

FEED FAMILY FIRST, SLOGAN

Adequate Food Supply in the Home Major Plank in Farm Platform

URGE BETTER GARDENS

"Feed the family first" should be the slogan of North Carolina farm people during the coming year, says Miss Mary E. Thomas, Extension nutritionist of N. C. State College. In this connection she explains that an adequate food supply in the home is the major plank in a successful agricultural platform.

Analyzing first the weak points in the family food supply, Miss Thomas says: "We don't eat enough vegetables — tomatoes, leafy vegetables, and root vegetables; not enough fruits, including berries, grapes, apples, peaches, pears, plums, cherries and figs; not enough eggs in the diet of the average family, and some families have no poultry, not enough milk, cheese and butter, and there are seasons when some families have no milk; and lack of variety in meats—too much pork and not enough beef, veal and lamb."

She recommends that gardens be enlarged and a greater variety of vegetables grown; that more small fruits be included in the family garden; that every family of five have 50 laying hens on the farm on October 1 of each year; that two cows be kept, one to freshen in the fall and the other in the spring; and better methods of storing and preserving meats, vegetables and fruits.

"Food prejudices constitute one reason for inadequate diets," the Extension specialist declared,

More Free Theatre Tickets to Be Given Away



The three persons pictured above will each be given two free theatre tickets, good for admission to the Elk or Lyric theatres, if they will call in person at The Tribune. Three more photos will appear in this space next week. Watch for them.—(Tribune Photos.)

"and many rural people need to learn the nutritive value of certain vegetables, fruits, dairy products and meats. They also need to be convinced of the economic value of veal and lamb as food."

Miss Thomas has asked Home Demonstration Clubs to stress "food for the family first" as a defense measure during 1941. She

has prepared family food budgets which are available upon request.

Someone Must Move
Policeman: "What are you standing here for?"
Loafer: "Nothing."
Policeman: "Well, move on! What if everybody was to stand here in one place. How would the others get by?"

Woman's Love Notes Work But She's in Jail Now

Statesville, Nov. 22—Mrs. Lola L. Gibson, 41, of Troutman and Statesville, was arrested today by United States Deputy Marshal Paul Sossamon on a warrant charging using the mails to defraud in violation of the postal laws and regulations.

The warrant charges that Mrs. Gibson defrauded John Moroney, of Los Angeles, Calif., out of \$481. The complaint alleges that she had correspondence with Moroney relative to marriage, representing herself as a free-lance writer having an estate of \$15,000 and an annual income of \$1,000, that she was a widow without children, that she would go to California and marry him if he would send her money, and that he sent her money at different times totaling \$481.

Investigation revealed that Mrs. Gibson is not a free-lance writer, that she has no income, is divorced and has a living son. It is alleged that she has been carrying on matrimonial correspondence for some time, sending mail out from Troutman, Statesville, Catawba and other towns in this vicinity. Mrs. Gibson has been married twice. Her first husband is dead, and she was divorced from her second.

Mrs. Gibson was brought before United States Commissioner E. B. Quinn this afternoon and bound to federal court which convenes here in April. She was lodged in the Iredell county jail in default of a \$300 bond.

BENHAM

We had a large crowd at prayer service last Sunday night. Mr. Martin Luffman of Little Elkin, gave a nice program. We also had good singing by Mr. Clifton Walls' quartet. We extend a hearty invitation to everyone to be with us again. Mr. Cletus Settle will conduct the service next Sunday night.

Rev. Mr. Frost of near Wilkesboro, will preach at Benham next Sunday night, the first Sunday in December.

Mr. and Mrs. Watt Tucker and son, Marcus, accompanied by Mr. Clint Newman, attended the funeral of Mr. Tucker's sister, Mrs. Carrie Kimble, in Winston-Salem, last Wednesday.

We have on the sick list this week Mrs. Marvin Byrd, Miss Ruby Burcham and Mrs. George Curry.

There will be a Thanksgiving service in the home of Mr. C. A. Ross, tonight (Thursday). Mrs. James Ross will be in charge. The public is cordially invited to attend.

We've All Heard Him
All through the football game he had yelled and cheered the home team to victory, then suddenly grew silent. Turning to the man next to him he whispered, hoarsely, "I've lost my voice."
"Don't worry," was the reply, "you'll find it in my left ear."

Needs Receiver
"Is your husband's studio prospering?" the young bride was asked.

"Indeed it is," was the confident reply. "He must be making lots of money, for he told me last night that they had to appoint a receiver to assist him."

SURRY BOARD DRAWS JURY

Will Serve During December Term of Criminal Superior Court

UNDER JUDGE ROUSSEAU

Surry county's board of commissioners, in a special session at Dobson, drew a jury list for the criminal term of court to convene on December 16, with Judge J. A. Rousseau, of North Wilkesboro, presiding, and solicitor R. J. Scott prosecuting the docket.

Jurors drawn for the term were:
A. K. Scott, J. R. Poindexter, David Dockery, Charles Key, Sherman Nixon, of Elkin.
George C. Wright, E. F. Alford,

Fox Lawrence, E. L. Brown, Gurney Holder, Allen R. East, Martin Bennett, W. B. Hadley, M. W. Monday, Dan A. Blue, P. E. Hodges, Walker Lewis, D. M. Owen, C. M. Nichols, W. S. Pace, P. A. Owen, R. W. Inman, W. I. Monday, E. S. Redman, all of Mt. Airy.

Dan Snow, C. E. Lambert, Albert Wood, J. A. Long, S. C. Cook, Paul McCormick, Wilson Mitchell, S. R. Coalson, of Dobson.
W. F. Boyles, Pilot Mountain; J. K. Thompson, Mountain Park; Sam Fulk, Pilot Mountain; E. E. Smith, Rusk.

Patronize Tribune advertisers.

UP
Food prices, continuing a "cautious upward trend," have risen above the level of a year ago for the first time since the initial war boom, with volume about 8 percent above last year.

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Another Christmas is at hand, and as always Walker's 5c and 10c Store is more than ready with two big floors loaded with gifts of every kind and description. This year we have outdone ourselves in buying the largest and most complete assortment of gifts and toys in our history! So take our tip—hurry here for your every gift need and for Christmas decorations and greeting cards. We have them—and how!

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Wagons	Air Rifles	Pen and Pencil Sets	Men's Gloves
Scoters		Aluminum Ware	Ladies' Gloves
		Handkerchiefs,	Ladies' Bags
		Scarfs	Men's Pocketbooks
		Embroidered Goods	Jewelry
		Jewelry	Kodaks
			Cedar Chests

—and a thousand and one other gifts to thrill the youngsters!

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Decorations for the Home and Christmas Tree
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