ARMY WORM ON RAMPAGE

(continued from page one)

ing and distribution of poison bait.

Will Visit Chicago World's Fair

The Century of Progress or what is commonly called the World's Fair at Chicago is the topic of live discussion in Kent these days. Various groups plan to visit the show from Kent; some by auto; some by motor bus; some by train and, possibly a few venturesome spirits may fly to and from Chicago. The County Agent will aid any group seeking information about the cost of such a trip. Possibly a number of cars could make a tour to the show. Doubtless the auto offers the least expensive means of making the trip to and from the show.

Seed Grain Inspection for Certification

County Agent McVean announces that F. W. Oldenburg, Extension Agronomist, soon will be in Kent County to inspect wheat and barley which is considered of suitable quality for seed purposes. Any one desiring detailed information may obtain same from County Agent. The fields must be inspected before harvesting; later, samples of the grain are checked at the Seed Laboratory for germination, freedom from noxious weeds, etc.

Wool Price Advancing

The steady rise in the price offered or wool is encouraging, the present quotations being nearly three times as large as those paid last year at this time. The trade-in value of wool to pay for making blankets has increased, so now fewer pounds are required. County Agent will supply details to those interested in having blankets made from wool.

Ten Ton Tomato Club

The contest among Maryland Growers to demonstrate the quality and economy in producing large yields per acre on fewer acres is again scheduled. Kent growers are invited to compete. Contestants are encouraged to enroll and to employ the methods that have proved most satisfactory for a period of years. The County Agent has the entry blanks and will gladly supply all who desire to compete.

Pork Production Contest

As a means of stimulating interests in tested and approved methods in swine production; the Litter Contest is again sponsored by the Maryland Stackmen's Association and the Extension service. The effort is to produce 1500 or more pounds of pork from a single litter within 150 days from the time of the birth of the litter. This is a real goal which can be obtained only by those who have stock of good breeding and have given close attention to the care, feed and management of the litter. Attractive prizes are offered those who win the high honors within the county and the state. Entry blanks may be had from the County Agent; also more details concerning the contest.

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"DIRECT FROM GROWER TO YOU"

Old Kentucky Burley Tobacco is the cream of the finest crops Kentucky's bountiful soil can produce—ripe, rich leaves, smooth and mellow, with that rare old-fashioned flavor and fragrance that only proper "aging" can produce. We bank on it you have never tasted or smoked a finer flavored, more satisfying tobacco in all your life.

Special Offer

FIVE POUNDS SMOKING TOBACCO

$1

RICH, RIPE, OLD FASHIONED LEAF

Our Old Kentucky Burley is no more like manufactured tobacco than day is like night—guaranteed free from chemicals and all other adulterations that conceal imperfections, delude the sense of taste and undermine the health.

We use the same method our grandfathers used in preparing tobaco for their own use—every trace of harshness leaves it—nothing to "bite" your tongue or parch your taste. Thousands of tobacco lovers the world over swear by its inimitable smoking and chewing qualities.

REDUCE YOUR TOBACCO BILL ½

We sell direct from the grower, this eliminates the eighteen cents a pound Revenue Tax—all manufacturers' and middlemen's profit, thereby effecting a saving to you of 50% or more. No fancy packages, no decorations, just quality and lots of it.

MONEY SAVING PRICE

SMOKING OR CHEWING—5 lbs. for $1.00. Send us One Dollar Cash P. O. or Express Money Order (no personal checks) and we will promptly ship you a five pound package of "Burley Tobacco."

Five pounds of Old Kentucky Burley will make 40 large packages of smoking or 50 twists of chewing.

35c Send 35 cents in silver and we will ship Post-Paid—one pounds of Burley Tobacco as a trial offer. A trial will convince you.

We have thousands of requests daily for "Samples"—our margin of profit is so small we cannot comply with these requests.

We do not ship C. O. D. orders, to do so would require a large staff of clerks. Orders must be in English language.

INDEPENDENT TOBACCO GROWERS ASSOCIATION

McClure Bldg. Frankford, Ky.

The Road To Better Health

FRUITS

BY DR. WILLIAM J SCHOLES

Fruits, like everything else on the earth, are mostly water—75 per cent. to 95 per cent—the balance being nutritive material. Dried fruits contain only about 20 per cent. water, but the proportion of nutritive matter is correspondingly increased. Preserved fruits lose some water by evaporation and their nutritive value is raised by the addition of sugar in their preparation. Canned fruits are, in the main, unchanged.

As a general proposition, fruits contain little or no fats and their protein content is so low as to be practically negligible. Accordingly, their chief nutrient are carbo-hydrates in the form of sugars (cane sugar, grape sugar, fruit sugar.)

Many fruits also contain organic acids, such as mallic acid in apples, citric acid in lemons, and so on.

Mineral matter is an important constituent of many fruits. For example, dried fruits, like prunes, dates, raisins and figs, are fairly rich in iron, calcium and phosphorus.

The flavor of fruits is due to their sugars, acids, and the "ethereal" oils they contain. It is these ethers and oils that, extracted by a chemical process, make up the fruit "flavors" and "extracts" with which we are all familiar.

Digestibility of Fruits

The digestibility of fruits varies with the kind and manner of preparation. As a rule, stewed fruits are more digestible than raw fruits. Individual idiosyncrasy also has considerable to do with it. Some people can't eat half a banana without becoming ill, others can eat a dozen and never notice it Practically everyone can, however, eat oranges, lemons, grapes, and peaches. For olives and grapefruit a taste must be cultivated, and some persons never learn to love them.

Nutritive Value of Fruits

We should eat fresh fruit every day; in fact, one cannot expect to keep well without making fruits an important feature of his dietary. Fruits furnish mineral matter and an organic acids have a laxative vitamines. Their cellulose (fiber) action. They yield an alkaline residue which, when absorbed, neutraizes the acid residue of proteid foods (meat, eggs). They are refsring and stimulate the appetite.

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ALL FOR 50 CENTS

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