

-:- A Page For Haywood Farmers -:-

A PERFECT FOOD HAS BEEN GIVEN MAN BY NATURE

Milk Is Termed As Gold Mine Of Good Health By Health Officials.

Were it announced that science had discovered some new substance which contains all the elements for physical growth and better health, as well as an actual cure for some specific ailments, the fact would be heralded throughout the world by all the means of modern communication.

"Yet when we direct attention to the fact that milk is such a substance, the average person shrugs a non-committal agreement," says Fred M. Haig, associate dairy professor at State College. "We know that 97 per cent of the undernourished and backward condition of one-third of the school children could be overcome by the liberal use of this beverage food. Now that we have this knowledge of the value of milk as a food and also know that in many years, more milk should be consumed. It is a veritable gold mine of good health."

Nature has arranged in milk an easily digested food of sugar and albumin for the infant and the stronger compounds of fat and casein to look after the harder work of growing. All growing bodies need first just what milk has to offer them and these are, minerals, proteins, energy and vitamins.

Prof. Haig says minerals prevent an acid condition in the body and allow normal functioning of all organs. Minerals also renew or build the bones and teeth. Protein forms muscle and constitutes about 81 per cent of the solid substances of the blood. Sugar and fat supply the energy-building foods. A man at work needs about 3,000 calories of food a day while an infant requires 45 calories per pound of weight each day. One quart of milk alone contains 675 calories.

Finally, says Mr. Haig, milk supplies the elusive vitamins needed for growth, vigor and sparkling health.

Business Men See Improvement For The Coming Year

(Continued from page one) 1933 will be a year of progress."

W. T. RAINER, Ford Dealer—"I look for business during the new year to be much better than it was in 1932. The people are more optimistic, and the trend is for a decided improvement."

J. R. BOYD, president of First National Bank—"It seems that all the farmers are satisfied with their tobacco prices, but their other farm product prices are very low, and of course we depend on the farmer for business. I have thought all the time that 1933 would bring us better business, but in checking up I find '32 lots worse than I thought it would be. Nevertheless, I find most of the people optimistic and so am I."

W. H. OWEN, Manager A & P—"Our business now is better than it was the same time last year. I look

Timely Questions And Answers On Farm Problems

Question: How should I feed my freshening cow?

Answer: A reasonable amount of lucerne hay and a small amount of silage can be fed at all times, but the grain feed should be restricted to bran mash the first day after freshening. A mixture of equal parts of wheat bran and ground oats can be fed for the next four days with the regular milking ration on the sixth day. The animal should be brought to full feed in about three weeks from freshening date.

Question: How can black walnuts be kept for spring planting?

Answer: After the nuts are thoroughly cured they should be placed in a pit below the frost line. Place a layer of sand and then a layer of nuts until the pit is filled to one foot of the top. Cover the pit with earth and dig a trench around it to keep out the water. The nuts should remain in this pit until late February or March when they are removed and planted about 2 or 3 inches deep in rich, well drained soil.

Question: How can I select baby chicks to insure good quality?

Answer: There is no way of determining quality in baby chicks. In buying baby chicks get them from a local hatchery that uses quality, blood tested eggs. A few cents premium paid for these chicks will pay big dividends when they come into production. If possible, consult the county farm agent for advice as to where the best chicks may be obtained that are guaranteed as to blood and strain.

PICNICKERS USE PARK BENCHES FOR KINDLING

WASHINGTON, Dec. 31.—Park Policeman B. J. Beckman believes that park benches are to sit on, not burn. He reported to Capt. Doyle O. Hickey, superintendent of park police, that persons using picnic spots at night in Rock Creek Park have begun tearing apart and burning rustic benches recently placed there.

for better business in '33 than '32. All indications are that business will improve."

J. E. MASSIE, Waynesville Theatre and Massie Furniture Co., and President Chamber of Commerce—"The outlook for business in 1933, to me is better than it was in 1932. I believe there will be considerable improvement in all lines."

MILAS NOLAND, Haywood Supply Company—"I think that things will open up, and I look for business to be better in 1933 than it was for the past year. Haywood county is in better condition than most counties. The people are going to have to work more, but the prospects are much better for improved business."

L. E. HAMRICK, Manager Eagle Ten Cent Stores—"I am optimistic over the business conditions for the new year. I believe business in general is on the upgrade."

