

"EAT IT UP
WEAR IT OUT"



MAKE IT OVER
OR DO WITH OUT"

Alphabet Of Food DELEGATES ATTEND STATE RALLY

A is for apple, to keep the doctor away,
 B is for butter, a good fuel food,
 C is for carrot, to keep the cheeks pink,
 D is for dessert, which makes no one frown.
 E is for eggs, to build and repair body tissues.
 F is for fruits, that give vitamin C.
 H is for hash, a good way to use left overs.
 I is for icing, liked best on cakes.
 J is for jelly, so clear and sweet.
 K is for kale, full of vitamin A and C.
 L is for lettuce, that fits in the diet.
 M is for milk, full of calcium and phosphorus.
 N is for nutmeg, a spice good in baked custard.
 O is for olives, good in sandwiches.
 P is for pumpkins, that make good pies.
 Q is for quince, which will make good preserves.
 R is for radishes, that we like in salads.
 S is for spinach, that every child should eat.
 T is for tomato, which give salads color.
 V is for vanilla, that most popular flavoring.
 W is for watercress, used as a salad green.

Ruth Farmer and Elizabeth Glover, delegates of the FHA club, will journey to Raleigh tomorrow to attend the State Rally in the Hugh Morson High School sponsored by the Future Homemakers of America. The meeting, as the name implies, is a get-together rally for exchange of ideas and making new acquaintances.

Registration will begin at 9:30 a.m. and the hour
**TENTH GRADE WINNER
 OF SALES CONTEST**

As a result of the sale of all-occasion cards, the tenth grade won the contest, having the highest percentage of sales.

The contest was judged on a percentage basis since there are more students in one class than the other.

Although the ninth grade sold more cards, the tenth grade had the highest per cent.

Of the \$102 received from the sales, the department netted \$51.

As a reward, the ten students of the tenth grade went to Wilson on a theater party. Five of the group attended the Wilson Theater and the other five, the Carolina Theater. After the party, they went

which follows will be used for boosting candidates, looking at scrap books, year books, and displays, and hearing special music.

During the general sessions, a dress review will be held. The model representing each chapter is supposed to be the winner of her local fashion show.

The group will be served luncheon at 12:30 by the FHA chapter of the Hugh Morson High School.

**HOME EC. CLASS MAKING
 DRESS FOR FIRST TIME**

Students of the ninth grade have begun sewing on their dresses. Since it is their first dress, the students were asked to buy print material.

Patterns and material were chosen by the class to suit individual taste.

Most of the girls are making spring and summer dresses for school and play.

To make their work easier, they are working in pairs.

to Bissette's Drug Store where they were served by Mrs. Howard Wilson, home economics teacher. The girls reported that winning was worth the effort.