

Food Requirements Are Shown By Guide

A balanced home-grown food supply is one of the aims of the Food and Feed for Family Living campaign being conducted in North Carolina in 1941. The N. C. State College Extension Service, which is organizing this campaign with the support of Governor J. M. Broughton and the active participation of other agricultural agencies, has prepared a guide to show the daily and annual food requirements for individuals and families.

In order to have a diet that will keep a person in good health and strong, each individual should eat every day: One quart of milk, if a child, and one pint a day, if an adult; five servings of fruits and vegetables, which should include one serving of leafy, green or yellow vegetables, one of tomatoes or citrus fruits, and one of potatoes; two servings of protein foods, such as meat, eggs, fish, poultry, cheese, dried beans or peas; and two serv-

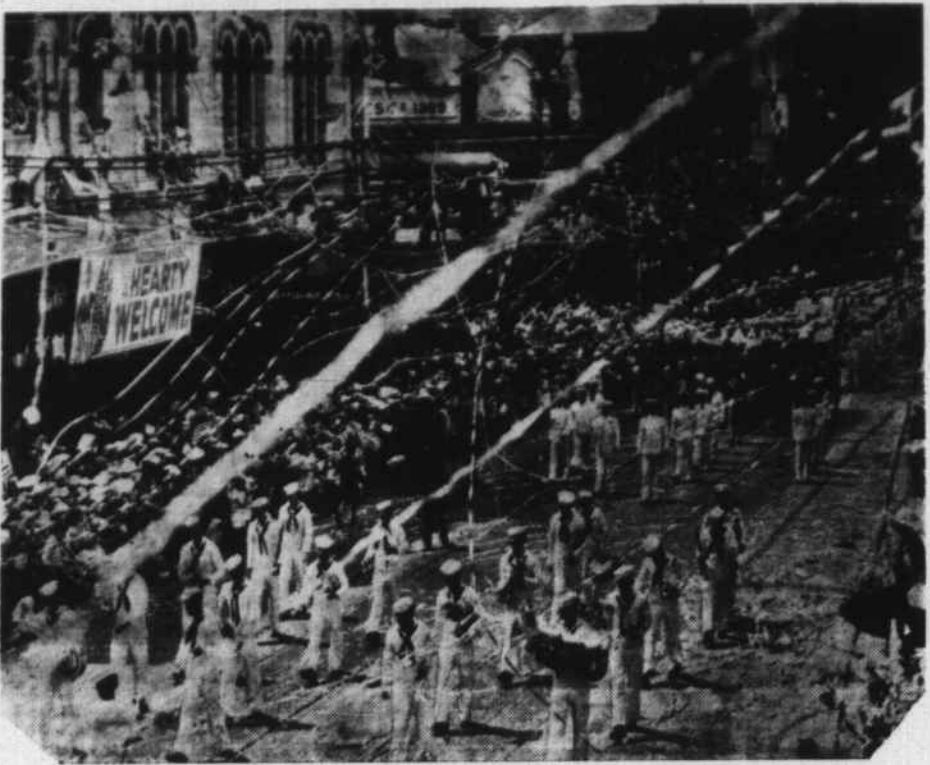
ings of whole grains as cereal or bread.

To provide an adequate year-round diet, the Food Guide shows that there should be produced on the farm annually for each person in the family at least: 73 gallons of milk; 26 pounds of butter; 53 pounds (dressed weight) of beef or veal; 75 pounds (dressed weight) of pork and lard; 31 pounds (dressed weight) of poultry; 30 dozen eggs; 22 pounds of lamb, fish and game; 4 bushels of sweet or Irish potatoes; 160 pounds of green and yellow vegetables; 20 pounds of dried beans and peas, and nuts; 2 bushels of tomatoes; 160 pounds of other vegetables, such as beets, onions and parsnips; 160 pounds of fruits; 3 gallons of syrup or honey; 2 bushels of corn for meal and grits; and 2 bushels of wheat for flour and cereal.

The Guide also calls for the purchase of at least 40 pounds of sugar annually for each member of the family. This is to be used on the table and for canning.

Rev. and Mrs. G. A. Clark, of Washington, visited Rev. and Mrs. Bernard T. Hurley here Wednesday night.

Australia Welcomes U. S. Sailors



Brisbane, Australia, is gaily decorated with the Union Jack and the Stars and Stripes as American seamen parade through the streets amid a blizzard of confetti. The service men visited Australia in a training squadron of seven warships.

