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A SAD COMMENTARY

News reports last week tell the citizenry of North Carolina and the Nation of an inquest into the death of Eleanor Rush, and 18-year-old Negro prisoner who died of a broken neck in Woman's Prison after having been placed in an isolation cell several days before as punishment for threatening a matron with a rock.

Although a blue-ribbon jury, impanelled by Wake County Coroner Marshall W. Bennett, absolved prison officials of any blame in the death of the prisoner, yet the treatment that the young girl received from the prison officials is a sad commentary, indeed, upon the Great State of North Carolina.

We know that the State has to accept the verdict of the coroner's jury. We know also that discipline is necessary in the operation of penal institutions. We further know that the well-thinking people of North Carolina do not approve of the manner in which this girl was treated.

Iron claws, restraining cuffs, gags, and similar barbaric instruments of human torture once used in Medieval Europe are not in keeping with the enlightened Christian conscience of the people of North Carolina who place prisoners in penal institutions as punishment and not for punishment.

One certainly would not condone the acts of the girl, said to be a "problem prisoner," in hollering and beating on the door to the annoyance of other inmates, but far more would we condemn a prison system that fails to employ prison officials who have at their command the necessary "know-how" to deal with a behavior problem.

Behavior problems must be studied by prison officials who have had special training in human behavior, cultural patterns, and the techniques of rehabilitation and treatment in the light of modern penology.

One of the best ways we know of obtaining such career specialists in the field of penology is divorcing the prison system from the Highway Commission.

The inquest findings and the records of all investigating agencies should be brought to the attention of the General Assembly as one sad commentary in many that point to the incompetence of the State Highway Commission in the management of the prison system.

No Waiting List To Join Navy Now

The Raleigh Navy Recruiting District has exhausted their waiting list for applicants joining the Navy. It was announced by CPO E. L. Knight, Recruiter in charge of the local Navy Recruiting Station, located in the Post Office Building, Wilmington.

A recent increase in the quota now permits applicants to be enlisted directly into the Navy without being placed on a waiting list.

providing the applicant can meet the minimum qualifications for enlistment in the regular Navy.

Recruits from this area are presently being transferred to Great Lakes, Illinois for recruit training. There will be a Navy Recruiter at the Post Office in Wallace every Friday.

There is also a Navy Recruiter at the Post Office in Wilmington six days a week.

Many an man puts forth a great effort to recognize this duty so he will be in a position to dodge it.

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MORE GERMAN REARMAMENT TROUBLE



Vitamin A Prevents Auto Accidents

CHICAGO—Plenty of vitamin A is the watchword for safe driving in the fall and winter months ahead, according to the National Dairy Council. If you are even mildly deficient in vitamin A, it could cost you your life!

The mild deficiency, itself, would not kill you—but the impairment of vision which it can cause could make the difference while driving your car, particularly at dusk, or at night. In 1933, fifty-five percent of all fatal traffic accidents occurred at night.

How does this vitamin A thing work? Vitamin A is particularly vital for your eyes to perform "dark adaptation"—the speed with which your eyes adjust when you leave bright light to go into dim light or semi-darkness.

Your ability for this function is put to test every time you pass the headlights of an on-coming car. The speed of your sight reaction to a change from light to darkness is related to vitamin A in your diet.

The process of vision is initiated by the vitamin A in your eyes. It is present in the photosensitive pigments in the light receptors of the retina. According to a recent issue of Dairy Council Digests, a technical publication of the National Dairy Council, research has demonstrated that vitamin A actually changes its shape in response to light and darkness making vision possible.

Except during sleep, your eyes are constantly adjusting to different degrees of light. The switch from bright light to dim, however, calls for an excess of vitamin A.

Fortunately, state the National Dairy Council, there is enough vitamin A in our national food supply so that no need to suffer a vitamin A deficiency. But its importance to choose your food wisely, NDC says, if you are to be in tip-top shape.

Rich sources of vitamin A are the dairy foods containing butterfat (Milk, butter, cheese, ice cream), egg yolk, liver (especially fish liver oils), and yellow and green leafy vegetables. If your digestion is normal, and your diet adequate, there's no other need for vitamin A—in fact, nutritionists say overdoing with highly potent concentrates may be injurious.

The National Safety Council says: "From October through March, more than one-half the day is dark. And in traffic the hours of twilight, darkness and dawn are the most dangerous. In 1933, fifty-five percent of all fatal traffic accidents occurred at night."

