

MOTHER'S COOK BOOK by Nellie Maxwell

It is not idleness, and to lie some- times on the grass under the trees on a summer's day...

EVERYDAY FOOD.

IT IS not a difficult problem to ar- range a meal for some occasion and have it both good and unusual...

Leftover Salt Mackerel With Potato Balls. Cut enough pared potatoes into quar- ters to fill a pint cup...

THE WOODS

BY DOUGLAS MALLOCH

THE LETTER.

I CAN'T tell you, girl, how I love you— it is something the woods never teach...

It is love that is wide as the arches of stars from the east to the west...

It is the love that I bring you, the love of the man out-of-doors...

A Mere Trifle. Physician—You have a broken leg, fractured ribs, a dislocated arm...

MILITANT MARY. Do not belligerent; In fact, I love TRANQUILITY. But when there's trouble, UNCLE SAM KNOWS HE CAN COUNT ON ME!

and one cupful of flaked leftover mack- erel in the center of the potato dish, above the water in dish or steamer...

Something to Think About THE JOB AND THE MAN

ONE of the greatest troubles with the average man is that he does not get excited frequently enough...

Every boy and every man ought to be excited about what he is doing. He should be so intensely interested in it...

THE GLORY OF LABOR IS ITS ACCOMPLISHMENT.

The real wages of work is the satisfac- tion of production. The man who makes a machine of himself, who finds no interest and no basis of enthusiasm in his daily task...

SCHOOL DAYS

Illustration of school children with dialogue: Go on, Harry, gimme just a taste! I want drink much, honest, cross my heart...

THE GIRL ON THE JOB. How to Succeed—How to Get Ahead—How to Make Good. By JESSIE ROBERTS

WOMEN IN BANKS. THE big banks and trust companies are beginning to put women into important positions...

Toys of Past Ages. The earliest toys of the ancients which have been recovered and preserved are those of the Egyptians...

DISEASE CAUSE OF ANIMAL LOSS. Three-Fourths of Ailments Which Ruin Valuable Herds Can Be Prevented.

STRICT SANITATION NEEDED

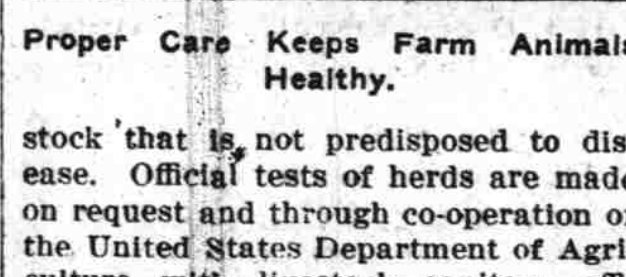
Contagious Maladies, Sporadic Ailments, Parasitic Troubles, Accidents and Neglect Are All Quite Destructive.

Every year the people of the United States lose over \$200,000,000 directly (and no one knows how much indirectly) through diseases of farm animals...

MAKE COMPOST HEAP FOR USE IN GARDEN

Organic Rubbish, Decayed Vegetables, Dead Vines, Weeds and Other Truck May Be Used—Size Plot Necessarily Varies.

Don't Leave Manure in Piles Exposed to Weather Conditions Favorable to Loss by Washing—Use it to Make a Compost Heap.



Proper Care Keeps Farm Animals Healthy.

stock that is not predisposed to disease. Official tests of herds are made on request and through co-operation of the United States Department of Agriculture...

Sporadic and incidental diseases, such as disorders of the digestive and respiratory tracts, can be avoided largely by proper handling and feeding...

Department Offers Aid. The department of agriculture is constantly giving out important information in books and bulletins...

CONDENSED NEWS FROM THE OLD NORTH STATE. SHORT NOTES OF INTEREST TO CAROLINIANS.

Sanford.—A big force of hands are at work rebuilding the Sanford hotel, which was destroyed by fire several months ago.

Statesville.—The Iredeil county chaignang, which was abolished several years ago, was re-established at the meeting of the board of county commissioners.

Lumberton.—H. F. Bissell, Robeson's watermelon king, died at his home near Ornum, Robeson county, of paralysis.

Albemarle.—The textile plants of Albemarle are again running on full time and the outlook is that they will continue to run on full time from this time on.

Greensboro.—The body of D. M. Currie, well known throughout the state as a civil engineer, was taken to Sanford and funeral and interment took place there.

Salisbury.—The new program for Salisbury's schools will mean a bond issue of \$800,000 as a maximum and a tax for schools of not exceeding 50 cents...

Washington, (Special).—Fred W. Klutz has been appointed postmaster at Rockwell.

Winston-Salem.—The campaign conducted here in behalf of Chinese relief fund closed and reports show this community contributed \$7,702.99, this being more than the amount assigned to this city.

Wilson.—Will and Howard Bethea, brothers, who a year ago stabbed to death a man and then severed the head from their victim, will be tried in superior court here...

Charlotte.—David Snyder, four-year old son of Mr. and Mrs. Isaac Snyder, 212 Worthington avenue, died about an hour after he had been struck by an automobile.

Wilson.—Capt. E. S. Darden, a prominent business man of Stantonsburg, died of heart failure while attending a meeting of the board of directors of the Planters Bank in that town.

Statesville.—William Y. Westmoreland was found guilty of murder in the first degree, following his trial here on charges of killing James Nantz, a public chauffeur, on October 20.

Lumberton.—In its report to Judge Daniels the Robeson county grand jury did not mince words in denouncing the conditions of the county home...

Charlotte.—Charlotte will soon have a toy factory. The Southern Industrial Institute, located here is going to manufacture several different lines of toys and novelties...

CLEANING UP INSECT PESTS

Many of Hibernating Species May Be Destroyed in Winter By Cleaning Up Obscure Corners.

Much can be done now to reduce the possibility of insect plagues next summer if a little effort is directed toward the destruction of insect shelter areas...

PROVIDE BATH FOR POULTRY

Chickens Cleanse Themselves by Wallowing in Soil and Dust Box Should Be Accessible.

Chickens never wash, as many other birds do, but cleanse themselves by wallowing in soil. Where board or cement floors are used in the chicken house, some means for dusting should be provided...

FARM FOR CENSUS PURPOSES

Is All Land Which is Farmed by One Person, Either by His Own Labor or With Assistance.

According to the 1920 census there are 6,440,000 farms in the United States. A "farm" for census purposes is all the land which is directly farmed by one person...