

PELLAGRA SHOWS GROWTH IN STATE

Issues Challenge to People Of North Carolina As Cases Increase

DEFICIENT DIET CAUSE

RALEIGH, August, 24.—"Pellagra has just issued its challenge to the people of North Carolina and the fight is on. Already more cases of this disease have been reported to the State Board of Health during the first eighteen days of this month than were reported in the State during the whole month of August, 1931, and there is every indication that this dread disease will reach even greater proportions during the coming fall and winter months." Thus briefly, Dr. J. M. Parrott, State Health Officer sums up the present pellagra situation in North Carolina.

Dr. Parrott goes on to say that pellagra is a disease caused by eating a diet deficient in certain food elements contained principally in leafy vegetables such as turnip greens, collards, cabbage, kale, mustard, lean meat, fish, poultry, eggs, milk and buttermilk. Other foods also may be eaten to successfully combat the disease, or effect its cure, if it has not reached such an advanced stage that it is incurable.

Further commenting upon the subject Dr. Parrott says, "Now is an ideal time to start waging the fight against pellagra which usually reaches the peak of its power during the months of May and June, because the next two or three weeks is the time when most North Carolinians will start planting their fall gardens. I cannot urge too strongly at this time that a supply of turnips, collards, cabbage, mustard and similar leafy vegetables sufficient to last until spring vegetables are obtainable be included in the list of items planted. All of these vegetables can be easily grown in all sections of North Carolina. The lack of proper diet in winter is principally responsible for the unusually large number of cases of pellagra always reported during the months of May and June."

Dr. Parrott closed with the rather unique statement: "Let's all use our heads in planting the right kinds of gardens during the next few weeks and give Old Man Pellagra a knockout blow in the 'solar plexus,' to borrow a term from prize fighters. The old adage 'An ounce of prevention is worth a pound of cure' is even more true in combating pellagra than in many other things."

Make Kraut From Surplus Cabbage

One good way to save the surplus of cabbage now found in many home gardens is to convert the cabbage into sauerkraut for use this winter. The kraut is wholesome and palatable and will be a welcome addition to the winter diet.

"Sauerkraut is no more than shredded cabbage that has undergone a lactic fermentation in brine made from its own juice by the addition of salt," says Mary Thomas, nutrition specialist at State College. "Some people like the kraut better than they do the original cabbage. It supplies several of the essential minerals necessary for human nutrition and the lactic acid which it contains is a good tonic refreshing the digestive tract much as does buttermilk. Almost any variety of cabbage may be used for the kraut but the slow growing solid headed varieties are best. The cabbage should be fully matured before it is cut for kraut."

Miss Thomas says the 4 to 6 gallon stone jars are best for kraut making. Select good, sound heads of cabbage, quarter them, slice off the core and shred. A saw cutter or a large knife will do for this work. One pound of salt for every 40 pounds of cabbage gives the proper strength of brine for best results. Distribute the salt as the cabbage is packed into the stone jar. Distributing two ounces or four tablespoonsful to every five pounds of cabbage is probably the best way, she says. The cabbage must be packed firmly but not too tightly, covered with a clean cloth and a clean board with a weight on it to cause the brine to come up over the cover. Keep this jar at a temperature of about 86 degrees so that fermentation may take place. Skim off the foam from time to time and fermentation will be completed in from six to eight days. Now put the jar in a cool place. It may be necessary to keep the surface skimmed and to protect from insects. If the storage place is cool, there is little danger from spoilage.

A Lincoln county farmer sold 80 bales of alfalfa last week to a rabbit breeder near Charlotte. The alfalfa acreage in Lincoln is being steadily increased. One cooperative carload of limestone was recently ordered for the crop.

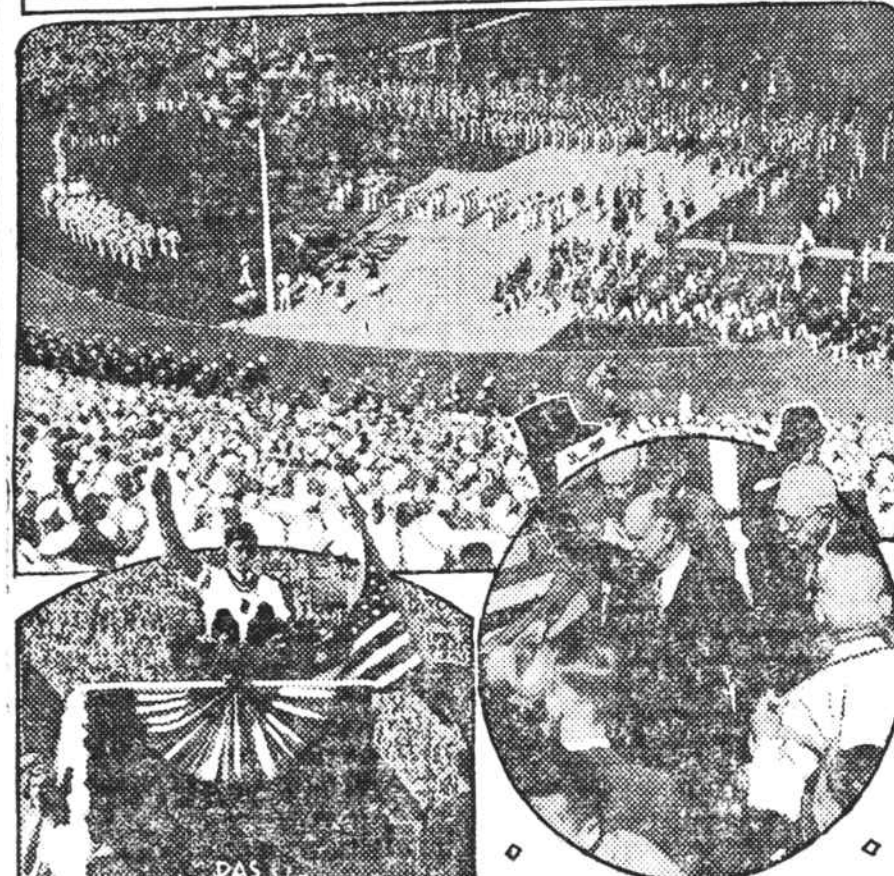
Mother—Come to bed, Jane!
Jane—I'm all wrapped up in a problem.
Mother—Well, tell your problem to go home.

