

Use Bottom Land For Fall Garden

Because it is hard to get a perfect stand of tender vegetables in late summer, the fall gardener needs to use good, rich bottom land, or prepare irrigation systems for handling his garden this summer.

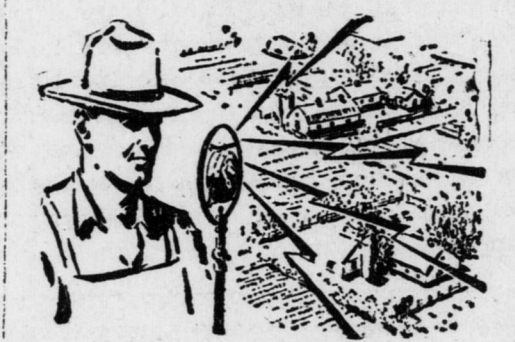
"There are three principal means of overcoming the effects of heat and drought in making plans for the fall garden," says E. B. Morrow, extension horticulturist at State college. "One is to locate the garden on the moist, bottom lands of the farm, to irrigate or to so thoroughly prepared and pulverize the soil that the tender crops may withstand the effects of the hot weather. The only trouble about planting the fall garden on bottom land is that the vegetables may be drowned out by frequent, heavy rains."

Mr. Morrow says where water may be obtained with a reasonable amount of pressure, overhead irrigation may be used satisfactorily. Where one has at least one-half an acre, it would pay him to install such a system. Smaller areas might be watered with the ordinary hose.

The next alternative is to get the soil into a finely pulverized state. Land to be planted in summer, must be broken and prepared several weeks

in advance of its use. Keep down the weeds and grass and plant the large seeded crops deep enough to reach the moist layers of the soil. Planting in furrows is desirable, especially on well rained soil. Stands of small seeded crops may be improved by covering the rows with old sacks or boards.

However, says Mr. Morrow, neither thorough land preparation or irrigation is of little value if the crops are planted out of season or planted too late to mature before cold weather. Tender crops must be planted in time to mature before the first killing frost, he says.



MR. AVERAGE FARMER BROADCASTS.

"Well, folks, I have a big story to tell you this week over Station YFBL—YOURS FOR BETTER LIVESTOCK—and I don't mean a joke, either.

"Remember how your cows fell off in their milk production about this time last summer? They are doing that again this summer, too, aren't they? Mine did that last summer, but you can bet that they are holding up well this year. My experience of last summer taught me a lesson I'll never forget as long as I have a cow to milk.

"Last year I quit feeding as soon as I turned the cows out on pasture about the first of May. The grass was fine and stayed that way until well into July, but along toward the last of June the milk production started on the decline. By the middle of July I was not getting much milk, and along toward the last of August I was getting scarcely enough to pay for the milking. Then I began to feed but the production increased very slowly.

"Well, I turned the cows on pasture a little later this year, about the middle of May, but I did not quit feeding. I have not fed very much yet, but I always include a little linseed meal in the grain ration, which I have increased lately, and which I expect to increase more and more as the summer goes on and the grass gets drier.

"Here's the grain ration I'm feeding, and you'd be surprised how it keeps the cows in condition, and how well their production holds up; 200 pounds of ground corn; 200 pounds of ground oats; 100 pounds of wheat bran, and 100 pounds of linseed meal. I feel this at the rate of three and four pounds for each pound of milk produced by all of the good cows, and just a little less to the poorer cows. I've found summer feeding pays big dividends.

"I'll speak to you again in another week or two over Station YFBL—YOURS FOR BETTER LIVESTOCK—Goodby."



Very Attractive

All that little Mrs. Jeanette Rice of Houston needed to grow to be such an attractive girl was to calm down her nerves and get her stomach in shape so she could eat. She says, "Mother had a time with me when I was going to school. I was feverish and weak so much of the time and would not eat. She started giving me Herbine and from then on life has been entirely different for me."

Herbine is a vegetable liquid which helps the stomach and bowels do what they would if they were in the condition they should be. For this reason, when you take Herbine you relieve the gas which causes constipation, biliousness, indigestion, sour stomach, sick headaches, and help build solid flesh on your scrawny figure.

Peoples Drug Store.

HEAVEN.

There is a wonderful city The true home of the soul, Where the walls are jasper And the streets are pure gold.

And all are invited To make it their own, For Jesus on Calvary For sin did atone.

Then all who will come Through Christ the living way, Have assurance of a home In Heaven's perfect day.

The Lord calls today To lost and sinful men, Just heed Him we pray And come while you can.

His arms are extended Oh think of His love, How He died for you And is now gone above.

