ion Study Of Teen-age Diet Shows the director. A total of 71 children were enrolled at the school. fits From Use Of Vegetable Fats

would be no change in quality).

Diet Choices

The highest fat diet contained

margarine as a tablespread and

Another diet eliminated margar-

ine, but contained foods prepared

One of the low fat diets contain

ed margarine, while the lowest fat

diet omitted both margarine and

30-35% Fat Pays Off

Results of the Texas study prov-

ed conclusively that a top-quality

teen-agers in better health, weight

The diet study was conducted at

TSCW on a grant-in-aid from

EXCHANGE STUDENT TO

STUDY FARM OPERATIONS

(Continued from Page One)

their experiences with yout

civic organizations in Argentina.

Since the beginning of the pro-

ject in 1948, 629 delegates from the

United States have participated

countries have visited the United

BIBLE SCHOOL CLOSES

Bay Branch Church July 27 after

a successful week. Teachers were

Mesdames Mamie Hurdle, Isetta

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lished daily in Boston. World-

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Zone

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SCIENCE

MONITOR

States under the IFYE program.

diet with fat contributing 30-35%

vegetable seasoning.

shortening.

with vegetable shortening.

wing teen-agers show placed on a carefully controlled, provements on a top-top-quality diet for an entire school of vegetable fats.

hown clearly by results groups, all with the same basic on study conducted re- | diet except for fats. at Texas State College for der the direction of Dr.

e Berry Mack. hundred and twenty-two put into the diet in carefully mealooks, greater energy and weight can be enjoyed by diet in which fat accounts ut one-third of the calories.

careful analysis of exhausdical-nutrition tests given te participating in the study, major conclusions

1. Fat does not necessarily make

The right kind of fats help ve skin beauty.

Generous amounts of fat in energy and vitality. Bone mineralization improve

the intake of Vitamin-A rich of the total calories pays off for Diets high in Vitamin A help

e good red blood. Vitamin A builds increase tance to night blindness.

Four Diet Groups student volunteers were Lever Brothers Company.

ELVIDERE NEWS

Revival services at Piney Woods ds Church begins Sunday ing, August 19, and continues evening at 8 o'clock, through week and the next Sunday ing at 11 o'clock services and nday evening, August 26. and 659 farm youths from other ngelist Norman Osborn of asboro will be guest speaker, d assist the pastor, the Rev. D. rgil Pike. A cordial invitation is ded the public to be present all the services.

Among those attending N. C. early Meeting of Friends at Guild College this week are the wland White.

Mr. and Mrs. Thurman Riddick tained for supper Monday ing the Rev. and Mrs. J. Paul an of Edenton, who are cona revival at Whiteville e Baptist Church this week. Holoman is pianist and song

Clarence Chappell, Jr., and his er, Louise, attended the AIC vention in Raleigh last week participated in the program. was also an appointed gate and attended the National oc Conference in Lexington,

y., recently. Mr. and Mrs. Burton Myers and on, Gary of Wilmington were reek-end guests of Mr. and Mrs. nd the week at Nags Head.

Airman Jay Winslow White and Friend of Charleston, S. C., were day visitors with his grandparts, Mr. and Mrs. L. J. Winslow. First Sunday in September Rally and Promotion Day will be observ

at Piney Woods Church. Mrs. Sylvia Copeland and daugh er, Sylvia Rae are spending this k with Miss Lucy Lamb at edia, Pa.

Mr. and Mrs. J. M. Copeland and ss Olive Layden, accompanied by rs. Harmon Young and three sons Tampa, Fla., spent Thursday as ts of relatives in Portsmouth, On Saturday they visited with and Mrs. J. A. Copeland and ily of Petersburg.

Freda Stallings of Hobbsville at last week with her grandnts, Mr. and Mrs. J. Hurdle. Mary Lee and Peggy Jane Bal-

ed of Portsmouth, Va., are visittheir uncle, Thurman Riddick

The N. W. Chappell family and ack White and family spent Suny at Nags Head and Manteo.

COLONIAL DIVIDENDS

egular quarterly cash dividends cents and 62% cents on pre 4 per cent and 5 per cent spectively and a 271/2 cents od on common stock was aned at Colonial Stores Incord's headquarters here follow-meeting of the Board of Diin Columbus, Ohio. The are payable September 1 cholders of record August

directors met in Columbus to visit and tour the red large, modern ware cal supermarkets op-te Albers Division of

year. Fat was varied from moderately high to low in four diet Church Sunday.

Mrs. Winston Lane and Annie Lou Lane went to Raleigh Wednes-To control the fat content of the

dict, all visible fats were first eli-Mr. and Mrs. Kenny Woolwine minated. Certain fats were then and Mrs. W. W. Hanbury of Norfolk, Va., were week-end guests of age college girls who volun-defer the study proved that were used all the time so there the Watson-Proctor wedding.

