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M. BUCHANAN, JR.
GARAGE Sylva

DODGE BROTHERS, INC.

LIVER GOOD FOOD FOR PALE PEOPLE

Raleigh, N. C., Nov. 10—Those who like liver well cooked will be gratified to know that they enjoy a food that is packed with minerals and vitamins. Those who do not care for liver, should lose no time in cultivating a taste.

"Liver is a good source of supply for many food elements," says Miss Mary Thomas, nutrition specialist of the home demonstration division at State College. "The food contains proteins of unusual value and also an abundance of minerals and vitamins. We know of the splendid results obtained when cod liver oil is used for babies and grown people. Just lately much more interest has been aroused by certain investigations which show that liver is rich in iron and has other substances favoring the utilization of this iron by the body from blood building."

In other words, liver will help cure anemia. Medical authorities are recommending liver, especially beef liver, with an abundance of fresh fruits and vegetables as a cure for this disease. Even in pernicious anemia, this diet has been found very beneficial in bringing about an increase in the red cells and hemoglobin. Not only is liver valuable for the blood states Miss Thomas, but it also contains many food elements which give tone to the entire body.

Miss Thomas states that there are many ways in which this liver may be prepared for the table. She also states that there are other and more attractive dishes than the regular fried or boiled dish so often served. To prepare the liver for cooking, it should be cut into slices about one-half inch thick, covered with boiling water and allowed to stand for five minutes. Then drain off this water and remove the outside skin and the veins.

Braised liver, baked tomatoes stuffed with liver and Russian baked liver are three new dishes advocated by Miss Thomas. She states that these make excellent dishes and those who wish to have recipes may get them by writing to her.

VALUE OF LIME DEPENDS ON MAGNESIA

Raleigh, N. C., Nov. 10—The value of ground limestone used on land to be planted to tobacco depends largely on the magnesia which the lime contains.

"When magnesia is deficient in the soil and is not supplied by the fertilizer or by liming, the yield and quality of flue-cured tobacco may be greatly lowered," says E. G. Moss, director in charge of the Tobacco Branch Station at Oxford. "The symptoms of magnesia deficiency are readily recognized on the growing plant. The material can be supplied by potash salts containing magnesia and by ground limestone. Our results do not show any great benefit from liming other than from the magnesia supplied by the limestones used."

Mr. Moss states that results at the Oxford Station show that a characteristic chlorosis which lowered the yield and quality of the tobacco produced could be corrected by using the dolomitic limestone. This limestone also increased yields and improved the quality. The trouble was also remedied by using potash salts carrying magnesia. The value of dolomitic limestone as a remedy for this chlorosis or "sand-drown" does not depend on its action in correcting soil acidity. A clear distinction is to be made between the use of lime, as such, for tobacco and the use of dolomitic limestone as a remedy for sand-drown or magnesium deficiency.

In the tests at Oxford, Mr. Moss has compared calcite and dolomitic limestones and finds that the use of ground limestones on these soils is not likely to give marked increases in the yield of tobacco unless the dolomitic form which carries a considerable quantity of magnesia is used. Where no lime has been used previously, Mr. Moss advocates a heavy application of about 1,000 pounds per acre of the dolomitic limestone applied broadcast. He states that the use of calcite limestone apparently does not give any permanent beneficial results. Where used continuously, it has a tendency to decrease the yield and injure the quality.

Lousy poultry will be unthrifty this winter. Some farmers are finding their flocks heavily infested at this time of the year.

Nearly every acre of land planted to tobacco and peanuts in Martin County this year has been planted to a cover crop. This means that between 30,000 and 35,000 acres have been so planted.

ATTENDANCE HONOR ROLL OF SYLVA GRADED SCHOOL

First Grade—Thomas Edward McClure, Elizabeth Dillard, J. C. Dillard, Matilda Jane Wilson, Isabel Dillard, Willie Harris, Emily Capps, Edith Hyatt, Clarence Cagle, Roger Sorrel, Claude Longbottom, Verdun Oliver.

High First Grade—Annie Seay, Effie Carson, Mary Hawkins, Harold Beasley, Fern Patterson, Alex Jones, Mary Bryson, John Buchanan, Mary Beasley, Albert Carden, Zackie Leatherman, Alvin Ridley, Dora Beasley.

