tax books and from the U. S. Dept. of Commerce Bureau of the Census. This is a comparative statement covering periods from five to ten years in regard to agriculture in this county, during which time the agriculture of this county has been led by our present county agent.

In 1921 the average yield of corn in this county was 17 bu. per acre, while in 1931 the yield had climbed to 24 bu. per acre or an increase of 7 bu. per acre. I am not able to give you the exact acres planted to corn in 1921 but in 1931 there were 30,089 acres planted. Figuring that we had the same number of acres in corn in 1921 that we had in 1931 the increased yield would be 210,623 bushels. This increase at 4c per bushel, which was the average price for corn in 1931, amounts to \$92,674.12.

Next we take up the wheat crop. In 1921 the average yield of wheat in this county was 11 bu. per acre, while in 1931 it had climbed to 20 bu. per acre, which placed us in third place in the state in production of wheat. But realizing that 1931 was a better year for wheat than the average year I quote from 1930 figures. In 1930 the average yield was 15 bu. per acre or an increase of 4 bu. per acre. In 1931 there were 18,300 acres sown to wheat. This increased amount to 75,960 bu. The average price of wheat in 1931 being 72c, this increased yield would amount to \$54,691.20.

Time will not permit me to give you all the figures available on the small grain crops of this county, but similar increases are shown in oats, barley and rye. Ten years ago it was not generally accepted that 50 bu. of oats could be grown on one acre of land in this county, while last year we had yields in oats ranging as high as 125 bu. per acre. One of our Coleridge farmers who took our county agents advice as to soil preparation, fertilizers and seed, made an average of oats on a 16 acre field of 74 bu. per acre.

In order to save you time I wish to give you a comparison on some of our other crops for a period of 7 years. From 1925 to 1931 inclusive. Tobacco in this county in 1925 averaged 562 lbs. per acre, while in 1931 the average yield was 727 lbs. per acre, or an increase of 165 lbs. per acre. Irish potatoes yielded in 1925 was 68 bu. per acre, in 1931 the yield was 95 bu. per acre, or an increase of 27 bu. per acre. The sweet potato yield in 1925 was 60 bu. per acre while in 1931 was 95 bu. per acre or an increase of 35 bu. per acre.

This county in 1925 grew 3,056 acres of soy beans while in 1931 we had 6,794 acres sown to this hay crop. Lespedeza only a few years ago was practically unknown to our farmers, while today I estimate we have approximately 20,000 acres seeded to this legume, which we find to be one of our best soil building and pasture crops. Our county agent must be given credit for the introduction of this wonderful crop. Other legume crops which are rapidly gaining in favor with our farmers are alfalfa, sweet clover, vetch, Austrian peas, etc. In spite of the increased average of new hay and legume crops, red clover has held its own and we still grow better than 5,000 acres of the old reliable red. The farmers of Randolph county have learned that to successfully grow clover and legumes they must use ground limestone, and due to the educational work of our county agent along these lines, we used in 1929 about 2,520 tons or 63 car loads of this material.

In 1929 there was organized in this county a calf club consisting of 29 members. Each member paying in the sum of \$100.00 and again in 1930 there was organized a similar club. These two clubs represent an outlay of \$4,000. This money was furnished by the business men of this and other towns of this county. We, believing that our county agent was starting a risky move in trying to interest our boys in the rural sections in better crops, saw the lesson of better breeding, raising and care of livestock. We thought this movement believed in this work, we also believed in our county agent and we further believed that no amount of County Commissioners of Randolph county would see fit to undo what had been done on this line.

One-half cup chopped cooked carrots, 1 cup chopped cooked potatoes, 1 cup chopped cooked turnips, 2 1/2 cups chopped cooked cabbage, 1 cup chopped cooked beets, 2 tablespoons chopped cooked peas, 1 cup beef fat, 1-4 cup milk, salt and pepper. Melt the fat in a frying pan. When sizzling hot pour in the above ingredients spread evenly, cover and cook slowly 1-2 hour. Fold, turn and serve.

Vegetable Hash
One-half cup chopped cooked carrots, 1 cup chopped cooked potatoes, 1 cup chopped cooked turnips, 2 1/2 cups chopped cooked cabbage, 1 cup chopped cooked beets, 2 tablespoons chopped cooked peas, 1 cup beef fat, 1-4 cup milk, salt and pepper. Melt the fat in a frying pan. When sizzling hot pour in the above ingredients spread evenly, cover and cook slowly 1-2 hour. Fold, turn and serve.

