

Washing Face May Result In Increased Efficiency On Job

Rest Periods Accepted As Means to Reduce Fatigue

It may not be quite up to Emily Post standards, but many bosses these days are telling their employees, "Go wash your face."

The bosses aren't being rude. And the employee's face isn't necessarily dirty. The "go wash your face" commands stems from research findings which show that washing the face can reduce fatigue and give the office or factory worker an energy "pick-up."

In recent years some of the nation's leading experts in the field of biology, psychology, and industrial management have conducted research to determine the causes of workers' fatigue.

Rest Periods Effective

As a result of these findings regularly-scheduled rest periods now are generally accepted as a means of reducing employee fatigue and speeding up efficiency and production. Studies indicate that mid-morning and mid-afternoon breaks are most effective; employees leave their work for 10 or 15 minutes and return to work at a higher rate of efficiency.

Now, many executives are advised to recommend that an employee wash his face during a break. Medical research into the cause of employee fatigue shows there is a physiological basis for the refreshed feeling which comes after washing the face with soap and water and drying with a towel.

Stimulates Circulation

Washing removes perspiration and allows open pores to breathe again. Drying with a towel stimulates circulation and speeds oxygen to muscles and cells, thus restoring energy.

Providing cotton towels in their company washrooms is an important phase of the "go wash your face" campaign executives are directing at workers. Surveys indicate that only three persons out of a hundred will wash their faces unless there is a cloth towel handy.

Give Sick Children Fun While They're In Bed

Being sick and confined to bed is no fun for anyone—particularly for young children who are eager to be outside playing with their friends. But this period of confinement can be made easier for the child in bed by giving him some quiet recreation, says Corinne Grimsley, State College extension specialist in family relations.

Have you got last year's Christmas cards lying around anywhere? If so, bundle up a few of them, get some plain white construction paper, a jar of paste and some blunt-end scissors. Your child can have a lot of fun cutting out figures from the greeting cards and pasting them on white paper to create any number of interesting pictures. Maybe he'd even like to create his own personal holiday card for next year.

It seems that almost every mail

Chowan 4-H Boys at Fat Stock Show

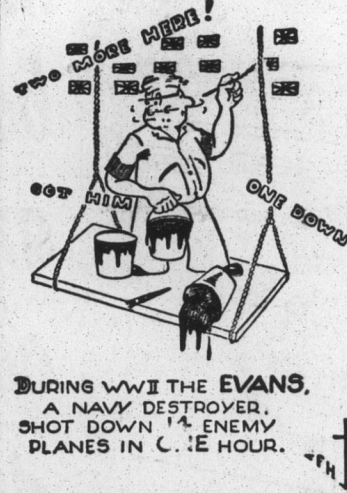


Picture above shows four Chowan 4-H Club boys with their steers at the Albemarle Fat Stock Show and Sale in Elizabeth City, May 14, 1952. Left to right, Joe Hollowell, son of Mr. and Mrs. J. Bertram Hollowell, of the Cross Roads community; Ronald Perry, son of Mr. and Mrs. Bristoe Perry, of the Advance community; Roger Bunch, son of Mr. and Mrs. George W. Bunch of the Tyner community, and Carlton Perry, brother of Ronald.

Little Known Facts about your navy

JAPANESE AIRMEN ATTACKING PEARL HARBOR FAILED TO DROP ONE BOMB ON THE OIL TANK FARM WHICH HELD THE FUEL SUPPLY FOR THE ENTIRE FLEET.

CHARLES WILLIAMS



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there is not much time left to condition your farm equipment before field work starts. Time servicing of all farm machinery will reduce accidents as well as costly field breakdowns. Poorly conditioned equipment is irritating, fatiguing and inefficient.

Farm machinery repairs should begin with a thorough inspection. The National Safety Council's reminder list of things to check, includes hitches, seats, clutches, brakes, and other controls as well as unguarded revolving parts such as gears, chains, shafts. Check your fuel line and wiring systems. Leaky fuel lines or hazardous wiring can easily lead to a bad fire. It is also important to remove dirt, trash and grease from platforms, pedals, foot rests or steps if safe footing is to be assured when operating equipment.

