

Reports On Diet Demonstrations

By EDNA HADLEY, Sixth Grade
For the last several weeks our class has been studying proper and improper diet. Along with this study we tried an experiment using four white mice, which Dr. Evans, our school dentist, procured for us at State university in Raleigh. We put two of these mice in one cage and two in another. To one cage we fed a balanced diet. The other received only starchy and fatty foods.

We named the mice getting the balanced diet Nippy I and Bobo I; those getting the improper diet, Nippy II and Bobo II. When we first got our mice they were only three weeks old. Below you see the weekly progress they have made.

St. Week	1st	2nd	3rd	4th
Nippy I	59.5	98.0	142.4	193.3
Bobo I	54.5	89.6	126.0	193.7
Nippy II	56.3	81.0	99.5	112.7
Bobo II	56.9	81.5	93.5	95.1

You can see what a great difference there is between the rats as a result of the food they have eaten.

We found out many interesting and helpful things during this study.

The fuel that keeps the body engine going is supplied by the food we eat. The food we eat also helps to make the necessary repairs. To keep the blood red and healthy, the teeth and bones strong, the circulation and digestion properly balanced, foods must be eaten which contain minerals. To remove the waste left by the food that the body consumes, there is need of bulky foods which sweep through the intestines, and to insure growth and development and protection against certain diseases, foods must be used which contain substances called vitamins.

The principal fuel foods are carbohydrates and fats. Foods containing these foodstuffs are: bread, crackers, rice, potatoes, sugar, candy, butter, chocolate, lard and cream.

The principal building and repairing foods are those which contain proteins and mineral salts. Among these foods are meats, fish, poultry, whole grain cereals, fruits, milk, cheese, eggs, and vegetables.

Such processes as the beating of the heart and the circulation of the blood depend upon minerals. The minerals needed by the body are calcium, phosphorus and iron. Fruits, vegetables, whole grains, milk and eggs are the principal foods which supply minerals.

Vitamins in our food are necessary for growth and development, and for protection against diseases of the nose, throat, and lungs. Lack of it brings on a disease of the eyes.

Vitamin A is found in cod liver oil, milk, butter, cream, cheese, eggs, liver, kidneys, carrots, sweet potatoes, turnips, some fruits and fresh green vegetables.

Vitamin B is necessary for life and health. Without it there is a loss of appetite, followed by nervous disorders, and a disease known as beriberi. A diet entirely without Vitamin B will cause death. Vitamin B is found in milk and green vegetables, whole grain cereals, yeast, carrots, potatoes, asparagus, tomatoes, fruit and nuts.

Vitamin C gives vigor to the general health, and prevents scurvy, a disease found chiefly among children. This vitamin is found in tomatoes, pineapple, oranges, lemons, grapefruit, bananas, leafy vegetables, potatoes, turnips and onions. Vitamin C is easily destroyed in cooking therefore it is wise to eat some raw fruit or vegetables daily.

Vitamin D enables the body to benefit from the minerals contained in the food. Without it they do very little good and the body is likely to develop a disease known as rickets, which is found among children particularly. Cod liver oil and egg yolks are very rich in Vitamin D, and are preventives of rickets. Direct sunlight is also a preventive of rickets.

Vitamin E is essential for reproduction. It occurs in wheat grain, oats, corn and green leaves. As the culmination of our unit of study on foods, we presented a play in chapel entitled, "What To Eat and Why." We used the rats in our program.

County Native Seriously Ill At Belhaven Home

Dr. N. B. Marriner, a native of this county, is seriously ill at his home in Belhaven. Relatives and friends in the county have been advised that he suffered a stroke of paralysis last Saturday.

Vehicle Operators File Applications For Hundred Tires

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ification but which are not chargeable against the county allotment, were allowed two to Claud Green, of Robersonville, and two to Joe Perry, of Williamston RFD 1, for use on their trailers in general farm work.

Unable to squeeze into the certificate group despite an established classification, Reuben A. Edmondson, Hamilton mail carrier, applied for a certificate of purchase for a new car. He had a good claim there too, the board ruling he was entitled to a new machine for his old one had already been driven 75,000 miles. Applying for a new car certificate of purchase, Fenner Respass, Williamston taxi driver, was denied the request.

New applications for tires were filed by the following vehicle owners:

G. W. Barrett, Oak City, two tires and tubes for a tractor.

Willie Boston, Jamesville, one tire and two tubes for a truck.