Lower Second—Maggie Dillard, George McLain, Mary Ella Painter, Harry Long, Cecil Seay, Fay Barnes, Annie Conner, Thomas Frady, Gortelle Barnes, Horace Barnes, Glenn Frady, Lunie Hasket, Isabelle Jamison, Lyle Clark, Mary Henson, Wiley Waldroup, Edith Chester, Susie Bell Barnes, Kathleen Hooper, Dealos Deitz, Virginia Long, Francis Allison, Beatrice Stein, Birdell Jennings.

High Second Grade—Rachel Brown Millard Franklin, Lillian Hensley, Hilda Keener, Eloise Mashburn, Anne Irene Thrasher, Charles Allen, Robert Bryson, William Connor, Ma-Albert Hyatt, Claude Norris, John McLean, Edison Patterson, John R. Shepard, Andrew Wilson, T. J. Painter.

Third Grade—Carl Beasley, Loyd Brown, Cash Clark, Samuel Frady, Willard Waldrop, Woodrow Tolley, Avery Dillard, Lucy Barnes, Florence Creasman, Lucy Barnes, Birdie Leatherman, Katharyn Parris, Nora Lee Hoxit, Gwyn Davis, Bernadeen Ensley.

Fourth Grade—Ashberry Carden, Harold Dillard, Hazel Allison, Edna Barnes, Charmie Chaster, Maurine Davis, Etta Dietz, Grace Edwards, Ora Franklin, Hazel Fox, Elva Harris, Essie Parker, Gracia Queen, Evelyn Queen, Bessie Scrrels, Louise Toy.

Grade Five—Frankie Creasman, Ruth Dillard, Annie Fox, Zelma Jennings, Mary McLain, Patsy McGuire, Mildred Ridley, Helen Stein, Edith Woodard, Edna Bryson, Thomas Barnes, Claude Henson, Ernest Wilson, Sam Billy Parker, Grady Thrasher, Rosece Hyatt, Rosece Askey, Hal Keener, Elmer Jennings, Taylor Foy.

Sixth Grade—Willard Allen, Dewitt Beasley, Clyde Brown, Loyd Bryson, Clay Clark, William Curtis, Paul Elders, Zeb Farmer, Morris Guthrie, Gray Hampton, Tom Hastings, Ralph Morgan, Walter Sprinkle, Eulalia Barnes, Ethel Fox, Lucile Hensley, Gertrude Massey, Kathryn McLain, Margie Parris, Beverly Taylor, Madge Wilson.

Seventh Grade—Diana Ensley, Otelia Fox, Gertrude Stanley, Hazel Coward, Lena Mae Bryson, Sarah Frady, Lyndon McKee, Virginia Dietz, Johnie Parris, Ila Mae Hoxit, Troy Shepard, Evelyn Parker, Nimmo Geisler.

HONOR ROLL FOR OLIVET SCHOOL

First Grade—Oscar Bradley, Glenn Bridges, Charlie Bridges, Herbert Callahan, Fred Clements, Howard Reagan, Pearl Hayes, Jimmie Sherrill.

Second Grade—Frank Sherrill, Edna Bradley, Bennie Bridges.

Third Grade—Elden Bridges, Bruce Clements, Mezilda Bridges, Lucile Hyatt.

Fourth Grade—Montgomery Sherrill, Lessie Bradley, Norma Enloe, Ruth Hipps, Ethel Hayes, Ruby Reagan, Janie Reagan, Mary Ella Sherrill.

Fifth Grade—Lee Roy Bridges.

Sixth Grade—Edward Hyatt, Pauline Reagan.

Seventh Grade—Frank Hayes, Frances Jordan.

F. M. Alley, Prin.

Just any kind of pecan tree is not suited to North Carolina conditions. Only the best will grow and yield well.

Forty cars of demonstration fed hogs have been shipped by farmers of Chowan County this year. Plans are underway now to increase these shipments next year.

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Thirty acres of land, one 8 room house, one four room house; good barn and out buildings, plenty of fruit, good water; 1.4 mile of No. 10 highway. Will sell as a whole or in part.

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JACKSON COUNTY JOURNAL

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