

## SENIORS ENJOY PATRIOTIC BANQUET

Friday night, March 27, the Junior class of Bailey High School entertained the Seniors at the annual Junior-Senior Banquet.

Patriotism was the theme of the banquet ably presided over by General Horace High, the toastmaster. The tables arranged in the form of a V and decorations aided to the theme.

Guests were served a three course dinner that further symbolized the spirit of patriotism.

### NINTH GRADERS SERVE

Members of Mrs. H. E.

Roger's ninth grade Home Ec. class served the dinner.

To end the evening in the gymnasium Martin Liles prophesied the future of the seniors.

### THEATRE ATTENDED

Following the banquet a number of the ones attending continued the evening's enjoyment by going to the theatre in Wilson.

### MENU

Grapefruit	Cocktail
Fried Chicken	
Creamed Potatoes-Gravy	
Garden Peas	Rolls
Cranberry Salad	
Ice Cream	Cake
Tea	

## F.F.A. BOYS PLAN TOUR

A two hundred fifty mile tour will be made by forty-two F. F. A. boys on Thursday, April 10. They plan to see thorough-bred horses, pure-bred hogs, cows, peach orchards, scenery at Pinehurst and Southern Pines, dairy at State College, furniture factories in Sanford, and the campuses of State College, Duke University, and the University of North Carolina. Raleigh, Sanford, Pinehurst, Southern Pines, Carthage, Pittsburg, Chapel Hill, and Durham will be visited.

## Dr. Daniel Advises On Hygienic Living

(Continuation from last Month)

1. Devoting  $\frac{1}{2}$  to 1 hour daily to vigorous physical exercise outdoors in gymnasium or swimming pool (at least 3 hours exercise a week outdoors.) Exercise should be vigorous enough to cause deep breathing.
2. Brushing teeth at least twice daily in approved way.
3. Daily tonic bath and skin friction of type suitable for the individual,

4. At least one satisfactory bowel movement daily, with regular attention to this function.
5. Giving 3 to 9 hours in bed and to sleep daily.
6. Lying down and resting 10-20 minutes between 11 P. M. and 2 P. M. each working day--not necessary for school children.
7. Devoting 1 to 2 hours daily (in addition to daily exercise to social recreation or recreat-

ive reading or other recreative occupations.

8. Keeping weight within standard range for health. Not more than 10% below nor 15% above standard for age and height, considering standard at 30 best standard for later ages.
9. See your family doctor for regular, thorough physical examinations frequently.
10. Keeping one full day each week for rest.