S. R. Biggs, Williamston, two tires and two tubes for an ambulance.

Clyde Glass, Jamesville, four tires and four tubes for truck.

Sylvester B. Lilley, of Williamston RFD 1, two tires and two tubes for a lumber truck.

Ben H. James, Williamston RFD 3, two car tires and two car tubes.

E. M. Taylor, Williamston, two tires and two tubes for truck.

Roger S. Critcher, two tires and two tubes for fuel truck.

Roberson Slaughter House, ten truck tires and ten truck tire tubes.

No action was taken on an application filed by Herbert Tillman, traveling drug salesman, for a new car.

Details Of County Youth's Death Are Revealed In Letter

(Continued from page one)

Prior to his death, your son was in excellent health; did not appear in any way depressed and had many friends.

His clothing and money (amounting to \$60.00) have been forwarded to you by the Supply Officer, Pearl Harbor. It is a long way, but they should reach you soon. His watch, which he was wearing at the time of his death, was taken by the hospital and has been forwarded to me to send to you. I regret the delay as this will reach you much later than the other things, but it is now on its way. All of these items were carefully inventoried by an officer and were in good order with no items missing at time of shipment.

You are entitled, as you know, to receive your son's pay for the next six months after his death. Information concerning this item and the amount due and unpaid to your son at the time of his death may be obtained by writing to the "Chief of the Bureau of Navigation, Navy Department, Washington, D. C."

Please believe that you have my deepest sympathy in your bereavement, and if I am able to be of further service, please call on me at will.

Very sincerely,
F. W. Purdy, Lieut., U.S.N.
Battery Commander.

Will Show Special Picture In County

As previously announced one of the main features of the program for this week in connection with the services of Easter Week is the showing of the famous picture of the Life of Jesus known as the King of Kings.

This picture has been secured with sound effects and is to be shown to the pupils of the Williamston schools during the morning of Good Friday. That afternoon at 3 o'clock this picture will be shown at the Watts theatre for the general public free of charge. A free will offering will be taken. Do not miss this picture.

On Thursday night at eight o'clock this picture will be shown in the Bear Grass auditorium for the public. Be sure to see it at one of these places.

Second A.E.F. Has First Gunnery Drill



Banging away at an unseen target, members of the second American Expeditionary Force in North Ireland sharpen up their shooting eyes with British artillery guns. Obscured by the dense smoke is Major-General Russell P. Hartie, his aide, Captain William O. Darby, and his staff.

Retreating Nazis Burn Her Home



According to a Russian source, this peasant woman is watching her home burn before starting on her trek to refuge. The house was set afire by retreating Nazis on the Eastern Front. Latest reports indicate that German demolition squads are blasting military stores of Kharkov in apparent preparation for a forced withdrawal.

County Youth Tells About Pearl Harbor

Talking in a casual, matter-of-fact fashion, Albert Bennett, young son of Mr. and Mrs. Hugh Bennett of this county, related last week his experiences as a crew member of the United States Destroyer, "Downes" at Pearl Harbor on the morning of December 7th. Enjoying a 29-day furlough, young Bennett is spending a few days in the county while his ship, the Destroyer Shaw is undergoing permanent repairs on the Pacific coast.

"The attack came so unexpectedly that Sunday morning we hardly knew what happened. Our ship was in dry dock at the time, and most of her men and officers were aboard. After it was hit, we fought fire until we realized the task was hopeless and we went ashore. A short time later there was an explosion and then another," Bennett said.

Continuing his story of that hectic day, the young man declared that he knew little of what was going on around him. "I was so busy trying to help get wounded people to the hospital that I did not see very much of the actual bombing in the harbor. I carried several persons to the hospital, and the task was hardly complete until fairly late that afternoon. Private cars were used and everyone accepted some duty and helped during the emergency."

Bennett said that he did not see any of the explosions on the big battleships but that he heard them all right.

He did not have much to say about the fate of his ship. He said that he was transferred to the Shaw when it was on the bottom of the harbor, that he helped salvage the ship and made it to the west coast on her. Given a temporary bow at Pearl Harbor, the ship is now undergoing permanent repairs.

The young sailor, one of several Martin County boys at Pearl Harbor when the Japs made the sneaking attack, stated he was glad to get home and see his relatives and friends, but that he would be ready to go back to his ship possibly before the end of his furlough.