New Treatment For Small Grain

Now is the time to treat your small grain seed, and a new chemical, Panogen, is recommended this year for the first time in North Carolina.

Panogen gave complete control of oat smut and barley stripe in tests by T. T. Herbert of the North Carolina Experiment Station. Two other chemicals now recommended also gave complete control.

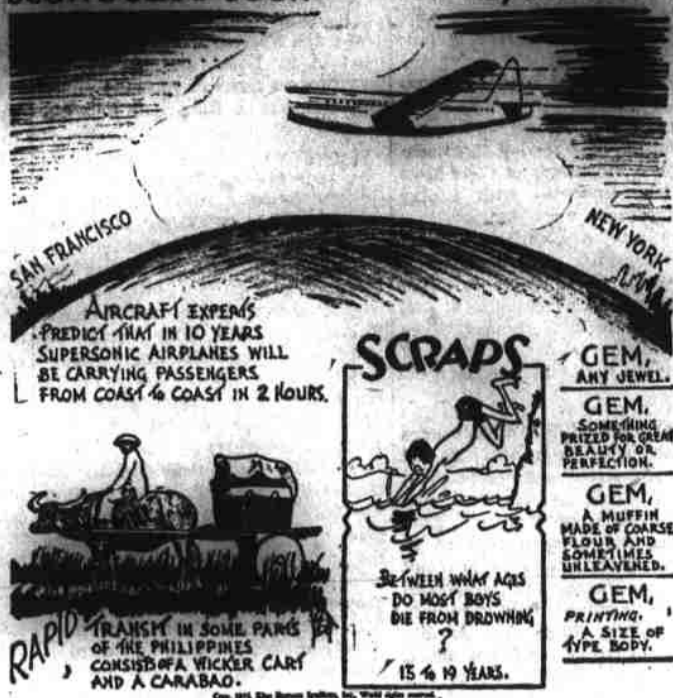
Both diseases cause some loss each year, with an occasional field showing about 25 percent loss. In tests, the untreated check plot had one oat plant and four barley plants infected per foot of row. This will give farmers some idea of damage they might expect. The important point is that infected plants produce no grain at all, according to Hebert.

Hebert says you can get Panogen in liquid form and can apply it with ordinary slurry treaters or with special treaters designed for use with the chemical. The recommended rate is three-quarters ounce per bushel.

Seed treatment has another advantage—it protects the seed during germination against soil-borne disease organisms and in this way, helps give a better stand.

SCOTT'S SCRAP BOOK

By R. J. SCOTT



Proper Diet Key to Better Health

Eating the right kinds of food usually means the difference between being just all right and developing to the highest level.

So said Dr. Paul L. Wermer, Secretary of the Committee on Research, of the American Medical Association, recently in an address before the semiannual post-graduate seminar of the Alabama Academy of General Practice, in Birmingham.

Wermer explained that while some individuals may seem to be of normal size and as active and alert as could be expected, they often are functioning at levels far below those possible with an ideal or complete diet.

However, progress is being made in this field, Wermer continued. Measurements of men taken into the armed services and of young people entering colleges show that over a period of years, the average American man and woman has become taller and more alert.

Pointing out that the life span in America is increasing steadily, Wermer said: "Evidence from studies indicate that there are two major factors in determining the length of life—nutrition and heredity. While we cannot select our ancestors, we can use our intelligence in selecting our foods."

"Credit for longer life is shared with other factors such as the development of antibodies, better medical and child care, and better sanitation standards, but nutrition is of major importance."

Dr. Wermer suggested that doctors recommend that their patients eat a well-balanced diet from all basic food groups each day. He paid special tribute to the dairy and the baking industries for the addition of vitamins and minerals to their products.

"The addition of vitamin D to milk insures an adequate minimum intake of this vitamin so important to growing children," Wermer said, "based upon the drinking of about a quart a day."



Dr. Paul L. Wermer

Farm Ownership Loans For Applicants More Accessible Says A. M. Benton

Farm Ownership Loans should be more accessible to eligible applicants due to recent amendments to the Banghead-Jones Farm Tenant Act, according to A. M. Benton, County F. H. A. Supervisor. Effective September 17, 1934, the Law permits the Farmers Home Administration to make direct loans bearing 5 percent interest to eligible veterans and the insuring of loans made by other lenders and investors to veterans, tenants, farm laborers and other eligible applicants at the rate of 4 1/2 percent interest. These loans provide for purchasing, enlarging or improving family-type farms.

