

## Pork Referendum Conducted March 26

The pork and egg referendum will be conducted jointly this year on March 26. Polling places for this referendum to be conducted in Franklin County will be announced later. Farmers who sell hogs for slaughter and other persons who receive income from such sales or everyone who share in the proceeds from the sale of hogs for slaughter, can vote in the referendum.

Producers may vote at any of the polling places that is most convenient to them, but the election roster must be signed in order to avoid duplication. In order for the referendum to be carried, two thirds of those voting must vote in favor of the referendum.

The big question to decide is whether or not an assessment of .05 cents per head of all hogs sold for slaughter through hog buying stations, auction markets, dealers or meat packers be made. The five cent per head would apply only to hogs sold for slaughter, but will not include those which sell for less than \$10.00 per head. If the referendum is approved, the assessment will be effective

## Dr. Patterson Re-elected To AAGP

Dr. Bernard Low Patterson, North Main Street, has been re-elected to active membership in the American Academy of General Practice, the national association of family doctors.

Re-election signifies that the physician has successfully completed 150 hours of accredited postgraduate medical study in the last three years. Members become eligible for re-election at the end of the third year following their election to membership. The Academy, the country's second largest national medical association, is the only medical group that requires members to keep up with medical progress through continuing education.

for three years beginning January 1, following approval of voting in the referendum.

The referendum was requested by swine producers who wanted a self help program. The North Carolina Pork Producers Association is officially designated as the representative commodity group by the North Carolina Board of Agriculture. The money is used for promotional, educational and research programs approved by the Board of Directors.

## Louisburg Elementary School Menu

Wednesday:  
Seafood Submarine Sandwiches with Tomatoes, Lettuce & Onion Rings  
French Fried Potatoes  
Lemon Refrigerator  
1/2 pint milk

Thursday:  
Creamed Turkey on Rice  
Green Beans  
Orange Salad on Shredded Lettuce  
Banana Cream Pie  
Hot Rolls  
1/2 pint milk

Friday:  
Beefoni  
Green Black eyed Peas w/Tomatoes  
Cabbage Pineapple Slaw  
Corn Muffins  
Prune Crunch  
1/2 pint milk

## Shape Problem

A chronic nibbler, the housewife simply couldn't stick to a diet. Finally she hit upon a reminder scheme that worked. She pasted a big picture of a shapely, briefly-clad model on the refrigerator door.

During the first month she lost seven pounds. During the same time her husband couldn't stay away from the refrigerator and gained eight pounds.

Sincerity is a pleasing and vanishing virtue.

## How To Fight Fatigue

New York (NAPS) - New ways to solve an old problem, fatigue, keep coming to the fore.

Foods that fill you up, but don't nourish you properly, are one cause of many people feeling tired. But from breakfast foods to treats as a bedtime snack, a variety of new foods-if you look for them-can help you avoid nutritionally caused fatigue.

Vacations that knock you out more than they relax you are another common cause of fatigue. Yet a new tour offered by an English airline flies people to London and back, almost assures them of getting plenty of relaxation, yet costs only \$300 including hotels.

It's even less costly, and surprisingly effective, to follow a strange-sounding piece of advice offered by authorities: breathe enough! Oddly, many people don't. They slouch, crowding the lungs, they fail to get enough oxygen, then they wonder why they are so tired!

Controlling your weight, sleep habits and even your room color may be effective fatigue fighters.

The importance of foods in avoiding fatigue were illustrated by Dr. I. M. Rabinowitch of Montreal General Hospital. He found that sugars appear in the blood stream in as little as two minutes after they're eaten. Because a rise in the blood sugar level is a condition widely associated with freedom from fatigue, a mid-afternoon sweet is for many people a good idea.

So are vitamin loaded cereals, many of which are at least as tasty as other kinds. Some kinds of spaghetti and macaroni have extra protein, yet cost nothing extra. Want to lose calories without losing most of the nutrients in milk? Try skim milk or powered milk. The key word, in proper nutrition, is "try."

Vacations. You can enjoy a relaxing and interesting one anywhere in the world-or right near home-and the English show tour is a good example. In addition to air fare, plus 13 nights in a hotel, plus a full breakfast every morning, plus the free use of a car for three days and a camera for two weeks (the latter encouraging you to relax and take some pictures) the tour encourages activities which while thoroughly enjoyable are also thoroughly restful: theater-going, gambling-watching, and easy shopping.

The exemplary tour provides tickets to eight different London plays or musicals. Can anyone go to a theater and not relax?

Automatically, people on the BOAC tour get a two-week guest membership to London's newest casino. (It's much more restful-and probably more economical-to watch others do the gambling.)

At one of the theaters, visitors go on a relaxing backstage visit.

A 10% BOAC shopping discount is given to passengers in London (an activity more relaxing for women than for men).

The very nature of the city, and there are other, equally easy-on-the-earsights, if you look for them, is restful. At the London Tower are the famed crown jewels. A tourist boat leisurely sails up and down the Thames. The thing to do in Piccadilly Circus (a main square in London): stand on the island in the middle of the Circus, do absolutely nothing, and see the many types of Englishmen who pass right by.

The important thing to remember is that not only in England, but anywhere if you plan things right, vacations can be as restful as they are zestful.

Right at home, right now, you can resolve to take these additional fatigue-fighting measures:

Buy a bottle of vitamins-any "name" brand is good-and take one every day.

Take off at least half the weight you know you should. The more you weight, the more energy you use just to move around.

If you find it hard to get to sleep, consider heavier cotton sheets (they don't get warm and humid so quickly) and perhaps a new mattress.

If you can't sleep, remember that relaxing completely with your eyes closed is said to provide about 80% as much rest as you'd get if

you were actually sleeping. At Johns Hopkins University, experiments indicate that rooms painted blue and green tend to relax the mind and reduce muscular tension. Yellow, orange and red, on the other hand, tend to stimulate.

Remember that not only coffee and (to a lesser extent) tea contain caffeine, but also cola drinks-not the best choice for bedtime.

If you must get rid of fatigue in a hurry, one of the

quickest and surest ways is easy: take a cold shower. If you have more time, go to London. Either way, go to your doctor at least once a year; not only may he spot a problem causing fatigue, but he may alternatively tell you you're fine. This will help you relax.

Our advice to you this week is to take care of your heart, and live a while longer.

## Egg Program Benefits Producers

Mr. Good-For-You, the familiar egg symbol found on the label of many Grade A eggs produced in North Carolina, is the official trademark of the N. C. Egg Marketing Association, according to John Hamby of Durham, President of the Association.

The Mr. Good-For-You symbol - which includes the words "Produced in North Carolina" - has gained wide recognition for North Carolina's quality eggs in both state and national markets.

This trademark, which belongs to the state's egg producers, is one benefit producers have received from their self-help egg promotional program which is financed by a 2 cent per case assessment on table eggs.

North Carolina egg producers will vote March 26 on continuation of the two cents per case assessment on table eggs produced, packed, or processed in the state. The assessment finances the consumer educational and promotional program of North Carolina Egg Marketing Association.

The Association, formed by egg producers in 1961, is financed and controlled by producers. A two-thirds favorable majority on March 26 will continue the Association's program for the next six years.

Family mystery: How junior can know his lessons when he doesn't even look at his books.

## GARDEN TIME--

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