

Over The Valley

Mabel E. Morton, Valley News Editor

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resorted to, in order to prevent bloating.

Dr. W. T. Pby brought the subject right home, talking of the use of sweet clover in Faison county.

Taking the East
Friends in the valley of Mrs. Pauline Prillman are having letters from her at her new temporary home at Easton, Pa., where she is with her sons, Lexro and Robey. It will be remembered that Mrs. Prillman and the one son, Rolox of Vale, drove east last spring early joining their son and brother who is teaching in the east. She is getting acquainted with new friends and meeting old ones and all in all, is having a good time. However her friends here are hoping she may turn her thoughts and her car westward before very long.

MORE FAVOR SWEET CLOVER AS VALLEY CROP THIS SEASON

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builder and due to the fact that it does grow so well on comparatively poor land it fits well into the progressive agricultural crop rotation system.

For best results on our lighter soils it is recommended not to cut or pasture the first year's crop until quite late in the fall which gives the plant an opportunity to develop a satisfactory root system. However, on our more productive soils sweet clover affords a splendid lot of pasture the first season. It is well to plant scarified seed whenever possible and in some instances inoculation is likewise desirable. Two pounds of seed per acre is usually ample to secure

satisfactory stands under most conditions.

Sweet clover is not recommended as a hay crop. In the first place the second year's growth of the plant is usually so rank and coarse that it is very difficult to handle and cure satisfactorily, and then again the feeding of this hay seems to have a peculiar effect upon the blood of the animal, causing it to lose its clotting properties and in case the animal is injured in some way or in the process of marketing or dehorning, death is likely to occur due to bleeding.

The experiment station at Lincoln as well as many others throughout the valley have been using sweet clover pasture with marked success for a number of years. We have found that when pastured with either cows or sheep early in the season during the young succulent growth there is some danger of bloat; however, not so much as with most any other legume. One of the most satisfactory trial plantings at the experiment station was sweet clover and fortyfold wheat planted early in the year during

the month of February. This combination gave excellent forage during the first season and likewise a luxuriant growth of sweet clover the second year. There is a large acreage throughout this and adjoining counties that is at present producing very scant feed, that might well be producing ten times the amount of forage if planted to sweet clover. We have no hesitation in recommending for general use both the yellow and white varieties of sweet clover for pasture purposes.

STRANGE SOUNDS
ARDIZAS, France, Mar. 1 (AP)—A farmer and his neighbors have fled their homes in terror because nightly they have heard sounds resembling the galloping of horses, heavy bodies falling down stairs and the tolling of bells.

Spartan Polytechnic, Greece, inquirer in Jugoslavia, celebrated the coldest day in two centuries by swimming on hour in the ice-caked water of the river at Belgrade. Some day Europe will put in a few bathtubs for those fellows.

The Michigan women who killed those babies will be just as severely dealt with as if they had been caught with a pint of liquor.

Interested in Session—
Each day this week has seen large companies over from Cove for the conference in spite of the terrible roads. Yesterday Marvin McNeil, Mr. and Mrs. W. A. McNeil, Jimmie Mills, Mr. Noutson, Roy Bell, Mrs. Minette Bentner, Karl and Gerhart Blankenk, T. C. Hefty and others were over.

19, news summary; 10:15 to 12, NBC.
KFRG—San Francisco (610kc) 6, organ, theater program; 7, varied program; 9, orchestra; 10, Amos and Andy; 10:10 to 12:10, dance music.
KNX—Los Angeles (1050kc) 6, quintet, organ, courtesy program; 8:05, feature; 10 to 1, dance music; 1 to 2 a. m., Midnight express.
KEX—Portland (1150kc) 6 to 12, ABC; 12, weather, news.
KFT—Los Angeles (640kc) 6, NBC; 8, varied program; 9, concert; 10, symphonette; 11, Midnight frolic.
KOMO—Seattle (920kc) 6, NBC; 8, symphony orchestra, varied program; 10, NBC; 12, news, tenor, piano.
KOA—Denver (530kc) 6, NBC;

A SEASONABLE RECIPE

Macaroni Dessert
2 teaspoons granulated gelatin.
2 tablespoons cold water.
3 eggs.
1 1/2 cup sugar.
2 tablespoons flour.
2 cups milk.
1/4 teaspoon salt.
1 teaspoon vanilla.
Small quantity lemon extract.
1 cup cream, well whipped.
1/2 cup coconut.
2 dozen macarons.
Maraschino cherries.

