

1-1-1967

Solitary Confinement - *Normal Neurosis* - Part III

Mildred Loomis

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Loomis, Mildred (1967) "Solitary Confinement - *Normal Neurosis* - Part III," *Green Revolution*: Vol. 5 : Iss. 1 , Article 17.
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Earthworms

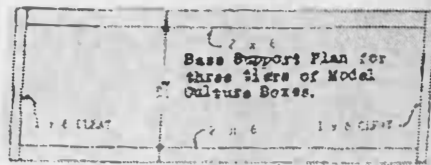
Their Intensive Propagation and Use
In Biological Soil Building

Part III (continued from last month)

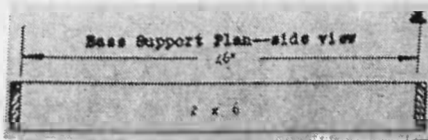
(Excerpted from a booklet of the above title.)

By Thomas J. Barrett

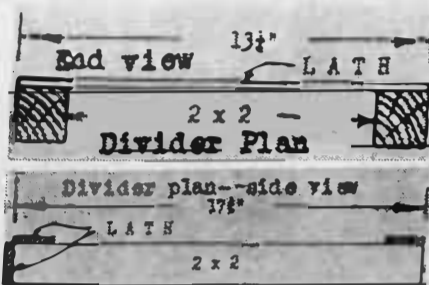
To conserve space, boxes may be stacked in tiers 4 to 10 boxes high. Tiers 4 or 5 boxes high are most convenient in handling. The tiers should be supported above ground upon a base about 6 inches high. Such a base is made by using two pieces of 2x6" timber stood on edge and properly spaced 13 3/4" apart by nailing cleats across the ends. Illustrated plan here shows a base 46" long, 17 1/4" wide and 6" high (overall measurements), to support three tiers of breeding boxes. This base support provides ventilation and drainage. If the breeding boxes are not set flat upon the ground or other surface, the worms will remain in the boxes.



Plan For Base Support



Side View of Base Support



End and Side Views of Divider Plan

In the first illustration (propagation boxes), "separators" or "dividers" will be noted between the box units. By the use of separators between the boxes, made of 2x2" material, 17 1/4" long and spaced 13 1/4" apart by lath cleats, the watering of cultures is facilitated. A hose nozzle or flat sprinkler head can be inserted between the boxes for watering, without disturbing the tiers. A gentle sprinkler stream should be used, so that the surface of the culture will not be rudely disturbed by the force of the water.

Boxes of the proper dimensions may be made. If lug boxes are used, select good boxes without large knotholes. For drainage bore 6 to 8 one-quarter inch holes, properly spaced over bottom of box. The cracks in bottom provide additional drainage. Bottom of box may be reinforced by nailing a lath across bottom at each end. This prevents the thin bottom boards from splitting off around the nail-heads. Ordinary plaster's lath is cheap and makes good cleats. For each box, cut 10 pieces of lath, 13" long, to be placed crosswise in bottom of box. This distributes the weight of the wet compost evenly over bottom of box, provides drainage and prevents sagging of bottom. Also when contents of box are dumped, the wet compost does not adhere to the bottom of box. The lath may be used over and over.

For convenient handling, a small strip of lath, 6" long, may be tacked on each end of box, near upper edge, so that in lifting the box can be securely grasped. As culture boxes will last from 2 to 4 years, it pays to carefully prepare them for convenient and efficient handling. (Study the illustrations for graphic details.)

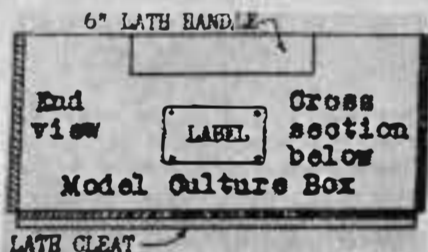
The Compost

For preparation of compost, a cement mixing box is good. Such a mixing trough should be 12" deep and 5 to 6 ft. long, with metal or smooth wood bottom and sloping ends. Three cubic feet of material can be mixed in such a box. The compost can be mixed with a rake, hoe or shovel, similar to the way cement is mixed. The sloping ends of the mixing box facilitate the process and the emptying of the box. It is well to screen the material first to remove small stones and hard clods and to break it up, using a 1/2" mesh screen. Coarse material may be broken up by chopping, raking and screening, similar to the preparation of fine potting material. The finer the better.