Bob Overton spent Wednesday with his mother and father, Mr. and Mrs. Ed Overton.

vegetable shortening for all bak-Mrs. Winston Lane, Jr., was calling and frying. It also contained ed to the bedside of her mother, who had suffered a severe heart

Those spending the week-end with Mr. and Mrs. Josiah Proctor and attending the Watson-Proctor wedding were Mrs. Annie Law, Mr. and Mrs. Clarence Watson, Sr., Bobbie Zelinsky and Donald Hawksworth of Nanty-Glo, Penn.

WHITESTON NEWS

wood Winslow and Miss LaClaire Winslow spent Friday in Norfolk Va. While there they visited Miss control, skin beauty and many oth- Gwendolyn Davis, who is to be Laer factors so important to this age | Claire's roommate at Guilford College this winter.

Those attending N. C. Yearly Meeting at Guilford College this week from Whiteston are the Rev. Orval Dillon, Ina Lane, Johnnie White, Pearl White, Waldo Winslow, Mr. and Mrs. Arba Winslow Mr. and Mrs. Merrill Winslow and family and Mr. and Mrs. Lynwood groups, rural organizations, and Winslow and LaClaire Winslow. Mrs. Ralph White is improving

> Albemarle Hospital. Speaking About Time "Pardon me, but have you the

after undergoing treatment at th

correct time?" "Don't keep any artificial time mister, it's just milkin' time, and A vacation Bible school closed at; I don't perten to be any statistician. If you're a city daylight savin' man you kin do your own addin,' subtractin', or multiplyin'."



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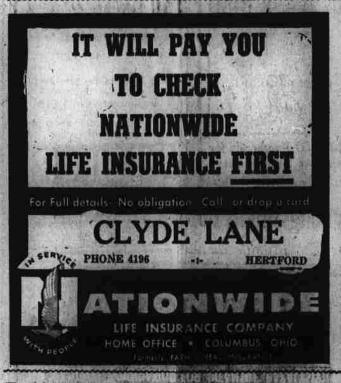
POSITION OPEN

The position as assistant to the Clerk of the Town of Hertford is now vacant.

Applications, to fill this position, will be taken at the Clerk's office at the Municipal Building in Hertford up to five P. M., Monday, August 13, 1956.

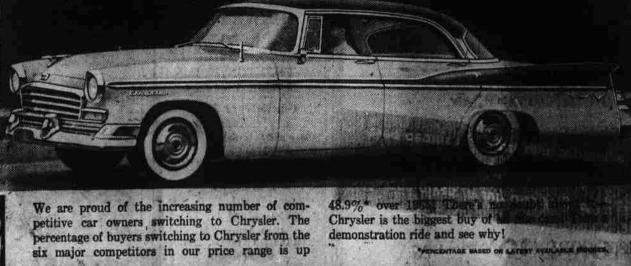
Applicants are requested to apply by letter, giving age, clerical experience and list former employment.

Town of Hertford



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maintailenews

Miss Catherine Wilson and Doris Carouo of Peeks Keel, N. Y., spent week-end with Mrs. Pearl

Moyock spent several days last week with their grandmother, Mrs. Pearl Chalk. Mr. and Mrs. Dennis Chalk spent Sunday with his mo-

Mr. and Mrs. Thomas H. White spent the week-end at Old Point Comfort, Va., at the Chamberlin lotel and attended the convention of the 59th N.C.B. that he served during World War II. Mr. and Mrs. J. F. Hollo

and son, Griver, Mr. and Mrs. Wil-flam Whednes of St. Brides, Va., Mr. and Mrs. Floyd Matthews and children, Floyd, Jr., and Nancy and friend of Hertford, have returned home from a trip through the tives here. Great Smoky Mountains.

Mr. and Mrs. Clifton Morga have returned home from a trip to Alabama and Florida where they visited friends and relatives.

Mrs. Johnnie Lane spent th week-end in Norfolk, Va., with Mr. and Mrs. E. J. Roberson and son. W. F. Morgan has returned home from the Albemarle Hospital in Elizabeth City and is much im-

Mr. and Mrs. C. E. Moore and family have recently moved here from California. Mr. Moore is the



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uneral and burial was ne tending from here were Mr. and Mrs. E. B. Hollowell, Mr. and Mrs. J. F. Hollowell and Mrs. and Mrs. Ernest Long.

Mr. and Mrs. A. R Winslow ar Mr and Mrs. Bill Cox and family spent Sunday at Nags Lead Mr. and Mrs. Elisha Whitley an and daughter of Portsmouth, Va., visited Mr. and Mrs. J. F. Hollo-well Sunday afternoon.

Mr. and Mrs. Opal White and granddaughter have returned their home in Baltimore, Md., after spending a week with rela-

TRY A WEEKLY CLASSIFIED



well better fill up when he time for afternoon ten in England. Lady "Jane" politely holds her cup for a refill. The chimp's tea party at the London Zoo, the first of the season, was a smashing success with both chimps and visitors

The larger the income, the har er it is to live within it.

-Richard What



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