Heaven is a prepared place And this you surely know, So we must all prepare If to Heaven we would go.

For no unsaved soul Would enjoy that place, With a wicked sinful heart, Not cleansed by His grace.

So we read in His word This message from the Lord, Prepare for the Judgment For all will be brought.

Then to all mankind As we walk life through, This call is sublime And one that is true.

Heaven's doors are open wide And you must come in, With the word as your guide Or be condemned for your sin.

There is no other plan This is the only way, Oh accept it, dear man And be ready for that day.

Then will you heed the call Come just as you are, Take Him as your saviour And the gate stands ajar.

—M. M. HUNTLEY.

Poultry In Storage Means Lower Prices

Increased holdings of poultry and eggs in cold storage means that the poultry grower in North Carolina must be prepared to face the situation and to decrease his cost of production and develop only high producing flocks.

"However, this State should not suffer from lower prices to the same extent as some of the other states where a large percent of all poultry products are consumed by outside markets," says Roy S. Dearstyne, head of the poultry department at State college. "North Carolina does not rank so high at present as a shipper of eggs and poultry. It is believed that we are buying more poultry products than we are shipping. This means that the North Carolina poultryman should make a vigorous attempt to capture all of these home markets by home grown fowls."

To meet the present situation, the grower needs to give serious attention to a number of points. Mr. Dearstyne says overhead costs of operation must be reduced to a minimum and the poultrymen must have a definite breeding program. This means that inferior birds should not be used as breeders and that early hatched pullets of recognized worth should be developed. Culling must be more searching than in the past and less replacement stock grown out this season. Rigid sanitation and quick elimination of diseased birds is another item recommended by the poultryman.

When buying chicks for replacement stock, be sure of their source. Develop local market and study production costs.

Attention to these facts will help the poultryman meet the present situation. The man with a high producing flock, carefully culled and well fed is making money in spite of low prices, says Mr. Dearstyne.

It's a mighty good thing for the lawyers that the girls are not as anxious to stay married as they are to get married.

It is hard to believe the American boy is deteriorating as long as he continues to welcome the circus with a golden glow on his face.

White Bread Regarded As Wholesome Food

The person who has been told that he must eat whole wheat bread for his health's sake, will rejoice to know that white bread is also regarded as a wholesome and nutritious product.

No less an authority than the food experts of the United States Department of Agriculture are cited by Mrs. Jane S. McKimmon, of the State College Extension Service, in support of this statement. A group of scientific folks headed by Dr. A. F. Woods, director of scientific work in the federal department, concurred recently in a statement made public by the department. This group said that white and whole wheat breads are both wholesome foods. They are among the most important and cheapest sources of energy and protein in the diet. Composition of the two kinds of breads varies of course with the differences in the flour used and with the amount and character of the added constituents.

In general, however, the whole wheat or graham flours contain more of the essential minerals and vitamins and more roughage than white flour.

But no one person subsists on one food. Each food should be chosen in relation to the other constituents of the diet. Bread, either white or whole wheat, is always an economical source of energy and protein in any diet. The form may be left to the individual when the remainder of the diet is so constituted as to contribute the necessary minerals, vitamins and any necessary roughage.

All dietitians recommend a diversified diet these days and those who give out information on food values should be particularly careful not to draw unwarranted conclusions as to food values based on the presence or absence of some particular factor in any one food, says Mrs. McKimmon.

The first sweet potato curing house in Catawba county was built in 1888 by J. L. Ingold of Hickory, route 3. Mr. Ingold has produced an average of 300 bushels of sweet potatoes per acre. He sold 60,000 slips from his plant beds this spring.

CULBRETH-SHERRILL WEDDING

Forest City, R-2, July 7.—Mr. and Mrs. E. E. Sherrill have announced the marriage of their daughter, Miss Mary Zelma, to Hoyle Culbreth. The wedding occurred June 28.

Mrs. Culbreth is the second daughter of Mr. and Mrs. E. E. Sherrill, and Mr. Culbreth is the son of Mr. and Mrs. William Culbreth, of the Shiloh community.

Mrs. R. F. Collins of the Holly Springs community in Wake county sold \$741.72 worth of homemade jelly, jams and other food products during the past winter.

Six farmers of Onslow county made a cooperative shipment of lambs to eastern markets and report fair prices.

June is the favorite month for weddings, but any of the other eleven is good for divorces.

Use Courier Want Ads for Results

Afford one!

Why... our General Electric Refrigerator saves us money every day!

