

# OUR YOUNG PEOPLE

## CORN CLUB BOYS SHOULD ORGANIZE

Members in Each School District or Township Should Organize and Have Regular Meetings—Then Have County Meetings Also

To the Boys in Corn Club Work in North Carolina:

THE year just closed has been a very successful one for the boys' agricultural club work in North Carolina. More interest has been shown both among the farmers and business men than here before. A larger per cent of reports from corn club boys has been received than in any previous year. The reports from the first year in pig club work are showing some very interesting results. Because of the poultry clubs there are more pure-bred chickens in the state than in any previous year, and by far more modern comfortable chicken houses for the poultry this winter than ever before and consequently there will be more eggs.

Interest in the crop rotation club is quite gratifying, especially among the adults. They realize that the growing of an acre of corn on the same land each year is not good farm practice, and they are urging their boys to go into the rotation club.

We are anxious to get the boys and their fathers to realize that all these clubs merge into the boys' agricultural club work, and we want the boys to join the agricultural club and then decide to grow the crops or animals, or both crops and animals, they choose.

The one thing we hope to emphasize in 1916 more than heretofore is closer local organization. We are lacking rural organization among the farmers all over North Carolina. Why not set the example for our fathers, boys, by the organization of the boys' club work in every county in North Carolina? The boys are proud of their accomplishments along production lines, and we are just beginning; but why not go a step further this year, boys, and have real rural organization through the clubs?

There is no one thing that will help the work at this juncture more than to have definitely organized clubs all over the state. Let the school district or township be the unit, or even the county. The smaller units could hold meetings frequently, when the county agent is coming around, then from four to six times each year hold county meetings, with some social and recreational features. It is being done in Buncombe County.

There is no greater need in rural sections today than for trained leaders,—men who can control bodies of their fellows, and with ease, preside over and direct gatherings. Where can the majority of our country boys get any better training than as officers of these agricultural clubs?

Furthermore, through these definitely organized clubs numerous problems may be handled as they arise—for example, the question of the best seed corn for a given community and where to get it; the best breed of pigs or chickens, for a given section and the most reliable source from which to secure them. Community breeding may thus be established and a profitable business in pure-bred seed and livestock be built up.

The office of Boys' Club Work wishes to push this phase of the work and is going to take it up with the agents and boys right away.

T. E. BROWNE,  
Director Boys' Agricultural Clubs, West Raleigh, N. C.



MR. BROWNE

## Humus or Vegetable Matter

Two Prize-winning Letters from Our Boy Readers

### No Rich Land Without Humus

WHEN organic matter becomes thoroughly rotted and combines with chemical elements in the soil, it is called humus. Indirectly, it is an important factor in fertility; in fact, soil devoid of humus is practically barren. Humus increases the moisture-absorbing ability of soil to a very marked degree and exerts a decided influence on the temperature of the ground. Barnyard manure is the best source of humus, although green crops plow-

### LOOK HERE, YOUNG FOLKS

ARE you reading our weekly articles on "Farm Facts Every Boy Should Know" and "The Wide-awake Girls Learn Good Housekeeping"? We hope and believe every one of our Progressive Farmer boys wishes to learn everything he possibly can about farming and wishes eventually to become one of the very best farmers in his neighborhood; and that likewise our Progressive Farmer girls are ambitious to learn all they can about housekeeping and home-making. In realizing these worthy ambitions these two series of articles are well worth studying, and we hope you are keeping up with them each week. If not, start today.

ed under are excellent. Usually we have considered only the plant food elements contained in manure, but manure has another value of greater importance which, if thoroughly appreciated by the farmer, would prompt him to make stock-raising a prominent feature and cause him to preserve and utilize every bit of everything which can be made into humus. Humus improves the physical condition of the soil by making it mellow and friable and gives it permeability and "body." It also assists in the absorption and retention of moisture, prevents puddling, baking and cracking, and renders light sandy soils productive and clay soils tillable. Humus must be renewed from time to time, for it is lost in a soil which has been repeatedly cropped to cotton or like crops. It can be supplied, renewed and kept active by the application of barnyard manure, green crops plowed under and rotation of crops. Soils may be rich in potash, phosphorus and other organic elements and be abandoned as "worn out", when, in fact, they need only humus to make them very productive. It must be remembered, however, that humus is practically worthless in un-aerated, water-logged and sour soils. Such soils need lime and drainage.

T. S. BRYANT (Over 16).  
Tyner, Tenn.

### Grow Legumes, Says This Young Farmer

GROWING or applying vegetable matter to land is the best way to make it rich. Stable and barnyard manure and similar matter can be hauled and applied to small areas, but it is impossible to enrich but small areas in this way, because of the fact that this kind of land-building material is so limited. The best way to enrich land is to grow and turn under abundant crops of vegetable matter. The best land builders are the legumes, such as peas, soy beans, velvet beans, vetch,

crimson clover, bur clover, etc. Thin land can be made reasonably fertile in a few years by growing and turning under yearly crops of legumes. All farm land in the South should have a carpet of green growing on it every winter, and all land too thin to produce a profitable crop in summer should be sowed to cowpeas, the vines plowed under in the fall and the land sowed again to a winter legume, and in this way the land in a few years would be well supplied with humus.

LANE RHODES (Age 10).  
Horton, Ala.

## We Learn How to Balance Meals, and Why

Two Prize-winning Letters from Our Progressive Farmer Girls

### Balanced Meals Necessary for Good Health

I AM a little girl ten years of age. I have studied the "Primer of Hygiene", so I am going to write you a letter, telling something I have learned about, "How We Balance Meals and Why." We balance meals by having different kinds of food. We have to have tissue-building material, as lean meats, milk, eggs, bread, peas, beans, etc., and foods that give heat and strength to the body, as bread, potatoes, cereals, vegetables, etc. I think if we have for breakfast oranges, a cereal, bread, eggs or meats and some milk, we have a well balanced meal. We must have well balanced meals that we may have a clear brain and a strong body for study, work and play.

