

HOME AND FARM DEPARTMENT

By D. W. Roberts, County Agent

The Day of Cheap Food Is Gone, Not to Return

(By C. B. Williams, Dean of Agriculture, A. and E. College)

Unless there is a material change in economic conditions the production of very cheap food is a thing of the past. The main reasons for cheap foods in the past have been cheap lands and cheap labor. As the population of our country has increased and most of the cheap arable lands have been brought under cultivation, it has left for subjugation to agricultural purposes only those lands, generally speaking, that are more extensively fitted for the production of crops. Not only this, but because of the rapid shifting of population from the country to the cities and towns, because of better wages and apparently better social and recreational conditions, labor has become scarce and high-priced in the country. The farmer of the future will not, therefore, have much choice of general methods in the production of crops. He may find it best to cultivate a small number of acres and depend only upon the labor of his own, or in many cases it may be more practical for him to maintain about the same acreage he has been cultivating in the past, or possibly it may be found best by an increased use of farm machinery and labor-saving implements to cultivate more acres than he has been accustomed to doing. In many cases, however, the practical thing to do, it would seem clear, would be, rather than to materially increase the acreage under cultivation, to so treat and handle the acreage now in cultivation as to get decidedly larger production per acre. Certainly from the standpoint of most farmers the latter plan would appear for the time being the best method, when properly followed, of getting the greatest returns for the effort and money expended by them in the production of crops. Things that may be done to increase the production per acre, in many cases, will be the establishment of proper crop rotations in which suitable legumes come in at frequent intervals; the handling of the leguminous crops grown in such a way as to add to the nitrogen and organic matter supply of the soil; the careful sowing and applying back to the land manure produced on the farm; the supplementing of these two sources of plant food by the use of properly proportioned and amounts per acre of commercial fertilizers or fertilizing materials for different crops; the use of good preparation of the soil before the crops are planted; the proper cultivation after they have started to grow; and the use of good seed of different crops that have been found best suited for local conditions and needs, are factors that will have to be taken into consideration on every farm for the production of largest and most economical crops. After their growth it will then become incumbent upon farmers to so handle and dispose of their crops, so that they may get the greatest returns from them, considering the draft which the crops make upon the plant food resources of the soil when sold direct; and when fed livestock and they or their products, like milk, eggs, etc., are sold from the farm.

It should be remembered in this connection that all food, both for man and for domestic animals, is produced primarily from the plant food constituents contained in the soil and from materials which green-leaved plants, like field crops, take from the air in their growth. The energy required in this manufacturing process is supplied from the sun's rays, and the energy thus absorbed from the sun is stored up in the starches, fats, proteins and other constituents contained in the plants, so that when crops or other plants or any part of them are eaten by man or by domestic animals the energy which they contain is, by the process of digestion, made available to man or to animals eating them. It is, therefore, from the stored up food materials and energy contained in agriculture products which men and animals are dependent upon for meeting their daily needs, and of these needs the chief one being for energy. Dr. Amsby, the famous animal nutritionist, has said that the diversion to stock feeding of any material edible by man is a very wasteful proceeding, and that the endeavor should be to utilize as large a portion of crop products as is practical directly as human food, leaving only waste and by-products to be fed to stock. There is no question but what in time to come, when the intensity of population is greatly increased and the struggle for existence has become much more serious, that we as a people shall be compelled, as has been the case in China and in other densely populated countries, to use directly as human food most all of the crop products that are dible for man. Since the consumption of foods by man is mainly to supply energy it

may be interesting to know just how much food some of our important crops produce per acre. The following number of men may be fed for one day from an acre of the different crops given, assuming that each man on an average will require three thousand calories per day:

Table with 2 columns: Crop and Men Fed. Includes Corn (1,041), Sweet potatoes (950), Irish Potatoes (635), Wheat (600), Beans (367), etc.

Treat Seed Potatoes Before Planting Any grower who does not treat his seed potatoes before bedding, or his Irish potatoes before planting, is greatly increasing the chances for diseases and cutting down his yield. Potatoes may appear perfectly healthy and yet may carry plant disease germs which may injure the young potatoes or tops later in the season.