NO DEPRESSION ON ENKA FARM

When the great Enka rayon plant was under construction Charlie Robinson was among the first to obtain a job. He picked out a farm house and six acres of land, and spent all of his spare time making needed repairs on the old house and barns. His family moved in and with the diligent help of his wife the place began to progress until the farm and buildings showed marvelous improvements.

With the close of the first year a bountiful crop was made and Mrs. Robinson's pantry looked like a county while the old fashioned "smokehouse" bulged with cured meats sufficient to last another year.

The second year the quantities of home and salable supplies doubled those of the first year. Still the Robinsons continued to work.

Now the third year has ended. The following figures taken from his farm record show another satisfactory increase, and all accomplished outside of regular working hours at the Enka plant from which he has not missed a single day's work in three years.

1. Bought 26 hogs and pigs at \$4—total \$104.
2. Fattened and sold 26 hogs (the largest weighed 350 pounds) 13,000 at 5 1/2 a pound, total of \$715.
3. Have left 7 hogs for home use and 8 to carry into next year.
4. Sold 200 dressed hens average 85c—\$170.
5. Sold garden vegetables—\$50.
6. Sold milk and butter—\$50.
7. On hand 1000 cans of fruit and vegetables, apples, peaches, berries, beans, jellies and pickles. These are gallon and half gallon Mason jars, put up by Mrs. Robinson at odd times.
8. Sold corn on cob for \$150, and have left 100 bushels of corn, 60 bushels of Irish potatoes, 10 bushels onions, and 10 bushels sweet potatoes.
9. Have 50 laying hens.
10. In addition to selling large quantities of early vegetables such as cabbage, tomatoes, hot peppers, sweet peppers, okra, parsnips, greens, potatoes, turnips, squash, pumpkins, beans, etc., the family table supply came from the little garden.
11. Sold grapes from one vine—\$7, canned the remainder.

When the Editor of the Voice reminded Charlie of a lot of things down on his six acre farm which he had failed to record in his book, he replied that he was too busy from daybreak to dark to put down any except the money transactions and none under a dollar were recorded. In fact, the "retail" receipts were put aside for the Juniors' Christmas.

Charlie's cash profits last year exceeded \$2,000 which, we are informed, is the best small farm record in this section.

How to find the way to the Robinson place? Yes, sir, it's almost hid by the pretty shrubbery and flowers and sits back a hundred yards from the Enka Highway, but turn off on the soft cinder roadway through the flower and vegetable garden and presto, you are gazing at a neat cottage surrounded by a shady yard and chickens so tame you stop your car to avoid killing them.—Harvey Holleman in Enka Voice.

The Tale Of The Great Depression

A little red rooster groaned all day, "Gosh! But things are awful tough. Seems that worms are getting scarce."

"I can hardly find enough. What's become of all those fat ones is a mystery to me. There were thousands through that rainy spell, but now, where can they be?"

The old black hen who heard him, Didn't grumble or complain. She had gone through lots of dry spells, And had lived through floods of rain.

She just flew up on the grindstone, And she gave her claws a whet. As she said, "I've never seen the time There wasn't worms to get."

She picked a new and undug spot; The earth was hard and firm. The little rooster smiled and jeered, "New ground's no place for worms." But the old black hen just spread her feet;

She dug down fast and free. "I must go to the worms," she said, "The worms won't come to me."

The rooster vainly spent the day Through habit, by the ways, Where fat, round worms had passed in squads,

Back in the rainy days. When nightfall found him supperless, He growled in accent rough, "I'm hungry as a fowl can be; Conditions sure are tough."

He turned then to the old black hen And said, "It's worse with you. For you're not only hungry but You must be tired too. I rested while I watched for worms, So I feel fairly perk. But how are you—without worms too, And after all that work?"

The old black hen hopped to her perch And dropped her eyes to sleep. She murmured in a drowsy tone, "Young man! Hear this and weep; I'm full of worms and happy. For I've dined both long and well; The worms are there as always BUT YOU HAVE TO DIG 'LIKE HELL.'" —S. P. U. Magazine.

Poultry Business In State Is Being Overdone By Some, Is Said

Some Poultrymen Are Inclined To Push Fowls To Limit, Says Expert.

Now that commercial poultry production is furnishing a source of livelihood for many North Carolina citizens, new problems are arising in the enterprise and many growers are wondering how they can continue to stay in business.