It is true economy to own the Refrigerator with the Monitor Top

AFFORD one! Ask any of your friends who has bought one. General Electric Refrigerators actually save money. They run at a cost of a few cents a day. The efficiency of the Monitor Top, with its hermetically sealed mechanism, sees to that.

And your milk and meat and fruit and vegetables that would spoil in a temperature less cold, are kept fresh and wholesome. So you save there, too! The dependability of the Monitor Top sees to that.

If you are thinking of expense—buy the refrigerator with the Monitor Top—the General Electric. Very little cash is required to buy one. Our easy time payment plan sees to that.

GENERAL ELECTRIC ALL-STEEL REFRIGERATOR

ELECTRIC APPLIANCE CO.

Forest City, N. C.

SOUTHERN REFRIGERATION CO. Charlotte Distributors

Are You Ready

When your Children Cry for It

Baby has little upsets at times. All your care cannot prevent them. But you can be prepared. Then you can do what any experienced nurse would do—what most physicians would tell you to do—give a few drops of plain Castoria. No sooner does than Baby is soothed; relief is just a matter of moments. Yet you have eased your child without use of a single doubtful drug; Castoria is vegetable. So it's safe to use as often as an infant has any little pain you cannot pat away. And it's always ready for the crueler pangs of colic, or constipation, or diarrhoea; effective, too, for older children. Twenty-five million bottles were bought last year.

Fletcher's CASTORIA

Constipation Troubles

"I HAVE used Black-Draught as a family medicine for a good many years," says Mrs. Sallie Laughrun, of Hunt Dale, N. C. "I have found it an excellent remedy for constipation and the troubles that follow it. I have suffered frequently from gas pains, and when I am bothered that way I begin at once to take Black-Draught. Relief follows quickly.

"I give Black-Draught to the children when they are constipated, and it is not long until they are running around again."

Thousands of others have reported good results from the use of this purely vegetable medicine. Insist on the genuine Theford's

Black-Draught

for CONSTIPATION, INDIGESTION, BILIOUSNESS

WOMEN who need a tonic should take CARDUI. Used over 40 years. 2-188

AT AUCTION

IN FOREST CITY, N. C., ON

Thurs. July 24, 2 P. M.

The very best business property in Forest City, N. C., consisting of the following Property:

- No. 1—The modern and up-to-date building and all of the equipment of the Farmers Bank & Trust Company. This building is new, modern in every respect, fire proof and designed for present day banking. House built of the best material and construction. This is the best business building in Rutherford County, also the best banking equipment in the county. You will have to come and inspect this building and equipment to appreciate what it is.
- No. 2—The three story brick building known as The Cyclone Auction Company's building, now occupied by Horn's Cash store and joins the Romina Theatre. This is a new modern building and the best located mercantile stand in town.
- No. 3—The brick building occupied by the People's Drug Store and Western Union, which is an ideal location for any kind of business or a dandy rental proposition. Located on the South side of the Public Square and Depot street.
- No. 4—The brick building located next to Blanton's Cafe and Southern Hardware Company. This is another dandy piece of business property and well located.
- No. 5—One modern frame six room residence located at corner of Broadway and Beaver streets. This will make you a dandy home and is located near the business section of town, also near churches and schools. Known as the Oscar Price home.
- No. 6—Farmers Bank and Trust Co., bank building and equipment at Caroleen, which is a dandy building and equipment, and is the best building and location in Caroleen.

Now, Good People, of this section of North Carolina, this is your golden opportunity to buy some of the best business property in the growing, thriving, town of Forest City, N. C. Opportunity is knocking at your door, so wake up and take advantage of this opportunity, which only comes once in a lifetime. Forest City is located in the center of the progressive county of Rutherford. In a radius of 10 miles of Forest City we have 35,000 people, and the pay roll in the same radius is around \$50,000 per week.

Rutherford county raised 24,000 bales of cotton in 1929, and other farm products in proportion, and a prospect for 1930 crops are the best we have ever had. Forest City is growing fast; 1920 census, 2,300; 1930 census, 4,082. We have just started to grow. No better place and no better time to invest in some of the above property, and watch your money grow. You won't make any money on this property unless you buy some of it.

Good reasonable terms on all of the above property announced on day of sale on each piece as it is sold. All of this property is drawing a good rental. This is an absolute auction sale; you make the price, the liquidating agent makes the deed. No strings. No Fixed Prices. No by-bidding. The only instructions we have is to sell this property.

The Caroleen Bank building will be sold at 4 P. M., the same day.

BAND CONCERT.

HARRILL & KING

SELLING AGENTS

For John D. Biggs, Liquidating Agent, Farmers Bank and Trust Co.