Careful operators will also take time to equip tractors with fire extinguishers and secure holders for

grease guns or other servicing tools carried on the tractor. Loose accessories may lead to falls or other casualties. A secure step or grab bar may also avoid a fall in getting on or off the tractor.

Special care should be taken in checking home made labor saving equipment for accident hazards. The operator's safety is often overlooked in building this type of equipment.

Knowledge is not knowledge until someone else knows that one knows. —Lucilius.

CHRISTIAN CHURCH SERVICES

Services at the First Christian Church have been announced as follows by the pastor, the Rev. E. C. Alexander: Bible School, Sunday morning at 10 o'clock; morning service at 11 o'clock; evening service at 7:30 o'clock. Wednesday Evening Bible Class meets at 8:30 o'clock. Everyone is welcome to young people's meeting at 8:30 P. M.; all services.

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Legal Notices

NOTICE

North Carolina, Chowan County.

Notice is hereby given that the partnership heretofore existing wherein E. N. Elliott, L. D. Perry, L. A. Perry, A. T. Belch, M. L. Hoffer, V. E. Jordan were partners trading and doing business under the firm name and style of Cannons Ferry Fish Company, Tyner, North Carolina, has this day been dissolved by mutual consent of the partners.

The business heretofore conducted by said partnership will in the future be conducted by A. T. Belch, Jr., et al under the name and style of Cannons Ferry Fish Company, but the above-named E. N. Elliott, L. D. Perry, L. A. Perry, A. T. Belch, M. L. Hoffer and V. E. Jordan will have no further interest therein.

This 28th day of February, 1953.

E. N. ELLIOTT,
L. D. PERRY,
L. A. PERRY,
A. T. BELCH,
M. L. HOFFER,
V. E. JORDAN.

Mar 5, 12pd

North Carolina In The
Chowan County Superior Court
Estelle Chappell Sawyer,
Plaintiff,

vs.

Harold Sawyer,
Defendant.

NOTICE SERVING SUMMONS BY PUBLICATION

The defendant above named will hereby take notice that an action entitled as above has been commenced in the Superior Court of Chowan County, North Carolina, for the purpose of obtaining an absolute divorce from the said defendant upon the grounds of abandonment and separation for the statutory period of two years; and the said defendant will further take notice that he is required to appear at the office of the Clerk of the Superior Court of said County, in the Court House in Edenton, N. C., within twenty days after the 25th day of March, 1953, and file a written Answer or Demur to the relief demanded in the Complaint in said action, or the plaintiff will apply to the Court for the relief demanded in said Complaint.

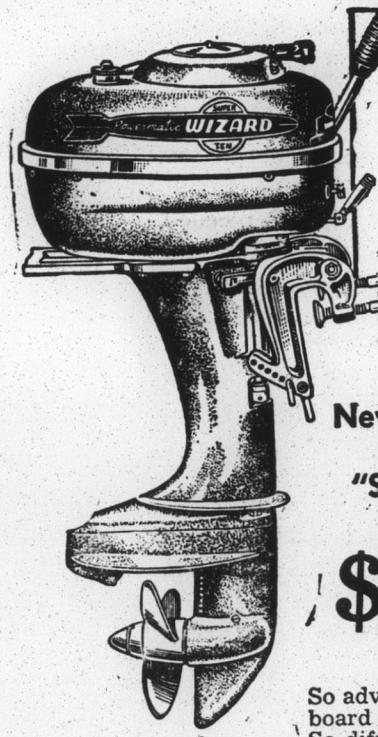
This 21st day of February, 1953.

E. W. SPIRES,
Clerk Superior Court,
Chowan County, N. C.

Feb 26, Mar 5, 12, 19c

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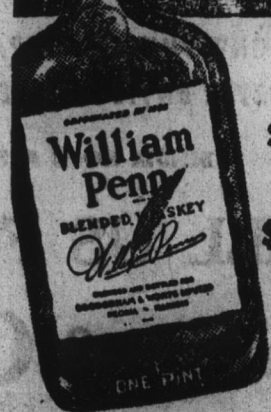
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