The six teams on the farm of T. P. Pardee of Cumberland county have

Group Preserving to Aid Needy Families

By Jane Rogers

If you are a busy wife and mother, with many calls on the family purse, and yet want to do your bit in helping to relieve distress among the unemployed, here is an excellent suggestion. Persuade a group of your friends—perhaps the community or church organization to which you belong—to meet once a week this summer and spend the day preserving fruits and vegetables to be given to the families which in next winter will find in urgent need of help.

The results of your work will prove a real boon. Preserves are high in general food value. The fruits and green vegetables provide essential mineral salts and vitamins. The sugar content is one of the best possible sources of energy. Another important point is that the expense to your group will be small. Both fruits and vegetables promise to be unusually cheap throughout the season. The price of sugar has never been lower.

Below is a recipe for carrots that is well adapted to group preserving activities on behalf of the needy.

Carrots
Wash tender, young carrots and blanch them in boiling water for ten minutes. Then place in sterilized jars and pour over them a sauce made by adding 3 tablespoons of butter, 4 of sugar and 1 of salt to a quart of boiling water. The amount of the sauce prepared may be increased as desired, keeping the same proportions of the different ingredients. Fill the jars full with the sauce, adjust rubbers and covers loosely. Process (boil) for two hours in a wash boiler filled with water nearly to the tops of the jars. Test for leaks and cool jars before storing.

Shrimps make a very tasty meal. In said they are particularly good.

Chilled Diced Fruit
Shrimp Salad Potato Chipp
Buttered Asparagus on Toast
Hot Rolls Currant Jam
Spring Dessert Coffee
Salted Nuts
Shrimp Salad, Serving Eight
2 cups shrimps (canned or fresh)
2 cups diced celery
2 hard cooked eggs diced
1/4 cup chopped pimento
stuffed olives
1/4 cup chopped sweet pickles
2-3 teaspoon salt
1/4 teaspoon paprika
1 cup stiff mayonnaise
1/2 cup whipped cream
Mix mayonnaise and cream. Add 1/4 of this to rest of ingredients. Chill. Serve on lettuce and top with remaining mayonnaise.

Mayonnaise
1 egg
1 teaspoon salt
1 teaspoon paprika
1 teaspoon dry mustard
2 teaspoons sugar
3/4 teaspoon celery seed
4 tablespoons vinegar
1 cup salad oil
Chill all utensils and ingredients. Beat egg in deep bowl. Add dry ingredients. Add 1-3 the oil, pouring slowly. Beat steadily. Alternate remaining oil and vinegar. Beat two minutes. Chill.

Ice Box Rolls
1 cake compressed yeast
1/2 cup lukewarm water
1 teaspoon salt
2 eggs
5 tablespoons fat
1 cup warm water
5 cups flour
Crumble yeast and add lukewarm water. Add salt and sugar. Add eggs, fat and warm water. Beat two minutes. Add half flour and beat minutes. Add rest of ingredients. Mix well and cover with waxed paper. Chill. When rolls are desired, break off bits of dough, shape as desired and arrange side by side on greased baking pan. Let rise until doubled in size. It will require between 3 and 4 hours. Bake 20 minutes in moderate oven.

Spring Dessert
8 slices angel food cake
1 square mint ice cream
3 cups strawberries
2-3 cup sugar
Mix berries and sugar. Chill. Arrange cake on serving plates and top with portion of ice cream. Cover with berries and serve with fork.

Georgia Canapes (Hot)
7-oz. can pimientos
1/2 tsp. salt
1/4 lb. American cheese
Cayenne
Flour
Split the pimientos (there will be six large ones), drain. Sprinkle inner surface with salt and cayenne. Place rectangles of the cheese lengthwise on pimiento and roll up. Skewer with toothpicks, roll in flour, saute in hot fat 3 minutes (or until cheese melts and flour browns). Serve hot on oval of toast. Makes 12.

Rhubarb Fritters
1 1/2 cups flour
2 teaspoons baking powder
1/4 teaspoon salt
1 cup sliced rhubarb
6 tablespoons sugar
1 egg
2-3 cup milk
Mix ingredients and beat two minutes. Drop tablespoonful of batter into hot fat. Fry until well browned. Serve sprinkled with confectioner's sugar.

Bull Needs Exercise To Keep In Condition

Bulls Kept In Small Pens And Stalls Likely To Become Vicious, Expert Says.