While preliminary mix should be made with practically dry material, it can be lightly sprinkled to avoid flying dust. As the material becomes well broken up, it should be sprinkled more and more, so that when ready for use it will be a crumbly mass, crumbly through and through but not muddy or soggy wet.

Compost should not be "flooded," as this tends to "puddle" the fine soil and make a dense mass instead of a crumbly, loamy compost. A good plan is to mix a tray of compost as outlined and then sprinkle it daily for 2 or 3 days, turning it thoroughly at each sprinkling. In this way the material will absorb the water properly and be evenly damp through and through.

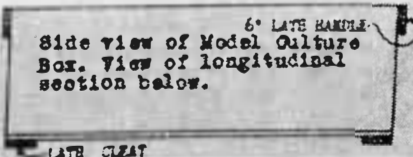
(to be continued)



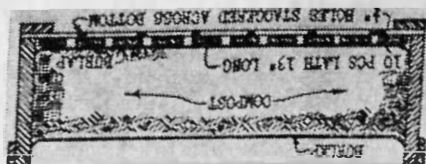
Production and Other Results Can Be Recorded Better If the Boxes Are Numbered or Labeled.



Cross Section of Model Culture Box, Showing Arrangement of Lath Cross-Members (With Compost in Place).



Side View, Showing Lath Handles On Ends and Lath Cleats Across Bottom For Reinforcement.



Longitudinal Section, Showing Lath Cross-Members in Bottom of Box, Drainage Holes, Compost in Place.

Flight From The City

By Ralph Borsodi

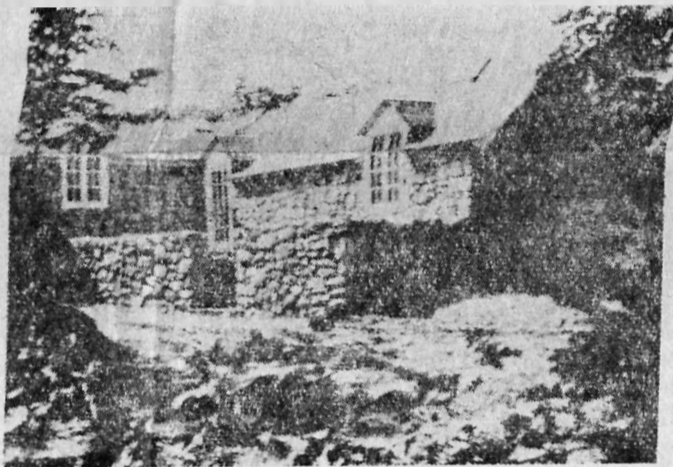
It didn't prove as easy as we anticipated. We spent not only that evening, but many evenings, trying to arrive at a fairly accurate answer to the question. It wasn't even easy to arrive at a satisfactory figure on the cost of raw materials she had used. Some of the tomatoes had been grown in our own garden; some had been purchased. How much had it cost us to produce the tomatoes we had raised? We had kept no figures on gardening costs. Even if we had kept track of all the odd times during which we had worked in the garden, that would have helped little without a record of the time put into caring for the single row of tomato plants we had planted.

It proved equally difficult to determine how much time should be charged to the actual work of canning—since several different kinds of household tasks in addition to canning were often performed at the same time. While the jars were processing in the pressure cooker, work having nothing to do with canning was often performed.

