

Soil Conservation News

Work Woods During The Winter Months

By NAT WHITE
Soil Conservation Service
A lot more thought is being given to our woodlands now than was the case a few years ago.

oning can be done with 2-4-5-T in the frill grille or with a tree injector. This poisoning can be done at any time.

RIDGEWAY NEWS

Mr. and Mrs. Albert Hecht, Misses Carol and Karen Taylor were dinner guests of Mrs. Lena Whitby in Cary on Sunday.



GARDEN TIME
M.E. Gardner
N.C. State College

Fact and fancy are good conversation pieces when related to foods and human nutrition. Some interesting facts have recently been made public about that "King of Fruits," the apple, which we need to know about.

The studies were made by researchers at the Michigan State University. Further, the tests were made possible by the cooperation of MSU students and funds provided by the National Apple Institute and the Michigan State Apple Commission.

For three consecutive years student volunteers participated in the apple experiment. They were selected solely on a basis of willingness to participate and without regard to sex, past medical history or general health.

During the first period, students were supplied with three apples daily but were permitted to lower their consumption to a constant one or two apples a day.

The number participating was large enough to give a good sample—433 the first year, 488 the second year and 400 the third. These students were checked against the control group which consisted of the remainder of the student body—a little over 17,000 in each test period.

The researchers noted that 66 per cent of the calls at the health service were for two types of disorders; upper-respiratory infections (50 per cent) and nervousness, butterflies in

the stomach, headaches, etc. (16 per cent).

Over the three-year period the apple-eating students made fully one-third fewer calls for upper respiratory infection than would be expected on a basis of the student body as a whole.

The advantage ranged from 27 per cent fewer in the first year to 37 per cent fewer in the last year.

The researchers surmised that this could be a benefit from the consistent supplementary ascorbic acid obtained from the apples in the diet.

The three-year trend showed that participants made less than one-sixth as many calls for treatment of tension-pressure troubles as would be expected on a basis of students as a whole.

The advantage in this category ranged from 75 per cent fewer in the second year to 83 per cent fewer in the third year.

W. J. Benton, Sr. Dies At Hospital

LITTLETON — William James Benton, Sr., 71, died Tuesday morning in the Roanoke Rapids Hospital after a brief illness.

A resident of Littleton for the past 50 years, he recently retired after 25 years as a salesman for Littleton Sales Company.

Funeral services were held Wednesday at 3 p. m. at the Littleton Baptist Church, of which he was a member. The Rev. Colie E. Rock officiated. Burial followed in Sunset Hill Cemetery in Littleton.

Survivors include his wife, Mrs. Gertie Hale Benton; two

sons, William J. Jr., of Littleton and Fred M. Benton of Raleigh; three sisters, Mrs. Sam Riggan of Littleton, Mrs. Annabelle B. Crawley and Mrs. Esther B. Wells, both of Hopewell, Va.; two brothers, Claude Benton of Littleton and Fred Benton of Norlina; and three grandchildren.

Judge Isaac Price and Mrs. Mildred Kidd Price.

Masonic services were held on Monday night by Emmanuel Lodge No. 605 in Bolton Funeral Home and ministerial services were held on Tuesday at 1 o'clock with the Rev. Guy Volpito officiating. Burial followed in Knollwood Cemetery.

Mrs. Johnston announced that an associational stewardship meeting would be held in Warrenton on January 29 and the society would present a skit at this time.

Mrs. J. M. Stokes, mission study chairman, also announced that plans were being made to study the home mission book, "Glimpse of Glory," and that a covered dish supper and family night would be held later.

Mrs. C. M. Hale, Sr., gave the devotional and was in charge of the program, "Caring Not For the Ways of God."

Mr. and Mrs. W. S. Aycock of Roanoke Rapids were overnight guests of Mr. and Mrs. T. M. Aycock on Tuesday.

Floyd I. Price Dies In Cleveland

LITTLETON—Floyd I. Price, 78, died at his home in Euclid Beach Park, Cleveland, Ohio, last Saturday. He was a brother of Mark Price and G. F. Price of Littleton.

Mr. Price was born in Booneville, Ky., the son of County

Littleton WMS Meets At Church

LITTLETON—The Woman's Society of the Littleton Baptist Church held its regular monthly meeting in the prayer room of the church on Monday night at 8 o'clock with Mrs. Anthony Johnston, president, presiding.