We're Prompt To Serve You Well



A phone call brings our clean truck to call for your laundry. Once you start our service — you can say goodbye to wash-day drudgery, to ironing over a tiring board. We do it all for you!

Family Finish 10c lb.
Flat Work 6c lb.

LILLEY'S LAUNDRY & CLEANERS

In Ottawa Post



Britain's new High Commissioner to Canada, Malcolm MacDonald, former Minister of Health in the British Cabinet, arrives at his Ottawa post.

Foods Now Included In Granary Program

The United States Department of Agriculture has expanded its ever-normal granary program into a food program designed to assure ample supplies for the United States, Great Britain, and other Nations resisting aggression, says Dean I. O. Schaub, extension director of N. C. State College.

Under the expanded program, he says, the production of pork, dairy products, eggs and poultry will be stimulated through the support of prices over the period ending June 30, 1943, at levels remunerative to producers. "This will give North Carolina farmers an excellent opportunity to supplement their income through the production of these products," Dean Schaub declared. "It takes time to get into stimulated swine, dairy or poultry production, but the assurance that prices will be supported through June of 1943 will overcome this normal difficulty."

The U. S. Department of Agriculture has announced that it will make purchases on the open market, to support long-term prices (on a Chicago basis) at levels approximately as follows: Hogs, \$9 per hundred-weight; dairy products, on a basis of 31 cents per pound for butter; chickens, 15 cents per pound; and eggs, 22 cents per dozen.

It was pointed out that these prices will be subject to the customary commercial differentials for market grades and qualities. Seasonal price variations also will be taken into account.

"The Government's purchases on the open market will be used to accumulate reserve supplies of food," Dean Schaub stated. "These supplies can be used for transfer to the British and other countries under the provisions of the Lend-Lease act; for release upon the market in case of unwarranted speculative price increases; to meet requests from the Red Cross for shipment to war refugees; and for direct distribution through school lunch programs or through state welfare departments to public aid families."

Use Of Lime Increases Avery Farm Crop Yields

H. H. Wise, unit demonstration farmer of the Three Mile community in Avery County, has found that the use of lime so increased his crop yields that he will lime his entire farm within the next few years.

NOTICE OF SALE
North Carolina, Martin County: County of Martin vs. H. A. Kear

Under and by virtue of an order of sale and judgment made by L. B. Wynne, Clerk of the Superior Court of Martin County, on Monday, the 7th day of April, 1941, the undersigned commissioner will, on Friday, the 9th day of May, 1941, at twelve o'clock noon, in front of the courthouse door in the town of Williamston, offer for sale to the highest bidder for cash the following described tract or parcel of land, to-wit:

A tract of land in Jamesville Township, Martin County, North Carolina, adjoining the lands of J. H. Mizelle and Geo. W. Martin on the North, Jamesville Road and W. E. and Sarah Wallace on the East, and Eagle Branch on the South and A. T. McDonald on the West, and containing 44 acres, more or less, and being part of same tract of land conveyed to L. E. Corey by J. H. Saunders and Leslie Fowden, by deed dated January 31, 1914, and of record in Book E-1 at page 456.

This the 7th day of April, 1941.
ELBERT S. PEEL,
Commissioner.

EXECUTOR'S NOTICE

Having qualified as executor of the estate of W. H. Rawls, deceased, this is to notify all persons having claims against said estate to present them to the undersigned on or before April 9, 1942, or this notice will be pleaded in bar of their recovery.

All persons indebted to said estate will please make immediate payment.

This the ninth day of April, 1941.
WILLIAM ALBERT RAWLS,
Executor of the estate of
a-11 4t W. H. Rawls, Deceased.

NOTICE OF SALE
North Carolina, Martin County. In The Superior Court.
County of Martin vs. M. O. Fouts.

Under and by virtue of an order of sale and judgment made by L. B. Wynne, Clerk of the Superior Court of Martin County, on Monday, the 7th day of April, 1941, the undersigned commissioner will, on Friday, the 9th day of May, 1941, at twelve o'clock noon, in front of the courthouse door in the town of Williamston, offer for sale to the highest bidder for cash the following described tract or parcel of land, to-wit:

Adjoining the J. & W. Land Co.,

and formerly the Roanoke Railroad & Lumber Co., and known as the Fisher land, and lying and being in the N.W. side of the old Jamesville and Washington Company's right of way, containing 200 acres, more or less, and being the land conveyed to M. O. Fouts by A. T. McDonald and wife recorded in Book V-2 at page 504.