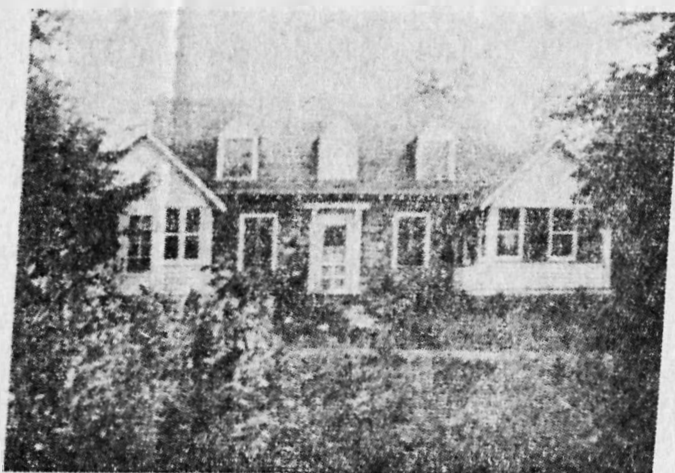
And when it came to determining how much electric current had been used—how much to charge for salt, spices, and other supplies—the very smallness of the quantities used made it difficult to arrive at a figure which approximated the facts. However, by abandoning the effort to determine gardening costs, and labor costs, and substituting the market value for both raw materials and for labor, we did finally come to figures which I felt we might use.

Then we still had the problem of determining what it had cost to buy canned tomatoes; we had to buy canned goods in a number of different stores so as to get a fair average price on the cannery-made product; of making certain that they were of a quality similar to those which we had produced at home, and of reducing the quantity in each can and each jar to some unit which would make comparison possible quantitatively as well as qualitatively. When we finally made the comparison, the cost of the home-made product was between 20 per cent and 30 per cent lower than the price of the factory-made merchandise.

The result astonished me. That there would be a saving, if no charge were made for labor, I expected. I was prepared to find that it paid to can tomatoes whenever the cash income of a family was so low that anything which might be secured for the housewife's labor was a gain. But after every item of expense had been taken into account, and after analyzing the costs of domestic production as carefully as I would have analyzed similar costs in such a cannery as that of the Campbell Soup Co., that a saving should be shown was astonishing. How was it possible, I kept asking myself, for a woman, working all alone, to produce canned goods at a lower cost than could the Campbell Soup Co. with its fine division of labor, its efficient management, its labor-saving machinery, its quantity buying, its mass-production economies? Unless there was some mistake in



DOGWOODS LODGE, a five-room stone cottage, built (except for plumbing and wiring) entirely by amateur labor. All the stones used in the buildings on the homestead were picked up on the place.



DOGWOODS COTTAGE, a seven-room cottage. Except for carpentry and plumbing, built by amateur labor.

our calculations this experiment knocked all the elaborate theories framed by economists to explain the industrial revolution, into a cocked hat. Unless we had failed to take some element of which I was ignorant into consideration, the economic activities of mankind for nearly 200 years had been based upon a theory as false as its maritime activities prior to the discovery of the fact that the world was round.

Slowly I evolved an explanation of the paradox. First I sought for it in advertising. I wrote a whole book, *National Advertising vs. Prosperity*, about my excursions into the much-neglected field of advertising economics. Advertising, however, furnished only a partial answer to the question. While I did come to the conclusion that certain kinds of advertising involved economic wastes, I discovered that the bulk of advertising had no more effect upon prices than any other activities incidental to the creation of time and place utilities. Articles discussing my analysis of the economics of advertising were published in the trade press in 1922; my book appeared a year later, in 1923.

ADVERTISING RATES

Classified: 35c per line. Minimum 3 lines or \$1.05. Average line has 40 spaces.

Display: \$5 per column inch. No discounts on any ads. Payment must accompany order.

Deadline: 10th of preceding month (example: April 10 for May issue).

Send ads to: School of Living, Brookville, Ohio 45309.

SUNDRIED, unsulfured fruits, herbs, unbleached nuts, saltless olives, avocados. Frank Smith, 5685 Oak Knoll, Los Gatos, Calif.

WANTED: 1962, 1961, 1963 issues of *A Way Out*. Will pay 20c apiece. Send to H. Roseman, 1452 East 85th St., Brooklyn, N. Y. 11238. r(1)1-67

FOR SALE: Thriving industry milling unbleached flours, unbleached white flour and cereals. Nothing added. Buy mills and modern 4-bedroom dwelling as unit or separately. \$35,000 plus stock. Miller getting aged. A. J. Rogers, Wholesome Foods, Armstrong, B. C., Canada. r(2)2-67

HEALTH REJUVENATION. Fasting. Vacationing. Weight reduction. Nude sunbathing. Spring water pool. Gulf beaches. Delightful natural foods. Health lectures. Rates \$8 up. Cooperative employment available. Write SHANGRI-LA HEALTH RESORT, Bonita Springs, Florida 33723-G. Enclose \$1 for book, "Fasting Can Save Your Life." (5-66)3

