

HearD School Lunch about TOWN

Our good friend, Sam Wrenn, was a welcome visitor Monday. Sam said after disposing of his tobacco crop last year he was just about ready to give up and quit; but things are different just now. He had sold a load of tobacco and said he believed the New Deal was going to put him on top once more.

Mr. Thad K. Jones, who is well known to our readers for the splendid articles he sends in, was a pleasant visitor Monday. Mr. Jones says he did not have a crop this year, but he was with his little grandson who sold his small patch of tobacco and realized a little more than \$100 for the patch. Mr. Jones is convinced that he quit raising tobacco one year too soon.

Mr. R. L. Paylor, another good Person county farmer, was a welcome caller last Thursday. He reported a most satisfactory sale which averaged \$39.14. Averages of \$40 and \$50 are of common occurrence on this market.

Along about this time every year the Rotary club entertains the teachers of the town, and they are enjoyable meetings, but the last was especially enjoyable for this writer. We had the pleasure of being seated between two of the most interesting and most charming young ladies connected with the teaching force, Miss Inda Collins, principal of the Grammar school, and Miss Claire Harris of the faculty of the grammar school. Both of these young ladies are past masters at repartee, and while sometimes it stung, still, we enjoyed every minute of the evening and regretted when the parting song was sung.

Smiles, smiles, smiles, every one with tobacco is smiling, and why not? Any kind of a load will net more than a hundred dollars—and that is real money, we tell you.

The man who hauls his tobacco to some foreign market is simply losing money and wasting time, for the Roxboro market is showing them the way. Several loads averaged above fifty dollars per hundred here Monday. Stick to Roxboro.

In spite of wet weather, some Catawba farmers say they will cure from 50 to 60 tons of hay. Much of it is a fine quality of lespedeza.

School Lunch

How much time do you spend on your child's lunch? How much thought do you give to it? The ambitious parent is eager for the child to make the best possible grade in school, but the mind can only go as far as the physical condition will allow.

Get your child out of bed in time for breakfast. He cannot settle down to work if he has not been fed properly. Just so will his afternoon classes be dull for him if he does not have a well selected, well cooked, and carefully packed lunch. If his lunch is bread and meat, make good bread and broil or boil the meat. Make a neat sandwich and wrap in wax paper, and have each sandwich wrapped in separate paper. If an egg is added, cook it right; so often we lose the food value of eggs by cooking them too fast or too long. A serving of fruits can be packed easily. Cakes should be separated from the other lunch by wax paper. A bottle of milk should accompany each lunch box to school, as milk is our most protective food, and is indispensable in the child's diet.

More care should certainly be given to the school lunch, for our children of today will be the men and women of tomorrow. Let your child's daily diet consist of a protective food such as milk, butter, cheese, one egg daily, at least one serving of green vegetable daily, and one serving of some colored vegetable also each day, one serving of fruit daily, breads, cereals, starchy vegetables, meat or fish. Remember to pack the school lunch carefully and do not wrap in newspapers.—Health Office.

Bethel Hill School News

Mrs. A. G. Bullard, who has taught music in this school for the past three years, has enrolled a large class of piano students. Mrs. Bullard aids the grade teachers in their public school music since this subject is no longer taught in the public schools of North Carolina. The ninth grade has elected the following officers for the year: president, Margaret Wilkerson; vice-president, Odell Smith; sec-treas., Ida Wrenn; reporter, Bessie Laura Todd.

The grammar grades have enroll-

ed 375 pupils. The State Department of Education has allotted another teacher to care for the increase in enrollment over last year. There are now nine teachers in the grammar grades. The additional teacher will begin her work Thursday.

The Farmer's Club met Friday evening in the high school gymnasium. The members enjoyed a fish fry, after which they held their usual business meeting.

The eleventh grade conducted a "pep" meeting in chapel Friday morning. Misses Thelma Bailey and Nellie Dunn have been elected cheer-

leaders for the school year.

The date of the minstrel has been postponed.

ENJOYS FISH FRY

The members of the Bethel Hill Farmers Club enjoyed a fish fry, prepared by W. W. Rogers and C. M. Ranes, at Bethel Hill high school last Friday night. A. G. Bullard, agriculture teacher, discussed "Ways and means of getting the most from a vocational agricultural department." Other discussions were "The Rural Electrification Program," and "Marketing the tobacco produced above a farm-

ers allotment."

This organization is anxious to have every farmer in the community a member and invite you to come to the next regular meeting Friday night, Oct. 5, at 7:30 o'clock.

OXFORD LEADS MIDDLE BELT

Oxford, Oct. 3.—For the third successive week of the 1934 marketing season the Oxford tobacco market led all markets in the Middle Belt with the highest average for all sales, and Oxford is leading for the season, too.

Warehouses reported the sale of 2,088,700 pounds of tobacco for an

average of \$28.58 for the past week, bringing the season's total to 4,763,826 pounds for an average of \$27.81.

The higher prices paid the first of the week for all grades of tobacco—and there was a big break here Monday and Tuesday—gave assurance that the market would continue to hold the lead this week

as the average increased.