Soak the gelatin in the cold water for five minutes. Beat the eggs and add the flour and sugar blended. To this add the milk, with the salt and cook in a double boiler until it is somewhat thick. Try to avoid getting lumpy. Add the gelatin and the flavoring. When well mixed allow to cool.

Put the macarons in sherbet glasses about three in each one. To this add the above custard mixture. Allow to stand for a time. When ready to serve add the whipped cream and top with a cherry.

BEFORE MIKE

SATURDAY PROGRAMS
The National Broadcasting company program for Saturday night follows: 6 to 7, G. E. hour; 7 to 8, dance music; 8 to 9, Carnival; 9 to 10, Golden Legends; 10 to 12, New Big Show.

The American Broadcasting company program for Saturday night follows: 6, dance music; 7, Salon orchestra; 8, Troubadours, reverie program; 9, Captivators; 9:30, mixed quartet; 10 to 12, dance music.

KGO—Oakland (790kc) 6, NBC; 8, sports, studio; 9 to 12, NBC.
KJL—Seattle (970kc) 6 to 12, ABC.

KFO—San Francisco (630kc) 6, NBC; 8, dance music; 10, NBC.
KLN—Oakland (830kc) 6, concert, news; 8, organ, pianist and tenor; 9, dance music.
KGW—Portland (620kc) 6, NBC;

8, Sunday school preview; 8:50, dance hour.
KSL—Salt Lake City (1130kc) 6, NBC; 8, novelty program.
KHQ—Spokane (590kc) 6, NBC; 10, dance music.
KMTL—Hollywood (570kc) 6 to 12, ABC program.
SEVEN WEDDING RINGS
COSHAM, England, Mar. 1 (AP)—Mrs. Jane Rebecca Whall, who wore seven wedding rings around her neck with her hair, is dead at 81. Her seventh marriage was six years ago.

In one of the New York night clubs, a magician has been added to the entertainment. The real magic, however, is performed by the fellows who can change a bottle of ginger ale into \$8.50.

HEAR GHOSTS, NO SEE 'EM!
BUCKTO, N. J., Mar. 1 (AP)—Eerie groans are causing perturbation in a cottage on the site of the Little Brown Jug tavern, a station on the underground railroad where a fugitive slave was shot in a pursuit and buried. Walter C. Treichler, retired chemist, is often unable to sleep. Twelve men, some with pistols, some with pencils and one a melon, sat up all night but found no trace of ghosts.

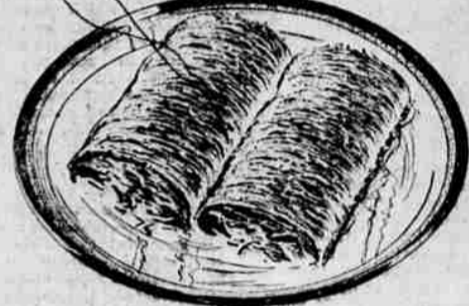
An aviator who has been in five smashups asks for a divorce at San Jose, Calif., relating that his wife stays out late of nights and it makes him nervous. Maybe he fears she has gone in for a little high flying.