LIVING HIGH by June Burn. Joyous homesteading classic. New illus. edition, \$3. Wellington Books, 346 Concord, Belmont, Mass. (4)

THE OWNER-BUILT HOME is now completed. Volumes I, II, III, IV are available (\$2 for each volume) from: Ken Kern, Sierra Route, Oakhurst, Calif.

living the good life

by Scott & Helen Nearing

Read details about their organic gardening, house and greenhouse building on a New England homestead farm. Clothbound Photos 210 pages \$3.50 FOREST FARM, HARBORSIDE, MAINE

Solitary Confinement

Normal Neurosis, Part III

By M. J. Loomis

"Two or three times I've come across a book that has a life-changing impact. Maybe it brings into strong focus something I have been 'approaching,' or clarifies some hazy perceptions and thoughts I have. Such a book is *Normal Neurosis* which you gave me last summer. I am very, very grateful for it." So writes Dick Roberts, from New Zealand.

Readers will recall that the central thesis of this book by Gail and Snell Putney (\$4 from School of Living) is that mental health and effective living stem from an image of one's self that accurately reflects the real self (with all its imperfections) yet which one accepts, and works to improve. A healthy psychological goal is increasing self-acceptance, rather than seeking the approval or acceptance of someone else. Improved function is sought through introspection, intimate association with and mirroring from associates, and continued action that will bring new attitudes, skills and behavior to replace personality gaps.

A useful chapter is "Solitary Confinement." The authors repeat that a human being can stand solitary confinement for only short periods. When the basic need for human association is blocked for any length of time, serious negative personality changes can occur. But many moderns put themselves into solitary confinement. We may live constantly within sight and earshot of others, but much of the time we are withdrawn, and not in close psychological touch with our associates. This is self-imposed for fear of intimate association that exposes or reveals one's real feelings, attitudes and ideas. We are afraid of being hurt or of "hurting" others. We tend to wear a mask, to cover-up, to alienate or not accept one's real self.

We make sure we have no free time so that we have little unstructured association with others. We may wear a professional role in business; keep to a stylized relationship; fear casual intimacy. Yet every one of us needs to explore our self-potential through candid association. When we deny ourselves we experience chronic tension.

Flight from association into work is another device by which people try to avoid intimacy. They are afraid of the results of (continued on page 4)

New Bread Uses, cont'd

the nation's leading research laboratories.

"We spared no expense for these analyses," says the tall, 230 pound Richard Mease. "We are glad we did, for they not only substantiated our claims: in some cases they found we even surpassed them!"

A booklet was prepared describing the bakery and the baking process and listing the ingredients and the analysis. It says that Mease's Holgrain Bread includes: "sprouted, high protein wheat, pure bacteriologically tested well water, wild-flower honey, soy oil, sea salt, fresh yeast, unbleached lecithin, dehydrated alfalfa, dulse, okra, parsley, carrots, dandelion, watercress, blackstrap molasses, brewers yeast and hydrolized vegetable protein."

As indicated on the bread wrapper, three slices per day supply the adult minimum daily requirements of 100% iodine,

41% iron, 34% niacin, 29% phosphorus, 16% calcium, 17% thiamin and 10% riboflavin. For all four types of bread, calorie count averages approximately 70 per slice.

The bread has: carbohydrates 46.50%; moisture 33.98%; protein 11.51%; fat 3.41%; ash 2.68%; fiber 1.92%.

The booklet states: "The most precious elements in seeds are probably the B and E vitamins. Seven parts of thiamin (vitamin B-1) becomes nine parts in sprouted wheat. Riboflavin (vitamin B-2) increases four times. In sprouting wheat, niacin increases by 40%; pantothenic acid by 40%; pyridoxine by 44%; biotin by 53%. Folic acid—that vitamin so rare that none of us gets enough of it—increases from 28 parts to 106 parts after sprouting."

Could anyone doubt that here, indeed, is the staff of life? Moreover, there isn't a person who eats it who doesn't exclaim, "What a wonderful flavor!" One customer waxed poetic and said, "rich and natural as a field of wheat under a summer sun."

