

St. Tammany Farmer

D. H. Mason, Editor Proprietor.

THE SOUTH WILL NOT STARVE.

The warning from the governmental departments that "the South must feed itself during this war or starve" is apt to give blind staggers to some. The first impression is one of humiliation. Our sugar has given a revenue of fifty millions to government and we have been instructed in bulletins from the Agricultural Department how to overcome the boll weevil and how to grow cotton. The whole world has depended upon our cotton crop. But when the thing is looked at from the point of view of necessity—the cold, practical, unyielding obligations of war—the fact that the soldiers must be fed and that the allies must be fed, even though the South starves, simply points to the further fact that if the allies and the soldiers were not fed the larger part of civilization would be reduced to the same straits. All of Europe, neutrals and belligerents, are restricted in the amount of food they may use. It is estimated that over two million more bushels wheat must be raised than was raised last year, because last year nearly that amount was carried over from the previous crop, while the 1916 crop is estimated at over a hundred million bushels less than last year. Grain of every kind will be scarce, while the demand will be greater upon this country than ever before. The South has vast areas of land that is not cultivated, yet she has been importing hundreds of millions of dollars (some estimates make it nearly a billion) worth of food stuffs. There is no necessity for this, and there is no reason why the South should not be able to feed itself and have plenty to spare.

The South has had many knocks and discouragements, but it has never failed in patriotism and it has always come to the front in a crisis. It will not fail in this. It is enough that the mere suggestion has been made that the South, in time of war, may be a drag and hindrance to national success. It is furnishing its share of soldiers to do the fighting—it will furnish its share of food to feed them. There is not a man, farmer or businessman, who would accept the humiliation implied by the assertion that the "South must feed itself or starve," without bringing every force within him to show that he is master of the situation. There will be planting and harvesting and a demonstration of what the South can do in growing crops besides sugar and cotton, and the lesson should bring a new and more prosperous South.

The volunteer system has always been found inefficient. This nation is too great to be handicapped in any such way. It cannot be a great commercial nation without also being a great nation when war becomes necessary.

The Government should take prompt action in preventing the buying up of food products. With the Government itself a large purchaser, and every man with a few dollars in bank purchasing what he can, even with plenty the poor man would still go hungry.

Break your cold or lagrippe with a few doses of 666.

WHY CONSTIPATION INJURES.

The bowels are the natural sewerage system of the body. When they become obstructed by constipation a part of the poisonous matter, which they should carry off is absorbed into the system, making you feel dull and stupid, and interfering with the digestion and assimilation of food. This condition is quickly relieved by Chamberlain's Tablets. Obtainable everywhere.

FOR SALE—Jersey heifers offered at values too low. See them at 512 Jahncke avenue. A. D. Lacy.

FOR SALE—Horses, mares and mules. Ed. Brunet, at end of 29th avenue. ap21-21*

WANTED—To buy, by Holland-Deits Co., 5,000 sheep. Will pay highest market price. Refer to C. E. Davis, Military Road, Covington, La. ap14-31*

RUB-MY-TISM—Antiseptic. Relieves Rheumatism, Sprains, Neuralgia, etc.

FOR SALE—Tomato plants, Stone variety, 10 cents per dozen, 60 cents per hundred. Mrs. J. A. Wadsworth, phone 221.

FOR SALE—S. C. White Leghorn, Banded Rock and Rhode Island setting eggs, \$1 per 15; fresh eating eggs, 30 cents per dozen, delivered. Riverside Farm, phone 180. mr10

FOR SALE—7-room house, on Military Road, modern bathroom, artesian well. Phone 382, Covington, La. mr31

FOR SALE—Lettuce plants, 30c per 100; cauliflower, 15 cents per dozen, 75 cents per 100, for later delivery; tomato plants, \$1.50 per 100; sweet pepper plants, 75 cents per 100; egg plants, \$1.00 per 100. Phone 321. Mrs. Jas. Mullaly, Covington, La. f3-3mo

FOR SERVICE—Register man-moth Kentucky Jack, Fairbanks W. No. 5934. Terms: \$5.00 down and \$5.00 when food comes. W. M. Poole, at Parkview Livery Co. stable, Covington, La. oc21-tf

I will lend 100 acres of cultivated land free and pay cash for all products raised on same. Sweet potatoes and beans preferred. Property is known as the Pruden Farm, on Penn Mill Road, three miles from Covington. H. B. PRUDEN, Covington, La.

LOST—Easter Sunday, on excursion train from New Orleans to Covington, bag containing an open-face lady's watch and chain. Initialed "E. B." Liberal reward. Address 338 Carondelet St., New Orleans.