ARMOUR STAR CHUNK Bologna lb. 29c

BIG SAVINGS AT COLONIAL!
STANDARD SIZE OYSTERS 12-OZ. CAN 89c
THIN SLICED BEEF LIVER lb. 39c
CHEF'S PRIDE POTATO SALAD. SAVE 6c 16-OZ. CUP 27c
ARMOUR STAR SMOKED HAMS Shank Portion lb. 39c
ARMOUR STAR SMOKED 14-18 LB. WHOLE HAMS lb. 49c
ARMOUR STAR SMOKED BUTT Portion lb. 49c
ARMOUR STAR SMOKED CENTER SLICES lb. 89c
COLONIAL'S OWN FRESH, LEAN GROUND BEEF 3 pounds \$1.29

SANDWICH SHOP
in the Green Building on Market Street
HOT DOGS — HAMBURGERS
BARBECUE — SOFT DRINKS
MILK SHAKES — ICE CREAM
For Good Taxi Service Call 760-1
EXPERIENCED DRIVERS

ris and Mrs. G. A. Nicholson of Vaughan visited Mrs. Dell Harris in the home of Mr. and Mrs. E. E. Hecht recently.

and family of Kittrell, Mr. and Mrs. William Bender and family and Mr. and Mrs. Walter Bender and sons visited Mrs. George Bender on Sunday.

TOPS IN PLANT BED FERTILIZER FOR THRIFTY FARMERS
SMITH DOUGLASS BLUE RIBBON
4-9-3 In Powdered Form
6-10-4 In Pelleform (FOR EASY AND UNIFORM SOWING)
FOR WINTER GRAIN BIG FRUITER
14-0-14 'IN-PELLETS' 20-0-20
For Those Who Wish Our Complete Service With LIQUID NITROGEN SOLUTIONS
Make Your Reservations Now
Walker P. Burwell AGENTS W. Foster Thompson
Boyd's Warehouse
PHONE 267-1

Mr. L. C. Brannock is receiving treatment at Memorial Hospital in Chapel Hill this week.

The Rev. E. Hendricks of Middleburg and Mr. M. Snyder of South Carolina were supper guests of Mr. and Mrs. L. M. Paschall, Sr., on Sunday night.

Faye Warren Is Feted On Birthday

LITTLETON — Miss Faye Warren was honored at a birthday party on Friday evening at Crawley's Cabin in Aurelian Springs in celebration of her 18th birthday.

Balloons and streamers of crepe paper decorated the entire cabin. Dancing was enjoyed, followed by the honoree opening her many gifts.

Who Indeed?
First cowboy—My name is Tex.
Second cowboy—You from Texas?
First cowboy — Nope, I'm from Louisiana, but who wants to be called Louise?

NATURALLY SWEET AND JUICY FLORIDA
ORANGES 5-pound bag 33c
LARGE RIPE FIRM SLICING TOMATOES lb. 19c
U.S. NO. 1 PUERTO RICAN YAMS 2 pounds 25c
FANCY D'ANJOU-BOSC PEARS 2 pounds 25c
DUNCAN HINES WHITE, CHOC., YELLOW, LEMON CAKE MIX 3 boxes \$1.00

FREE 25 EXTRA GOLD BOND STAMPS
WITH THIS COUPON AND PURCHASE 5-LBS. GRAPEFRUIT
IN LOCAL COLONIAL STORES VOID AFTER JAN. 27, 1962

FREE 50 EXTRA GOLD BOND STAMPS
WITH THIS COUPON AND PURCHASE ONE LB. WINNER SLICED BACON
IN LOCAL COLONIAL STORES VOID AFTER JAN. 27, 1962

FREE 50 EXTRA GOLD BOND STAMPS
WITH THIS COUPON AND PURCHASE 100 COUNT BOTTLE NORWICH ASPIRIN
IN LOCAL COLONIAL STORES VOID AFTER JAN. 27, 1962

FREE 50 EXTRA GOLD BOND STAMPS
WITH THIS COUPON AND PURCHASE 8-OZ. CAN RED GATE PEPPER
IN LOCAL COLONIAL STORES VOID AFTER JAN. 27, 1962

FREE 25 EXTRA GOLD BOND STAMPS
WITH THIS COUPON AND PURCHASE PINT C.S. MAYONNAISE
IN LOCAL COLONIAL STORES VOID AFTER JAN. 27, 1962

OUR PRIDE SANDWICH Bread 24-OZ. LOAF 19c
KRAFT QUALITY PARKAY Margarine 2 POUNDS 49c
MORTON'S FROZEN Honey Buns 11-OZ. PKG. 29c
SWIFT'S FROZEN CANDLELIGHT Dinners BEEF CHICKEN TURKEY SALISBURY STEAK 11-OZ. 39c
Sugar 5-POUND BAG 39c
ONE WITH YOUR \$5.00 ORDER, PLEASE
FREE! 100 EXTRA GOLD BOND STAMPS
WITH THIS COUPON AND PURCHASE OF VOLUME #2 of Funk & Wagnell's DELUXE ENCYCLOPEDIA
GOOD IN LOCAL COLONIAL STORES ON VOLUME SPECIFIED ONLY.