To be eligible for loans through this agency, the applicant must be unable to secure adequate financing through the regular channels of credit. Banks and other lending agencies may make farm real estate loans and have their investment insured by the Government. Loans up to 90 percent of the earning capacity value of the family-type farm can be made and lenders will receive 3 1/2 percent return on their investment. The borrower pays an additional one percent annually as insurance charge. All collections and other servicing details are handled by the Farmers Home Administration.

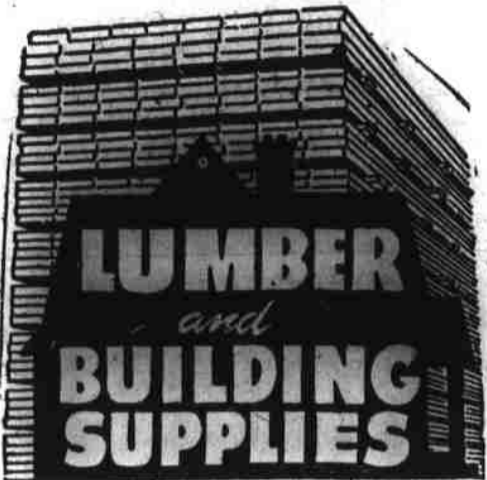
The purpose of this insured mortgage program is to extend the benefits of the Farm Ownership Program to as many farm families as possible and to encourage private enterprise to make the loan.

It is next to impossible to make a man see the light if he is blind to his own interests. It can truthfully be said that go-sips are not reliable people—yet everything they say, goes.

Ambition has always been a necessity for success, but don't fly higher than you can roost.

The longer a man lives the more he realizes how many things he might have done—but didn't.

It's a proven fact that anyone who lets well enough alone never travels very far in this life.



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Inside WASHINGTON MARCH OF EVENTS

Observers Forecast GOP Will Lose House Margin Republicans Seen Likely To Hold Edge in Senate

WASHINGTON—Political observers in Washington are forecasting that the Republicans will retain control of the Senate in the fall elections but will drop their majority in the House.

Top political opinion in both parties indicates such a possible split in Congress next year.

The private opinion of Democratic party leaders is that the Democrats will win control of the House. They admit there is considerable doubt about gaining control of the Senate.

On the other hand, the Republicans speak confidently of increasing their present majority in the Senate but admit they are confronted with rough going in keeping control of the House.

At the present time, the Senate lineup is 48 Republicans, 47 Democrats and one independent. The House shows 219 Republicans, 215 Democrats and one independent.

NEXT TARGET—Thailand is believed to be the next target of the Communists in Asia. The Chinese Reds already have begun the task of "softening up" the Thais for what is coming. Their instrument is Pridi Phanomyong, former Thailand premier.

Pridi was known for years to be a Socialist, but never suspected of being a Communist. However, he suddenly turned up in China echoing Communist propaganda.

After the Geneva conference, which turned Indochina over to the Communists, he broadcast over the Peiping radio calling upon the people of Thailand to "befriend" China and the other Communist states.

Pridi is regarded now as the counterpart of Ho Chi Minh, the leader of the Indochinese Reds.

WATER FEARS—Some lawmakers believe this country may run out of water before it does coal, oil or gasoline.

In view of their fears, a House subcommittee has been appointed to study the water resources of the nation. A cabinet-level group, the Hoover commission and other top men in the country are being brought under one umbrella to study this serious question also.

The primary objective according to House Interior Chairman A. L. Miller (R), Nebraska, is for the subcommittee to come up with legislation that will help conserve the water supply.

Miller said: "The cold facts are we may well run out of water before we do coal, oil or gasoline. Many communities live and grow or wither and die depending on their water supply. We should be wise custodians of our natural wealth."

PANAMA NEGOTIATIONS—After almost a year of constant negotiations the United States is about ready to make concessions designed to give Panama a bigger share in the Canal Zone profits.

Panamanians long have complained that they were not getting a fair share in their partnership with the United States. They are bitter over the piecemeal \$450,000 a year which they receive from the United States in annuities.

Actually, they maintain, they receive nothing from the United States for the use of the Canal Zone. The annuities are collected for the railroad which runs across the isthmus. They also resent the fact that Panamanians are discriminated against in the United States employment practices and over the numerous business enterprises run by the United States government which deprive Panamanians of possible sources of income.

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