A good opportunity for a settled couple to do truck farming and chicken raising. A large place on Adita road, in Mandeville, La. Address J. Schilkoffsky, 3327 Elm Street, New Orleans. a21

INSOMNIA. Indigestion nearly always disturbs the sleep more or less, and is often the cause of insomnia. Eat a light supper with little if any meat, and no milk; also take one of Chamber-

lain's Tablets immediately after supper, and see if you do not rest much better. Obtainable everywhere.

ECONOMY IN SCHOOL DRESS.

Reduction in the Cost of Living Highly Advocated by C. M. Liddle.

Before the days of "preparedness" and war talk, the writer advocated uniform dress for school pupils—something distinctive and withal more economical in attire than the usual custom.

There is now no effort made to curtail expense or style in the dress of pupils. Nothing to indicate or distinguish them from children who do not attend school.

If the boys and girls who are pupils were dressed in some sort of a uniform manner such would be more in keeping with a school spirit, and very much more economical in a money sense than now. I refer to the public school children.

Now that a wave of retrenchment and an effort to reduce the cost of living is on the way, why not apply the rule to reform in the matter of the dress and clothing of school children?

It cannot and will not be denied that about two suits or dresses will cost less than the several suits or dresses worn by each pupil during the school term.

In addition to the above named reasons, if a distinctive dress or uniform is worn by the children, such will give tone to the school and teach economy, and create a school spirit and corresponding pride on the part of pupils. Only a few dollars will be necessary to supply each pupil with an outfit, whereas now more is required than justified by work in hand.

Preparedness means construction, therefore constructive thought is also preparedness. Simplicity in school dress is better than unnecessary extravagance and waste. The conservation of energy, money and resources is in order. I pass these suggestions on to school patrons and will guarantee, if adopted, that uniformity of school dress will cost about one-half as much as now. C. M. LIDDLE.

SPINACH GROWING.

Editor St. Tammany Farmer: "A cheropodiosaceous fat herb cultivated for its leaves, which are boiled."

That is what Mr. Webster calls it in his justly celebrated and popular book on numerous subjects.

In ordinary or garden vernacular it is plain spinach.

A single unit of land along the coast of a southwest state is a storm center of a spinach growing and shipping industry. Eleven hundred and sixty acres are there devoted for five months of the year to the production of this one food. March, the last month, cutting and shipping is in full blast. The last week 12 carloads of spinach went out from that big farm. The vegetable hungry North is consuming this Southern spinach and paying a premium for it. Other communities in Texas and Louisiana should embark in the growing of this crop. The seed for planting this spinach farm is purchased in New Orleans every year. War has made spinach seed somewhat a luxury. Holland raising the bulk of the seed. In this farm there are 1160 acres tied up in this enterprise. It is estimated, in its present high state of cultivation, the land must be worth in the neighborhood of \$250 per acre.

Working in the fields visited by the writer were more than 100 Mexicans, of every age and condition. One of the advantages of this work is that every member of the family, almost down to the baby in arms, works. These men, women and children were cutting spinach at the rate of three carloads per day—1000 bushel baskets to the car. The spinach is cut, carefully washed, and packed into bushel shipping baskets.

The planting begins in November and early January. Gathered in January, February and March. The spinach shipments of this season made this industry \$30,000 a week. The crop is at its best and bringing high prices in Northern markets. Later on the price will drop to sixty or seventy cents. Profits have diminished to a vanishing point. But by that time the big farm will be getting ready to plant another money crop on the same land.

This big spinach undertaking reminds me somewhat of the busy sugar industry of Cuba. MRS. J. V. ROBINSON. Sugarland, Texas.

AUTOMOBILE Contest

Your last chance to get a New Ford Car for \$1.00. Disposed of for benefit of Bogue Falaya Park Pavilion, Covington, La. Tickets on sale at Schonberg's, Watkins, Ostendorf, J. H. Heintz, Segond & Fontan and Pechon's Barber Shop, also from H. A. Mackie, Chairman of Committee. Contest takes place at an early date.

Miss E. Fontan and Miss Adele Fontan Covington Girls Graduated as Nurses



These two Covington girls are daughters of Mr. and Mrs. Bernard Fontan. They are two of the class of twenty-one who received their diplomas last Wednesday at the Nurses Home as graduates from the Charity Hospital, having taken their required course of three years at that institution. Dr. Stafford, in his talk to the graduates, told them: "You will find it gratifying to know, to remember, that your training work has been linked with this institution, the oldest, largest and best institution of its character in the United States. . . . You may be called upon at any time to serve your country. You may be summoned to follow in the footsteps of those noble doctors and nurses who have gone to European fields, feeling certain that their chances were against their ever coming back."