Corrosive Sublimate Treatment—Soak the potatoes in a corrosive sublimate solution of the following strength: Powdered corrosive sublimate 4 ounces, water 30 gallons, or corrosive sublimate tablets 8, water 1 gallon. If the powder is used dissolve it in a small quantity of water, then add the required amount of cold water. The tablets dissolve readily in cold water. The corrosive sublimate solution becomes weakened each time it is used, therefore one ounce of corrosive sublimate, or 60 tablets, should be added to every 30 gallons of solution every time a batch of potatoes is treated, and enough water should be added to bring the solution up to its original volume. When this has been done four times, use the solution twice more, then throw it away and prepare a new one.

Formaldehyde Treatment—The potatoes may be treated in formaldehyde instead of corrosive sublimate. This treatment is much cheaper, but it is not so generally effective. The strength to use is 1 pint of formaldehyde to 30 gallons of water. This solution does not lose strength and can be used until exhausted. It does not corrode metals and is not a deadly poison. Potatoes treated in it may be baked or boiled and eaten with perfect safety.

Irish potatoes should be soaked one-half hour in this solution, and sweet potatoes five minutes. The solution need not be washed off after the tubers are treated.

Dutch manufacturers are going to introduce the wooden shoe to the American people. Representatives of several large factories have come to the United States, where they will try an interest wholesale and retail shoe dealers in wooden footwear.

SAYS SHE THREW HER MONEY AWAY

Mrs. Parker Spent Hundreds Seeking Health—Tanlac Restores Her

"My troubles have been completely overcome since I began taking Tanlac and I am enjoying the best health I have had in twenty years," said Mrs. M. Parker, 423 E. 3rd Street, Los Angeles, Cal.

"I spent several thousand dollars for medicines and treatments," she continued, "but it was all just money thrown away, for I never got any relief from my suffering until I commenced taking Tanlac. I was practically an invalid for twenty years and all my trouble was caused by the awful condition of my stomach. A great part of the time I was confined to my bed, simply too weak to be up. I could eat but little, and that disagreed with me so I suffered terribly from gas. To make matters worse I was attacked by rheumatism in my arms and legs, which caused me no end of pain and misery. I never got a good night's sleep and became extremely nervous."

"Well, I have just finished my fourth bottle of Tanlac and it is wonderful the way I have improved. Why, I feel so well and strong I do all my housework without the least trouble. Last week I actually did the family washing and it has been many years since I did a thing like that. My appetite is fine and nothing disagrees with me. I sleep restfully and get up feeling refreshed every morning. The rheumatism has entirely disappeared and Tanlac deserves every bit of the credit."

Tanlac is sold in Lenoir by Ballew's Cash Pharmacy.

BUY COAL IN SPRING, IS THE COMMISSION'S WARNING

Final warning that stabilization of the coal industry depended on the purchase and storage of fuel during the spring and summer months—to prevent shortage next winter—has been given by the bituminous coal commission before it ceased to function as a governmental agency.

By executive order, President Wilson relieved the members of the commission of their duties and transferred to the council of national defense the work of carrying out their recommendations.

Organized industry already has been pledged to purchase its coal during the summer and President Wilson has written a personal letter to the heads of departments and Federal agencies asking that coal for winter use be laid in at an early date.

WHOLE SYSTEM RUN-DOWN

Quick Improvement Is Noted After A Few Doses of ZIRON Iron Tonic.

Increase in appetite, the coming back of strength, disappearance of headaches and other ills, are a few of the many good results obtained from the use of a new remedy (Ziron Iron Tonic).

Mr. Sim Grimsley, of Cordele, Ga., tried Ziron and has this to say:

"When I began to take Ziron, it seemed that my whole system was run-down, but soon after I began to take Ziron, I could eat more each day and would feel a great deal better. Ever since it seems that my health has been improving, as I seldom have the headache or feel bad the least bit."

Ziron is a new scientific combination of pure medicinal inorganic iron, combined with phosphorus, the active principle of lime vomica and the hypophosphates of flux and soda. It will help to add more red corpuscles to your blood, resulting in more color in your cheeks—more vitality in your system.

Try Ziron today; on the money-back guarantee.

ZN 11

Your Blood Needs ZIRON

OLD-TIME COLD CURE—DRINK HOT TEA!

Get a small package of Hamburg Breast Tea at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at any time during the day or before retiring. It is the most effective way to break a cold and cure grip, as it opens the pores of the skin, relieving congestion. Also loosens the bowels, thus breaking up a cold.

