

School Lunch Calls For Special Foods

Sponsors of school lunches can get help from the Food Distribution Administration in paying for these lun-

ches if they will follow two approved school lunch patterns in preparing the food, say officials from Washington. The Administration will pay, usually from 6 to 9 cents per meal, for certain specified foods purchased for and served in either of the two kinds of lunches. The menu may include a wide variety of foods, depending on

local supplies of foods.

The "Type A" lunch provides from a third to a half of the five kinds of food that a growing child needs daily. The "Type B" lunch has the same kinds of food but the helpings are smaller and contain less protein, fat, minerals, and vitamins, except for milk, which remains the same.

The "Type A" lunch provides from A half-pint of fresh whole milk as a beverage. (2) A 2-ounce serving of meat or fish, or 1 egg, or 2 ounces of cheese, or half a cup (cooked measure) of dry peas, beans or soybeans, or 4 tablespoons of peanut butter. (3) One cup of vegetables or fruit, or half a cup of each. (4) One or more slices of bread, or muffins, or other hot bread, made of whole-grain or enriched flour or cereal. (5) Two teaspoons of butter, or margarine with added vitamin A.

The officials point out that adults, who want a nutritious lunch, can follow the "Type A" lunch pattern to advantage in ordering food at a restaurant.

holiday greetings #



JUST as surely as there'll always be little boys and girls, and big boys and girls, too (especially around Christmas), that surely there will always be a Christmas. Our wish for you is that this Christmas season of 1943 be the most memorable you have ever known.

HOKE DRUG COMPANY

See Us For Those "Last Minute" Gifts

State College Answers Timely Farm Questions

Q. How many broilers should I attempt to grow next year?

A. It is not a question of who should grow broilers next year, but a question of available feed, says Prof. Roy S. Dearstyne of State College. He suggests that, if you have had 500 broilers in 1943, you start only 400 in 1944. No new broiler production should be attempted. If a 20 per cent reduction is made in broilers and lay-

AT FIRST SIGN OF A
COLD
USE 666
666 TABLETS, SALVE, NOSE DROPS



As one hands down a good name, Christmas each year hands down its traditions, and all are good. It has been a tradition here to regard the good will of our customers as our most precious asset. In this holiday season of 1943 we extend to you, not as a customer alone, but as a friend, our very best wishes for a . . . Merry Christmas.

HOKE AUTO CO.



WE PAUSE, on the Eve of Christmas, 1943, to contemplate how much we owe the perennial character of our customers. With gratitude and pride we scan the list. Some of these customers have been with us for more than a quarter of a century.

To these old customers, to new ones, and to potential ones every member of this organization now joins in wishing "Merry Christmas."

McLAUCHLIN COMPANY INC.

ers are carefully culled, this will be a great help in solving the feed problem," Dearstyne says.

Q. When is the best time to set strawberries in the home garden?

A. In Eastern Carolina, the setting dates for strawberries are January to March; and for Western Carolina, March or April, say State College Extension horticulturists. Growers should in all cases wait until the period of soil freezing and thawing has passed. The best varieties for the eastern section are Blakemore and Massey and for the western section Premier and Dorsett. Any good local variety can be used. The horticulturists suggest setting from 100 to 300 plants. Full information for handling the

crop may be obtained from the county agent.

Q. We have an unusually large supply of sweet potatoes. Where can I obtain recipes for preparing them?

A. Write the Agricultural Editor, State College, Raleigh, for a free copy of "Sweet Potatoes—How To Use Them", Extension Pamphlet No. 79. This publication gives 15 recipes for cooking sweet potatoes, one of the most abundant and best food crops in North Carolina. The Extension nutritionists point out that the sweet potato is one of the richest sources of vitamin A and that it also supplies liberal amounts of calcium, phosphorus and iron.

They were training Mandy in her duties as maid. Upon answering the telephone the first day, she brought no message, but explained: "I warn't nobody. Jes a lady says, 'It's a long distance from New York,' and I says, 'Yes, ma'am, it certainly is.'"

Teacher to pupil: "Sammy" can you give me a sentence using the word delight?

Sammy: Yaas'm, dewind blew in de window an' blew out de light.

Preacher to German boy: Son, I understand that in Germany when you sit down to your meals you say "Thank God and Hitler". What will you say when Hitler's dead?

German boy: "Thank Gott".

PENDER

ORANGES

40 lb Bag.. \$1.99
20 lb Bag .. 1.00
8 lb Bag .. .40

All Apples 10c lb Tangerines

5 lb 45c
Grapes 2 lb .. 29c
Tomatoes.. 15c lb

(7) Pork Chops 37c lb

(6) Beef Liver 37c lb

(4) Bacon .. 38c lb
Rice 2 lb .. 17c

Cocanuts .. 20c
Lettuce .. 15c

Red Mill
MINCE MEAT
2-lb Jar
43c

Southern Manor
FRUIT CAKE
2-lb Carton
\$1.29

NEW CROP NUTS

Stuart Pecans 1-lb Bag 47c
Mixed Nuts 1-lb Bag 47c
Walnuts 1-lb Bag 45c

Fresh Crisp Nabisco

Ritz Crackers 1-lb Pkg 23c

Red Mill Creamy

Peanut Butter 1-lb Jar 24c

Cake Flour

Swans Down 2 3-4 lb Pkg 28c

Lang's Brand

Sour Onions Quart Jar 33c

Rosedale Thrown

Queen Olives 2 3-4 oz Bottle 13c

Joyana Chocolate

Malted Milk 10-oz Can 38c

Green Stamps D, E, F Now Good

Tender Whole Kernels
(10) NIBLETS Brand Corn 12-oz Can 13c

Delicious, Healthful Colonial
(6) TOMATO JUICE 46-oz Can 21c

Jackson Brand
(15) PUMPKIN 29-oz Can 14c

Del Monte - Mary Washington
(18) ASPARAGUS Can 19-oz 39c

Comstock Brand
(15) PIE APPLES 20-oz Jar 23c

(4) Layer Raisins, lb. 20c

(18) Tomatoes New Pack 19-oz Can 10c

(6) Comstock Beets 27-oz Jar 17c

(2) V-8 Cocktail 18-oz Can 14c

(14) Apple Sauce Colonial 20-oz Jar 13c

(4) Campbell's Tomato Soup 10 1/2-oz Can 9c

Southern Manor Golden Bantam
(13) CORN 20-oz Can 14c

CIGARETTES Popular Varieties \$1.34

Mixed Pickles Triangle Sweet 12-oz Jar 12c

Mott's Apple Juice Quart Bottle 21c
Cut-Rite waxed paper 125-ft Roll 17c
XXXX Sugar 1-lb Carton 8c

Pender's Best Plain
FLOUR 10-lb Bag 60c

Triangle Self Rising
FLOUR 10-lb Bag 54c

Double Fresh Golden Blend
COFFEE 2 1-lb Bags 41c

Triple Fresh Our Pride
BREAD 2 16-oz Loaves 15c

Best Granulated
SUGAR 5 -lb Paper Bag 32c

Mrs. Filbert's
Margarine
(6) 1-lb Ctn 25c

FLORIDA GOLD - Unsweetened
Grapefruit Juice
18-oz Can 13c

Chocolate - Orange - Lemon
Christmas Special
Cakes 2-lb Size 69c

Chalet Brand
Breakfast Cocoa
1-2-lb Pkg 10c