

THE POCKETBOOK of KNOWLEDGE



Pre-Natal Care Is Given 4,100 Wives Of Service Men

Raleigh, Sept. 8—More than 4,100 expectant mothers who are the wives of service men have been provided with medical and hospital care, to date, by the North Carolina State Board of Health, it was announced here today by Dr. George M. Cooper, director of the board's maternal and child health services.

The service rendered, which is free to wives of enlisted men in the 4th, 5th, 6th, and 7th pay grades, includes prenatal care, delivery, and postpartum examinations. When hospitalization is recommended by the attending physician, the hospital bill also is paid by the State Board of Health, if the hospital is in the group approved for this service. In the approved group there already are 65 hospitals, covering almost all the cities and large towns.

"North Carolina was the first State in the Union to have its plan for these services to the families of men under arms approved by the United States Children's Bureau, from which the funds are secured," Doctor Cooper said. Any eligible service man's wife can secure this aid for herself and her baby by following the adopted rules of procedure. She should see her personal physician, who will make application to the local health officer, or she may see her local or district health officer in person, but no case will be authorized until it has been approved by the health officer, with whom previous arrangements must be made. The expectant mother may, if she chooses, write directly to Dr. George M. Cooper, State Board of Health, Raleigh. Her application must be approved before the delivery of her baby.

SWEET POTATOES

Growers who cured and held their sweet potatoes last season until the spring months received more than twice as much for them after paying

What You Buy With WAR BONDS

Booby Trap Detector

In the snow, in the sand, on the beaches, on the roads, in the woods, everywhere the Axis soldiers hide "booby traps," to slow the movement of oncoming fighting men of the United Nations. The detector does the same work on land as the mine sweeper does at sea.



Like buying War Bonds, the soldier operating the detectors will never know just how much they have aided in the success of their campaign, but he knows his work is necessary and must be accomplished. If more Americans on the home front will come to realize this, the success of our War Bond campaigns will be assured.

U. S. Treasury Department

Small Engines To Farmers

Distribution of about 37,000 air and liquid-cooled internal combustion engines of 20-horsepower and under will be controlled by County Farm Rationing Committees. Preference rating certificates will be issued to farmers or operators of farm machinery for hire, based on the need for the engine in essential production of crops, livestock and livestock products, poultry and eggs, and bees. When the farmer receives such a preference rating certificate, he can take it to his local dealer and buy the engine.

The War Meat Board is urging growers to market their hogs early. The spring pig crop was 22 per cent larger than last year.

Honey Offers Cook Some Delightful Ideas For Meals

If you're looking for a good place to use honey, you don't need to go any farther than your breakfast toast or waffles. Hot biscuits, dripping with honey have been a morning delight since way back. Honey can also be used to sweeten fruits, beverages, and cereals. Honey sauce, with nuts or orange juice and orange peel, is good on ice cream. For a sandwich filling, use honey which has been creamed

with butter, nuts, grated orange peel, cream cheese, cottage cheese, or peanut butter.

Many cooks sometimes use honey to give their old recipes new life and flavor. When you cook with honey, remember a part of it is water. You can't substitute honey for sugar, measure for measure, without making some other change in the recipe. For one thing, you'll have to use less liquid than the original recipe calls

for.

For honey cakes and quick breads, mix the honey with the liquid called for in the recipe. Also, be sure to bake at the lowest temperature possible, so the honey won't scorch.

For gingerbread, brown bread, and steamed puddings, you can use honey in place of molasses. In that case, the home economists say you can substitute them, measure for measure. If you use honey, be sure to omit the

soda that you would use with the molasses.

Honey takes up moisture as it stands. That may not be so good with some candies and frostings. But it helps to keep your fruit cakes and steamed puddings moist.

Be sure to store honey in a place that is dry and fairly warm. Don't put honey in the ice box. Low temperatures may make the honey crystallize and become cloudy.

