

# OF INTEREST TO WOMEN

CLUB NEWS

PERSONALS

## STANHOPE

Miss Peggy Anderson was a week-end visitor in Raleigh.

Mrs. Effie Mae Morris spent Sunday in Enfield visiting her aunt, Mrs. Yancey Spivey.

Miss Elsie Mae Morgan has accepted a position with Mr. Zeb Jones of the Nash County Insurance Agency.

Mrs. Marion Ward and son were visitors this week in the home of her parents, Mr. and Mrs. J. D. Luper.

Mr. Mallie Taylor, of Portsmouth Navy Yard was in town with Mrs. Taylor and his family over this past weekend.

Miss Rachel Brantley spent the past weekend at Louisburg College and attended the May Day pageant on Saturday.

Mr. and Mrs. Claude C. Abernathy and Mr. and Mrs. Roland Geddie visited friends and relatives in Jacksonville, N. C., Sunday.

Messrs. John Barbee, "Duck" Sykes, Ed Agree and "Short" Collier enjoyed a fishing trip below Williamson Monday and Tuesday of last week.

In glancing over the May issue of the Sanatorium Sun we notice among patients admitted to the Main Division the name of Mrs. Pauline King of Spring Hope. Among patients discharged was Mrs. Maggie Short of Nashville, N. C.

Luther Finch of Toronto, Canada has returned after a visit to his mother Mrs. Bessie W. Finch.

Miss Foy Hocutt and Mr. Lee of Rocky Mount spent Sunday with Mrs. Lee Bell.

Mrs. O'Kelley Howard of Florence, S. C. spent last week with her sister, Mrs. L. L. Harper.

Mrs. H. L. Dillard entertained a few of her teacher friends from Fremont last week-end.

Mrs. Roger Strickland's sister Miss Annie Smith of Kinston has returned home after a few days' visit.

Miss Emma Roberson spent Thursday in Richmond, Va., shopping.

School has closed and most of the teachers have gone to their homes for vacation. No longer does the school bell call together a set of happy children, instead the boys and girls are scattered, seldom getting to a rendezvous even to play ball. Many are fast executing their 4-H Club projects. As farm boys and girls they are quite busy digging, laboring, planting, feeding and caring for stock or chickens. Yes, as future farmers and farmerettes they are learning to search for their birthright, their inheritance and they are blessed with intelligent guidance. At rest periods, access to Stanhope library gives them periodicals, books, plenty of food for thought, Mrs. Fred Wallace and daughter

have returned to Star.

Mr. and Mrs. Duke Ricks of Wilson visited kin and friends here Sunday.

Miriam Harper entertained forty-five of her friends at a birthday party Tuesday afternoon. They all had a happy time, enjoyed several contests and together made her thirtieth birthday one long to be remembered.

Stanhope Sunday School plans to have an attractive Mother's Day program.

At commencement we were made quite proud of two boys—Edward Brantley for attaining the best seventh grade average, and Fred Bissett for perfect attendance throughout his seven years at Stanhope School. Such boys must not go for cannon fodder.

Mrs. Sallie Strickland well-known in our midst, an 89 year old resident of near Bailey was buried in Flood's Chapel cemetery last Monday. She was the widow of a confederate veteran, Lawrence Strickland and one of the last of her contemporaries to go.

Misses Annie Britton and Florence Bartholomew spent the past week end in Rocky Mount as guests of Mr. and Mrs. James Speight.

## Democratic Women To Award Prizes



Left to right: Miss Beatrice Cobb, National Committee-woman; Mrs. May Thompson Evans, Assistant Director Women's Division, Democratic National Committee; Mrs. T. W. Watson, Chairman Conference Arrangements.

Mrs. Charles W. Tillet, State Publicity Chairman of the Regional Conference of Democratic Women, announced today prizes which will be awarded at the Regional Conference of Democratic Women to be held in Winston-Salem May 23-24. Attractive prizes have been donated by Civic leaders in Winston-Salem and will be awarded by Mrs. T. W. Watson, Chairman of Conference Arrangements, and will be as follows:

- 1st.—A prize to each County Vice-Chairman who has a representative attending Conference from each precinct in her county.
- 2nd.—A prize to each District Vice-Chairman who has a delegation of at least five women from each County in her District.
- 3rd.—A prize to each District Digest Director who has a Democratic Digest in every precinct in every County in her District.
- 4th.—A prize to the State Vice-Chairman among the eleven states participating in the Conference, who has the largest state delegation at the Conference. North Carolina will not compete for this prize.

The Orchard Orioles have returned and are gaily singing all the day long. They may be seen slipping through the foliage of trees searching for insect larvae, their chief article of diet. Three types of Orioles may be identified, the mature male which is chestnut and black, the greenish yellow female and the male of a year old, greenish yellow with a black throat. All are slender and active, about the size of bluebirds. Before long they will be weaving their basket nests in shade trees about our yards.

