

## Revelations

**WINTER NEVER ROTTS IN THE SKY**  
 If you have spent many winters in Maine, you know to your sorrow that winter will not only come, but that it won't rot in the sky either. There is no such thing as a good winter... they are all bad, some worse, and a few trifling ones which defy any apt description.

There was that infamous winter of "eighteen hundred and froze to death" as they say in Maine. No man alive remembers it, to be sure, but the legends have grown through the generations following those who did pull through that winter. The wonder was that so many did live to tell about it. The lakes and rivers were frozen solid by October in that year, didn't thaw again until the next June. The snow piled over the tops of most of the one-story houses... only by a plume of smoke could you tell where the farm was supposed to be. Cold and snow have always been the two dependable crops in Maine.

To paraphrase that old song, "Whether it rains or whether it's hot, we are going to have winter, whether or not." Only thing you can do is to leave before it comes, or prepare for it. And although you might dream wistfully at times of a warm Florida sun thawing your shivering back, or breathing the acid smog-filled air of Southern California, you do hate to miss any part of the symphony of the seasons. If you are away, the whole pattern escapes you, the rhythm is lost. You can never appreciate the shy beauty of the reluctant Maine spring unless you have lived through the rigors of a Maine winter.

You are going to stay so you must get ready before winter sets in. You will bank your house with fir boughs and hay or straw as the Indians did. It keeps some of the drafts away from the floors. You put on storm windows... they keep the cold out and the heat in. You close most of the big rooms and move into those that can be easily heated. You get the red wool underwear out of the moth balls and air it, mend the heavy socks, patch the ski pants. You repair your snowshoes, oil your heavy boots, and have them resoled. If the family supply of mittens is down to a few pairs, then you must knit some more quickly. Mittens get wet, often freeze solid and then take days to dry out. You will need several pairs for each person. On cold days you will have to wear three pairs to keep your hands from freezing anyway.

Naturally you will have an emergency food supply... only not a mere three days ration as you do for civil defense. You should have food enough on hand at all times for at least a week, and two weeks is better. You may be snowbound for as long as that. (Now are you sure it won't freeze in the storeroom? I have had a glass of water turn to solid ice beside my bed on a cold night... thinks what will happen to food in a room with no heat at all.) You have to hoard your food as carefully as any squirrel. Replace what you use as soon as you can get out, too. There's always more bad weather ahead.

And fuel, ah me, how much fuel will you need? Not to keep warm, no, you can't keep warm or comfortable. But enough fuel to keep you alive, to keep you from freezing to death is still a problem. If you have forethought enough to get some fifteen cords of seasoned hard wood, you had better supplement that with as much slab wood as you can get. If you think fifteen cords will carry you through the winter, it will probably take twice that. You may run out of wood in March during a blizzard. A really smart Mainiac keeps a two-year supply in his wood shed. And in a really bitter winter, you can't buy wood at any price... it is too precious.

There are few hours of daylight in the dark of December. You have to keep candles and oil lamps ready for the days when there will be no Power, when sleet or heavy snow has brought down the light

and telephone lines. It happens every year at one time or another. Yes, there is a lot of planning in getting ready for a Maine winter.

In the late fall you get an Old Farmer's Almanac to see what Old Abe Weatherwise has to say. And you begin to shiver no matter how warm the day is. Just for example, let me quote these cheerful items about the winter ahead:

"Cold, Windbound, and White" Next winter will continue to accentuate the present trend away from mild and warm winters.

"November: Early snow, snow for Thanksgiving north of Boston, then a bad easterly storm along the Atlantic Coast" (And how exact those words were. We did have snow for Thanksgiving, and a howling Nor'easter the last of November with sleet and snow and ice!)

"December: Bolsterous and windy first week, then sadder cold with snow for two weeks... and a white Christmas north of Washington, D. C."

"January: Full storm during the first week (possibly the worst of the winter), followed by two weeks of cruel cold, a thaw and then another storm."

And Mr. Weatherwise begins the day-to-day forecast for February thus: "No lounge lizard will enjoy this blizzard." And ends it... "High winds prevail, perhaps a gale."

You might assure yourself, or try to, with the thought that long range forecasting is haphazard at best. But Mr. Weatherwise did forecast both Carol and Edna... and we remember those evil sisters with no pleasure.

Hurricanes are rare in New England. But those three this year have been real disasters. They are not as bad as a New England winter though. You can usually prepare for a hurricane, batten down the hatches, brace yourself for the destructive wind and breathe a sigh of relief when it has spent itself out in the Martins. The full fury of the storm is frightening, but when it is over, it is done with. You can take pride in having met the emergency with a measure of calm and fortitude.

But winter is something else again. It is long, seemingly endless, an insidious evil. No matter how well prepared you may be for it physically, it will still leave mental and spiritual devastation. Gradually, imperceptibly, rusts away the iron in your spirit until it becomes so thin it will snap under any sudden stress or strain.

Winter saps your strength, weakens your resistance, drains you of all your reserve of vitality. It fades your color, dampens the inner spark, dulls the glow that makes living fun. It's a miserable season, a depressing season. It is a relentless foe which will show you no mercy. With uncanny accuracy, it will find any flaw in your makeup, will expose it ruthlessly while you shrink in shame.

The spiritual and mental preparation for the long winter is harder than the physical. First you ought to be very sure that you can take it, can endure the eternal stillness. For days and even weeks, you won't see anyone, won't talk with anyone. The quiet intensifies as the cold strengthens. Some days you feel like shrieking defiance to the whole white universe.

You must be as sound in mind as you are in body to last until the spring thaw. Your inner reserves must more than equal your hoard of food. Winter measures only too well your depth and breadth and height of soul. Your spirit shrinks as the cold closes in around you. To break through the icy barrier, your imagination must be as swift as a jet plane. If it doesn't, you will feel so hemmed in that all the milk of human kindness will freeze in your veins and leave you only a soul-sickening self pity.