Herbs And Your Health

By Ben C. Harris*

Part II

Speak of herbs and the health-enthusiast or neophyte herb user conjures up all kinds of sure-cures and quick-quicker roads to better health. Well-meaning folks have come to me expecting a miracle cure in every package of herbs. Many had been ailing for 15-20 years, violating almost every law of life, and sought herb remedies to cause all their ills to vanish almost overnight.

How misled can one be? Herbs are not a do-all like DUZ; using herbs is only a guide to your own Fountain of Youth, to your own Shangri-la.

To reach the realm of a personal paradise on earth, you must work hard at it. Good health is not easily come by and must be well earned. Take time to study and evaluate such other facets (or spokes of the wheel of health): everyday habits (e.g., sleeping and exercise), organic garden, dangers of chemical drugs, need of fasting, selection of and combination of foods, proper diet, choice of food seasoners, the problem of drinking and smoking, etc. Once each spoke of the health-wheel is correctly utilized and coordinated with the others, and then practiced everyday as preventers of disease, then do herbs have meaning and their use, purposeful.

For example: One who suffers from a persistent stomach distress must not equate the final answer with herb remedies. Everyday excesses and gluttonies need to be eliminated, often requiring a short fast. Eliminated from the diet are most—a compromise—man-made, boiled-spoiled, foodless foods; included are more fresh fruits and vegetables. Also, morning exercises are in order, as is walking to work or to market, and far less car-riding and a minimum of TVing.

I do not recommend laxatives of any kind—Senna, Cascara, Mandrake, et al. The following herbal remedy is a mixture of alkalizing and cleansing herbs and is suitable for most internal disorders. The herbs are easily obtained from your druggist or health-food store.

The herbs: Mallow, Linden, Boneset, Yarrow, Blue Vervain, Mint or Catnip.

Preparation: Mix together equal parts of the herbs. Stir well (25-30 times) one teaspoonful in a cup of hot water and cover 15-20 minutes (or until tepid). If necessary, use honey to sweeten. Sip slowly one such cupful morning (as a substitute for breakfast), mid-afternoon, and one hour before bedtime.

*Ben Harris is author of *Better Health with Culinary Herbs*, and other books. His address is 237 May St., Worcester, Mass.

New Harmony, cont'd

the place to our delight.

"If you've been having steak a long, long time, Steamed and boiled beans taste just fine."

Keep up the great work, and let any interested person write us for directions and welcome to New Harmony Homestead.—Ferdie Knoess, RFD, Pennington, Minn.

Financial Record

May through October, 1966

Land:

Cost \$3200; 157 acres with barn.

Equity in property \$970 (two government "Soil Bank" payments).

Received \$3000 from a close relative to purchase land. Have repaid \$500 from one of the Soil Bank payments. Since then, relative has made us a gift of the remainder that was due.

Accepted \$25 from a friend toward the community planned here.

Had saved about \$1000 from several jobs over a period of a year and a half (included periods of unemployment). Rented, ate and lived "economically."

The tax collector relieved us of \$115 for property taxes. (Land tax will be 40% off beginning in '68; we'll be eligible for "homesteading" deduction.)

Transportation:

Bought a 1951 truck for \$125 to continue our search for land (1965) and finally moved to Minnesota in May, 1966. Eventually shelled out over \$125 for new tires and battery. Prior to this we looked by bus and friend's car. About \$300 additional was spent actively looking for land (gas, but fare, misc.).

Building Materials:

Approximately \$250 for building and repair materials. A small amount to repair a tiny cabin that housed us in spring and summer, the remainder for our present quarters in a section of the "barn."

Baby:

So far Geordie has accounted for a cash outlay of \$30. However, the little one's advent netted \$112 from relatives and friends. A nice batch of infant clothing was also received.

Clothing:

Brought to homestead clothing acquired over the past few years. Have since received some discards from relatives for us and the baby. Have bought a few articles for baby at local rummage sales for 5 and 10 cents each. Much good adult clothing also available at such sales for a few cents. Many things will be made by us of commercial and preferably home spun wool (we have fleece, need a spinning wheel).

