

POLK COUNTY NEWS

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OUR COUNTY AGENT'S DEPARTMENT

Some Timely Talks to Polk county Farmers, and others, on Timely Subjects, by County Agent, J. R. Sams.

State Livestock Meeting to Feature "Dairy Day"

December 9 will be "Dairy Day" at the State Livestock Meeting, Saulsbury, according to an advance announcement of the program given out by county agent J. R. Sams.

The list of speakers includes L. P. Bailey from Ohio one of the pioneer breeders of dairy cattle, Dr. Tait Butler of the Progressive Farmer, and C. S. Plumb, former professor of animal husbandry at Ohio State University.

Dr. C. V. McCullum, of John Hopkins University, will speak on the "Value of dairy products in the Human Diet". He is noted as the discoverer of "Vitamins" and his experiments are said to have revolutionized the study of foods both in America and Europe, and to have far reaching effects in relation to the health of the nation, especially that of children.

Educational exhibits will be displayed illustrating the food value of dairy products and their necessity as a food for the proper development of the young. The present average daily consumption of dairy products in the U. S. is a little less than a pint of milk, 2-3 oz. of butter, 1-6 oz. of cheese 3-4 oz. of ice cream per person. It should be one quart of milk, 2 oz. butter, 1 oz. cheese, and 2 oz. ice cream, Dr. McCullum will tell why more dairy products should be used.

Another exhibit will show the advantage derived from cooperative breeding associations. At the evening meeting this subject will be discussed by professor Plumb. The Rowan County Cooperative Guernsey Bull Association is one of the largest in the south so an opportunity to study the actual working of an association will be afforded in addition to professor Plumb's address. Moving pictures conclude the days program.

Plans About Complete For Livestock Meeting

Plans for the annual meeting of the State livestock Associations at Saulsbury, December 8, 9, 10, are about complete according to word from Raleigh to county agent J. R. Sams. Last year the meeting was held in the eastern part of the state and the officers chose Saulsbury this year because it is centrally located for the majority of the hog, cattle, poultry and sheep breeders.

The first day of the meeting will be given over to talks and demonstrations about hogs; the second day to dairy and poultry interests; and the third and last day will be in charge of the beef cattle and sheep men.

The program, although not yet completed, contains several notable speakers. Starting with Wednesday December 8, "Swine Day" the program includes a talk by Dr. Tait Butler of the Progressive Farmer on "Feeding hogs" In the afternoon there will be public sales of poultry and hogs and demonstration in slaughtering hogs, inoculation against hog cholera, and making sausage. The night program, in addition to moving pictures pertaining to swine interests, features an address by Dr. Clarence Poe of the Progressive Farmer.

This week I have tried to outline a kind of program for Polk county farmers to follow during the coming year. There is nothing new in it, just the old old story we will be working on when the end to all that is earthly comes. Let us during the long winter nights take up these subjects and make them a study and try to put to practice such effort as will bring real results. Now the first suggestion is to make all the stable manure possible this winter. This idea was suggested at a corn shucking I attended by a farmer who said "I mean to take one whole day each week this winter if necessary to gather leaves and trash from the woods for bedding for my horses and cattle, in order to make manure to take the place largely of high priced fertilizers next year" Yes, why not, barn yard manure properly applied gives much better agricultural results than commercial fertilizers. That is one way of improving the soil and one of the very best ways and this goes on every day in the year or should do so. The winter months is the main time and this is why we are urging the matter now. Another way of improving the soil as you all know is by growing what are known as legume crops, such as cow peas, soy beans, velvet beans etc. These crops can be grown between wheat, corn and cotton crops to great advantage and no opportunity should be lost to bring them in a systematic rotation of crops. These crops must be used during summer or the growing season, and perhaps are the cheapest method of soil improvement, when intelligently carried out. Then there are another set of legumes; Alfalfa and all the clover that can be used in connection with the stable manure, peas and beans to great advantage. The clovers are not used for soil improvement here as extensively as they should be. One reason is that they work rather clumsily in a rotation with cotton; but as the boll weevil is going to compel a sensible rotation of crops that within a few years will come handy. Soil built by clover sods is much more permanent than crops of cow peas, because of the deep sod, large roots, crowns, stems, etc. that requires longer time to pass through the process of decomposition. We have not come to the time yet in Polk county when we have clover sods to turn under but we trust the time is not far distant. Lime and deep plowing are two other elements in our program for soil improvement. I think it is well understood now and pretty well practiced so far as deep plowing is concerned. Only the ability to own a tractor or heavy team and large plow prevents deep plowing, but lime is another untried and unsolved proposition—Some of the fresh rich lands of Polk county where plenty of stable manure and acid phosphate have been used will grow the clovers reasonably well without lime; but they will do better with lime. Our great annual rainfall makes it almost indispensable to use lime for clovers, and in fact it should be used with all legume plants for best results. So now let us all take up this program and begin now to work it out through the year.

