

Society & Personals
 Mrs. ELBERT S. PEEL, Editor
 PHONE Anytime for This Department To 46

From Robersonville
 Mr. J. T. House, of Robersonville, was here yesterday attending to business matters.

In Danville, Ky.
 Messrs. L. J. Hardison and Roy T. Griffin are on the Danville, Ky., tobacco market.

In Richmond Hospital
 Mrs. E. S. Peel left yesterday for Richmond, Va., where she will undergo an operation for sinus trouble in the Johnston-Willis hospital. She was accompanied by Mr. Peel.

Here Yesterday
 Messrs. Tom and Gabe Roberson, of Hardison's Mill, were visitors here yesterday afternoon.

In Greenville Today
 Misses Marjorie and Lavinia Lilly are in Greenville today broadcasting over the radio station there.

Here Yesterday
 Messrs. Charles Hough, Herbert Manning, and W. B. Harrington, of Farm Life, were here yesterday.

From Bear Grass
 Professor T. O. Hickman, of Bear Grass, was here yesterday attending to professional business.

Leaves for Fremont
 Mr. Z. H. Rose left yesterday for Fremont to attend the funeral of his brother, Mr. Charles Rose.

Visit in Tarboro
 Mr. and Mrs. N. C. Green and little daughter and Mrs. Della Green visited Mr. Donnie Harrison Sunday. Mr. Harrison is recovering from a serious illness in a Tarboro hospital.

In Hertford Last Night
 Mr. and Mrs. Bill Reed last night visited Mr. Reed's father, who is ill at his home in Hertford.

Visiting Her Parents
 Mr. and Mrs. Sebastian Macon, of Fayetteville, Tenn., are here visiting Mrs. Macon's parents, Mr. and Mrs. H. M. Burras. Mrs. Macon plans to be here several weeks while Mr. Macon is doing field work for his company.

Mr. Harrison in Bed
 Mr. C. A. Harrison continues in bed with an ailing leg at his home in the Tar Heel Apartments.

In Raleigh Today
 James L. Coltrain and W. C. Manning are in Raleigh today attending to business matters.

From Jamesville
 Mr. Roscoe Stallings, of Jamesville, was here yesterday attending to business matters.

In New Bern Today
 Messrs. K. B. Crawford and T. B. Brandon are in New Bern today, where Mr. Brandon is attending a corn-hog meeting.

Here Yesterday
 Mr. Arthur Bradsher, of Petersburg, Va., visited Mr. and Mrs. Joel Muse here yesterday.

In Town Monday
 Mrs. Hoyt Cowin, of Williamston, Route 2, was in town shopping yesterday.

Spends Week-End Here
 Miss Emma Harris, of Dardens, spent last week-end in town with friends.

Leave Tomorrow
 Mr. and Mrs. R. L. Coburn will leave tomorrow for High Point, where they will spend two or three days.

Spends Sunday Here
 Mr. Ralph Koonce, of Dunn, spent Sunday here with friends.

Visiting in Greensboro
 Mrs. Myrtle Brown will spend two or three days of this week with her daughter, Myrnie, who is a student at the Woman's College branch of the State University, in Greensboro.

Visit in Greenville
 Mr. and Mrs. M. J. Moye and daughter were in Greenville for the week-end.

Here From Dunn
 Mrs. Ralph Parker and little daughter, Elizabeth, of Dunn, spent the week-end with Mrs. Thad F. Harrison.

Visitors Here Yesterday
 Mr. and Mrs. Carroll L. Wilson and little daughter, Patricia, of Roanoke Rapids, visited the Goodmans here yesterday. Mr. Wilson was here in the interest of the Kiwanis organization.

Visitors Here
 Dr. and Mrs. John D. Biggs, of High Point, visited the Biggs here over the week-end.

Shoppers Here Yesterday
 Mrs. Harry Waldo and Mrs. J. P. Boyle, of Hamilton, were shoppers here yesterday.

Return To Alexandria
 Mrs. Robert Heydenreich and little daughter, Mary Anne, returned to their home in Alexandria, Va., today after spending three weeks here with Mr. J. W. Watts.

Leave for New York
 Mrs. A. R. Dunning left today for New York, where she will visit her daughter, Mary Alice, for two weeks.

Visitor Here Sunday
 Mrs. Justus Everett visited Mr. and Mrs. W. J. Hodges here Sunday.

In Washington Hospital
 Mr. George A. Peel is in a Washington hospital recovering from an appendicitis operation performed last Sunday.