Bulls kept in small pens or stalls soon become vicious and unruly and do not stay in the best breeding condition. Neither is it wise to keep the animals in the pasture with the cows. Usually they become actually dangerous.

"At Vanceboro the other day, however, I found a man who had solved the problem of handling an unruly bull to good advantage," says Fred M. Haig, dairyman at State College. "This farmer owned a bull that was getting more vicious each day. Finally, when the owner's patience had about become exhausted and he was ready to sell the animal for meat, he decided to make a yoke and put the bull to work. After about two weeks of training, the bull was well broken and now works every day. The owner said he had even used the animal in logging and that he was stronger than any mule on the farm. After a few weeks of hard work, the bull lost all signs of viciousness."

This man not only kept a valuable animal but also got an extra dividend from the labor performed. The bull got plenty of exercise as he was placed in the pasture each night.

It is essential in these days of low farm profits that only sires from high producing cows should be used. Sometimes such sires get mean before the owner knows the record of the daughter cows, and it often happens that a valuable bull is sold for beef before his true value has become known. Mr. Haig says no bull should be sent to the butcher just because he is hard to manage. Work out some suitable plan for controlling him. Give him plenty of exercise and green grass and study a system of management which will correct any tendency to viciousness.

Do not keep a scrub bull because he is gentle and don't kill a good, pure bred bull because he is mean, says Haig.

SHRIMPS MAKE FOR DISTINGUE

This Sea Food In Salad Tops Off Luncheon List.

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Beginning New Department

The Courier is beginning this week what the management hopes to make a regular weekly feature—a page of news and views for Randolph county farmers. Response of the farmers of the county will determine whether the page will be a success; and if the farmers feel it is of sufficient merit the feature will be continued regularly. It is desired that the farmers of the county and those interested in their problems will contribute to the page any items of interest and which might be of help to fellow farmers in their problems. This feature has been inaugurated in an effort to take the place in a way of the regular weekly visits of farm papers, which, due probably to high postage rates and decreased advertising patronage, have changed to monthly publications. The management desires that the farmers of the county consider this their page and so use it to their best advantage. Suggestions as to how it may be made better and more useful will be gladly welcomed by this newspaper.

Money From Hogs Is Expected This Fall

Feeding Corn and Other Grain To Hogs Is A Splendid Way To Get A Good Price

Farmers who have hogs for sale during the next two months may expect to make some profit on the animals. This applies especially to those who have followed the system of feeding the hogs with surplus corn supplemented by protein feed and minerals.

"We fully expect those men who have followed our system of converting their surplus corn into pork and who have animals ready for sale during the next two months to make some money," says W. W. Shay, swine extension specialist at State College. "Feeding demonstrations now under way show that the animals are returning from 65 to 70 cents a bushel for the corn they are consuming when sold at the present Richmond prices. There appears to be slight chance of an early decline in price."

Mr. Shay gives as his reason for this, the fact that there was 64,556,000 less pounds of pork in cold storage on July 1 than on June 1, one month previous. The amount of such storage was 43,461,000 pounds less than on July 1 one year ago.

Then too, he says, the number of hogs received at the 63 principal markets during the past June was 10.8 percent less than in June 1931 and 23.6 percent less than the June average for the past five years. The stocker and feeder shipments were 28.4 and 45.4 percent less than one year ago and an average of the last five years, respectively.

"We are still of the opinion that the man who will get into the hog feeding game in North Carolina and stay with it year in and year out will make a more substantial profit from his corn than by cash crop farming," Shay says. "The man who gets in or out according to the market however, will always be doing both too late for greatest advantage. I would like to see much of the great corn crop of North Carolina sent to market as pork to the advantage of the land as well as the owner."

Poultry Thrives Best When Fed Green Feed

All The Vitamins Necessary For Growth And Health May Be Found In Green Feed.

When green feed is added as a supplement to the regular poultry ration, the birds grow better and lay more eggs. All the vitamins essential for growth and health can be made available if a variety of green feed is used.

"Legumes and the tender green crops of the garden are all rich in vitamins and food for poultry," says C. J. Maupin, poultry extension specialist at State College. "Alfalfa, clover, lespedeza, rape, soybeans, lettuce, tender cabbage, collards, kale, and young oats, wheat, barley or rye are some of the crops liked by poultry and valuable to them in developing growth and increasing egg production. We have found that young lettuce, for instance, has cured a run-down condition in hens. Green alfalfa, fed liberally, has been reported as checking the deaths of poultry due to poor feeding. Where the birds are given white corn, they need the food properties found in legumes and other green stuff."