Uncle Sam's Great Olympic Champions



Dominating the Olympic Games at Los Angeles, Uncle Sam's athletes shattered world and Olympic records in event after event. Here are shown the super-champions in the track and field events, sons and daughters of the which the nation is proud. Photos show—Left: Ralf Metcalf, Chicago, who finished second to Eddie Tolan, Detroit, right, in the 100 and 200 meter dashes; right (center figure): Mildred "Babe" Didrikson, Texas, who won two firsts and world records in the javelin throw and 80-meter hurdles for women; Bottom, left: The Olympic Champion (10 events), the Decathlon: James A. Bausch, Kansas City; right: Bill Car, Pine Bluff, Ark., record breaker in the heart-breaking 400-meter dash.

Thousands Witness Olympic Athletic Struggles



Champion athletes of leading nations of the world are now engaged in herculean struggles of their careers in the 10th Olympic games at Los Angeles. Top: Parade of All Nations which marked the opening of the games, July 30. Lower left, Lieut. George C. Calnan, U. S. Olympic team, who took the solemn Olympic oath for all nations participating as the hundreds of athletes stood with raised hands, at the opening ceremonies. Lower right, Vice-Pres. Charles Curtis, greets the crowd.

Uses Less Fertilizer Gets Better Crops

Because he adopted a rotation in which the use of legumes was given a prominent place and reduced his cotton acreage to give place for livestock and feed crops, C. L. Braddy of Councils in Bladen County reports better crops from his 150-acre farm even though he had reduced his costs for fertilizer by a sizable figure.

The Braddy farm had been cultivated strictly as a cotton and tobacco place until five years ago when he worked out a definite crop rotation system with the aid of E. C. Blair, extension agronomist at State College. Little attention had been paid to soil improvement. In 1927, however, Mr. Braddy began his rotation system and added soybeans in his corn for turning under. The beans were planted between the rows of corn and also in the row with the corn. He arranged his plantings so that this happened to each field each two years. In the meantime, he discontinued the growing of cotton and used the released land for peanuts, cowpeas and soybeans.

Mr. Blair says these crops made it feasible for Mr. Braddy to increase his cattle and hogs and to grow the same acreage of tobacco as theretofore. Recently, he told Mr. Blair that his fertilizer bill in 1927 amounted to \$1,000 but in 1932 it was only \$200. Yet he has better crops this year than in 1927. He also reported that his checks for hogs last year enabled him to stick out the long session of the General Assembly of which he is a prominent member.

He found further that by building up his land with legumes, the fertilizer used was more effective nor did he actually need so much as formerly.

Manson Items

Mr. C. H. Kimball returned to New York Sunday after spending last week here with his brothers.
Mr. and Mrs. J. C. Adams of Raleigh spent Sunday with Mrs.

Adams' mother, Mrs. A. T. Edwards.
Mrs. George Champion and daughter, Maggie, of near Louisville spent a short while here Monday night with relatives.

Mr. and Mrs. W. E. Brack spent Saturday night and Sunday in Cokesbury community.
Miss Mary Ellen Edwards who has been spending the summer here returned to her home in Raleigh Sunday.

Mr. and Mrs. O. C. Blackwood of Raleigh spent Sunday here with friends.

Mr. and Mrs. W. B. Brack and son, Eugene, attended the funeral of their grandmother, Mrs. W. H. Paschall, near Maccn Tuesday afternoon.

Mrs. John Ischer and son, John Jr., and Mr. and Mrs. Henry Schnick and family of Federalburg, Md., are spending this week with Mrs. J. K. Dill.
Mrs. A. B. Paschall and Mrs. W.

