

# The Farmer

By W. H. CRAIGHEAD

## REASONS FOR EATING FRUIT

There are many good reasons for eating fruit. It should have a conspicuous place in our diet. All fruits contain certain salts or organic acids, which have a more or less stimulating action on the kidneys and some such as pears, figs and prunes, have a laxative effect. Fruit also furnishes a certain roughage which tends to retain water in the intestines and thus helps to regulate conditions.

Fruits have been recognized increasingly in recent years as excellent sources of vitamins. Many fruits have been found to supply vitamin C. Lemons, oranges and tomatoes are considered especially rich in it, and some of the vegetables, notably cabbage.

Fruits have other important constituents, notably the acids. Citric acid and malic acid, usually both in the same fruit, have been found to be the principal fruit acids. The acidity of oranges, lemons, grapefruits, limes and most of the berries is due almost entirely to citric acid, apples and quinces owe their tartness almost entirely to malic acid, while peaches, apricots and pears have a mixture of the two.

In the body most of the acids are oxidized readily. The sodium, potassium, or calcium with which they combine remaining to counteract acid conditions in the body and help to prevent excess of acidity.

## THE PEACH TREE BORER

One of the most destructive pests is the peach tree borer, which works upon the trees instead of the fruit. A valuable orchard may be destroyed in a few years if care is not taken. The adult is a beautiful little moth, resembling some of the wasps in appearance. The eggs are laid by the parent moths during July and August upon the bark near the surface of the ground. After hatching the larva, which is very small and wormlike, begins to bore into the bark, working downward a little below the surface where it continues to live. Its presence is marked by an abundant formation of gum. The usual remedy is to dig around the base of the tree early in the fall or winter, and if any gum is found, take a nail or piece of wire and pick out the larvae or worms. This method of extracting the borers may be done in the spring also if the worker is careful not to injure the tree.

There is a better method of killing these borers by using what is known as "p-e-benzine." It is a white powdery substance (gotten from the dry store) which unites a poison gas. This may be used on all trees more than three years old.

First the gum on the tree is scraped off and the soil around the tree made smooth and level. Next, the poison (about one ounce) is so placed as to make a ring of white powder about two inches from the trunk of the tree. This powder is carefully covered up several inches deep with a fine soil made firm or packed to confine the gas that escapes. After a few weeks, the soil containing the chemical or powder is removed and replaced by untreated soil. The proper time for this treatment is September.

## FRIEND IN NEED

By GLADYCE SMITH

If you are in need, perhaps I can help you. If you have household articles or clothing you can no longer use, please inform me. I can place such things with needy families. Do not inclose letters or other written matter when you send the packages through mail unless the proper postage has been paid. Packages in which letters are inclosed, must be sent first class mail. Names and addresses of applicants for aid provided if requested. Send full name and address to Gladyce Smith, Friend in Need, the AFRO-AMERICAN, 628 N. Eutaw Street, Baltimore, Md.

Letters thanking us for the packages sent sometime ago, have been received from three of our friends. We were very happy to help you and sorry we haven't more things at this time to send other members of your family as your letters state.

Packages are being mailed this week to J. D. and Mrs. Beatrice; we hope they'll help you.

Again we wish to thank our donors; we are also glad to hear from you at any time. Thank you.

## THE HUMAN THING TO DO

Introducing a young man to your father, you may say, "Father, this is Jack Smith." Your father and the young man then shake hands.

When talking on the telephone, always speak in a clear voice. Talk directly into the instrument with the lips not more than an inch from the mouthpiece.

Lemon which is served with fish at lunch or dinner is squeezed between the forefinger and thumb. In serving lemon for this purpose, a quarter of a lemon is better than a slice.

On the train, dress as much as possible in your berth, then go to the dressing room to finish your toilet.

A lady precedes a gentleman going up or down stairs unless the stairs are slippery or very steep, thus making it necessary for him to assist her.

Write a "butter" letter as soon as possible after your week-end visit.

## How Can I?

How can I test eggs for freshness?

ANSWER

Place the egg in a pan of water. If fresh, it will lie on its side. If a few days old it will tilt upwards. If stale, it will stand on end. If very old, it will float.

An egg that is fresh always sinks rapidly when put into water.

## Bright Sayings of the Children

### What Do Yours Say?

Send them to us and they will be published.

Little 3-year-old Bobby, whose mother has tried to impress upon him the importance of not having his toys out in the rain so that they would not get rusty, one day surprised her with the following remark. He had asked to play in the rain and when told he could not he said: "Why can't I, mother? Will I get rusty?" J. N. C.