"Some poultrymen are inclined to push their birds to the last limit of egg and flesh production. These men are using the facts developed by science to extract the final cent of profit from their birds and in doing so there is a danger that something of the vitality is being sapped from poultry," says Roy S. Dearstyne, head of the poultry department at State College. "Now alert poultrymen are seeing their flocks become more susceptible to troubles not heretofore a menace to the industry. All of this means that poultrymen must give greater care to their feeding, breeding and other factors which will help to build up the stamina of the individual flocks."

In planning work for the new poultry year, Mr. Dearstyne believes it imperative to pay more attention to breeding. Growers cannot breed from just any old hen and continue to get results. Poor mating may constitute a menace to the future of the flock unless this mating is carefully planned and supervised.

There is the problem, too, of internal parasites. Dearstyne says this must be fought continuously because such parasites are devastating the flocks of the state. Parasites can be kept at a minimum only by a planned program of sanitation followed every year.

Immunization against fowl pox, the building of proper houses and the mixing of correct rations are three other things to which the poultryman must give attention now that he is forcing his birds to a degree of production not dreamed of a few years ago.

The first metal-base highway in the United States was established experimentally at Springfield, Ill., recently.

Workmen's Compensation Act Has Been Justified, Is General Belief In Raleigh. Almost \$5,000,000 Paid

Two New Bulletins Are Now Ready For Readers Of State

Two new valuable publications have been prepared and printed by the Agricultural Extension Service and are now ready for distribution to citizens of North Carolina on request.

These publications are Extension Circular 193, "Feeding and Care of The Dairy Cow," by John A. Arey and A. C. Kimrey of the animal husbandry department, and Extension Circular 194, "The Agricultural Outlook for 1933," by the department of agricultural economics.

The publication dealing with the dairy cow contains practical information about feeding the cow and how to look after her both in winter and summer. The use of home grown feeds in preparing the ration and the various kind of rations needed by a cow when dry, in full production and at other times is suggested. The publication is intensely practical and is of value to the farmer where only a family cow is kept as well as to the farm where a commercial dairy is operated.

The second publication contains the outlook for the usual crop and livestock enterprises conducted in North Carolina. The information from which this material was secured was provided by the United States Department of Agriculture and by a study of conditions in North Carolina and the South. Each farm commodity and livestock enterprise is dealt with in a brief way and the authors believe that the information is sound and accurate.

Copies of either or both of the two bulletins may be had free of charge by citizens of North Carolina as long as the supply lasts by addressing the agricultural editor at State College.

The argument in favor of the new Lespedeza series as advanced by Rowan growers is that the variety stands drought somewhat better than the annual varieties.

RALEIGH.—Adoption of the Carolina Workmen's Compensation Act has been more than justified, opinion of members of the Industrial Commission, who administer the Act, particularly to the employees and employees who have elected bound by the provisions of the Act.

During the three full years in the Act has been effective, total fits to injured workers and dependents is \$4,957,000, they point out.

Under the Act the minimum benefit is \$1.00 a day as compared 75 cents a day being paid to unemployed relief workers, and in an opinion by Justice Pitney, of the U. S. Supreme Court, many employees or dependents "frequently become a drain upon public or private charity, that litigation is unduly costly, tedious, encouraging corrupt practices under the system existing before adoption of the Compensation Act."

The North Carolina courts have relieved of a heavy burden in personal injury suits, the time and expense court witnesses have been saved, taxpayers have been relieved of tax for many terms of court, the Industrial Commission point out.

The entire costs of the Industrial Commission in administering the Act are paid for by these employees elect to come within the scope of the Act and is not a charge against taxpayers.

The Commission expresses confidence that the Act has greatly reduced the number of persons through the State who would be a charge to charity, dependent upon community or other forms of relief, there were no Compensation Act.

The prompt and complete measure afforded by the Act tends to rehabilitate an injured worker and of him a useful citizen, it is pointed out.

The employers and employees of North Carolina who are the real beneficiaries interested in the Compensation Act are well pleased with it, with exceptions. This is indicated by the fact that while the counties of the State have the opportunity of rejecting the Act, only two or three of them have elected to reject it, the Commission show.