As fodder for your spirit you will need books and music. Many a dreary day has changed into a bright one for me by the music from W. Q. X. R. Whatever it is that lifts you out of a slough of despond is essential for survival in a Maine winter. Its inspiration will have to keep the glow alive when most life has ceased, is frozen under the deep snows.

### HELEN CALDWELL CUSHMAN

## Build Pond Now, Catch Fall Rain

Water-short North Carolina farmers are embarking on the biggest pond-building boom in the State's history.

H. M. Ellis, in charge of agricultural engineering for the Extension Service at State College, pointed out recently that farmers who are planning to build ponds for a water supply next summer should complete them in time to take advantage of the fall and winter rains.

Ellis said that successive dry summers have sparked an irrigation revolution in the State and, in the Piedmont, many farmers must depend on artificial ponds for a water supply. In the east, ground water is generally readily available, and irrigation-bent farmers can turn to wells for water.

During September and October in Montgomery County, Ellis reported, 33 ponds were built. "Ten years ago we wouldn't build that

many a year in the whole State," according to Ellis.

This year, he said, 1,500 farmers irrigated 17,850 acres with portable irrigation systems. In 1953, farmers irrigated only 4,000 acres.

"Double Or Triple"  
 "If we don't have a wet spring I expect our acreage under irrigation will double and perhaps triple next year," Ellis forecast.

Irrigation requires plenty of water, and Ellis advised farmers to think in terms of large ponds for irrigation. Joel Johnson, Four Oaks farmer, had the right size in mind when he built a 15-acre pond to support his truck crops and vineyard, Ellis said.

He pointed out that a one-acre Piedmont pond generally will contain four acre-feet of water (one acre-foot is enough to put one foot of water on one acre of land). Four acre-feet is the minimum required for eight acres of tobacco or four acres of pasture, Ellis said. "There will be years when a farmer will need more water" he asserted.

Ellis advised farmers to consider carefully the crops they are to irrigate. "It costs money to put water on land," he said. "North Carolina farmers who can make the best use of irrigation are tobacco farmers. Tobacco responds beautifully to irrigation," according to Ellis.

**Helps Quality**  
 "We don't get increased income from pounds of tobacco alone, but from quality, and proper irrigation adds to quality."

Irrigation, Ellis declared, won't pay on all crops. "Pastures don't look too adaptable to irrigation." In the first place, he said, you must have a potentially good pasture for irrigation to be profitable; and in the second, income from pastures doesn't compare with that from

"we got an auto radio with what I saved buying..."

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## TODAY'S Menu

### Low-Calorie Desserts For the Overweight

by ALICE DENHOFF

THE most beautiful season of the year with its feasting, parties, company and get-togethers, both scheduled and impromptu, means extra vigilance on the part of waistline watchers. So this may be the best of all times to offer some recipes for desserts that are both delicious and low-calorie, too.

**An Old Favorite**  
 Lemon Snow first, the recipe for 6 portions. Only 96 calories per serving.  
 Soften tsp. (1 envelope) unflavored gelatin in 1/4 c. cold water. Let stand 5 min.

Combine 1/4 c. sugar 1 c. hot water, 1/4 c. lemon juice, tsp. lemon rind; stir until sugar dissolves. Add softened gelatin; stir until gelatin is completely dissolved. Chill until slightly thickened.

Pour 1/2 c. water into 1-qt. bowl. Sprinkle 1/2 c. nonfat dry milk powder over surface of water. Beat with rotary beater or electric mixer until stiff, about 2-10 min.

Whip slightly thickened gelatin mixture until frothy. Fold in whipped nonfat dry milk powder mixture. Pour into molds or individual serving dishes. Chill until firm.

**A Custard Dessert**  
 A low-calorie baked custard, served over a peach half.

**Apple Whip**  
 Apple Whip, 4 servings at 100 calories a portion is our next suggestion.  
 Soften tsp. (1 envelope) unflavored gelatin in 1/4 c. cold water. Let stand 5 min. Heat 1 1/4 c. apple juice and 1/2 c. sugar to boiling point. Add softened gelatin; stir until mixture dissolves. Chill until slightly thickened.

Pour 1/2 c. water and tsp. lemon juice into 1-qt. bowl; sprinkle 1/2 c. nonfat dry milk powder over surface of water. Beat until stiff, about 8 to 10 min. Fold whipped nonfat dry milk mixture into slightly thickened gelatin mixture.  
 Pour into molds or individual serving dishes.

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In 1938, and served as an enlisted man until November, 1931, when he was commissioned as a Warrant Officer. Prior to his assignment with the Division, he was stationed with the 84th Ordnance Technical Intelligence Detachment in the Far East.

## Contest Slated In Land Judging

An extra incentive to Future Farmers of America for learning to judge farm land, and use it better — was announced yesterday by Dan E. Stewart, director of agricultural development for Carolina Power & Light Company.

A. L. Teachey, State supervisor of agricultural education, said the land judging course would be taught in vocational agriculture departments throughout the State.

Stewart said CP&L will give the winning team from 48 North Carolina counties the company serves a free trip to the National Land Judging Meet in Oklahoma City next year.

Time and place of the State meet will be announced later, along with greater detail of the plan.

Vocational agriculture teachers will pick their best teams to enter the State land judging meet next spring. There the winning area team will be picked. Individual high scorers, whether on that team or not, will get a \$100 scholarship; and second high scorer will win a \$50 cash award from CP&L.

Others cooperating in the meet are the N. C. Agricultural Extension Service, the U. S. Soil Conservation Service and the N. C. Association of Soil Conservation District Supervisors.

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