Try it the next time you suffer from a cold or the grip. It is inexpensive and entirely vegetable, therefore safe and harmless.

RUB RHEUMATISM FROM STIFF ACHING JOINTS

Rub Soreness from joints and muscles with a small trial bottle of old St. Jacobs Liniment

Stop "dosing" Rheumatism. It's pain only; not one case in fifty requires internal treatment. Rub soothing, penetrating "St. Jacobs Liniment" right on the "tender spot," and by the time you say Jack Robinson—out comes the rheumatic pain. "St. Jacobs Liniment" is a harmless rheumatism cure which never disappoints and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, backache, neuralgia. Limber up! Get a 30 cent bottle of old-time, honest "St. Jacobs Liniment" from any drug store, and in a moment you'll be free from pains, aches and stiffness. Don't suffer! Rub rheumatism away.

B. & B. Pure Cream Kisses. For sale by all Grocers. The best you can buy for quality, with a guarantee twelve months in every year. BOLDIN & TURNER Wholesale Grocers Distributors. Manufactured by GATE CITY CANDY CO., Greensboro, N. C.

Buy Your Fordson Tractor NOW. Now is the time to buy your Fordson Tractor. Farm Tractor manufacturers know that more machines will be wanted during this coming year than can be supplied. This is particularly true in regard to the Fordson. Its popularity has created a demand that makes it certain that some farm owners, desirous of obtaining the Fordson, must be disappointed. Get your order in. Make sure of getting the Fordson on your farm quickly so that you may become thoroughly familiar with its operation and be able to use it to the best advantage right at the beginning of your Spring work. The Fordson Is All That You Expected. Simple to operate, compact, strong, light (weighs only 2700 pounds), powerful, economical (operating on kerosene), long lived—it has upheld the Ford name among 75,000 owners. You can depend on it to handle 12 plows. And on the belt you won't find a better power outfit. Delivering between 20 and 22 horse power at the pulley, it will run your grain separator, hay baler, ensilage cutter—will, in short, handle all the belt jobs you have to do within its rating. And remember that behind the Fordson is Fordson Service—the expert help and advice that our tractor experts will give you on request—the stocks, parts and repairs that we keep ready for immediate delivery to your farm when you telephone. Write us to come and see you—or drop in and see the Fordson. Built to meet actual farming conditions on Mr. Ford's farm—proved under every existing condition throughout the country. RUFUS L. GWYN LENOIR, N. C. Corner East Harper and South Mulberry Phone 26

When about to Purchase a Plow weigh every fact well. You of course want to secure the plow that will wear the longest, is the easiest to handle, has the lightest draft, is made the strongest and of the best material, has the best turning and scouring qualities; in fact you want a plow first-class in every respect. THE OLIVER CHILLED PLOW answers all of these requirements and while many different makes of so-called chilled plows have been brought out and a large number have enjoyed a brief sale, they have been forced to give way to the superior merits of the OLIVER. The only safe plan is to buy the GENUINE OLIVER at the start and then no question can arise as to the quality of your plow. BUY THE BEST; IT PAYS. Genuine Oliver Chilled Plows and Repairs for Sale by Lenoir Hdw. & Furniture Co., LENOIR, N. C.

MOTHER NATURE OBJECTS TO FORGE

Tender Intestinal Tracts Can't Stand Powerful Physic

When a physic or mis-called "laxative" causes the slightest pain or gripe you may know that instead of helping nature throw off the poisons accumulated in the body, it is getting rid of them by force.

This rending, tearing action is extremely harmful and painful to the tender membranes of the bowels and intestines.

Sloan's Relief Tablets, gentle as nature itself, work in a soothing, helpful way. They eliminate all poisons and end constipation, yet do it without gripe or pain to the body. They are not habit forming. Get a box of 30 tablets today and use no others. Sloan's Relief Tablets are safe.

Distributed by The Sloan Products Co., 18 Factory Street, De-

Ballew's Cash Pharmacy Says After you eat—always take EATONIC FOR YOUR ACID STOMACH. Instantly relieves Heartburn, Bloating, Gas, Sour Stomach, indigestion, and all stomach miseries. Aids digestion and appetite. Keeps stomach sweet and strong. Increases Vitality and Energy. EATONIC is the best remedy. Tens of thousands wonderfully benefit. Get a box of 30 tablets today and use no others. Sloan's Relief Tablets are safe.