EVA SPRUILL (Age 10).  
Blymouth, N. C.

### Five Food Principles

A BALANCED meal must consist of the five food principles, for example, protein, carbohydrates, fats, water and mineral matter. Protein builds tissues and flesh; carbohydrates and fats yield heat and energy; water acts as a solvent, quenches thirst, and carries nutriment to all parts of the body; mineral matter builds bone, teeth, nails and hair. The commonest error in planning a meal is the repetition of the starchy element—mashed potatoes, macaroni, crackers, and rolls all supply it. The same food value might be obtained by eating five potatoes or five helpings of rice. Many people insist on serving potatoes at every meal, no matter what other starchy dishes there may be. This should be avoided. Macaroni with cheese forms a meal by itself and should not be eaten with a heavy meat. It may be served with hashes, left-overs, or with fish. The properly balanced diet is built around a dish containing protein. This may be meat, fish, or eggs; cheese and nuts may be used in cooked form. The starchy element is supplied in bread, potatoes, rice, hominy, macaroni, noodles, corn meal, or other well known cereals. A meat sandwich provides most of the proper elements for a meal. Green vegetables and fruits, however, are required to supply mineral salts. At least once a day such green vegetables, as string beans, cabbage, cauliflower, carrots, peas, onions, tomatoes, turnips, asparagus, artichokes, or lettuce, should appear on the table throughout the year. In summer, it is not too much to serve both a hot cooked green vegetable and a salad. Fruit should also be served at least once a day, and twice a day is not too often. Fat in the form of butter, cream, or meat-fat, is a necessary element for a perfectly balanced diet. Cream in moderation is one of the finest foods for growing children, and last but not least, let us not forget milk and eggs in the perfectly balanced diet.

WILLIE DELL SCOTT (Age 17).  
Arlington, Ga.

## Business Talks

J. A. MARTIN

### "FIX" YOUR NAME

VERY often we get letters from livestock and poultry breeders telling us to stop their advertising because they are sold out and can't fill orders. Many of the big automobile factories are "sold out" too, but they keep on advertising to keep the public from forgetting them. Years ago "Sapallo" was advertised a lot and was the biggest seller of all the cleansers. Evidently, they stopped advertising because they thought they didn't have to any longer. Today women all over the United States think of Old Dutch Cleanser and Gold Dust when they think of cleansing compounds. The only way Sapallo can compete with them now is to advertise and make up for lost time. We used to hear a lot about Pears Soap but today it's Ivory, Fairy, etc. If I were a breeder of pure-bred stock and found my surplus all sold out, I would keep a small card standing in the good papers saying, "am sold out, but will book your order for delivery when cows calve, sows farrow or incubator hatches." I wouldn't want the other fellow to come along and take my future business away and have folks forget me as a breeder. Mr. H. C. Davidson, of Obion, Tenn., has had a little half-inch advertisement in our Central Edition without even missing a single week in over three years. Doubtless he has been "sold out" but he has kept his "light burning", booked orders for future delivery and—nobody takes his trade from him. Keeping everlastingly at it brings success and it's just as easy to fix your name as a breeders of Jerseys or Berkshires or Hampshires or Leghorns as it is for Simmons Hardware Co. to fix "Keen Kutter" in your mind or for DuPont to make you think of his powder when you go to plant trees or dig ditches. When folks write you—hold them. If you are going to have good stock they will wait on you.

### MY "IRON CROSS"

TWO advertising agents were talking not long ago about the relative merits of certain farm papers as advertising mediums and one of them said (laughing at me as he said it) "The reason I give my business to — is that their advertising manager is one of these smooth, polished, diplomatic fellows who never rubs me the wrong way." Now, it just so chanced that the speaker and I, only a few weeks before, had a general all around scrap—he having (in my opinion) spent all an advertiser's money in a paper not as good as mine. Going over his head direct to the advertiser, I won part of the appropriation for The Progressive Farmer. Later, when results were tabulated, our paper simply discounted the first paper. Luckily for us, when the above remark was made, I had in my pocket the following letter from Couch Bros. Mfg. Co., of Atlanta, Ga.—makers of the famous Lankford Cotton Collar: "As soon as we complete our plans, there is one bet you can count on winning and that is The Progressive Farmer will be favored with a big slice of our appropriation. This is brought about because we like Joe Martin, his frank way, his honest methods and cooperation in seeing to it personally that the patrons of The Progressive Farmer are cared for. We say this because we mean it and not because we have an axe to grind." No soldier on the battlefields of Europe is prouder of his Iron Cross than I am of Mr. Couch's letter. I would rather be called "honest and frank" than "smooth and diplomatic."

### QUALITY VERSUS QUANTITY

WITH a nickel in one hand and a dime in the other, I used to say to my sister's little girl—"Here, Babe, take your choice." Invariably she would take the nickel because it looked the biggest. One day, however, she took the dime, bought some cheap candy, got sick and—my big sister chased me with a broom. That's the way with a lot of advertisers. Because some cheap paper claims more "circulation" than a good one claims and says its rate is "lower" a lot of advertisers buy space because it's "cheap." And—like my sister's little girl—they often get "sick". Read the reproduction of Mr. Kirby's letter in this issue. It is typical of many. Mr. Kirby didn't get sick enough to die as an advertiser because he found The Progressive Farmer a good doctor who saved him from the "quack." If you have livestock to sell, now is the time to advertise. There was never more interest in livestock husbandry than right now. Get into the game and get your share.