

BAILEY BUGLE ENTERS STATE-WIDE CONTEST

Copies of the BAILEY BUGLE will be sent soon to Chapel Hill to be judged and criticised in a state-wide contest of North Carolina high school papers.

News values, editorial values, general make-up, and typographical work are judged.

In addition copies of the BAILEY BUGLE have been entered in two other contests. One, a nation-wide contest, is to be held in New York in March. Another, dealing only with southern papers, will be held at Emory University, Atlanta, Georgia.

Dr. Daniels Advises On Hygienics

In answer to a request from one of the editors of the BAILEY BUGLE, DR. L. S. DANIELS of Bailey has prepared the following program for healthful living.

HYGIENIC PROGRAM

1. DIET

At least one pint of milk daily.

At least three large servings of greens (cooked or uncooked) in a week.

Fresh fruit once a day.

Some vegetable other than potatoes every day.

Some food necessitating mastication every meal.

Eating no food be-

ACTIVITIES EXEMPLIFIED

Members of all clubs last night presented for the P.T.A. a program of the various club activities engaged in by the different organizations.

Included in the program was a scripture reading by Sidney Jones; Patrick Henry's "Oration", Horace High; and a talk, "Contests Entered" by Sarah Morgan Farmer.

Demonstrations included one on bandaging by the First Aid Club and a typing demonstration by the Commercial Club.

tween meals.

Eating sweets, if at all, only at end of a meal.

Drinking at least six glasses of water daily.

Eating three meals daily.

Eating one lean meat daily and some seafood once weekly.

At least 3 eggs weekly.

2. CLOTHING

Clothing protecting against very sudden changes in temperature.

Shoes sensible in shape, guarding against a marked change in height of heels.

(cont'd next month)

FINALS HELD IN APRIL

Sarah Morgan Farmer, assistant editor of the BAILEY BUGLE and a student of music under Dean Wilgus Eberly of Flora MacDonald College, is planning to enter the state music contest sponsored annually by the Woman's College, Greensboro.

Ten district contests, distributed from ELIZABETH CITY to ASHEVILLE, are impressive preliminaries to the grand finale of the State High School Music Contest and Festival held at the Woman's College in Mid-April. These contests are divided into two week-end periods, held March 13-14 and March 28.

MRS. GRIFFIN ELECTED TO COUNTY COUNCIL

Mrs. E. C. Griffin, acting president of the Bailey High School P. T. A., was recently elected a charter member of the proposed Nash County Council of P. T. A.

At a meeting in Nashville the purposes of the organization were stated: to get together, to get acquainted, and increase the efficiency of the associations.

All officers, principal of the school, and two local association members must attend each meeting.