IMPERIAL

Monday-Tuesday, August 29-30
"SKYSCRAPER SOULS"
With Warren Williams and Maureen O'Sullivan. Also News and Comedy Matinee 3 p. m., 10-15c, night 7:30, 15-25c

Wednesday, August 31, Family Day
Joe E. Brown in
"FIREMAN SAVE MY CHILD"
Warner Bros., cartoon comedy Matinee 3 p. m., 10-15c, night 7:30, 10-15c

Thursday-Friday, September 1-2
"RED-HEADED WOMAN"
With Jean Harlow and Chester Morris, Leila Hyams, Una Merkel, also Metro two reel comedy Too Many Women. Excellent picture. It will appeal to both adults and children.

Saturday, September 3
Bob Steele in
"NEAR THE TRAIL END"
A Robust Romance of the Rowdy old west. Serial, Air Mail Mystery, also comedy. Matinee 3 p. m., 10-15c, night 7:30, 15-25c

E. Brack went to Henderson Tuesday afternoon shopping.
Mr. and Mrs. C. C. Satterwhite and family of Hollister were in town a short while Tuesday.
Mr. and Mrs. A. B. Paschall went to Richmond Wednesday to see a head specialist about Mrs. Paschall's head.
Mr. Raymond Champion and Miss Roseland Collins of Middleburg were married Saturday at Clarkville, Va.

Bracey Gives His Observations On Life In Mexico

Thoughts on and observations of Mexico as noted two years ago by Herbert Bracey of this county while he was in that country working with the American and Foreign Power Co., were this week submitted by Mr. Bracey:

The low, squat adobe buildings; very seldom one story high.
The large families, some-times as many as ten, who live in one or two rooms.
The prolific race that these Mexicans are, children are thought no more of, than so many dogs. Especially with the lower classes.
The barred windows on every house, apparently to keep the girls in and the boys out.
The lovers holding hands and saying sweet things thru the bars.
The big, heavy and unassuming front doors which give the appearance of a garage or warehouse instead of a home.
The patios in the better homes with the many potted flowers and palms. All open to the sky. The arrangement of the homes, inside rooms all around the patios.
The thick mud and plaster roofs on the houses, looking as tho they might fall in under the excessive weight.
The laborers making adobe brick-mud, water and straw, all trampled to a sticky mass by barefooted men and then shaped in wooden molds before being stacked in the sun to dry.
The many colors in which the buildings are painted. Rainbow effects.
The colored tile spire on the church down the street.
The many churches in town, one or more to a block; something over 140 in San Luis, and most all Catholic.
The big, fat priests with their turned around collars and beads on their necks.
The sumptuous quarters that they

live in, representing the sweat of more than one poor brow. Always bleeding the people to death.
Calles was right in driving them all out of Mexico for a time. The state must be more powerful than the church. The nuns have never returned.
The nunnerys which are now gov-

THINGS THAT NEVER HAPPEN



Gene D'Ynes Inter-nat'l Cartoon Co., N. C.

Breaks 46 Year Record



G. P. Richey, Tunica County, Miss., Baptist Church official and Men's Bible Class teacher, for 8 years district attorney and always a dry, is a candidate for congress on a wet ticket—the first wet candidate in that state since 1886.

ermment) property by confiscation.
Why are these priests always so fat and sloppy looking? Plenty of good booze and eats I'd say, coupled with the indolent life they lead.
The people at prayer in the churches, kneeling on the floor.
The Mexicans always crossing themselves as they go by a church.
The priests at the altar drinking the wine, the lighted candles, the choir boys and priests assistants, as seen thru the open doors in passing.

HOME FOR SALE

The residence of G. B. Gregory in South Warrenton will be sold at the court house door on Monday, August 29, at Noon.

The home may be inspected by calling the trustee.

JULIUS BANZET,
Trustee.

STANDARD GAS

The cheapest gas because it preserves your motor and gives more miles per gallon.

ESSOLUBE OIL

The cheapest oil because of its long life, low carbon content, low consumption, its winter fluidity, and its ability to keep its body, because its hydrofined.

ATLAS TIRES

With their unconditional road-hazard written guarantee give you more miles for less money in twelve months than any other tire.

We got everything—What we haven't got you don't need—Plus service and a square deal.

WARRENTON SERVICE STATION

WALTER B. FLEMING, PROP.

\$1.50 FOUNTAIN PEN-PENCIL

for **99** With this coupon

You'll enjoy using this handy writing instrument—a fountain pen on one end, a mechanical pencil on the other. All the expensive features—non-breakable pyralin barrel; iridium tipped 14KT gold pen; propel, repel, expel mechanism in the pencil. Here's your chance to get it at small cost.

VALUABLE COUPON

Take this coupon and 99c to your Rexall Drug Store and get this \$1.50 Belmont Fountain Pen - Pencil!

Name _____
Address _____

Clip the coupon and present it at your Rexall Drug Store with 99c. Receive a beautiful \$1.50 Belmont Fountain Pen-Pencil. Only a limited quantity. Act promptly or you may be disappointed. Come today!

BOYCE DRUG CO.
THE Rexall DRUG STORE

For Sale

LEGAL TABLETS
CHattel MORTGAGES
TIMBER DEEDS
MAGISTRATE'S SUMMONS
MAGISTRATE'S JUDGMENTS
Civil
BRIDGE SCORE PADS

Press Publishing Co.
Warrenton, N. C.