Colder weather this week is expected to encourage farmers to bring their better grades of tobacco to market. Two sets of buyers and six warehouses are holding the Oxford market in the limelight as one of the best in the state.

ADVERTISE IN THE COURIER

Tobacco IS THE HIGHEST In 14 Years ON THE Oxford Market

Six large warehouses and two sets of buyers assure you of prompt service.

Oxford has the only Government Grading Service in the Middle Belt. Many farmers are averaging \$40 and more for their entire sale.

You Can Do As Well Or Better In Oxford

Don't forget that Oxford merchants have as good merchandise and as low prices as any town in the State.

ATTAINMENT

OUR goal of attainment, like the height of efficiency, is reached only through deservedness. Striving and straining for perfection is the Service of Integrity.

SPENCER'S FUNERAL SERVICE

NIGHT PHONE 47-D SINCE 1915 DAY PHONE 47-M
AMBULANCE SERVICE
"THE COST IS A MATTER OF YOUR OWN DESIRE"

DR. R. J. PEARCE

Optometrist
Eyes Examined—
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Thomas & Carver Building
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MONDAYS ONLY
10 A. M. to 5 P. M.

To help you AVOID COLDS VICKS VA-TRO-NOL*

Quick!—At that first nasal irritation, snuffle or sneeze—just a few drops of Va-tro-nol. It stimulates the functions provided by Nature—in the nose—to prevent colds and to throw off colds in their early stages.

Where irritation has led to a clogged-up nose (a stuffy head cold or nasal catarrh) Va-tro-nol penetrates deep into the nasal passages—reduces swollen membranes—clears away clogging mucus—brings comforting relief.

Va-tro-nol is powerful, yet absolutely safe—for both children and adults. It has been clinically tested by physicians—and proved in everyday home use by millions.

*Note—for your protection: The remarkable success of Vicks' drops—for nose and throat—has brought scores of imitations. The trade-mark Va-tro-nol is your protection in getting this exclusive Vicks formula. Always ask for Vicks Va-tro-nol.

FREE—a combination trial package of Va-tro-nol—its companion product, Vicks VapoRub (modern external treatment for colds)—and other medication used in Vicks Plan for Better Control of Colds—with directions for following the Plan. Get yours today at your druggist's. Or write Vicks, 2501 Milton St., Greensboro, N. C., enclosing 3c stamp.

NOW IN TWO GENEROUS SIZES 30c-50c



ON THE AIR! "Open House at Vicks" with Freddy Martin's Orchestra and guest artists—every Sunday, 5-5:30 p.m., E.S.T., on CBS, nation-wide.

"Plantation Echoes" with Willard Robinson and his Deep River Orchestra, with Mildred Bailey—every Monday, Wednesday, and Friday, 7:15-7:30 p.m., E.S.T., NBC Blue Network.

TUNE IN!

Business Directory

If you are in doubt as to where to find anything look over this list. The advertisers in this space are all reliable and you will make no mistake when you patronize them. If you do not find what you are looking for here come to The Courier office and we will give you the information desired.

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G. B. MASTEN
Painting and Paperhanging
Good Paint Applied By Good
Painters Produces a Good
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BARGAINS
Everything from head to
foot for men, women and
children.
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Buy It From Us—And Bank
The Difference
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Wilburn & Satterfield
Roxboro's Dependable Store
"It Will Pay You To Trade With
Us—Try It"

PRICES HIGHER

Prices on all grades of tobacco are higher than at any time this season, the Old Belt types selling especially high. Our entire sale Monday,

130,298 lbs. Sold for \$47,294.68, an Average \$36.30

No block sale on Durham market, and we think now is a good time to sell your tobacco.

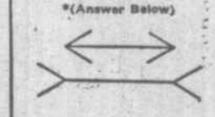
Bring your tobacco to LIBERTY and BIG FOUR WAREHOUSES for high prices and service.

Liberty and Big 4 Warehouses

Satterfield & Stone, Props.
Durham, N. C.

EYES are made for SEEING ... NOT MEASURING

HOW WELL DO YOU SEE? Which line is longer? (Answer Below)



Don't trust your eyes to make accurate measurements. Eyes are highly sensitized organs but they do not always see things as they really are. They cannot judge if there is adequate light.

The sight meter measures what your eyes have always guessed at—the seeing conditions in your home—office—factory. This remarkable instrument measures the intensity of light and records it on a scale as easy to read as a common ruler. The sight meter shows if the lighting conditions under which you work are causing eyestrain.

Sight meter tests are made quickly; they are fascinating to watch; THEY PROTECT YOUR EYES.

Make your home and business quarters safe for seeing. Ask us to make a sight meter test today. There is no charge for this service.

CAROLINA POWER & LIGHT COMPANY

This is the sight meter which tests light for better sight.

Protect your eyes. Have your eyes examined at least once a year.

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I want a Free Sight Meter Test made of the lighting in my home.

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There is no cost—no obligation.