Program For Polk County Farmers for 1920

1st. SOIL IMPROVEMENT

- a—By making and applying all manure you can.
 - b—By growing cow peas, soy and vetch, beans, etc.
 - c—By growing clover crops, using lime and deep plowing.
- #### 2nd. SOIL CONSERVATION
- a—By winter cover crops, rye, vetch, bur and crimson clover
 - b—By alfalfa and sweet clover and all clovers.
 - c—By grasses for summer and winter pastures.
- 3rd Arrange now for a good plump corn crop to be planted early next spring
- 4th Plan now for a good all the year garden.
- 5th Plan for more and better poultry and better keeping.
- 6th Plan now for more and better hogs to meet the boll weevil when he gets here. Plan for hog pastures
- 7th Let's begin this year to improve our dairy herds.
- 8th After all this is done plan to grow all the cotton you can at least one bale per acre.

That Soldier's Monument

I have been asked by many people in Polk county what has become of the soldier's monument? To which I invariably have had to answer I don't know. Then others have asked me what I thought a good plan to raise the necessary money. I think now just as I thought at the start, that the best and most appropriate plan was through the public schools.

The soldiers who went into camps, and into the navy and into France and Germany are boys from Polk county and related by blood and association to the school committees, school children, parents and many of Polk county teachers. As the building of this monument is to be to perpetuate a great historic event—Almost an epoch—it seems fitting to me that the children of the county directed by the teachers, school committee-men, board of education and superintendent of schools, in connection with a county monument committee could best raise the money. It seems to me that it is an enterprise that should call forth the very best effort of every school district in the county. It is a cause of which every man, woman and child, in the county should want to contribute to if properly approached—And through the schools would be my plan. If each school would give a box supper, ice cream festival or some kind of entertainment most popular in the several districts for one two or three years the work would be done; no one hurt, everybody made glad and the children have the advantage of the educational feature. If anyone has a better plan let's hear it. Respectfully

J. R. SAMS.

Mrs. Ralph Erskine, of Stamford, Conn., and Mrs. C. P. Rogers, of Flat Rock were guests of Mrs. C. S. Corwin this week.

Find Old Roman Tombs.

Four Roman tombs, built in the third century and containing golden objects, urns, glass work, pottery and bones, have been found in a gravel pit near Heerlen in Dutch Limburg. Many of the things are of great scientific value and further excavations are being made.

Killing Flies With Formaldehyde.

To kill flies with a solution of formalin or formaldehyde in water the method is: Put a teaspoonful of formaldehyde into a quart of a pint of water and expose in the room. This quantity is enough to kill all the flies in one room.

State Board of Health Sends School Nurse to County

The physical examination of school children for defects that retard normal physical or mental development of at least 50 per cent of the school children of America has begun in this county. These children are often regarded by parents and teachers as dull when, if the truth were known, in many instances the child is half blind, toxic from bad teeth, adenoids or diseased tonsils or his brain and body are lacking the stimulus of proper food.

Malnutrition is really one of the most fundamental causes of these ills. The teeth decay and the general bodily resistance is lowered from under-nourishment. There are five million school children in the United States suffering from malnutrition. They have plenty to eat, but the parents, either through ignorance or indifference, do not select the right food to build the body. It is the balanced diet that should be put before the child. Among the most common defects are defective teeth, diseased and enlarged tonsils, adenoids, poor vision, bad posture, malnutrition and lack of personal hygiene.

It has been said that, "The soul needs saving only when the mind and body are wrong" and also that "The manner in which its children are nurtured is in truth perhaps the best measure of the civilization of a race" If this be true, then a great responsibility falls upon the parent and surely it is the first duty of every parent to see that their children have healthy minds and bodies.

Mother craft, which means skilled motherhood, should be regarded as a profession and yet we still find intelligent women depending upon "Mother instinct" to guide them in the care of our children. This same "Mother instinct" which tradition idealizes is responsible largely for the sixteen million defective school children in this fair land of ours today. Most of these defects are preventable and a large per cent are of a remedial nature. With these handicaps the child has poor chance of attaining his normal development of mind or body, and without correction, premature death or invalidism in middle life may be expected in many cases. Only ten per cent of school children reach High School. Defective children are also more susceptible to the communicable diseases and the illness-absence loss during during the school age is an injustice to the child and a serious economic loss to the community and the state.

Some authorities claim that much of crime, incorrigibility and even insanity are a frequent result of these physical defects and it has been positively demonstrated that many children suffering from these various handicaps improve in health, disposition and scholarship when proper correction is made.

Our goal is a healthy individual and this is attainable in a large measure through right habits in food, rest, exercise, fresh air and personal cleanliness. It is the duty of the school nurse to visit the various schools in the county, examine the children for physical defects and report these defects to the parents. Health talks are made in each school and the children are instructed in the elements of good health.

Let us remember that, "The wealth of a nation lies in the health of its children".

FROM OUR FRIENDS IN THE COUNTRY

Items of Interest Gathered From Various Sections of Polk County by Our Corps of Faithful Respondents.

Sunny View

Rev. C. G. Walker preached an interesting sermon at Coopers Gap last Sunday.

Rev. N. L. Wright, will preach at Coopers Gap next Sunday. The people are glad to know he's coming back, they'll give him a hearty welcome.

Posey Brown passed through this section Sunday.

Andy McGuinn was a caller at N. E. Williams' last week.