MR. AND MRS. THOS. B. REED

"Sargon has brought health, strength and happiness to both my wife and me and I would not take all the money in the world for the good it has done us," declared Thomas B. Reed, well-to-do farmer and lumberman, residing at 919 Holmes street, Kansas City, Mo.

"Five years ago when on the train going from Bonanza, Canada, to Calgary, I had a severe attack of acute indigestion and nobody thought I would live to reach my destination. When I came to myself I was in the hospital at Calgary.

"Since then I have suffered constantly from bilious attacks and splitting headaches that lasted for days at a time. Everything I ate disagreed with me. I had smothering spells that made me think I would die. I would get so dizzy I

could hardly stand up, and I was constipated all the time. I was nervous and did not get a good night's sleep for years. Many nights I would get up and sit in a chair for hours.

"Sargon made a well man of me. My nerves are steady as a die and I sleep like a boy. My old-time strength has returned and I have gained 15 pounds. I feel fine all the time."

"Sargon helped my wife, who is the mother of 13 children, the same way. She has actually gained 15 pounds in weight and feels better and stronger than in many years."

Mr. Reed was formerly a worshipful master in the Masonic order and Mrs. Reed is a beloved member of the Methodist Church. Sargon may be obtained at WAYNESVILLE PHARMACY

Sell Your Tobacco DIRECT In Greeneville, Tenn.

No buying commission or hauling bill to Re-drying plants here. Buyers here are hired by the year and no buying charge or hauling expense is cut from the price bid—Greeneville is the only market having orders for Wrappers—We have room for you this year so sell at HEADQUARTERS and get more money and also save money.

We give below a few sales of the many made before Xmas for growers through out the tobacco territory. This firm plays no favorites and does not pad prices to get trade. No cheap grade is cut out of sale, but every grade sold is given.

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| WOODS & MESSER, Big Pine, N. C.—10 @ 30c; 6 @ 24 1/2c; 90 @ 21 1/2c; 30 @ 16c; 86 @ 13 1/2c. | R. A. WALKER, Mohawk, Tenn.—130 @ 25c; 114 @ 24 1/2c; 60 @ 19c; 82 @ 15c. | J. R. CHESTNUT, Rogersville, Tenn.—210 @ 25c; 200 @ 24c; 260 @ 21 1/2c; 290 @ 18 1/2c; 200 @ 17 1/2c; 320 @ 8c. |
| DEWEY BUCKNER, Big Pine N. C.—74 @ 24c; 60 @ 21c; 50 @ 22 1/2c; 80 @ 17 1/2c; 16 @ 6c. | MALONE & EVANS, Greene Co.—368 @ 25c; 300 @ 23 1/2c; 174 @ 19 1/2c; 220 @ 11c. | C. E. SMITH, Scott Co., Va.—126 @ 29c; 120 @ 2c; 80 @ 27c; 84 @ 22c; 100 @ 21c; 110 @ 16 1/2c. |
| RAY BUCKNER, Big Pine, N. C.—32 @ 25c; 82 @ 24c; 22 @ 23c; 29 @ 19c. | J. H. HARRIS, Van Hill, Tenn.—176 @ 25c; 152 @ 24c; 84 @ 23c; 126 @ 15c. | CHAS. CRUMLEY, Scott Co., Va.—250 @ 26c; 194 @ 26c; 350 @ 23c; 210 @ 22c; 224 @ 20c. |
| JACK RUSSELL, Greene Co.—12 @ 26c; 10 @ 25c; 4 @ 23c; 16 @ 16c; 69 @ 15c. | ORVILLE LAWSON, Edson, Tenn.—354 @ 24c; 192 @ 18 1/2c; 80 @ 17c; 106 @ 13 1/2c. | L. P. ADDINGTON, Scott Co., Va.—260 @ 25c; 276 @ 18 1/2c; 224 @ 18c; 220 @ 15c; 154 @ 12c. |
| M. P. MYERS, Greene Co.—294 @ 26c; 236 @ 25c; 164 @ 23 1/2c; 170 @ 22c; 100 @ 14 1/2c. | C. D. MARSHBARGER, Af-ton, Tenn.—54 @ 30c; 50 @ 19 1/2c; 42 @ 15 1/2c; 30 @ 5c. | |

The extra haul bill you might have to pay to sell at Bernards is small to what you will lose by selling elsewhere.

Bernard's Warehouse GREENEVILLE, TENNESSEE