It was a Sunday morning, and the living room had been arranged for the day when Maryellen, age 2½, began to carrying her playthings in from the playroom.

"Don't bring them in here, Maryellen," admonished her mother. "It's Sunday."

"It's Sunday out here, too, mother," responded Maryellen, solemnly. M. B.

Little Grace, in writing a letter, had noticed on the envelope the words, "Place a 2 cent stamp here." She asked for a 2 cent stamp, and seemed puzzled when her mother gave her a 3 cent one. Explanations were in vain. She was asked why she objected to the 3 cent stamp and tearfully replied:

"It says a 2 cent stamp. A 3 cent one might take it too far!" A. E. C.

Little Eleanor, 3 years old, had done something which her father considered naughty, and he said to her, "Eleanor, what do we give little girls when they are naughty?" "Give them orange juice," she replied, which was not at all what her daddy had expected her to say. K. C. S.

## BEAUTY HINTS

Choose such green vegetables for your diet as lettuce, onions, spinach, asparagus, cabbage, broccoli, celery, tomatoes, and string beans.

A good exercise for lumpy shoulders is to lie flat on the back and bring yourself up to a sitting position, then bend forward until the hands touch the toes.

If you are in good health, you can subsist on a vegetable-fruit diet without any difficulty and possibly lose a few pounds.

Don't put oil on an already oil-charged surface. It is better to use soap and water for oily skin cleansing.

## PUZZLING PROBLEMS

How many miles an hour is 85 kilometers an hour?

ANSWER

52.819 miles an hour. Explanation: Divide 1 mile by 1.6093 (a mile equals 1.6093 kilometers). This gives the number of miles to one kilometer. Multiply .6214 by 85.

## Advice to Lovelorn

"Dear Suzanne: I am in love with a boy and my parents object to my having dates with him. Should I meet him secretly or try to forget him?" WORRIED.

No. Don't meet any boy secretly. Your stock goes down with him when you do that. If he is the right kind of fellow, try and win your parents over.

"Dear Suzanne: My boy friend knows I love him, and when I am out with him he tells me so, and he goes out with other girls. What shall I do?" CRY BABY.

Girl friend, you will have to learn not to wear your heart on your sleeve; it is not always best. Hide your sleeve with your heart on it. Act as though you mean it. He will come back.

"Dear Suzanne: Is it a sign of more than respect when a boy apologizes to a girl for using some rather abrupt language in her presence?" HOPE.

It's a sign of good breeding.

"Dear Suzanne: A girl and I argued over her boy friend. We split. It was her fault. Should I apologize?" ALLIE.

You'd have to admit that it was partly your fault if you'd repair

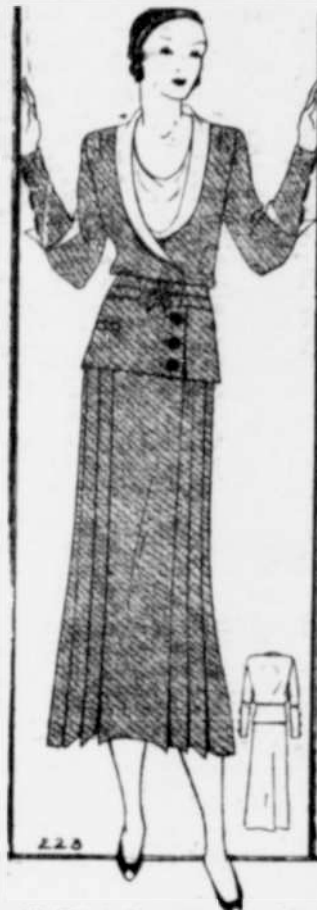
## Look and Learn

What occupation did George Washington follow when a young man?

ANSWER

Surveying.

# FASHIONS



223—This is the current type of tailored frock, which almost invariably features touches of softness. The mannish mode is passe and while pleats and trim lines are favored, they are never severe. The narrow double belts have little bows to offset the trim lines of the jacket closing and pockets. A very modified cow-neck-line peeps like a blouse from the deep lapel collar. Side pleats on the skirt are very swaggy.

Designed in sizes 14, 16, 34, 36, 40, 42 and 44. Size 36 requires 4½ yards of 36-inch material, 4½ yards of 39-inch material and 3½ yards of 54-inch material. One-half yard of 36 or 39-inch fabric for contrast.

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