

HOME AND FARM DEPARTMENT
By D. W. Roberts, County Agent

Good Year to Improve Soil
North Carolina farmers now have the best opportunity in years to improve their land by growing legumes and turning them under, according to the North Carolina division of agronomy, which lists five reasons why soil improvement is desirable this year:

1. It is not safe to plant "money crops" on as many acres as last year. 2. Cutting the acreage of "money crops" will leave lots of land idle unless some soil improving crop is planted on it. 3. Cow peas, soybeans, red clover and other legume seeds are cheaper now than they have been in years. 4. They can be planted with smaller expense for seed, labor and fertilizers. 5. The land will then be in good shape to make decidedly larger yields when times get better.

When a crop of peas, beans or clover is turned under much nitrogen that the plant has taken from the air, and which costs nothing but the expense of growing the crop, will be added to the soil. Acid phosphate or potash applied to such a crop is taken up, then turned back into the soil and used over again by the next crop. The fertilizing values of one ton of roughage are: Soybean vines (while), \$18.65; soybean vines (beans removed), \$15.63; red clover, \$15.62; crimson clover, \$13.54; cowpeas, \$19.35; velvet beans, \$13.35; peanut vines, \$9.53; corn stover, \$6.20; wheat straw, \$4.02; rye straw, \$4.76. These are figured at the wholesale price of fertilizer, exclusive of freight charges and retailers' profits. With soybeans, red clover, crimson clover, cowpeas and velvet beans thoroughly inoculated about 50 to 60 per cent or more of their fertilizing values are due to the nitrogen which these crops take directly from the air.

Merchants May Help Woo Prosperity Back

Supply merchants throughout the State are being offered a chance to help bring prosperity back by co-operating with the North Carolina animal industry division in its efforts to put "a brood sow on every farm—and take care of her."

Letters from Raleigh are being sent to thousands of merchants explaining how they can help themselves, as well as their communities, by getting behind the one brood sow on every farm idea. One of the letters says:

"When the farmer has money business is good.

"A car load of eighty 200-pound hogs is worth, at 10 cents a pound, \$1,600. Few individual farmers can ship by car lot. Only a few more hogs on the farms in your section would make car lot shipments possible.

"There's your outlet for a farm product that will bring more money into your territory."

Besides contributions, which will be used entirely to purchase paid advertising space, merchants can help by running short sentences about hogs in their regular advertisements. "Cops" for this is being furnished by the animal industry division.

More milk much less medicine.

Farm work not planned is often never done.

Live communities and live newspapers are found together. Be a "bull" on your community and show it by subscribing for the community newspaper.

Oh, cotton and tobacco, I give you notice now; on some land where you grew last year I'm putting in a pasture—for I have bought a sow.

Farmers who carried on corn-growing demonstrations last year with the help of county farm agents report an average yield of 48 bushels to the acre—the State averaging about 22 bushels.

CYCLONE RIPS A BIG PATH IN WESTERN FORESTS

Eight billion board feet of timber was destroyed by the cyclone that ripped a 75-mile path, 83 miles wide, through the forests of the Olympic peninsula, State, of Washington Jan. 29. Reports from the forest service class the storm as "the greatest disaster ever recorded in the annals of forestry and lumbering."

The wind registered 132 miles an hour before instruments at the weather station were destroyed. It is estimated to have reached 150 miles thereafter. Practically all standing timber over 2,250 square miles went down in a tangled mass, obliterating roads and telegraph lines and with little chance of salvage. Most of it was western hemlock and spruce, and subject to rapid decay. No human lives were lost, but buildings were destroyed and many animals perished, including elk. A number of animals were penned in by the tangle of debris to die of hunger. The best winter feeding ground for elk of that region was swept.

SOME WIND

A stranger in New Mexico became very much excited and alarmed at the continual high wind, which carried tons of sand through the air during the day. He remarked to an old resident that it seemed to be an awful windstorm. The old resident replied: "Windstorm? This ain't no windstorm. Why, stranger, last week the wind was blowing. You've seen ground squirrels? Well, I saw one of them thirty feet in the air—digging a hole in the sand."

