

Food Survey Shows Diet Of Average A. H. S. Pupil

Have you had your oranges, four and a half eggs, four and a half Coca-Colas, fourteen glasses of milk and thirty-five glasses of water this week?

The food survey taken recently by the home economics department shows that the above is the average for the Albemarle high school students.

According to the survey, 100 students have excellent health; 321 good; 84, fair; 4, poor.

Out of the number who filled out the questionnaire, 450 answered they eat breakfast at least 95 per cent of the time.

The number eating potatoes daily is 274; raw vegetables, 322. The main raw vegetables eaten are lettuce, celery and cabbage; green vegetables, cabbage, peas and carrots.

Raw fruits are eaten daily by 429, the favorite fruits being apples and oranges. The average number of oranges eaten a week per student is four.

Cereal is served in 290 homes every day—the main cereals being oatmeal and Wheaties.

The purpose of the nutrition study is to find the food habits of the students, and it will be followed by advice to the ones who need it.

Miss Watson, teacher of senior English, asked, "In what reference book would you look for a quotation on liberty?"

Helen Chance, student, must have misinterpreted the question, for she replied, "Remember Pearl Harbor."

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Birthdays

- February 4—Edmond Edell
7—Verna Moore
Elin Perry
Walter Shillett
9—Bobby Ruth Bowers
10—Earl Hazen
Hilbert Hahnke
Harold Armstrong King
Lambert
Henry Turner
11—Betty Sue Dugle
12—P. B. Burdison, Jr.
Harold Gibson
H. H. Hartzell
Marie Hartsock
Purdell Holt
13—J. B. Lambert
Jan Perry
Jay Shantz
14—Wesley Cole
15—Robert Louis Hinesworth
19—Frances Cooper
Irene Hildebrand
Mary Elizabeth Welch
20—Wayne Thomas Hall
7, Mc Smith
21—Reville Dorothy Shoner
22—James Wesley Dey
Edward Ford
23—Elizabeth Wallace
Edith Marie Burris
Robert Smith
Dora Vanshook
24—Clarence Cook
John H. Perry
25—J. H. Early
Frank Patterson
George Bowers Walker
26—Edward Cary Becker
J. D. Pickler
March 1—Botha Faye Burris
2—Lester Elmer Mason
Mary Frances Swanson
George Watson
3—William Cotton
Dwight Lowder
Veronica Alma Morris
4—Sherrill Crawford
L. D. Alexander Morris
Ernest Casper
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Band Will Give Three Concerts

The high school band will give three concerts in Albemarle high school on February 16, the second on February 18 at West Albemarle school, and the last on February 22 at Central Elementary school.

Programs at other schools will come at different times during the year.

The band has obtained the concert music which it will play at the contest in Charlotte this spring. It is entering the 6th class this year, while last year it entered the C class.

"Uniforms are now complete," stated Mr. Barbera, "all except the drum major's uniform. To have it complete we need a drum major. Anyone wishing to try out for the drum major, please see me."

There are at present 35 members in the band but in the spring, Mr. Barbera is increasing the enrollment to 45 members.

Junior Class Order For Rings Is Taken

For the first time in the history of A. H. S., members of the Junior class are being allowed to order class rings.

War-time conditions and the fact that the company which makes the rings may be taken over at any time by the government is responsible for the change in regulations.

The large spiral blue sets which Albemarle high school has been accustomed to receiving will no longer be used, as these sets were previously imported from now German-occupied countries. The blue spiral sets are being replaced by red ruby sets.

Miss Laws, senior class advisor, stated that some members of the senior class who ordered the rings last week may have to accept the red ruby sets also.

The order to be sent off from the junior class is the largest order for rings ever to be made in A.H.S.

Miss Watson: Contrast Tennyson and Browning.

Wade Harris: One was better than the other.

Mr. Wilson presented Helen Lowder with a simple arithmetic problem to work. Helen frankly admitted, "Mr. Wilson, I'll declare if I can work algebra."

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Survey Made of Careers Of A. H. S. Girl Students

Of the 337 girls who have graduated from A. H. S. during the past five years, 67 attended college, 93 are married, 59 are working in the mills, 33 are store clerks, 27 are doing office work, 14 are working in the home, 11 attended a school of nursing, according to a survey conducted by advanced students in home economics in a recent study of vocations.

There were various girls who entered vocations in which the field was not so wide and varied. Of the 337 girls approximately 15 girls are not employed other than employment they do at home. Out of this number information could not be secured on seven girls. Only two of the girls have died.

The students in the home economics department, under the supervision of Mrs. Lloyd Troxler, studied the type of work they are planning to do or the requirements for attending college.

Out of the 48 girls in the two classes, only eight are planning to attend college. The remaining 40 will enter nurses training, business school, beauty schools, the home, the mill, and other places of employment. Each girl made a survey on the field in which she was interested and then reported that survey to the entire class.

Two outside speakers, Miss Beulah McKenzie and Mr. J. C. Morris, were invited to talk to the girls and discuss with them their problems. Miss McKenzie, former teacher, is now employed with the Stanly County Welfare Department and Mr. J. C. Morris is a

Public Health Addresses A.H.S.

Miss Anne Barreton, health nurse of Charlotte, all A. H. S. girls had about becoming nurses.

Briefly, Miss Barreton, girls the requirements before entering training, something about the nursing the training schools.

teacher of Diversified in the Albemarle City.

This survey showed what the girls have done the past five years, indicative of the type of work they will be doing after the

Mr. Wilson, to Helen, "Helen, why did you sugar scoop so big?" Helen L.: "Well, when I go after sugar, it is in a big way."

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