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**STATE FARM**  
Mutual Automobile Insurance Company  
Home Office: Bloomington, Illinois

Mrs. Pearl Higgins

AGENT

Burnsville, N. C.

The wise farmer carries a fire extinguisher and first aid kit on tractors, trucks, and self-propelled machinery.

\* \* \*

The greatest number of accidents caused by tractors overturning occur while the tractors are being operated on the level ground, according to the National Safety Council.

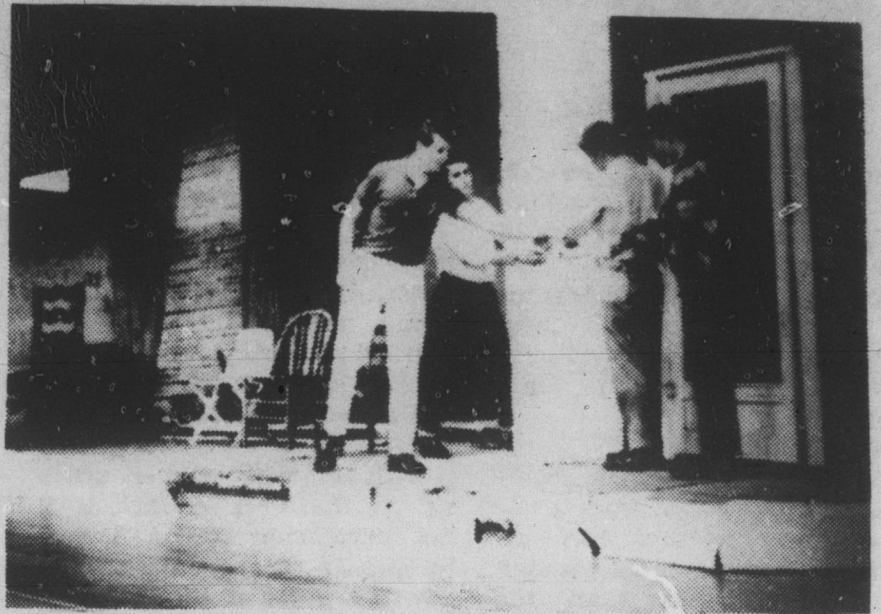


Photo by Jerry Ayers

Left to right are Jerry Robertson, Gary Ray, Dudley Robertson and Basil McDougald. Set designer Robertson watches as the construction men assemble the set for the "Angel" production.

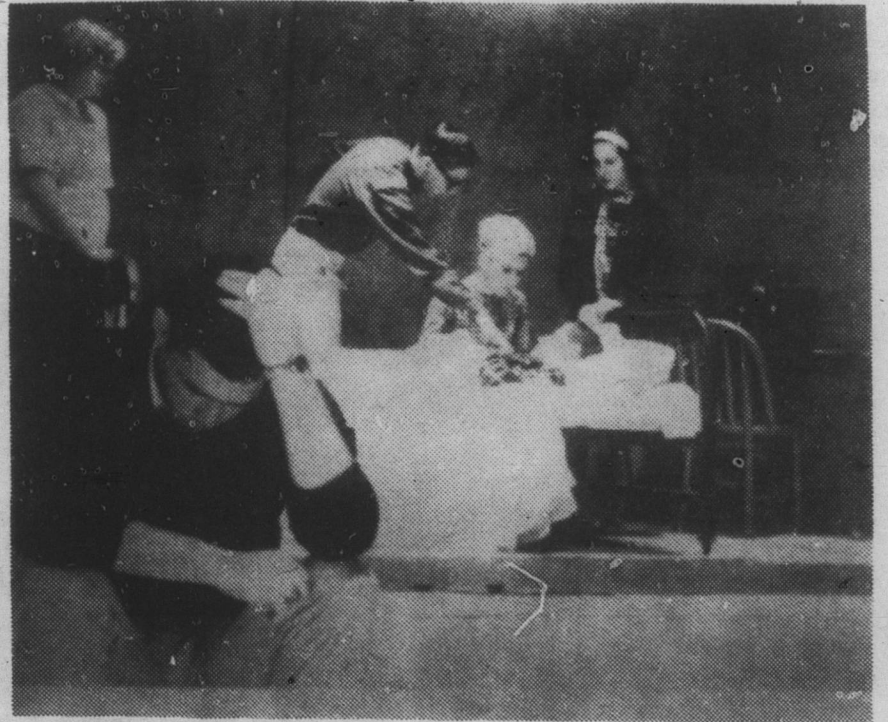


Photo by Jerry Ayers

Shown above, left to right, are Sharon Hopson, J. D. Silvers, Gary Blankenship, Amelia Penland, Eddy Buckmaster, and Louise Simmons in a dress rehearsal scene from the junior-senior play "Look Homeward Angel", presented at East Yancey High School Friday and Saturday nights. In this scene Ben Gant's life slowly ebbs away as the family watches helplessly.

dieters: now, more  
than ever, you need

**milk's  
vitality**



JOIN THE SPRING  
*Slimathon*

Weight-watching diets can leave you low on energy. That's why milk, the vitality beverage, should be included in all your low-calorie meals.

Fresh, whole milk helps you lose weight *healthfully* because it supplies the vitamins, minerals and protein you need daily. Milk also helps balance a meal... allows you to resist between-meal snacks.

It's important, too, that your daily diet include foods from all four of the basic food groups: Milk and milk products; meat, fish, poultry and eggs; vegetables and fruits; breads and cereals.

Each of these food groups contributes necessary nutrients to protect your health. If you're trying to lose weight, reduce the portions but don't cut out any group.

Be sure to include regular daily exercise in your weight watching plan, too. For extreme cases, consult your doctor before you plan a drastic weight reduction program.

And remember, if you're counting calories, count milk in. It's nature's vitality drink!



a message from dairy farmer members of  
**american dairy association**

## GARDEN TIME

We have located another large holly tree. This time through the kindness and cooperation of Clara Ruth P. Brigman of Rockingham.

The tree is 39 feet in height and 74 inches in circumference as measured 14 inches above ground level. The age is not known but the reporter stated that her grandfather, who died several years ago at 90, would not attempt to guess the age of the tree.

The characteristics of the tree were beautifully described in her letter but what most impressed me was a sketch of the leaves and berries. This was so well done that it could be included in any of the better publications where systematic studies of plant species are needed.

This is a beautiful day in Raleigh. April 9. The dormant period persisted a little longer than usual this spring but with the rising temperatures of the last few days the first flush of spring growth is well along.

Oaks, maples and other shade trees are leafing and

many trees blooming — crab-apple, redbud, dogwood and many others. Some azalea varieties are in full bloom. Lawns are lush and green and the mowers will be busy this weekend. Hope you are prepared because a dirty, balky mower can raise a sweat in just a few minutes.

Now for the joy-killer. All things that bloom in the spring bring problems — aphids, caterpillars, nematodes, rose black spot, peach and apple scab and black rot of bunch grapes, to name a few. There are so many knock-out pesticides now-a-days that it is hardly respectable to let the bugs and fungus diseases get the best of you. But they will, sure enough, if you let them get the drop on you.

All spraying and dusting is insurance against attacks of insects and diseases. This is especially true of diseases because the foliage must be protected to prevent entry of the fungus.

You should watch carefully for insects and spray or dust at the first sign of activity — aphids, red siders (mites), thrips and others. Don't expect to control sucking insects such as aphids, red spiders and scale insects unless you do a thorough job — covering both sides of the leaves as well as stems.

There are sucking insects and will not be destroyed unless the insecticide used thoroughly covers the body of the insect.

**Attend Church  
SUNDAY**