The vital statistician for the State recently received a certificate of the death of a little girl in one of the mountain counties, caused by swallowing a Harding campaign button, which choked her to death.

SIT DOWN A MINUTE AND THINK

Size Up Your Condition—Look at the Facts Squarely

PAYS TO HAVE GOOD HEALTH

Most Illnesses Are Prevented by a Good Supply of Rich, Red Blood; Take Pepto-Mangan, the Red Blood Builder

Either you are in good health or you are not. There's no half way. You may think nothing of being a little run down. It may not worry you if you look pale. You may think you'll be all right tomorrow or next day. But will you?

Certain it is when you do not feel just right you are not right. There is probably something the matter with your blood. And while you can get around and do your work you are leaving yourself open to any of the diseases that are always waiting to take possession of run-down people.

When you are pale and easily tired, when you cannot enjoy your meals, when you lose enthusiasm, your blood needs attention.

Take Pepto-Mangan for a while. It is a great tonic. It will build up your resistance to disease, and you will feel stronger. The little red corpuscles are fighters. They battle with disease germs and win out when there are enough of them. Keep your system well supplied. Then you will keep well and you will enjoy life.

But be certain you get the genuine Pepto-Mangan. Ask for it by the full name—"Gude's Pepto-Mangan." Some people take it in tablet form. It is so convenient. The liquid and the tablets have the same medicinal value. Look for the name "Gude's" on the package. Adv.

TREES SHOULD BE SPRAYED BEFORE SPRING GETS HERE

One of the most important sprays for orchard trees is a spraying schedule applied during the winter months when there is no foliage on the trees. The reason for its application during this season of the year is because an insecticide of sufficient strength to kill scale insects will, if applied at any other time, burn off the foliage and seriously injure the tree.

Scale insects are prevalent throughout this State and are responsible for much damage. The only practical way that these hardy little pests can be controlled is by the application of a concentrated spray at least once every winter, some time after the leaves fall and before the buds open in the spring. This spray consists of one quart of commercial standard lime sulphur solution added to eight or ten parts of water. Scales are often used and is quite satisfactory. Although somewhat more expensive it is a miscible oil, which makes it easier to handle. It also leaves the tree slightly smoother in appearance. For these reasons it is preferred by many. This spray not only kills scale insects but also the eggs of aphids and any other insects which may be hibernating in the crevices of the bark. Thoroughness of application is essential to satisfactory results.

Remember that it pays to spray one or two trees in the back yard, as well as the commercial orchard.

If further information is desired write the North Carolina department of agriculture, Raleigh, for bulletins. —W. Bruce Mabee, Extension Entomologist.

SULPHUR SOOTHES UGLY, ITCHING SKIN

The First Application Makes Skin Cool and Comfortable

If you are suffering from eczema or some other torturing, embarrassing skin trouble you may quickly be rid of it by using Mentho-Sulphur, declares a noted skin specialist.

This sulphur preparation, because of its germ destroying properties, never fails to quickly subdue itching, even of fiery eczema. The first application makes the skin cool and comfortable. Rash and blotches are healed right up. Mentho-Sulphur is applied like any pleasant cold cream and is perfectly harmless. You can obtain a small jar from any good druggist.

The lowest estimate obtainable from any authoritative source as to the amount the nations of the world will spend on army and naval establishments during the current fiscal year is five billion dollars.

PUT CREAM IN NOSE AND STOP CATARRH

Tells How To Open Clogged Nostrils and End Head-Colds.

You feel fine in a few moments. Your cold in head or catarrh will be gone. Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more dullness, headache; no hawking, sniffling, mucous discharges or dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly. It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.