Will Return Today
 Miss Lucille Rogerson, daughter of Mr. and Mrs. Wheeler Rogerson, of Williamston Route 2, will return home today from a Washington hospital, where she underwent an operation several days ago.

Leave for Georgia
 Mr. and Mrs. Frank Margolis left yesterday for Augusta, Ga., where they will visit friends for several days. They were accompanied by Mrs. Margolis' brother, Mr. Milton Bloom, and Mrs. Bloom, of Norfolk.

Visitors Here Sunday
 Mr. and Mrs. E. B. Higgs and daughters, Misses Elizabeth and Leslie, of Greenville, visited Mr. and Mrs. Garland Woolard here Sunday.

In Scotland Neck
 Mr. Frank Pittman visited relatives in Scotland Neck Sunday.

At Swansboro
 Messrs. Eddie Simpkins, Joe Green, Jack Downing, and Jack Gray spent the week-end at Swansboro duck hunting.

In Wilson Last Saturday
 Mesdames P. B. Cone and Alice Dunning visited in Wilson last Saturday.

Birthday Party
 Little Elizabeth Chadwick Muse, daughter of Mr. and Mrs. Joel Muse, celebrated her first birthday anniversary at the home of Mr. and Mrs. E. S. Peel here last Sunday afternoon when a few of her little friends gathered there and enjoyed tiny helpings of ice cream and wafers. Favors were distributed to the babies.

Surprise Birthday Party
 Mrs. James A. Roberson celebrated her fifty-fourth birthday anniversary at her home near here last Sunday, when her children arranged a surprise party for her. While Mrs. Roberson was at church, the children decorated the dining room and placed in the center of the table a large cake with 55 candles on it. Places were prepared for 12, and delicious refreshments were served. Mrs. Roberson received many gifts.

SALE OF VALUABLE FARM PROPERTY
 Under and by virtue of the authority conferred upon us in a deed of trust executed by T. S. Hadley and wife, Willie A. Hadley, on the 15th day of January, 1925, and recorded in Book T-2, page 405, we will on Saturday the 20th day of January 1934, 12 o'clock, noon, at the courthouse door in Martin County, Williamston, N. C., sell at public auction for cash to the highest bidder the following land to-wit:
 All that certain tract or parcel of land bounded on the N. by Sweeten Water Creek, on the NE by the lands of Harrison Brothers & Co., and Geo. Williams, on the E. by the lands of J. N. Hopkins, on the S. by the Wil-

HINTS FOR HOMEMAKERS
 By Miss Johnnie Camp, Home Service Director Virginia Electric and Power Company

Madam Sylvia and other specialists tell us beauty is not a matter of cosmetics and clothes. It goes far beneath that and the principal question is one of proper nourishment—which leads us to balanced diets. No figure can be properly proportioned unless the bony structure beneath the tissues has been properly built, and no mouth is more attractive than the teeth within it. We notice imperfect teeth before we can define faulty bone construction. It is essential that adults maintain the required amount of calcium and phosphorus in order to keep the teeth and bone strong. The need for these minerals is twice as great for children, from infancy to adolescence, is twice as great as that of the mature body.

Our greatest supply of calcium and phosphorus is obtained from milk, eggs, vegetables, meat, and fish. Nutritionists are generally agreed that a day's balanced meals should contain the following items:

1. For children of pre-school age: Cooked cereals, once a day, with emphasis on whole grained cereals (served without sugar). One fruit and one fruit juice (dried fruits may be used the year around to vary the fresh fruits). Egg or milk. Cooked vegetable (one). Raw vegetable (one). Potato. Whole grain breads. One quart milk, served as a drink or cooked in food. Simple desserts.
2. School children to 8 years: Same as list above with egg and milk.
3. School children, 9 to 11 years: One cooked cereal served with a little brown sugar or honey if desired. Two fruits. One hot dish in the school or home luncheon. One cooked vegetable. One raw vegetable. Egg. Meat or fish. Simple dessert. Whole grain breads. One quart milk as drink or cooked in food.
4. School children, 12 years: Same as list above with potatoes or other starch foods, such as rice, macaroni or noodles.
5. Adults: Whole grain cereal products daily with sugar if desired. Fruit juice. One cooked vegetable. One raw vegetable (salad). Potato or other starch food, such as rice, macaroni, or noodles. Meat or other high protein food, such as fish, cheese, beans. Dessert. Bread.

