

Grow Perennial Flowers From Seed



Photo Courtesy Perry-Morris Seed Co.

You can save considerable garden money and add new zest to your gardening by growing your own perennial flowers from seed.

Seed should be started at about the same time as that of the annuals, such as zinnias and marigolds.

Some perennial seeds are very small. Mix them with sand so that they will not be sown too quickly in the row and merely press them into the soil instead of covering them.

Here are a number of perennials that beginners can start from seed with almost sure success: Columbine, gillardia, coreopsis, hollyhock, painted daisy, sweet william, hardy pink, hardy alyssum, and the violet.

D A R Health Work BY GERTRUDE CARRAWAY

In the belief that a cheerful mind help improve a disabled or sick body, North Carolina Daughters of the American Revolution are accomplishing notable results through their Military Camp Ser-

vice Committee in providing comforts, recreations and occupational therapy facilities at the military and naval hospitals in this state.

American Legion Pressing Largest Membership Drive In History

tal at Kenansville is being taken over by the Veterans Administration, the former large staff of American Red Cross recreational workers is being reduced to one person. This means that outside aid is sorely needed.

Human conservation includes all types of health improvement, such as cancer prevention, work for the crippled and the blind. Some members of the DAR have already agreed to will their eyes to the eye bank which transfers eyes from diseased persons to live blind persons.

This committee for human conservation also stresses the importance of safety on the highways, elimination of traffic hazards, first aid treatments and home nursing, as well as the prevention of all kinds of accidents.

Results have been most encouraging, but the field is so enormous and far-reaching, extending into any phase of life or living that seeks to conserve humanity, that the surface has merely been scratched and points to the dire necessity for continued efforts on the part of the DAR members and the members of all other organizations throughout the entire state to save life and improve the health of all North Carolinians.

The largest membership drive in the history of the North Carolina Department of the American Legion is now under way and all veterans of World Wars 1 and 2 are being urged to join the American Legion, which is the largest veterans organization in the world.

chair and had charge of the program. During the social hour, Mrs. Henry King led a kitchen contest. Mrs. Charlie Jones won first prize, Miss Virginia English and Mrs. K. M. Nicholson second. The hostess served a delicious congealed salad plate with ritz crackers, cakes, Valentine mints and hot coffee.

The club will meet in the home of Mrs. Mattie Williams for the March meeting.



Maysville H. D. Club Holds Meet

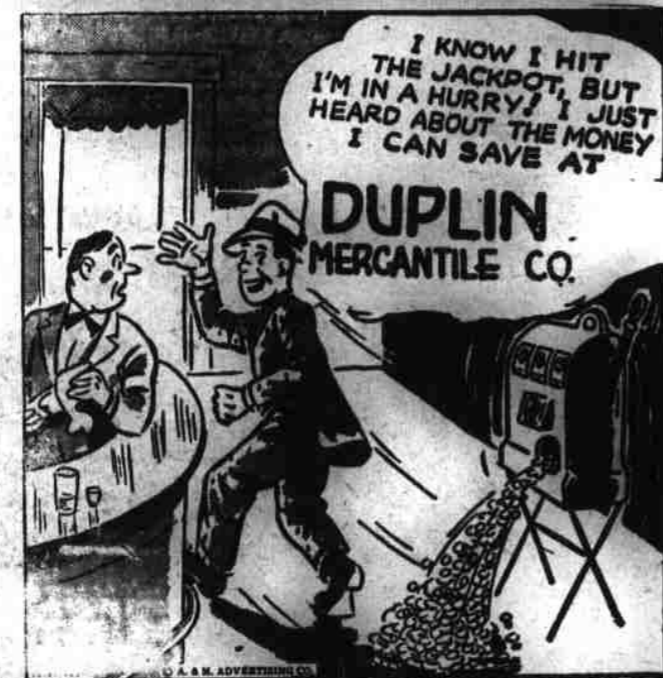
The Maysville Home Demonstration club met in the home of Mrs. Robert Grady on Thursday afternoon, Feb. 6 at 2:30. The house was decorated with potted plants and cut flowers, and the Valentine motif was carried out in the refreshments.

The club president was in the

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How women and girls may get wanted relief from functional periodic pain

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campaign from the executive vice-commander of the State Department of the American Legion. Literature explaining the work of the Legion for the veterans and their families has also been received locally by Legion officials.

Under the "Dusk to Dawn" campaign each county is to be organized into a county group consisting of Legion posts, Auxiliary units and Forty and Eight Veterans. Every eligible veteran will be contacted, given Legion literature on the work of the Legion, and invited to join.

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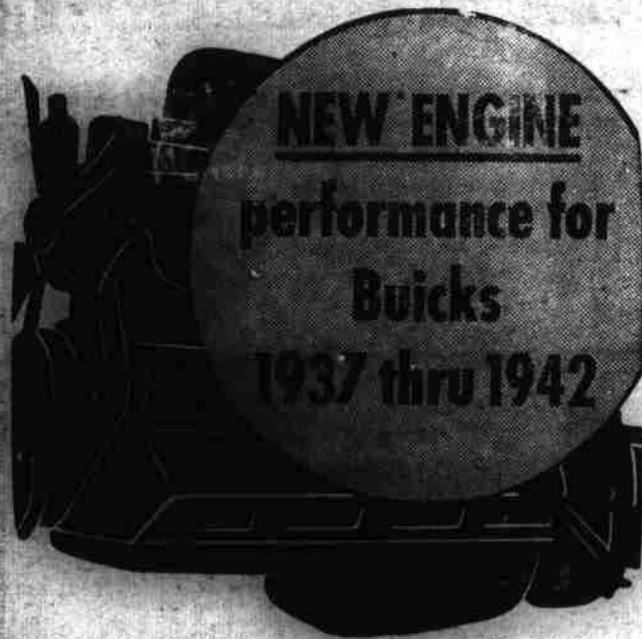
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