Maryland Slade Passes At Home Here Last Thursday

Maryland Slade, local colored painter, died at his home on White Street here last Thursday night from injuries sustained in a fall and resulting complications. He was 54 years old.

Funeral services were conducted Sunday afternoon in the Shiloh Baptist Church by Rev. L. T. Bonds. Interment was in the Odd Fellows Cemetery.

Pearl Harbor Kitten



Rita Ginn, of Forest Hills, N. Y., tends to Bixie after their reunion. Rita and her mother were in Honolulu, where her father, Lieut. Walter S. Ginn, was stationed at the time of the Jap attack, the day Bixie was born. Mother and daughter were evacuated, but kitty followed by ship, train, auto and plane to the little girl.

Crisp Succeeding Martin as Member County AAA Group

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vice chairman; Clifton Keel, regular member; Vernon Jenkins, first alternate, and A. D. Ward, second alternate. Messrs. Winslow and Roberson were elected delegate and alternate to the county convention. Elected to the county committee, Mr. Winslow will be succeeded on the community committee by Mr. Roberson.

Goose Nest, Group I—L. L. Harrell, chairman; H. A. Early, vice chairman; Julian Mizelle, regular member; M. E. Hyman, first alternate, and J. W. Bellflower, second alternate. Messrs. Harrell and Early were elected as delegate and alternate to the county convention.

Goose Nest, Group II—Jack Smith, chairman; F. B. Worsley, vice chairman; R. A. Haislip, regular member; L. H. Hux, first alternate, and J. B. Whitfield, second alternate. Messrs. Smith and Whitfield were elected delegate and alternate to the county convention.

No elections were held in the other communities and the committee personnel will remain the same.

Mr. and Mrs. Milton Bloom and daughter, of Norfolk, and Mr. Lou Bloom, of New York, spent the week-end here with Mr. and Mrs. Frank Margolis.

Allies Claiming Air Superiority on the Pacific War Fronts

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ed under attack in the Arctic area this morning. The British claim that the Germans have lost heavily in their drive to interrupt the shipping lanes to Russia, but Prime Minister Churchill admits that the battle of the Atlantic is not going so well. Late developments on the sub warfare on our own coast indicate that there is a big leak some where, that the enemy knows ship schedules, destinations and types of cargoes. One of the ships claimed sunk en route to Russia was said to have sailed from New York and carried armored cars and ammunition.

Effective air raids have been directed against Germany in recent days, and a daring land attack on St. Nazaire, German dominated French port, by British commandos last week-end, the attack knocking out a submarine base for the Germans.

In Britain the people are agreeing with Joe Stalin in that the war will be decided in 1942 and not in 1943. They are clamoring for an invasion of Germany through France and for some fighting in Hitler's own backyard.

Little news relating to the war is coming out of Washington at the present time. The labor fight has quieted down a bit. The Senate has voted to raise the army man's pay from \$21 to \$42 a month. The Standard Oil Company has denied all charges in connection with the alleged interruption of the war effort by the company. While the Standard enters its denial, there are rumors that other investigations will follow.

Business Is Meant In Drive on Social Disease In County

(Continued from page one)

en time to come for treatment and every landlord see that his tenants get to the appointments once a week. We have carried the clinics just as close to the people as we can and it should never take over one hour a week lost from work to receive treatments.

"We cure and make the selectee acceptable for service. We cut down his contacts. We rid the community of the disease and thereby protect everyone. We cannot afford to tolerate venereal diseases. Eighteen per cent rejected for army service because of venereal disease is our record to date."

Long Terms Imposed By Judge In Liquor Law Violation Cases

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sion and transporting, was found not guilty. Buddy Knox, his son, facing a similar charge, was sentenced to Chillicothe for three years.

Joe Taper and George Washington Brooks, charged with possessing illegal liquor, were proved to be beer drinkers and were released.

Willis Pierce, John James and his son, John, Jr., Michael Boston, Albright Nobles and R. E. Brinkley, charged with violating the liquor laws in one way or another, are before the court today. No report on the outcome of their trips into court could be had immediately.