The Misses Fontan attended school in Covington, where their parents live, and number many friends among their large acquaintanceship here. It is said Miss Adele has accepted a position in the accident room of the Myles amphitheater. Both will remain in the hospital until June, when they will take the examination before the State Board.

Miss Nell Evans of Amite City, arrived Wednesday night on a visit of several weeks to her sister, Mrs. W. Berger.

Mrs. R. M. Monstier, of Mandeville, spent last Sunday here on her home on Jahncke's Point.

Mrs. Paul Griner of New Orleans, was the week end guest of Mrs. S. G. Pruden and family.

BE SUCCESSFUL. How often do you blame your failure to avail yourself of opportunities to the lack of money? There is no excuse for it. Save a dollar a week, any way you can do better than that. If you are a saver you must be successful. You will have the money to grasp your opportunity when it does come. ST. TAMMANY BANK & TRUST CO. Branch at MANDEVILLE, LA. COVINGTON, LOUISIANA

A PURE Vegetable Oil FROM St. Tammany Pine Trees. Cuts Colds Burns Stings Poison Neuralgia Sore Throat Rheumatism Skin Diseases. Recent discoveries of uses for Pine Oil brought out the fact that it is one of the greatest of healers in most all eruptions, has wonderful medicinal properties in the treatment of many diseases and is unexcelled as a household remedy generally.

L. M. BOURGEOIS HOME FURNISHER

Articles of Civic Interest and Benefit. THE CITIZENS' LEAGUE has purchased this space. It will be used for the purpose of awakening interest, promoting good government and placing before the people subjects for thought that may aid in the upbuilding of Covington. THE PARASITE CLASS. The parasite is a civic leech; the pollywog citizen, who would be humiliated if he wasn't so stupid. He is the individual who hangs around and howls; he is on the fence and never jumps until he knows which way; never takes a stand on anything because he doesn't stand on anything. He is the first to crow when a thing goes through and the first to run if it does not. He can't come back, mainly for the reason that he never was. He pays the least taxes (if any at all), and always talks about his rights as a citizen. He is the smallest stockholder in the community company. He will join anything that doesn't cost him anything, and votes early and sometimes often. He will enroll and join an organization for community work, come to every meeting, and appropriate other peoples' money, and usually pays his own dues "next week."

show many constructive men that they are mighty close to the destructive class. One redeeming feature of the destructive class, as well as the parasites, is that they are only fractional citizens, and any one good, healthy, active, constructive individual is worth a dozen of the other two combined. That is why you will see in many communities a mere handful of its citizens doing all the work, carrying all the cost and giving all the time possible to community development. Not that every constructive man in the community is in that organization, but it is made up mostly of constructive citizens. It may not be a perfect organization or doing all it can or even partially effective, but at least it is a start; it is a nucleus around which forces can be assembled; it is the spark that will furnish the heat and keep up the steam. A man may have a destructive tendency and be rescued from the evils of it if he but recognize the fact and desire a change. He may be a parasite and not know it, and may join the constructive forces and be one of them, but if he is a constructive man the community knows it and he will not have to tell them. When the constructive element of a community gets together and throws the light of publicity upon the citizenship and calls for volunteers, the number of constructive citizens in that community will prove astounding. Next week "Community Society."

When you get a terrific sick headache, become constipated or have any stomach or liver trouble, a dose or two of Granger Liver Regulator will put you in good shape. It is a purely vegetable preparation, non-alcoholic and acts pleasantly and effectively. Sold by all druggists—Etc. a box Granger Medicine Co., Chattanooga, Tenn.

THE BEST DEFENSE FOR YOU AND ME, IS EATING MEATS OF QUALITY! THE FIRST LINE of your health's defence should be well stocked with high-quality meats. That is the only sort of meat-foods we sell. We are awaiting your personal or telephonic order. PLANCHE & CHRESTIA Covington, La.

Will Keep You Well. Granger Liver Regulator. When you get a terrific sick headache, become constipated or have any stomach or liver trouble, a dose or two of Granger Liver Regulator will put you in good shape. It is a purely vegetable preparation, non-alcoholic and acts pleasantly and effectively. Sold by all druggists—Etc. a box Granger Medicine Co., Chattanooga, Tenn.

Let'er Rain. FISH BRAND SLICKERS will keep you dry as nothing else will. DEALERS EVERYWHERE. A. J. TOWER CO. — BOSTON.

FOR SALE—Cheap. Beautiful Piano-Player and 50 rolls of music. Only two months in use. JOS. CASERTA, 22d Ave. and Jackson St.