SWEET POTATOES

Cut, bruised and off-sized sweet potatoes make excellent hog feed, says Ella V. Vestal, swine specialist for the Extension at State College. Change "sweets" to meats.

Growers are showing increasing interest in the sowing of vetch, clover and Austrain winter peas, says J. W. Ballentine, county agent of the Extension Service in Hertford County.

"THANK GOODNESS!

Here's one thing that hasn't gone up!"



NO NEED to look so surprised, Lady!

Far from going up, electric prices have been coming down—steadily! Within the past three years, while the cost of living has climbed about 22%, the average price of household electricity has dropped about 9%!

And this downward trend in the price of electricity has been going on for years. For example, if yours is an average family, you're getting just about twice as much electricity for your money today as you did 15 years ago.

That's good news to your budget, isn't it? And meanwhile, you're enjoying the use of lots more electric appliances.

Why is electricity so cheap? Because experienced business management has made it so. Your electric company has been on this job for years—and those years of experience count! They all add up to friendly, dependable service—at low cost!

Hear "REPORT TO THE NATION," outstanding news program of the week, every Tuesday evening, 9:30, E.W.T., Columbia Broadcasting System.

CAROLINA POWER & LIGHT COMPANY

DON'T WASTE ELECTRICITY JUST BECAUSE IT ISN'T RATIONED!

YOU TOBACCO FARMERS! Just Keep On Rolling Your Tobacco Loads TO LUMBERTON

THE FASTEST GROWING MAJOR FLUE-CURED TOBACCO MARKET IN THE NATION

Selling Time Has Been Shortened On All Markets

LUMBERTON, LIKE ALL OTHER FLUE-CURED MARKETS, HAS HAD TO CUT ITS SELLING TIME EVERY DAY SO AS TO HELP THE BUYING COMPANIES IN HANDLING TOBACCO THEY ARE PURCHASING. BUT LUMBERTON AND ALL OF ITS AUCTION HOUSES WILL GO RIGHT ALONG ACCORDING TO SCHEDULE, WITH SIX SALES EVERY DAY, AND EVERY WAREHOUSE HAVING THE SALES AS PUBLISHED ON ALL SALES CARDS

TOBACCO FARMERS WILL MAKE NO MISTAKE IN DRIVING THEIR LOADS ON TO LUMBERTON, AS THIS MARKET IS MAKING ABSOLUTELY NO CHANGES EXCEPT TO CUT THE DAILY SALES TIME YOU CAN GET IN YOUR FAVORITE AUCTION HOUSE ANY DAY AND GET A SALE ACCORDING TO SCHEDULE . . . JUST KEEP ON ROLLING YOUR TOBACCO TO LUMBERTON.

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FROM THE BEGINNING OF THE SEASON, LUMBERTON HAS BEEN PAYING TOP PRICES ON ALL KINDS OF TOBACCO . . . TODAY TOBACCO IS SELLING AT TOP PRICES ON THE LUMBERTON MARKET GOOD TOBACCO CONTINUES TO GO ON RECORD PRICES, AND COMMON TOBACCO ALWAYS BRINGS GOOD PRICES IN LUMBERTON, GRADE FOR GRADE TOP QUALITY AS HIGH AS \$55 PER HUNDRED.

FARMERS SHOULD EXERCISE GREAT CARE IN HANDLING THEIR TOBACCO WITH CURTAILMENT IN SELLING TIME DAILY, THE SEASON NECESSARILY MUST RUN LONGER DO NOT LET YOUR TOBACCO GET OUT OF ORDER DO NOT WET IT DOWN, OR LEAVE IT OUT IN THE DEW AT NIGHT NO TOBACCO COMPANIES ARE LOOKING FOR POOR AND OUT-OF-CONDITION TOBACCO.

SIX SALES DAILY

LUMBERTON TOBACCO MARKET
JASPER C. HUTTO, Supervisor

SIX SALES DAILY