Mr. Maupin recommends curing some legume hay for the birds to feed upon in winter. Well-cured alfalfa, clover or lespedeza hay is very valuable. This hay should be cured bright green in color with no rain allowed to fall on it during the curing process.

In addition some field crops such as Fulghum oats, Abruzzi rye, dwarf Essex rape and soybeans might be planted for the chickens this fall. Fresh lawn clippings are good and so are garden crops like carrots, cabbage, and other leafy vegetables that may be planted for the fall and winter garden. Green feed usually becomes scarce during the latter part of the summer and care taken to provide such feed will pay for the trouble taken by extra profits in eggs and good health in the flock, Maupin says.

Spiced Tea
Put in saucenpan 1 cup water and 1-2 cup sugar. Heat to boiling point and when sugar is dissolved, add 1 tablespoon whole cloves, crushed, and a two-inch piece of stick cinnamon, broken in pieces and tied in a piece of cheesecloth. Boil gently four minutes. Cool. Remove spices, serve syrup in small bowl with iced tea, using a spoonful of syrup in each glass instead of sugar.

Must Feed For Big Eggs
The problem of small eggs in the pullet laying flock is a serious one on many farms. While, of course, proper selection of breeders who themselves produce good sized eggs is necessary, the way the new pullets are fed has considerable to do with egg size.

Much of this problem can be avoided if the pullets are fed well during the growing and developing period. If birds are fed sufficiently so that their digestive systems are accustomed to handle large quantities of feed, a flock owner is not likely to have so much trouble with small

Curing Hint Given Growers Of Tobacco

Providing Steam For The Curing Barn Effective Way Of Curing Tobacco Leaf.

Wetting the floor of the tobacco barn and placing wet sacks over the fire joints will provide a moist condition in the barn during the yellowing period which may increase the value of the tobacco considerably during this dry period.

"Because there is little sap in the tobacco now going into the barns, the leaf is drying before it yellows and is therefore curing out with a greenish color," says E. Y. Floyd, tobacco extension specialist at State College. "One way to overcome this is to keep the floor wet with water during the yellowing period. This will make a moist condition suitable to better yellowing. It is also a good idea to get some old sacks, wet them thoroughly and place over fire joints to generate steam in the barn. This will also help in better coloring. If our growers now housing tobacco will follow this plan it will mean thousands of dollars to them in improved quality of leaf."

Mr. Floyd believes it is important to produce the highest quality of leaf possible this year. The crop was reduced 25 per cent at planting time and the ravages of blue mold, flea bugs and cold weather cut the supply of plants to where the acreage is at least 40 per cent under 1931. The uneven stands in most fields and the recent rapid curing will more than likely reduce the crop by 50 per cent in North Carolina.

Reports to the department of agricultural economics at State College, indicate even heavier reductions in South Carolina and Georgia and it is believed that Virginia has reduced as much as North Carolina. Therefore, much not business conditions as they are, tobacco growers would receive a fair price for their weed this fall. Ordinarily growers would receive at least 20 to 27 cents for the tobacco that will be in sight this season, however, such a price is not expected at present.

SAYS MUTUAL EXCHANGES VALUABLE TO FARMERS
Mutual farm exchanges as operated in a number of North Carolina counties have great value and more of them should be organized and the whole finally welded into a state association or organization, believes J. W. Johansen, extension economist at State College.

Mr. Johansen says there are some 50 county mutual exchanges now in operation. They are simply small cooperative buying and selling organizations owned and operated by the farmers themselves and incorporated under the Mutual Exchange Act of North Carolina. Under this type of set-up, the farmers are permitted by law to collectively pool their farm products for the purpose of assembling, grading, processing, packaging, advertising and selling the products to the best advantage. The Act also permits the associated farmers to buy their supplies collectively at wholesale prices.

This volume purchasing and selling has saved the farmers of the state considerable money in recent years so much so that a number of county farm agents who have organized such exchanges have been the targets of attacks by certain business interests which have disguised their attacks under the head of saving taxes. There is one exchange, says Mr. Johansen, now in its second year which will save the farmers of the county for 1932 between \$25,000 and \$30,000 in fertilizer costs alone. Another mutual exchange did a volume of business amounting to \$375,000 for its farmers in 1931. The bulk of this business amounting to \$225,000 was for farm products sold for the membership and \$150,000 was for farm supplies bought in pooled orders.