Miss Arkansas Jackson was the afternoon guest of Misses Bessie Jane Helton.

Miss Esther Wilson visited her grandmother Sunday.

Grand Maggie Jackson left here last Sunday for Whitney, S. C., where she will spend the winter.

Some of the Cane Creek people were at Coopers Gap Sunday.

Claude Williams and wife, left for Whitney, S. C. last week.

The school here is progressing nicely.

Misses Clara Edwards, I. U. Cathey spent the week-end with home folks.

Mrs. W. D. Helton and little daughter Emma, visited her parents Geo. Bradley and wife Sunday.

Wanted fifty baskets makers at once. Mountain Industries, Tryon, N. C.

We are going to have a Thanksgiving program Wednesday Nov. 24th. Everybody invited. Success to the NEWS.

DETROIT VALUES ITS TREES

Newspaper Pays Tribute to Thoughtfulness of the Early Settlers Who Planted Them.

If a woman's crowning glory is her hair, a city's is its trees. Detroit is particularly fortunate in the preservation of its splendid tree-lined corridors, and it is a proof of the thoroughness of earlier citizens that they saw the beauty which nature had provided, and carefully preserved it for the glory of the metropolis to come.

Imagine, for one minute, Second boulevard, or any other prominent thoroughfare of your acquaintance, stripped of its curtain of leaves and boughs! It is too harsh even to contemplate.

If you could view the city from the top of one of its tallest buildings, you would obtain an even more impressive lesson in just how much of Detroit is sheltered and enhanced by its trees.

The department of parks and boulevards declares rescue work is imperative to save the elms; it is a matter on which every citizen can unite. The work should be done, and doubtless will be done, with the indorsement and eager co-operation of every citizen.

For Detroit to permit her handsome trees to perish would be nothing less than a crime against the bounty of nature.—Detroit News.

Keep on Planting Trees.

As an asset to any piece of property, a tree or trees can not be overestimated. The moment a tree is planted the value of a piece of property is increased. As Mr. Kennedy says to the boys, "time goes on just the same," so why not plant some trees. The tree-planting campaign that is occupying the attention of the country right now has taken on many phases, and in each of these phases the value of the property is being increased whether it be a school yard or a "Road of Remembrance," such as is being planted with memorial trees in many parts of the country. A properly planted road means better transportation to or from or between towns. That all means better business, better living conditions, and a better country.—Sheldon Ridsdale in National Property Owner.

Morality and Religion.

Morality without religion is only a kind of dead reckoning—an endeavor to find our place on a cloudy sea by measuring the distance we have run, but without any observation of the heavenly bodies.—Longfellow.

Mill Spring.

We certainly are having some cool weather at last. It seems now, that summertime is all over, nevertheless, the people of this section are not through harvesting their corn and cotton.

Wanted:—Fifty basket makers at once. Mountain Industries, Tryon, N. C.

Corn huskings, butchering hogs and beef cattle seem to be the latest fad and of course we'll all feel that these are all worthwhile.

Little Horace Briscoe has been suffering with a broken arm but is rapidly recovering.

Mrs. W. G. Egerton spent Monday with Mrs. J. H. Gibbs.

J. H. Gibbs was in Asheville Saturday, also Mars Hill, with his sons, Hubert and Ernest.

School opened here Monday with Mrs. C. V. Elliott as principal. Miss Odesa Mills has charge of the primary work.

Report of State School Nurse for Past Week

Schools visited—Pacolet Valley, Fork Creek, Melvin Hill, Silver Creek, Sand Hill, Prince, Greens Creek, Stearns.

No. school talks 9
No. public talks 1 (Parents-Teacher Association)

Lighting good in 6 schools.

Lighting fair in 1 school.

Lighting poor in 1 school.

Bubbling fountain in 1 school.

Individual cups in 1 school.

Common drinking dipper in 6 schools.

No privies in 3 schools.

No. children examined for physical defects 240.

Defects found—

Poor vision 12

Diseased tonsils 61

Nose defects 49

Teeth 198 (No. children having defected teeth)

Other defects—eye strain, crossed-eyes, diseased lids, skin, speech, gait, anemina, hookworm suspects, poor nutrition, tuberculosis suspect, lameness, deformity and underweights.

BIRDIE DUNN R. N.

OUR NEW ENTERPRISE

Which Shall it be? Boost and Grow or Knock and Under Go.

We hope the citizens of Tryon and surrounding country will find as much pleasure at the movie as we will find in running same.

We will not please you every time, however hard we may try, for like every other movie we will endeavor to please the public, which, as every fair minded person knows, is no easy matter. On the start our theatre furnishings will not be all that we hope it to be but as we grow we will improve. To grow we will need your backing both your good will and patronage.

It is our aim to give you only good clean interesting features, however one may occasionally slip in the back door which would not pass at a quarterly conference but, without the bad we would not appreciate the good.

Remember the movie will be just what you make it. The larger the patronage the better the feature and Star. We look forward to opening a movie in Tryon with pleasure for we believe Tryon has the right spirit. The big mountains back of her give forth strength, energy and ability therefore it is natural for one living under their shelter to possess these same qualities.