This the 7th day of April, 1941.
ELBERT S. PEEL,
Commissioner.

NOTICE OF SALE
North Carolina, Martin County.

Under and by virtue of the power of sale contained in the certain deed of trust executed to the undersigned trustee by S. T. Brady and wife, Della Brady, on the 15th day of December, 1937, which said deed of trust is of record in the public registry of Martin County in Book P-3 at page 417, said deed of trust having been given for the purpose of securing certain notes of even date and tenor therewith, default having been made in the payment of said notes, and the stipulations contained in said deed of trust not having been complied with, and at the request of the owners of the said notes, the undersigned trustee will, on Saturday, the 3rd day of May, 1941, at twelve o'clock noon, in front of the courthouse door in the town of Williamston, offer for sale to the highest bidder for cash, the following described tract or parcel of land, to-wit:

All those certain tracts of land lying and situated and being in the county of Martin and state of North Carolina, Hamilton Township, near the town of Hamilton and described as being tract no. 9 containing 30.37 acres more or less, and tract no. 10 containing 31 acres, more or less, making a total of 61.37 acres, more or less, and being a part of what is

known as the B. B. Sherrod farm as surveyed and platted by G. R. Revelle, surveyor, in October, 1929, and recorded in Land Division Book No. 3, at page 164. This the 2nd day of April, 1941.
ELBERT S. PEEL, Trustee.
Peel & Manning, Attys. a4-4t

SPRING

Paint Sale!

April 19th to April 30th

Special Low Prices

MOORE'S Ready Mixed PAINT

Moorwhite Primer, gallon . . \$2.95
Moore's Semi-Paste, gallon . . \$2.95
Vitalic Enamel, quart 97c

Estimates For A Complete Paint Job Gladly Given

RENT OUR FLOOR SANDER AND POLISHER

WILLIAMSTON Hardware Co.

WILLIAMSTON, N. C.

PENDER
Quality Food Stores

CHECK These VALUES

Old Virginia Pure (Most Varieties) PRESERVES, 1-lb. jar	15c
Virginia Maid Smooth Creamy PEANUT BUTTER, 2-lb. jar	21c
Branded Western Baby Steer ROAST, lb.	25c

HURFF'S SPAGHETTI
15½-oz. can 5c

HURFF'S Pork & Beans
16-oz. can 5c

COLONIAL Sauerkraut, 3 No. 2½ cans	20c
Skinless Franks, lb.	20c
Lux Toilet Soap, 4 cakes	25c

SEE US for Your Needs of SPRING CHICKENS
2 TO 2½ POUNDS AVERAGE

Popular Varieties HEINZ SOUPS, 2 cans	25c
Assorted Land-o-Lakes CHEESE, 2-lb. loaf	49c
Waldorf Tissue, 4 rolls	19c
DEODORANT, DISINFECTANT Spotless Bleach, full qt. bot. 10c	

Special Notice Concerning MAJESTIC Waterless COOKWARE

Our Majestic Waterless Cookware plan has been extended to run through Saturday, May 3rd. We have a limited supply of most pieces and are available as long as they last. Complete your set NOW—Save up to one-fourth former home demonstration prices!

Complete Your Towel Punch Card This Week—End for FREE CANNON TOWEL—Offer Expires Saturday, April 19th

PORK NECK BONES, 4 lbs.	25c
PORK LIVER — pound	15c
CHUCK BEEF ROAST — lb.	19c
PORK CHOPS	
End 23c lb. Center 25c lb.	
HAT BACK — pound	7 1-2c

"In WILLIAMSTON by"

MARGOLIS BROTHERS
For SMART Styles"

After Easter Clearance

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Selby Shoes

Regular Values To \$7.50

NAVY — BLACK — BROWN

\$4.95

All Spring

COATS AND SUITS

NAVY — BLACK — TWEEDS

Regular \$12.95 and \$29.75

Clearance Price

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SPRING DRESSES

ATTRACTIVELY PRICED FOR QUICK CLEARANCE

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at the

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IN VILLAGE, town, and big city—on farms and on the highways . . . wherever you look, you see Ford Trucks at work. There are more Ford Trucks at work on the nation's hauling jobs than trucks of any other make!

There are definite reasons why. Truck owners want a truck with the power, performance and dependability that Ford Trucks deliver. They want economy that starts with low first cost and continues with low operating and low maintenance cost. In Ford Trucks they get what they want!

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