

### Good Practices Pay For Contest Winner

Use of cover crops, contour cropping, meadow strips, and other improved farming practices has paid off in a big way for Eugene Jeffries of Route 3, Burlington, winner of the 1949 State soil conservation contest for Negro farmers.

According to J. Frank Doggett, soil conservationist for the State College Extension Service, Jeffries was working as a tenant on a 120-acre farm in Alamance County in 1942. Although the land was run-down and in poor condition, he decided to buy the farm and see what he could do to improve it.

Jeffries financed the purchase through the Farm Security Administration. He was given 40 years in which to repay the money, but he was so successful in his operation of the farm that he completed the payments in just four years.

He terraced all the open land and began using lime, phosphate, and seeds obtained through the AAA. He also used barnyard manure liberally to increase the productivity of his soil.

As a result, Jeffries says his corn yields have jumped from 12 to 60 bushels per acre, wheat yields from five to 20 bushels, and tobacco from 800 to 1705 pounds per acre.

He has seeded eight acres of improved pasture and has cleared up scrub pines, briars, and broomsedge. He now has two acres of old meadow land bogged up to be seeded in Ladino clover and fescue early in September.

Jeffries has also dug a basement, built a 16 by 30 foot pack barn, erected a five-room house for one of his sons, installed electric lights and a telephone, and his home insulated with rock-wool.

Jeffries says he has had the full cooperation of his wife, daughter, and two sons in this improvement program.

### 100 Years From Now

Predictions that the population of the globe may possibly outrun production of food and that, as a result, many people will starve, have no bearing upon the United States of the conclusions of Dr. Harold G. Moulton, well-known economist, are correct.

Dr. Moulton, head of a privately endowed research institution, maintains that the United States has the ability to support double its population.

tion, one hundred years from now, on a plane of living eight times as high as that of the present.

The economist conditions his prediction upon "wise policies" in relation to our resources. What these wise policies may be, when the generation of 2049 looks backward, no one can tell. Only then can any one know whether we, of today, are following wise or foolish policies.

### Health and Beauty

By Dr. Sophia Brunson

#### Fatigue a Cause of Depression

Most of us who become thoroughly discouraged are not in good condition physically. No one is himself when fatigued. His intellectual faculties are not normal.

The people who have been successful in life are not as a rule those with the most brilliant intellects, but those who do not easily give up to discouragement. They go on and on in spite of apparent failure. When they face a stone wall, they either go around it or blast a passage through it. Victory and success do not often come to the quitter, but to the patient worker, who like the potter turns defeat into victory by not giving way to discouragement.

Good health is the first prerequisite of a successful life. If a person is well, he can drive himself hard up to a certain point, but he should not allow himself to grow so tired each day that his body does not become rested during the night. If he does that, he injures himself by accumulated fatigue. While in this state the health suffers and the morale is so broken that he gives way to the depression and discouragement which the condition engenders.

It is at such times that willpower is weak and many foolish deeds are committed and errors made that would have been deemed impossible at other times.

When one is fatigued and discouraged the feelings are most sensitive. Sights are imagined where none are meant and the quick retort leaps to the lips to be repented of later.

When you are weary, nature is bidding you rest. To drive yourself day by day to your last atom of strength is like applying a lash to a weary horse. His new energy is apparent but not real. You know that he can not do his best work and endure such treatment, neither can a human being abuse his body and not suffer from ill-health, despondency and discouragement.

### Plentiful Foods Available For Sept.

September menus will be tasty and varied, judging from the U. S. Department of Agriculture's plentiful foods list for the month, says Mrs. Nina White, home demonstration agent for the State College Extension Service.

Topping the September list are hens, pears, and onions. Hens, largely culled from laying flocks, provide excellent sandwich meat, or may be used for chicken and dumplings, salads, and many other chicken dishes.

Many of the pears will be Bartletts, which are ideal for between-meal eating. As far as onions, commercial producing areas are marketing a crop heavy enough to place generous supplies on all retail markets in the South.

Plentiful fresh fruits will be grapes, prunes and apples. The nation's fall apple crop is larger than last year, and such well-known varieties as Grimes Golden, Jonathan, and Wealthy are being harvested.

By the latter half of September, sweet potatoes from last year's crop will be seasonally plentiful, and supplies of cabbage, tomatoes, and Irish potatoes will be on markets in good volume throughout the month.

Cooking fats, once so scarce, are a newcomer to the plentiful foods list, as are turkeys. Mrs. White said turkey growers are marketing a large crop early this year and that prices will undoubtedly be lower than last fall.

Broilers and fryers will be plentiful in September to add more protein to early fall menus, as well fish, dairy foods, and peanut butter.

### A VACATION TRAVELOGUE

(Continued From Page Two)

ings, the home of Good Year Tire and Rubber Place. Also the home of Bee Hive corn syrup and Yardley perfume. The various signs along the way attracted our attention, "Winslow's Market," "Buy Minks and Fox furs direct from furrers," "Ye Old English Inn," "Fred's Fish and Chips," "Mother Parker's Tea," "Snatch a Snack at Claus," (Scottish) "Jack's Shack," "Jay's Restaurant."

At a lovely tourist home in Hamilton, and Lake Ontario we spent the second night on Canadian soils. We returned to Niagara on the Queen Elizabeth highway, a beautiful double way, with clean well kept farms, and houses surrounded with

displays of blooming flowers and shrubbery.

On the third day we bade farewell to Canada, and visited on the U. S. side of the Falls. There on to the very pretty, clean town of Leroy, N.Y. The Jello home.