Food:

Try to use as much of our own as is possible to grow and store successfully. Cash output since coming to New Harmony has been very low. Purchase "economical" foods and eat much of wild plants. Since summer we've subsisted primarily on our garden produce. Have stored and preserved much cultivated and some wild foods for winter and spring. Will have to buy some food before next year's wild and knoess, cont'd from Dec. domesticated plants arrive. Hope to eventually do without buying (much) food. Before the garden came in we spent less than \$5 a week on groceries; much, much less now. (Note: Even in the city we spent only \$10 per week on groceries for the two of us; this usually included some non-food items.)

Furniture & Household Items:

Furniture and many other household articles like kitchenware are secondhand from relatives or bargain stores. Some things have been given to us by our new neighbors here. We bought a used wood cook stove for \$7. A few things have been purchased new.

Cash Income:

There exist opportunities for

cash income; I've been offered three jobs, without looking, since arriving in the area (planting trees, cutting trees, and sawmill work). Have worked for neighbor at threshing time (who refused cash for many small favors and 100 bales of good hay). Other cash possibilities open: beekeeping, fire fighting, vegetables, lumbering, crafts, knitting and weaving (wool is cheap), etc.

Reserves:

\$800 plus a helluva lot determination.

Letters To Newspapers

Readers of *Green Revolution* often present their ideas in letters and items in newspapers and magazines. We'd be glad to learn of them and reproduce them when space permits, to indicate the range and impact our readers have on the public. We begin with Howard Morris' letter in the Dec. 22 *Dayton Daily News*:

Occupancy and Use of Land

At this, the Christmas season, "peace on earth" is conspicuous in print, but throughout the entire year numerous strikes and, alas, wars make the absence of peace conspicuous and prevent thoughtful adults from being deeply cheerful.

We would do well to act on a profound fundamental concept expressed by Abraham Lincoln, prompted by his experiences as a lawyer in defending citizens who were trying to acquire enough land for a homestead. . . . Defending them against unscrupulous "land sharks" and greedy landlords, he said:

"The land, the earth God gave to man for his home, sustenance and support, should never be the possession of any man, corporation, society or unfriendly government, any more than the air or water, is as such. An individual, or company, or enterprise requiring land should hold no more than is required for their home and sustenance, and never more than they have in actual use in the prudent management of their legitimate business, and this much should not be permitted when it creates an exclusive monopoly. All that is not so used should be held for the free use of every family to make homesteads and to hold them as long as they are so occupied."

Four score and seven years ago—in 1879—an exceptionally able, sincere, noble thinker, Henry George, elaborately developed this same concept.

Howard L. Morris
3131 Ferry Road
Bellbrook, Ohio

Letters, cont'd

and vaccinations. For the most part natural living, breast feeding and good natural food from their homestead should bring this little one through in fine shape. Our five-year-old son has never had any shots or needles injected into him. He is very well, except for an occasional cold, which we handle via rest, fasting and simple food. For our peace of mind we had a doctor give him a check-up, and all is well.

Rather than investigate all aspects of vaccination, why not read such books as Rene Dubois' *The Mirage of Health and Orthodoxy* by Dr. H. Shelton, Box 1277, San Antonio, Tex., for \$5.—Jean & Bill Peavy, 1675 Bette, Merced, Calif.

Interest In India

To the Editor:

I highly appreciate the work you are doing in your School of Living, and the life-saving information in *Green Revolution*. . . . Our center was founded by Gandhi in 1946, and we regret he was not spared to guide its activities, but we have the guidance of Balkoba Bhawe, Vinoba Bhawe's younger brother. Today we have more than 60 patients, use no drugs or any kind of sup-

plements. We have a farm, with grapes and other fruits, produce all our grains and have a model dairy, 18 miles from Poona City.—K. Chandra, Nature Cure Center, Uruli-Kanchan, India.

Praise For Cats

To the Editor:

So many wonderful things happen almost daily, isn't it so? Can you remember many? Can you count them? To count the good; to ignore the bad. . . .

My beautiful, fluffy cat, Mandy, lies here on a box-seat beside my desk. One comic leg sticks up as she licks its every hair into place. Cat feet are to me the most comic animal structure I have ever seen. Short, blunt, just a rounded end to the stick and yet the cat can climb anything, run faster than a dog, manipulate things with those stubs called feet. To me they are comic all over again, every day.