Uncle Sam's Soldiers Are "On The Move"

Uncle Sam's soldiers are getting around these days. As an indication of the magnitude of this job take a look at the record of the past year: There were 1,957,200 U. S. soldiers carried in specially assigned sleeping cars during 1941, according to David A. Crawford, president of the Pullman Company, and each car traveled an average distance of 1,500 miles. Crawford recalled that many times during 1941 it was reported that the Nazis had to cancel all civilian railroad accommodations in

School Principal Is Attacked By Irate Father Yesterday

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others for fighting. The boys were ordered to remove their coats. Two of them obeyed, but Williams refused. The school man then turned on Williams and used six switches virtually wearing them out on the boy's back, the boy finding the coat too hot finally pulled it off. He never cried or whimpered, and the defense pointed out that it was hard to tell how badly the boy was being whipped. The "licks brought forth blood, and the boy was carried to a doctor who testified that the lad had had a sound thrashing but that there were no resulting injuries of a permanent nature.

Judge R. L. Coburn, listening patiently and admitting that the boy was whipped badly, cited several decisions and ruled the defendant not guilty on the ground that the thrashing was administered without malice. The judge also pointed out that the defendant had taught school 46 years and that he had not had to use a whip in the school room in seven years until he went after the Williams boy a few days ago.

Survivor Of Arizona On Brief Visit Here

Making a brief visit here yesterday, C. O. Sharpe, of Savannah, Ga., related a few interesting experiences he had at Pearl Harbor as a member of the crew of the ill-fated battleship Arizona.

Sharpe, declaring he was one of the few if not the only survivor of the crew on board the ship at the time of the attack, said he was thrown fifty feet into the water, that he finally reached shore about seven hours later.

The sailor was on his way home to visit relatives.

Construction Work Is Started On Two Homes

Construction work is underway on two new homes here at the present time. Herman A. Bowen is building a house on Warren Street and Mr. and Mrs. D. C. McLawhorn are building a seven-room home on East Academy Street, next to the grammar school building.

Construction work here is virtually at a standstill, contractors explaining that it is difficult to get certain materials.

order to move troops from one area of Germany to another, while American troop movements have been effected without disrupting normal civilian passenger service. He reported that at times during the year as much as one-third of Pullman's entire sleeping car fleet of about 7,000 has been employed in troop service, but that the company was able to supply, on the spot and date, every car ordered for troop movements.

Local Students Win Ratings In Contest

Students from the Williamston High School received seven honor ratings in the District Music Contest held in Greenville last Friday under the sponsorship of the Woman's College of the University of North Carolina. The local girls' trio and Mary O'Neal Pope, soprano soloist, received ratings of I, while the other contestants, including Mary Warren, pianist, received ratings of II. The ratings awarded follow:

Girls' trio: Frances Jarman, Marian Hurley and Alberta Swain singing "Which Is The Properest Way To Sing," by Day, I rating;

Mary O'Neal Pope, soprano soloist, singing, "Ho! Mr. Piper," by Curran, I rating;

Boys' quartet; David Hardison, Billy Peele, Charles Mizelle, and Irving Gurganus, singing "Soldiers of the Captain," by Spohr, II rating;

Mary Warren, pianist, playing "Two Part Invention," Bach; "Intermezzo," opus 116, No. 6, Barhms; "Scotch Poem," MacDowell, II rating;

Mixed quartet, Mary Trulah Peel, Lenora Melson, Hewett Andrews and Bennie Weaver, singing "Hope Carroll," by Smith, II rating;

Mixed chorus of 42 voices, singing "Cherubim Song," by Bortniansky, II rating;

Girls' Glee Club of 24 voices, singing, "Lift Thine Eyes" from the Elijah, by Mendelssohn, II rating.

This year's competition marked the fourth for the local school, the third under Miss Kathryn Mewborn's direction. Miss Kathryn Talton played the piano accompaniment for the contestants.

Two Arrested For The Larceny Of Automobile

Stewart Mitchell and Bert Roberts, two Marines stationed at New River, were arrested near here Saturday evening for the alleged larceny of an automobile belonging to a New Bern doctor.

Riding along Highway 64, near the radio station, Corporal Thompson, of the Highway Patrol, heard the larceny report, and looked up and saw the stolen car. The men were arrested and after remaining in the county jail overnight were turned over to Craven County authorities Sunday afternoon.

FEATHERS WANTED — WE BUY geese, duck, turkey, chicken feathers, Goose and turkey quills. Good prices. Write for same. Preston E. Cayton, Edenton, N. C. m20-tf

FOR RENT—LARGE STORE AND apartments in Tar Heel Building. Hot and cold water and steam heat included in rental prices. Apply Mrs. Jim Staton. m24-5t

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WANTED —WOODCUTTER, E. L. Ward Coal and Wood Company, m31-2t-eh

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