GENUINE "BULL" DURHAM
tobacco makes 50 good cigarettes for 10c

A TEST CASE
(Charlotte Observer)

There seems brewing a small rebellion of States against the government in the matter of forcing State railroad rates up to the level established by the interstate commerce commission. To date as many as nineteen States, including North Carolina, have joined in the movement, and we take it that this indicates all the States that have been ordered to reduce their rates. The attorneys general of the several States are maintaining that the people have a right to control traffic within their borders, this being a principle which was upheld by John Marshall and subsequently maintained by all the courts of the country. Perhaps something will come of this movement. At any rate, the people will know whether the last vestige of "State's rights" have disappeared. It would seem that if the States have lost their rights to regulate rates on their own railroads, they have lost all other rights that were understood to have been guaranteed them by the constitution. It appears to be a test case in the better sense of the word.



Sloan's Liniment

is always ready to ease rheumatism.

"At the very first twinge, down comes my bottle of Sloan's; then quick relief, without rubbing, for it's stimulating and scatters congestion. The boys use it for stiff muscles, and it helps Sally's backaches, too." —85c, 70c, \$1.40.

A DRASTIC MEASURE AGAINST IMMIGRATION PASSED

A drastic measure against immigration during the next year was adopted Saturday by the Senate, which, by the overwhelming vote of 61 to 2, passed the Dillingham immigration bill, after adding amendments to increase its restrictive features. In the form adopted the bill, it is estimated, would limit the number of immigrants during the next twelve months to slightly over 355,000. The Dillingham bill was adopted as a substitute for the Johnson bill, passed recently by the house. The latter would bar for a year all immigrants except relatives of aliens now in this country. The bills now go to conference for adjustment.

Advocates of the Dillingham substitute declared that it would keep out more immigrants than the Johnson measure. Both bills would go into effect within two months, the Dillingham measure effective for 15 and the Johnson bill for 14 months.

IF HAIR IS TURNING GRAY, USE SAGE TEA

Here's Grandmother's Recipe to Darken and Beautify Faded Hair.

That beautiful, even shade of dark, glossy hair can only be had by brewing a mixture of Sage Tea and Sulphur. Your hair is your charm. It makes or mars the face. When it fades, turns gray or streaked, just an application or two of Sage and Sulphur enhances its appearance a hundredfold.

Don't bother to prepare the mixture; you can get this famous old recipe improved by the addition of other ingredients at a small cost, all ready for use. It is called Wyeth's Sage and Sulphur Compound. This can always be depended upon to bring back the natural color and lustre of your hair.

Everybody uses "Wyeth's" Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through the hair, taking one small strand at a time; by morning the gray hair has disappeared, and after another application it becomes beautifully dark and appears glossy and lustrous. This ready-to-use preparation is a delightful toilet requisite for those who desire dark hair and a youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

WHAT WOMEN ON THE JURY SHALL WEAR

Justice has always been pictured as a blindfolded goddess, but they may need blinders for the judges and attorneys to keep their minds on their work if women appear in the jury box in short skirts, open-work hosiery and flashy hats, says a dispatch from London. It has already been suggested that robes be provided for the women jurors, but mid-lady rebels at such a sombre covering.

Lady Alexander, generally acclaimed the best dressed English society woman, approves of only the plainest garb for women in the jury box. "For women who must choose their dress from limited wardrobes," said Lady Alexander, "I would suggest the plainest and darkest coat and skirt possible, and the smallest hat, which should be denuded of any feathers that it may possess; further, I suggest that jurywomen should eliminate anything from their clothing that would be likely to attract undue attention to the jury box."

Lady Asquith, another well known society woman, disapproves the robe idea. "I should hate to have a robe served out to me," she said. "Why, you don't know what infectious ailment you might catch. Let women dress sensibly, and if their hats or the feathers in their hats are in the way let them take them off the same as they do in the theater."

Prominent Western Man Praises Tanlac



G. W. Logan, Peabody, Kansas

"Tanlac has completely restored my health and I feel finer than in years." was the straight-forward statement made recently by Mr. Geo. W. Logan, of Peabody, Kansas, one of the most prominent stock-dealers in the Middle West.

"It has not only made a new man of me but I have actually gained thirty-five pounds in weight and feel as well as I ever did in my life. I am telling all of my friends about Tanlac but they can see for themselves what it has done for me."