From one pint to one quart milk as recommended by the U. S. Public Health Service, and the U. S. Department of Agriculture, is the best source of calcium and phosphorus. The following is a list of the calcium and phosphorus content of some of the most common foods:

1. Milk, 1 cup, 120 mg. calcium, 100 mg. phosphorus.
 2. Eggs, 1 egg, 50 mg. calcium, 50 mg. phosphorus.
 3. Cereals, 1/2 cup, 10 mg. calcium, 10 mg. phosphorus.
 4. Vegetables, 1/2 cup, 10 mg. calcium, 10 mg. phosphorus.
 5. Meat, 1/2 cup, 10 mg. calcium, 10 mg. phosphorus.
 6. Fish, 1/2 cup, 10 mg. calcium, 10 mg. phosphorus.

drink or cooked in food.
 6. Adolescent girls and boys: Same as above with addition of generous use of eggs and one quart of milk.

Leafy vegetables, such as spinach, cabbage, celery, lettuce, beet, and turnip greens should be served in every diet almost every day.

Most children are very fond of:
Orange Nog
 (Between Breakfast and Luncheon)

branch, thence along the branch to Peter Swamp, thence along Peter Swamp to Sweeten Water Creek, thence along Sweeten Water Creek to the beginning.
 The Right of Way of the Virginia Electric and Power Company is excepted from the above described lands. This sale is made by reason of the failure of T. S. Hadley and wife, Willie A. Hadley, to pay off and dis-

2-3 cup sugar.
 2 cups orange juice.
 2 1-2 cups chilled milk.
 Dissolve sugar in orange juice and chill. When ready to serve, pour orange juice slowly into milk. Shake vigorously in a beverage shaker. Serve immediately. Six servings.

Honey Egg Milk Shake
 2 eggs.
 3 cups milk.
 6 tablespoons honey.
 Crushed ice cubes.
 Beat eggs and pour into beverage shaker. Add remaining ingredients and shake. Three servings.

charge the indebtedness secured by said deed of trust.
 A deposit of 10 percent will be required from the purchaser at the sale. This 11th day of December, 1933. INTERSTATE TRUSTEE CORP., Substituted Trustee, Durham, N. C.

KIK For Sale By CLARK'S DRUG STORE

NOTICE TO THE PUBLIC
Invalid Fire Insurance Policies
 The Southern Home Insurance Company, of Charleston, S. C., gives notice to the public that the following automobile fire and theft insurance policies have been lost or stolen—
Nos. 516 to 522 Inclusive
 A record of these policies is on file at the Home Office, and no liability will be recognized under such policies.
 In event these policies are located, please notify the undersigned.
N. K. HARRISON, AGENT
 WILLIAMSTON, N. C.
Southern Home Insurance Company
 Home Office: Charleston, S. C.


Use New TOBACCO CLOTH THIS YEAR
 The State Department of Agriculture advises using new tobacco cloth on your plant bed to lessen the danger of plant diseases.
 With your acreage already reduced, don't take a chance on using spindly unhealthy plants.
 We have a plentiful supply of cloth—and the price is right. Come to see us.
 Also a Complete Stock of INTERNATIONAL AND PREDDY'S VEL-VET PLANT BED FERTILIZERS
Farmers Supply Co.
 Washington Street Williamston, N. C.

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WE HAVE READY FOR DELIVERY PLANT BED FERTILIZER
 THE FAMOUS BRANDS MADE BY THE F. S. ROYSTER GUANO CO.
TRADE MARK

REGISTERED
 We will be glad to quote you prices on your plant bed fertilizer. Tobacco plants grown with fertilizer made by Royster are better.
 Come to our store for prices. We can save you money.
C. O. MOORE

TRADE IN YOUR THIN OLD TIRES THAT SLIP for NEW GOODYEARS THAT GRIP
35% MORE NON-SKID LIFE
 AT 1933 PRICES ON MOST SIZES
 Although the latest Goodyear All-Weather average 35% more non-skid mileage, most sizes are priced as low or lower than the 1932 tires! All the Heavy Duty sizes are lower—they cost 80¢ to \$2.70 less... Come in, we'll show you the new flatter, also thicker tread, and closer-together diamond non-skid blocks that make the world's largest-selling tire a still greater value today!

CENTRAL SERVICE STATION
 WILLIAMSTON, N. C.
Save Money!
 BY PAYING YOUR TAXES THIS MONTH
 All county taxes are now past due, and unless paid during January will be subject to penalty. There is nothing to be gained by putting off payment of these accounts.
 PARTIAL PAYMENTS WILL BE ACCEPTED
Penalty of 1 per cent will be added after February 1st
 Save money and possible embarrassment later by paying your taxes now.
C. B. Roebuck
 SHERIFF, MARTIN COUNTY