In following the green lines on our maps, we returned by Watkins Glen, N. Y. and the State Park of 500 acres. On this route we visited Canadawake, a popular summer resort, situated on one of the most beautiful of the Finger Lakes, famous for Early Indian history. Also Geneva at the foot of Lake Seneca, a noted nursery. Here is one Indian burying ground.

From Geneva we followed the magnificent scenery along Seneca Lake to Watkins Glen, in which region we were told that every where you turn are beautiful Lakes and Parks. Tourists should by all means take in the superb Finger Lake region of Central New York.

The State of N. Y. acquired the Watkins Glen Reservation in 1906 and it has been a state park ever since.

The gorge is one of the natural wonders of the U. S. It ranks with Niagara Falls, Mammouth Cave, and the Natural Bridge, and it is renowned all over the world.

It is a deep winding canyon of Lost glacial formation. Geologists say it was more than 50,000 years in formation. We rode up the 530 feet and walked down the stone walls on stairways and bridges, and viewed Rainbow Falls, Cavern Cascade, Pulpit Rock, Pluto Falls, Minnehaha Falls, and many others.

Two industries produce salt at Watkins Glen. "The International Salt" and "Watkins Glen Salt Companies." Both plants are on Seneca Lake.

Derrick of salt wells rise from the hills along the Lake where it is processed into the finished product of "course" and "table salt." "Please Pass the Salt," an expression in this region.

Here in the beautiful land of the Finger Lakes are 400 gleees. A visitor is thrilled with the superb landscapes and views, the green of the vegetation, the Indian history and the friendly people. The glee is an ultimate place, a gem of nature. We were indeed glad to visit Watkins Glen, for many years a tourist mecca.

As we traveled homeward we made one stop more at the Washington Zoo to benefit the children, one lasting impression with each of us; Everywhere we went the people were courteous and generous. Which helped to make the trip most enjoyable and profitable.

To delay treatment for cancer can mean death. Early diagnosis and prompt treatment often mean a cure.

## NEED FARM EQUIPMENT?

SEE US FOR YOUR NEEDS:

We Have Tractor Drawn  
6-ft. Disc Harrows  
20-in. Disc Blades  
18-in. Disc Blades  
Hay Balers  
Mowing Machines  
Combines  
Corn Shellers  
Hammer Mills  
Wood Saws  
Dusting Machines

NOW ON HAND. COME OUT AND LOOK IT OVER!


USED CARS AT BARGAIN PRICES

## Hertford Motor Co.

YOUR CASE DEALER  
HERTFORD, N. C.

## A GOOD PILOT—

"Keeps his feet on the ground"



**Buck Childs** flew for the Navy when the going was tough. After the war ended, he bought a light plane for coo-ping and he's been doing right well ever since.

He was over at the Post Office the other day and someone remarked on his fine record. They said he must be a crack pilot to fly nearly all the time—in good weather and in some not-so-good—without ever an accident.

Buck grinned. "There's plenty of fellows as experienced as I am at flying. But I don't have accidents because I don't take chances. I spend more time on the ground checking my engine and equipment than I do flying."

Mine's one business where you just can't let things slide."

Actually, there's no business where you can let things slide and still stay right up there. That's why the beer industry in this state, like Buck's, spends a lot of time checking up—seeing to it that beer is sold strictly under the regulations set up by the Malt Beverage Division of the North Carolina ABC Board. Tavern owners realize that when you "let things slide" you're due for an "unhappy landing."

\* \* \*

NORTH CAROLINA DIVISION  
UNITED STATES BREWERS  
FOUNDATION, INC.  
Insurance Building, Raleigh, N. C.

## 3 REASONS WHY

YOU'LL BE HAPPIER WITH A Westinghouse

- 1 SAVES ON ELECTRICITY! 10 hours out of 12 the thrifty ECONOMIZER Mechanism uses no current at all.
- 2 SURE, STEADIER FOOD PROTECTION! New TRU-ZONE Cold gives you the "right" cold for each food... holds food temperatures true.
- 3 EXTRA CONVENIENCE FEATURES! Model for model price for price! Come in and compare before you buy any refrigerator!

Be sure to see the new WESTINGHOUSE "ECONOMY-SIX"!



Westinghouse  
the refrigerator with  
TRU-ZONE COLD

**SEE OUR COMPLETE LINE OF WESTINGHOUSE APPLIANCES**

Ranges — Electric Ovens — Water Heaters  
WE ALSO HAVE OTHER SMALL APPLIANCES

**DOWN PAYMENTS AS LOW AS \$19**

Balance On Easy Terms



Water Pumps  
Bathroom Combinations  
Sinks

When Buying a Washing Machine... Select One Suitable For Your Needs!

- You Can't Miss When You Buy One Of Our Models By

**Zenith or Dexter**

SEE THESE MODELS TODAY!

**HERTFORD HARDWARE & SUPPLY CO.**

"TRADE HERE AND BANK THE DIFFERENCE"

Phone 3461 Hertford, N. C.

# SAVE WITH THIS



# FORD TUNE-UP SPECIAL!

**HERE'S WHAT WE DO:**

- ★ Test cylinder compression
- ★ Clean and adjust carburetor
- ★ Clean and check fuel pump
- ★ Clean and space spark plugs
- ★ Completely check ignition system
- ★ Adjust fan belt
- ★ Tighten all hose connections
- ★ Check water pumps
- ★ Check radiator and cooling system

**IMMEDIATE SERVICE  
EASY TERMS**

● It takes less time to make your Ford run like new if you bring it to our expert Ford-trained Mechanics. Their Factory-approved Methods and Genuine Ford Parts will put new pep in your car. And gas and oil savings alone may come to many times the small cost of getting this important difference in your car's performance.

There's no place like HOME for Ford Service

— your Ford dealer knows your Ford best!