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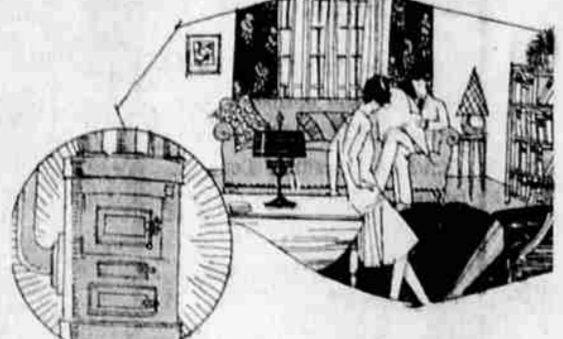
Diet the menace of Hollywood Stars wrecked seeking slimness

PHOTOPLAY MAGAZINE recently revealed that many motion-picture stars ruin their health seeking slimness. The motion-picture camera adds from 5 to 20 pounds to the appearance of a star's figure, so that many of these celebrities become victims of dieting. One famous star died of tuberculosis brought on by weight reduction. Another ruined her career and was made an invalid by starvation. Still another resorted to quick reducing medicines and is today virtually an invalid. Another star is mentioned who collapsed on a set after trying to lose 10 pounds. One of the alarming dieting extremes indulged in by the stars, according to Photoplay, is eating no food at all for breakfast, and seriously limiting nourishing foods for both luncheon and dinner. No person can be healthy without eating enough nourishing food daily and regularly. The tragic experience of motion-picture stars should be a warning to all women and girls to eat enough. Modern health authorities insist on a variety of foods, including milk, vegetables, fruits and meats. It is a dieting error to suggest eliminating sugar from the diet, for sweetness is the perfect flavor that makes all of the healthful foods so delicious. Serve applesauce, grapefruit, dried and canned fruits and cereals for breakfast sweetened for enjoyment. Learn the value of sweetening in the cooking of all vegetables for delicious flavors. Sweetening improves the taste and flavor of fruits and cereals. Sugar and flavoring make delicious milk-shakes and egg-nogs. See that every member of your family eats enough. The best cooks are generous with sugar. The Sugar Institute.



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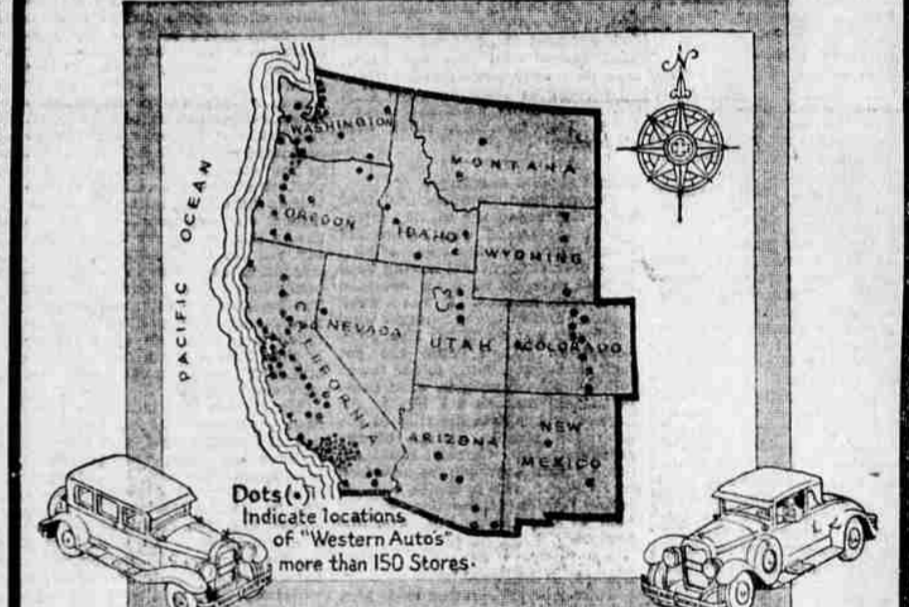
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Remember your own childhood days? How vividly different events recall themselves. Give your children their birth-right, a happy, healthy outlook on life.

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