

Citizenship Is Character

Character building is a part of the teacher's work as much as the instilling of knowledge. Realizing this, the teachers hold constantly before the child the principles of citizenship.

Although a minority of the students shows improved behavior, the majority does not yet realize the full importance of the fact that it is the little things that count.

It is well for students to remember that they are at the age when character is being molded.

Roots Of Peace Should Extend From The Home

Soon the world celebrates again the coming of the PRINCE OF PEACE.

Probably no time in the world's history are people thinking more in terms of peace.

The best place to lay the foundation for peaceful living is the home. Once practiced there it will radiate throughout the community, the nation, and the world.

Basketball and Studies May Be Combined

Heretofore the season of basketball and the season of lowered grades have gone hand in hand.

This should not be. Basketball as a form of recreation should enable the student to return to his studies with renewed vigor, understanding, and keener attention.

Play, yes, but study too. Both can be done well if the student plans his time well.

Health Promoted Through Planned Meals

Awakening to the fact that mental and physical deficiencies are often the results of malnutrition, Nash County in cooperation with the state board of health is including in its health program the importance of right foods.

According to this program there are seven basic food groups that should be used daily.

These groups, consisting principally of butter, whole grain cereals, green and yellow vegetables, milk, eggs and meat, fruits, and potatoes, are produced on many of the farms and are available on the markets.

By menu-planning, families may have a well-balanced breakfast, lunch, and dinner that will enable all to be better citizens, students, or workers by means of improved health.



MAKE that Christmas dinner fit your pocket; buy only what your ration books call for, no black market goods.

POINTERS FOR GOOD MANNERS

1. "POLITENESS is to do and say the kindest thing in kindest way."
2. "TIPTOE into a room when late, when leaving a room, or when using the pencil trimmer."

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