

Winners Announced In HDC Contest

Winners of the essay contest on "Twelve Reasons Why I Am A Home Demonstration Club Member" were announced by Mrs. Fred Matthews, President of the Home Demonstration County Council. The winners were as follows: 1st place—Mrs. Eddie Harrell, Snow Hill - White Hat Club; 2nd place—Mrs. A. E. Layden, Beech Springs Club; 3rd place—Mrs. Arba Winalow, Whiteston Club.

The following essay was one written by Mrs. Harrell:

Twelve Reasons Why I Am a Member of the Home Demonstration Club:

1. I am a member of the Home Demonstration Club because I believe first of all, that cooperation is the key to success in any field.
 2. I am a member because I love my home, and the homes of others. As a member I am encouraged to work for a happier relationship in my home, which is very important—for after all, the kind of homes that we have will determine the kind of world that we shall have.
 3. I am a member because I love the soil—God's good earth. Many things that we deal directly or indirectly with it.
 4. I am a club member in order that I might associate with other women of my community, county and state.
 5. As a club member I get the latest scientific information from State College and the United States Department of Agriculture.
 6. I need the information I get through my club regarding legislation. By studying problems together we can learn to think without prejudice and to vote more intelligently for the things important to human welfare.
 7. Because I am a member I can live more economically. I am told how to conserve and preserve that which I have.
 8. I am taught how to take little simple things about me and from them create things of beauty.
 9. I am a member because I know that through practice in my club I can develop my ability of leadership.
 10. I need the fellowship which my club affords. It is worth much to all of us.
 11. I also need the recreation which we have in our clubs—for, all work and no play makes Mary a dull house wife.
 12. Even our spiritual lives are broadened—for who can work with other people, for the betterment of our own lives, and the lives of others, and not have a broader conception of God's greatness?
- The judges for the contest were Mrs. I. C. Yagel, Mrs. F. A. McGowan and Miss Ann Atkinson.

HELEN GAITHER CLUB MEETS

The Helen Gaither Home Demonstration Club met March 23rd with Mrs. E. Y. Berry.

The meeting was called to order by the president, Mrs. W. P. Lane, and "It's A Good Time To Get Together," was sung. Mrs. J. T. White gave the devotional, reading the 13th Chapter of I Corinthians. The Lord's Prayer was repeated in unison followed by the Collect. The minutes of the last meeting were read and approved and the roll called.

The change of the date of the District Meeting at Elizabeth City to April the 18th was announced by Mrs. White, the Home Agent. The club also voted to pay 15 cents each to help pay the expense of a delegate to the Denmark meeting.

Mrs. Nina White gave a demonstration on, "Three Meals A Day That Measure Up."

The recreation leader, Mrs. W. L. Madre, gave an interesting contest with Mrs. W. O. Hunter winning the prize.

The hostess served ice cream, cake and mints to the following: Mesdames J. T. White, Ed Harrell, W. L. Madre, T. E. Madre, John Corpew, Jr., W. P. Lane, Alfred Lane, Milton Dail, W. O. Hunter, Nina B. White, Colon Jackson and Miss Audrey Jackson.

LANE - COPELAND

The marriage of Miss Gladys Copeland, daughter of Mr. and Mrs. Jessie C. Copeland of Tyler, N. C., to Leon Lane of Hertford, N. C., Route 2, son of Mr. and Mrs. M. D. Lane took place Saturday afternoon, April 1st, at 4:00 P. M., at the home of the Rev. A. H. Outlaw, Elizabeth City, N. C. The double ring ceremony was performed by the Rev. Outlaw, pastor of Chapel Hill Baptist Church.

The bride wore a suit of navy blue gabardine with pink and blue accessories and a corsage of pink roses. Mrs. Donald M. Lane of Norfolk, Va., matron of honor, wore a dress of red with black and white accessories and a corsage of white gardenias.

Donald M. Lane of Norfolk was the best man.

Among those present were members of the immediate families and other guests were, Mr. and Mrs. E. W. Walters and Mr. and Mrs. Elmer Walters, Jr. both of Norfolk, Va., Miss Dorothy Booth of Portsmouth, Va., Mrs. Gerge A. Harrell and children of Elizabeth City, Miss Maxine Lane, of Tyler and Raymond Bunch of Edenton.

After the ceremony the couple left for a wedding trip and are residing at Hertford, RFD 2, upon returning.

Health and Beauty

By Dr. Sophia Brunson

HOW TO LOSE WEIGHT

The gist of this article was published in "The Medical Press and Circular." The author was Henry Hales.

"Obesity is defined as the presence of fat in the body beyond the amount necessary for the full physical and mental efficiency of the individual either during his normal activities or in emergency. Fat is stored chiefly, in subcutaneous, intramuscular, and peritoneal tissues." Fats are mobilized and deposited in the body and produce heat.

Many people ignorantly suppose that fat people are in good health. The contrary is true. Obesity often indicates that the body suffers from deficient oxidation. The intestinal toxins and food poisons interfere with the burning of fat in the body in exactly the same way that a clogged furnace prevents the proper combustion of coal.

When there is too much fat, instead of performing its proper role in the body, it interferes with the secretions of the ductless glands, which play such an important role in the metabolism of the system.

The chief causes of obesity are overeating, too little exercise, and poisons. Retention of water gives the appearance of obesity.

The treatment is reduced food intake. Exercise is important. Electric light baths help remove the poisons and stimulate metabolism, thus helping to burn up the fats. These baths remove water from the system very rapidly.

If the patient is deficient in endocrines, substances, then preparations of the glands should be administered. Electric currents are very helpful in stimulating the whole system. This helps to burn up the fat.

A very important thing to remember is that fat combustion takes place only when the quantity of food eaten is below the body need. For this reason the amount injected must be below that which is necessary to maintain the body weight. This may be accomplished by systematically eating less, and especially by cutting down on sweets, fats and starches to the lowest amount that is consistent with health.

Nothing should be eaten between meals. Eat a sufficient amount of protective foods. "Enough proteins, provided to meet the loss resulting from reduction of the total food, which can be achieved by eating plenty of raw salads and raw fruits." Constipation can be overcome by a proper diet.

The weight tables that have been published are generally unreliable, because every human being is law unto himself.

"Food taken in excess of the body needs acts like a drug and produces a craving for more food. The discomfort which results when the food-drug is withdrawn will disappear, if the reduced diet is followed for several days. The torpor following a heavy dinner illustrates the toxic action of overeating."

WHO KNOWS

1. What is the highest mountain range in Europe?
2. What is known as the "spoils system"?
3. What percentage of British food was imported before the war?
4. What is meant by a "jurisdictional strike"?
5. Moscow is the world's sixth largest city; name the five that are larger?
6. Why is it that there are no filibusters in the House of Representatives?
7. What is the distance of a Marathon race?

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then race?
8. What kind of atmosphere surrounds the moon?
9. How many pieces are used in a chess game?
10. How far away is the moon?

THE ANSWERS

1. The Caucasus.
2. The practice of elected officials rewarding supporters with political appointments.
3. Four-fifths of breadstuffs and fruits; one-half of meat; eggs and dairy products; one-third of fish and vegetables.
4. One caused by disputes between rival unions, both claiming to represent the workers involved.

5. London, New York, Tokyo, Paris and Berlin.
6. Because House rules limit debate.
7. 26 miles, 386 yards.
8. None.
9. 32.
10. 248,000 miles.

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