"As the farmer sees his way to affiliate his local exchange with the State Exchange and this in turn affiliates with national marketing organizations, the farmer will have an improved outlet for his products," Johansen believes.

MUST FEED FOR BIG EGGS
The problem of small eggs in the pullet laying flock is a serious one on many farms. While, of course, proper selection of breeders who themselves produce good sized eggs is necessary, the way the new pullets are fed has considerable to do with egg size.

Much of this problem can be avoided if the pullets are fed well during the growing and developing period. If birds are fed sufficiently so that their digestive systems are accustomed to handle large quantities of feed, a flock owner is not likely to have so much trouble with small

eggs. Keeping a well balanced growing mash before them all the time in hoppers that are easily accessible and feeding a grain ration once or twice a day at the rate of about 10 lbs. per 100 birds a day will provide the necessary amount of feed. Growing pullets that must "rustle their own" cannot be expected to produce many large eggs.

DAIRYING — DON'T "GO INTO IT"; GROW INTO IT

There is always danger of overproduction of any farm product, but Dr. Tait Butler, the well known livestock specialist, thinks there is nevertheless a fine opportunity for Southern farmers in dairying. In the current issue of the Progressive Farmer-Ruralist he says:

"The dairy cow can help to earn that '\$500 More a Year' on many Southern farms. Yes, there is, with a favorable pasture season next summer, danger of an overproduction of dairy products, but this is probably less serious when applied to dairy production than to almost any other farm product, because milk is an essential food, the consumption of which should be greatly increased, especially throughout the whole South. Also, dairy prices, although low, have held up better or suffered less in this depression than most farm products and will probably continue to do so.

"Why should call on dairy cows to help him earn that additional \$500 a year, from his farming?"

"No one should go into the business of producing milk until his farm is equipped with buildings needed to care for and protect the cows. He does not need expensive buildings, but he needs buildings where the cows can be comfortably housed. He does not have to protect them from snow and cold, but he must protect them from rain and mud.

"In certain sections it is often stated that the land is too low and wet for dairying. Such sections are often better adapted to dairying than higher sections where the soils are poorer and feed production more expensive. It is easier and cheaper to protect cows from rain, with roofs, and from mud, with sheds with concrete floors, than from the extreme cold of many sections which profitably produce dairy products.

"No one should go into the business of milking cows until he has convinced himself that he can and will produce an abundance of feed for them, on the farm near or where the cows are kept. In brief, no one should start in the dairy business unless he is determined to learn and succeed, and believes that he can and will succeed.

"It is usually better and cheaper for the beginner to grow into dairying as one or two cows grow into a herd of 25 or 30 by the natural increase, than to go into dairying by buying a herd of 20 or 30 cows to start with.

"It is often said that the best guarantee of successful dairying is good cows. Good cows are necessary for the best results, but since more than half the costs of producing dairy products in the South are feed costs, we have put the feed problem first in Southern dairying and propose to keep it there until the cows we have are decently fed."

FRESH ORANGE JUICE IS VITAL TO CHILD HEALTH

Fresh orange juice is vital to child growth and development. In no other form can babies get so appetizingly and completely the needed vitamins (including the scurvy-preventing vitamin "C") and mineral salts for the satisfactory progress of body, bones, and teeth.

In fact, science points out that fresh orange juice and milk from an almost perfect combination for a baby's balanced ration.

Oranges cause a greater retention of milk's minerals—a matter of great importance.

Most babies who are listless, fretful, lacking in vitality and under normal weight give indication of malnutrition. Fresh orange juice will help correct this.

A generous daily allowance of oranges may prevent many minor ailments of growing children. Orange juice, fresh lemonade or pieces of lemon in sugar are potent correctives of child-types of acidosis.

Correct Distribution Is Not Just A Matter For Economists To Worry And Wrangle Over.

Every woman who does her own baking (and most of us do these days, thank goodness), has a problem of distribution on her hands when it comes to blending the baking powder with the flour. Upon its perfect distribution depends much of the texture and even rising of her cake. It is chiefly for this reason that some women sift these ingredients together four or five times.

A more simple method is to buy flour to which the leavening has already been added. No woman can blend them together as perfectly as may be done at the mill in the case of self-rising or preblended flour. Self-rising flour is ordinarily sifted but once, before measuring. For extra fine cakes it may be sifted twice in order to aerate the flour, but otherwise this is not necessary.

