

Dale Carnegie

Author of "How to Win Friends and Influence People."



SELF-CONSCIOUSNESS

Are you self-conscious when you come into the presence of strangers? If so, would you like to know how to cure yourself?

In the first place, don't worry if you are self-conscious on meeting new people. Many people are, more or less. If you are very self-conscious, then you merely have an exaggerated case.

Luther Burbank, the plant wizard, was so self-conscious as a boy that if he came in from the field and saw an extra plate on the table, which showed there would be company for supper, he would not come to the table. He would stay outside and eat in the

kitchen rather than face someone he didn't know.

The distinguished American writer, Nathaniel Hawthorne, was so self-conscious that when he saw visitors start up the walk to his house, he would become so panic-stricken that he would go down and sit in the kitchen until they were gone. This was not when he was a boy, as in the case of Burbank, but even when he was married. His wife would have to sit in the parlor and entertain the visitors.

These are exaggerated examples of a feeling we all have. So don't worry if you are self-conscious when you meet strangers. It's mostly a matter of degree. The important thing is how to cure yourself. Here are four ways which will be of tremendous help:

First, take a course in public speaking. If the student is taught to get up on his feet and talk, then you will gain poise and self-possession. When you lose your fear of crowds, you lose your fear of individuals.

Second, think about someone else instead of yourself. At the bottom of nearly all shyness on meeting strangers, is this thinking of self. Homer Croy, the writer, is famous for feeling at ease when he meets people. He said: "I'm so much more interested in the person I'm meeting than I am in myself, I forget myself. I get the person to talking about himself, or his interests, and usually we get along fine."

Third, ask questions. Direct attention away from yourself. Then follow closely what he says. Really concentrate. Think the thoughts he is uttering and thoughts of yourself will disappear.

Fourth, get out and do things.

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MERRY CHRISTMAS MONTH

On The Farm and in The Home



The Piglets two on Christmas Day
Found lovely things upon their tree.
And they got busy right away
With toys in great variety.
While Bolivar made far more noise
Than forty seven girls and boys.

Ma hoped that she would get perfume
Which would have tickled her a lot,
But just a plain and useful broom
Was all the present that she got.
Yet she was glad with all the others.
For that's the way with first rate mothers.

This Month On the Farm

The month of December usually means "hog-killin'" time in North Carolina, but there are other things than cold weather that are important in curing meat.

Earl H. Hostetler, professor of animal husbandry at N. C. State College, says pork of excellent quality can be cured on the farm if proper precautions are taken in slaughtering the hogs and in

Don't sit in a corner and envy people who have an easy manner when they meet others.

The late Martin Johnson, famous explorer, was so shy of people when he was a young man that he would pretend he had a headache and go off into a room by himself. He helped overcome this shyness by doing something. He worked his way from his home in Independence, Kansas, to Chicago and then to Europe and back for \$5.25. He finally got back to America by hiding as a stowaway in a lifeboat on a steamer bound for New York. By the time he was home again, his self-consciousness was gone.

There they are! Four simple rules anyone can apply.

curing, smoking, and storing the meat.

In past years, a folder published by the Extension Service on killing and curing meat has proved extremely popular with farm people. This publication has been revised this fall to include the latest recommendations and will soon be off the press. Farm families desiring a copy should write to the Agricultural Editor at State College, Raleigh, and ask for Extension Folder No. 34.

Enos Blair, extension agronomist, says there are plenty of jobs for the good farmer to get out of the way before Christmas. In the Piedmont, he advises plowing all clover and lespedeza lands that are to be planted to corn, cotton, or any other crop next spring. By plowing in the late fall or early winter, the soil will be subjected to freezing and thawing, a process that not only kills out many troublesome insects but also pulverizes the soil in a manner unrivaled by any other means. On red clay farms, fall plowing is often the difference between success and failure in next year's crop.

For growers in the Coastal Plain, Mr. Blair gives this timely advice: Disc under all corn, bean, and cotton stalks before the end of the year. By incorporating these stalks into the first three or four inches of soil, they will decay considerably before crop-planting time, and the results will be much better than when the stalks are turned under early in the spring.

December, says Roy S. Dearnsteyne, head of the State College Poultry Department, is a critical month for North Carolina poultrymen. Winter is here, necessitating many days of confinement for the laying birds which should be in heavy production by this time. Careful management must be practiced, for any neglect of the birds under such conditions is immediately reflected in their performance.

Here are some of the management practices to watch: check ventilation of the house carefully; be sure that drop curtains are in good condition if an open front house is used; don't neglect dropping boards, even though this is not fly-breeding season; clean nesting material is necessary; careful feeding must be practiced; and don't let disease get a foothold in the flock.

H. R. Niswonger, horticulturist of the Extension Service, reminds farmers that December is a good time to cut out dead limbs of trees in yards and orchards. Cut close to the trunk and apply a heavy coating of paint to the cut surface.

He also warns that sweet potatoes in many banks in their present state will rot unless protected from low temperatures and water. Take the necessary precautions to ward off this damage.

Only Looking

First Drunk: "Whatcha looking for?"
Second Drunk: "My pocket-book."
First Drunk: "Where'd ya lose it?"
Second: "Down the street."
First: "Why ya looking for it here?"
Second: "More light."
First: "Oh!"

Will Be Neither

Wimpus — When this war is over the rich will be richer and the poor poorer.
Berzam — Yes, and I presume the ones that are neither will be neither.

Stannars Rock Lighthouse 45 miles out in Lake Superior is the most isolated light in American waters.

POPLAR SPRING

Mr. Wayne Hayes of Mount Airy, spent the Thanksgiving holidays with his mother, Mrs. W. H. Hayes.

Mrs. Ellen Bates, of Hartley, Delaware, has been visiting in this community the past week.

Mr. Clarence Bowman, of Mt. Airy, spent last week-end in this community.

Mr. and Mrs. Hugh Cass and little son, of near Elkin, spent Thanksgiving with Mrs. Cass's mother, Mrs. W. H. Hayes. Miss Dovie Franklin, of near Mountain Park, visited Miss Arleva McCain, Sunday evening.

The first air mail plane left Mineola, L. I., Sept. 8, 1920. It took the plane three days to get to San Francisco.

DOINGS OF THE DRAKES

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