"When I began taking Tanlac I was in an awfully run-down condition. I was away off in weight, felt weak and nervous all of the time and couldn't take any interest in my work or anything else. My main trouble was indigestion. Nothing seemed to agree with me. At times I would have dizzy spells and at other times my back would ache so bad I could hardly get up and down in my chair. This is just the condition I was in when I started to take this medicine. It took just six bottles to make a well man of me. I now have a fine appetite, everything tastes good and my digestion is perfect."

"My wife was also troubled with indigestion at times and it relieved her the same way. You may publish my statement wherever you like, and if anyone doubts it, just tell them to see me."

Tanlac is sold in Lenoir by Bal- low's Cash Pharmacy.

"Only One Thing Breaks My Cold"

"That's Dr. King's New Discovery, for Fifty Years a Cold-Breaker"

TIME-TRIED for fifty years and never more popular than today. Nothing but the relief it gives from stubborn colds, and on-rushing new ones, gripe and throat-torturing coughs could have made Dr. King's New Discovery the standard remedy it is today. No harmful drugs.

Always reliable, and good for the whole family. Has a convincing, healing taste with all its good medicinal qualities. At all druggists, 60 cents, \$1.20 a bottle.

For colds and coughs Dr. King's New Discovery

The Results of Constipation are sick headaches, biliousness, sallow skin, waste matter in the intestinal system. Correct this health-enduring condition by taking Dr. King's Pills. Feel good every day. Keep the system clean and virile. Same old price, 25 cents. All druggists.

Prompt! Won't Gripe! Dr. King's Pills

Want Ads. Help Build Business

Eleven More Days of Our GREAT SACRIFICE SALE

Hundreds of bargains will be sold. Don't miss this great opportunity. Here are a few items from our stock. We have hundreds of other bargains:

- One lot of Men's and Women's Low Shoes will be sold at one-half price.
- One lot of Men's Dress Pants at one-half price.
- One lot Men's \$3.00 Overalls—Sale price \$1.79
- One lot Men's \$2.00 Overalls—Sale price 98c
- One lot Men's \$3.50 Felt Hats—Sale price \$1.29
- One lot Men's Work Shirts—Sale price 44c
- One lot Men's \$3.00 Dress Shirts—Sale price \$1.98
- One lot Men's \$1.50 and \$2.00 Dress Shirts—Sale price 98c
- One lot Ladies' \$7.50 Silk Waists—Sale price \$4.48
- One lot Ladies' \$6.00 Silk Waists—Sale price \$3.98
- One lot of Men's and Boys' Caps, \$1.50 to \$3.00 values—This sale, your choice 98c
- One lot Men's and Ladies' Hose, all colors—This sale 10c
- Three balls of fine Crochet Thread 25c
- Three papers of good Pins 5c
- Three bars Octagon Soap 24c
- One lot \$3.00 Alarm Clocks—Sale price \$1.48
- \$1.00 Gem and Ever Ready Safety Razor sets 93c
- One lot of Men's Linen Collars at, each 9c
- One lot Men's regular \$1.50 and \$2.00 Neckties 98c
- One lot of Men's all-leather Belts 48c
- Big lot of short length Gingham, Percales and Calicos at special prices during this sale.
- One lot Ladies' Silk Petticoats, regular \$7.00 values—This sale at \$4.98 Only a few left.
- One lot Men's Calf and Horsehide Leggings, worth \$10.00—Our price per pair while they last \$6.98
- One lot Men's Corduroy Pants, regular price \$7.00—To close out at this sale at \$3.98
- One lot Men's \$1.50 Underwear at, per garment 89c
- One lot Men's Hanes Union Suits—This sale \$1.29
- One lot \$3.25 ball-bearing Roller Skates—Sale price \$2.48
- All 10c Writing Tablets at 3 for 25c
- All 5c Writing Tablets at 6 for 25c
- One lot 15c Ribbons, all colors, at, yard 10c
- One lot Men's and Ladies' Umbrellas—Sale price \$1.25

Ask about our extra pants offer with each made-to-measure suit during this sale. We can save you money on your new Spring suit.

W. F. WAKEFIELD

Always Lowest in Price
119 N. Main St. Lenoir, N. C.