### YOUR HOME AND MINE

(By Jane Floyd Back)  
When spring is in the air one's thoughts don't always turn to dreams of romance. If one is a homemaker they more likely than not turn to thoughts of the home and the urge to go on a decoration spree and dress up the house.  
Then the household budget rears an ugly head and plans for a new wardrobe for the house more often than not become merely wistful thinking.  
But the ingenious homemaker who is smart enough to realize that it's the little things that count can accomplish all sorts of attractive results with an amazingly small amount of money.  
If you have a very few dollars to spend and still want to translate that spring urge into decorative action make an economy game of it. Take stock of each of your rooms in turn and decide what new touches they need to greet spring. Then see just how far you can stretch your money.  
In your living room, for instance, maybe you have a window overlooking a garden that will be riot of bloom before many more weeks have passed. Why not take your heavy draperies down, tie back your glass curtains and hang a mirror opposite the window where it will catch reflections of the garden and thus make a real life picture for the room. Be sure the mirror is of polished plate glass to obtain glamorous results.  
Lacking such a garden view, place a mirror behind your living room or console table and keep an arrangement of spring flowers just in front. You will be surprised to find how much additional beauty the flower arrangement will gain from reflection in the gleaming plate glass surface of the mirror.  
Treat your bed and dressing table to a new cover and drape. You can make all sorts of charming and inexpensive covers and drapes out of the new calicos, organdies and flowered muslins. If you have painted furniture invest in a few cans of paint and work out a new and exciting color scheme for the room.  
Invest in some of the gay new shower curtains for your bathroom and make a set of flowered dimity or muslin curtains for the window.  
For your dining room get some inexpensive and bright colored pots from your local department or dime store, fill them with plants and set them around the windows on small plaques of mirror glass. Invest in a set of bright colored mats for the table and a new flower bowl to hold arrangements of spring flowers.  
You will be surprised to find what small touches such as these suggested can do to add a feeling of freshness to your rooms.

### TIME TO RAMBLE

It is nesting time for the Bob-white or partridge and loud whistles of "bob-white, old bob-white" are heard across the field as the male bird calls to his mate. They are plump, brown-speckled birds and the male is distinguished by his white throat which the female lacks. Their nest is built on the ground, hidden away in the grass where about fifteen pointed white eggs are laid. As soon as the young birds are hatched they can run about through the grass like chicks. At a warning from the mother bird they will all scatter and hide under leaves or grass and remain perfectly still for that is their only means of protection from their enemies.  
Now is the time to ramble over hills where the mountain laurel or "creek ivy" grows. These evergreen shrubs are found in great numbers on the bluffs along Tar River. Now they are covered with masses of pink or nearly white flowers. It is interesting to examine an individual flower which opens like a cup having five points. Around it are tea little pockets holding the anthers. Insert a twig into the center of the cup and the stamens fly back like springs, scattering the pollen. The unopened buds, dotted with pink, add color to the large flower clusters.  
Wild strawberries are ripening, as the children most likely have discovered. The berries are small but full of flavor and of a delicious fragrance. They grow best on hillsides where the soil is red so are found more frequently in the western half of our county.  
Honeysuckle vines are showered with sweet-smelling white flowers which turn yellow with age. They are favorites of the hummingbird, as are all deep-throated flowers. Although this vine runs wild over our fences and takes possession of our swamps, it is not a native of this country but was imported from the Orient.  
The flowers most numerous along roadsides just now are golden ragworts, growing about two feet high, topped by clusters of daisy-like flowers of deep yellow.

## H-E-A-L-T-H

A WEEKLY CHAT WITH DR. C. L. BLACKBURN "WILSON'S CHIROPRACTOR" 5th Floor First National Bank Building WILSON, N. C.

### CALL OF THE OUTDOORS

Spring is here at last and we can get outdoors again. We feel like loosening up. We "aldaters" feel the desire to keep the vigor of youth. And exercise is a means to that end, but we must exercise everyday to get the full benefits.  
You question why exercise? My answer is this! Before the dawn of civilization mankind was not troubled by the need for exercise. Our forefathers, in the dim ages long passed, had to exercise to live to get food—to fight off enemies.  
Today we no longer depend on hunting and fishing for our food. Large number of us sit at desks or tend machines. We ride in automobiles—trains—elevators. The enemies of primitive life do not bother us, and the result is that most of us do not get the amount and variety of physical activity which the human body needs.  
Exercise serves a wide variety of bodily needs. It may serve to improve posture, to help us carry ourselves well, to increase strength, vigor, endurance, beauty, and to correct physical defects.  
General exercise and certain special exercises often have considerable value in controlling or reducing overweight. Especially is this so when, under the direction of an expert a careful balance is kept between exercise and diet.  
One should get fun out of exercise. It is a splendid thing when men and women carry over into adult life the joy of physical activity experienced in childhood. How much more life means to them. They have an invaluable aid, both for the conduct of their own lives and for the guidance of their children.  
Exercise does not need to be a chore. There are many excellent forms of physical activity to choose from. Outdoor sports comprise a series of exercises that are hard to beat. It is a delight to acquire skill in playing outdoor games, such as tennis, baseball, softball, golf or horseback riding. There is a feeling of freedom and power which comes from the mastery of such activities as sailing a boat or swimming.  
In these exercises keep enjoyment going and in hand with keeping the body fit. When the weather makes outdoor sports impossible or when other circumstances prevent them, then indoor and gymnasium games—basketball, volley ball, bowling and the like are recommended.  
Here follows other forms of outdoor exercises:  
1. Walk all or part of the way home.  
2. Hike: Walks in the city, as well as cross country are excellent exercises.  
3. Mow lawn—or do other work which requires physical activity. (People who are not accustomed to this sort of work should be careful not to over do it, especially at first.)  
4. Make a garden—a fine source of real pleasure as well as good exercise.  
5. Row a boat or paddle a canoe. Take a fishing trip once in awhile.  
6. Office workers, housewives, and

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★ BAZAAR PREVIEW ★

THE nostalgic charm of a summer evening is reflected by this romantic dress of blue and white flowered silk organza, with a quaint laced bodice and a skirt flounced in three tiers, as featured in Harper's Bazaar for May.

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