Mandy sails across the room and flies up into my lap like a thrown ball. . . . and she so soft and warm. We never had pets before. My husband had no patience with them. But in his old age he begins to love them, and is good to them. Our dog has quietly become his instead of mine, which is perfect, for Mandy won't let him hold her at all. Funny people, animals.—J.B.

No Vitamin E In Frozen Foods

To the Editor:

An advertisement in a trade journal states: "The cold fact is that vitamin E in most frozen foods actually breaks down in storage." Foods fried in vegetable oil containing a lot of vitamin E were later frozen, tested, and then contained almost no vitamin E. . . . Most people get about half the amount of vitamin E which officialdom says is good. If you eat many frozen foods, don't depend on them for vitamin E.—Mildred Rexrode, Dayton, Ohio

Hiivaleipa (Finnish Rye Bread)

I would like to share this favorite recipe for Finnish rye bread with readers. The following is a "quick method" recipe.

1½ cups hot water
2 tablespoons butter or salad oil
2 tablespoons raw sugar (for dark rye use ¼ cup dark molasses)
2 teaspoons sea salt
1 package yeast (2 tablespoons of bulk dry yeast)
½ cup lukewarm water
3 cups coarse rye flour (whole wheat may be used)
2½ cups unbleached white flour (may take a bit more)
Melted butter or salad oil

Place hot water in large mixing bowl, stir in butter, sugar and salt (molasses). Set aside to cool while you dissolve yeast in ½ cup warm water. Let stand about 5 minutes. Blend into first mixture when it becomes lukewarm. Stir in rye flour (or whole wheat). Beat with wooden spoon for 1 minute. Add 2 cups unbleached flour and blend well. If too sticky add ½ cup more unbleached flour. Put ½ cup unbleached flour on kneading board and pour out dough onto floured board. Knead about 10 minutes; add more flour if necessary.

Place dough in buttered (oiled) bowl. Brush top with butter (or oil). Cover with a slightly damp cloth (I put a piece of plastic on top of cloth to keep it moist). Place in warm area, about 80°. Allow to rise until double in bulk, about 1 hour.

Punch down and knead lightly; divide dough in half. Shape each half into a round loaf, place on lightly oiled baking sheet (a cookie sheet will hold both loaves). Press down with hands until dough is about 1 inch thick. Cover and allow to rise, about 45 minutes, in warm place. Bake loaves in a fairly hot oven (375°-400°) for 25 to 30 minutes, until crust is a nice brown.

Cut in wedges, split in half while warm; and buttered is a special treat for boys of all ages (girls love it too, but it's calorie-loaded).—Nina Johnson, Rt. 1, Box 249, Newberg, Ore.

Financial Report, Jan. 1-Dec. 31, 1966

Income

| | |
|-----------------------|-----------|
| Workshops & Seminar | \$206.25 |
| Income from A Way Out | 1442.44 |
| General Contributions | 708.93 |
| Back Copies Sold | 146.78 |
| Books Sold | 1364.55 |
| Headquarters Fund* | 1859.06 |
| Green Rev. Ads. | 247.36 |
| Green Rev. Subs | 2235.72 |
| | \$8211.09 |

Disbursements

| | |
|-------------------------|-----------|
| Refund to GAL Fund | \$80.00 |
| Ken Kern Travel | 288.22 |
| Ads | 161.03 |
| Postage | 284.16 |
| General Exp. & Supplies | 273.72 |
| Headquarters Fund* | 1859.06 |
| Salary, M. J. Loomis | 708.25 |
| Salary, Assistants | 115.00 |
| Books | 452.39 |
| Green Rev. Expenses | 2465.01 |
| A Way Out Expenses | 1119.98 |
| | \$7806.82 |
| Total | \$7806.82 |
| Surplus | 404.27 |
| | \$8211.09 |

Bills Pending, \$378.

*Amount contributed directly to J. I. Smith, Chairman, and reported separately.

February Green Revolution will be a HEATHCOTE CENTER ANNIVERSARY ISSUE

Featuring:

Who Will Live At Heathcote? — The Year-End Dedication. — Summer Program. Etc., Etc.