Cream butter thoroughly, add sugar gradually while continuing to cream the mixture, add one egg and beat well, then the other egg and beat. Sift flour once and measure and sift again with the spices. Add the flour alternately with the milk and do not beat any more than necessary. Pour into a greased and floured pan. Bake in a moderate oven (350-375 F.) for about 30 minutes. Use any desired frosting.

This cake may be served cut in small squares for tea or as an accompaniment for any dessert.

Farm Papers Fight For "Honest Dollar"

"We can have no real or enduring prosperity in America until we have a stable system of money—an 'honest dollar' by which a man can pay debts with the same values (plus interest) that the original debt represented." So says The Progressive Farmer-Ruralist, which is one of a group of farm papers which have united in a fight to achieve this result, and quotes Editor C. V. Gregory of The Prairie Farmer:

"We have in America an abundance of national resources. We have an abundance of skilled labor and management. We know how to produce all we need and all we can reasonably want. We live in a land of plenty. There is no reason why we should not all have plenty. No reason except that we have not learned how to divide up what we produce. We need to provide enough money—which is entirely artificial and wholly subject to human control—to finance the business of the country. We need to provide for such a fair distribution of the national income that we can all buy freely from one another. These two things are all we need to make prosperity universal and permanent in America."

Another farm paper, Farmer and Farm, Stock and Home, puts the matter this way:

"Since 1915 the production of gold has been on the decline. No new deposit of consequence has been found anywhere in the world since 1911. I heard Professor Alvin Johnson, of the economics department of the University of Minnesota, say that he expected a general decline in price levels until at least 1942. By that time he hoped that prices would stabilize themselves on the basis of gold supply. I asked him if he thought the human race was dumb enough to submit to a scaling down of standards of living that such a decline implied, without finding a way out. He said frankly he thought it was.

"While I am perfectly willing to concede a certain amount of dumbness, I will not go that far. It is too absurd to think we are going to kill all business, all living, down to the point of stagnation, comparable to the period following the fall of Rome to the discovery of America, just because we are not able to find gold as fast as we need it."

WHITEWASH FORMULA

In connection with cleaning and disinfecting, many poultrymen like to whitewash their houses. It certainly makes a mighty neat and clean house. A good formula to use is: 5 parts cream of lime (made with 10 lbs. quicklime and 2 gal. water), 1/2 part disinfectant, 1 part kerosene and 6 1/2 parts water. Slake the lime by placing it in a pail and pouring the water over it; then add the other materials. One ounce of alum to 1 gal. of the whitewash will prevent it from rubbing off and the addition of 1 pint of molasses to 5 gal. of the wash will cause it to penetrate wood better. One lb. of bar soap dissolved in 1 gal. of boiling water and added to 5 gal. of the whitewash will give it a gloss like oil paint.

Alamance county poultrymen are trying out the idea of growing pullets in summer range houses. Six new houses were built during the last week.

BRIEF FARM NEWS

Approximately 550 club boys and girls from the various North Carolina counties attended the annual 4-H club short course at State College last week.

The State Farmers Convention will be held at State College during the week beginning August 29. Warren W. Watson, of Lake Landing, Hyde county, is president of the organization.

DON'T SLEEP ON LEFT SIDE, GAS HURTS HEART

If stomach gas makes you restless and unable to sleep on right side, take Adlerika. One dose will rid you of gas or nervousness, and bring sound sleep. Asheboro Drug Company, Asheville, N. C.,—in Liberty by Liberty Drug Store.

Pulinary Jingles
by Virginia Gibson..

In making cakes, as in finance, I make this contribution: Don't leave dividing-up to chance—Be sure of distribution!

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Salt, too, has been added to self-rising flour, along with the monocalcium phosphate used for leavening. Accordingly, no salt is added and the butter used should be salt-free. Neither is soda needed, when sour milk is used.

Try this recipe the next time you want a cake to serve for tea or as a dessert accompaniment!

Spice Cake.
1/2 cup butter 1/2 cup milk
1 cup brown sugar 1/2 tsp. cloves
1 egg 1/2 tsp. cinnamon
1 1/2 cups self-rising flour
1/2 cup raisins

Cream butter thoroughly, add sugar gradually while continuing to cream the mixture, add one egg and beat well, then the other egg and beat. Sift flour once and measure and sift again with the spices. Add the flour alternately with the milk and do not beat any more than necessary. Pour into a greased and floured pan. Bake in a moderate oven (350-375 F.) for about 30 minutes. Use any desired frosting.

This cake may be served cut in small squares for tea or as an accompaniment for any dessert.