

## WARNING AGAINST PELLAGRA

# Dangers of the Restrict-ed Diet Stressed By Health Officer

Durng the periods of financial depression such as we are now experiencing-there are certain, more or less inherent, dangers due to the restricted diets of so many of our people. Therefore the County Health officer deems it altogether worthwhile that a simple word of warn-ing on this subject be given out. Especial attention is directed to community organizations that are striving so nobly to provide food to many of the unemployed. It is not enough to satisfy the appetiteappease the pangs of hunger. A diet consisting of fat pork, corn meal or flour, molasses and coffee will sat-isfy ones hunger, and it will also produce pellagra in those who attempt to subsist very long on that sort of diet. Moreover, this meat, meal and molasses raton, if not sup-plemented with other foods, such as greens, peas, beans, tomatoes, milk and the like will undermine ones resistance to such an extent that one becomes an easy prey to tuberculos is, anemia and many other serious diseases as well as that ill defined

condition known as poor health. Since pellagra shows such a remarkable tendency to be worse during the spring and summer it is highly important that special attention be given the matter of diet just now in order to fortify the system now in order to fortify the system against the development of the dis-ease during the spring and summer months. A recent survey over the county revealed the existence of eighty-eight (88) active or definite cases of pellagra. Undoubtedly there are many more cases that are provided in the second are many more cases that are not known about. This shows that the disease is on a marked increase. Hence it behooves every one to exert every ounce of influence one may have to prevent the development of this disease by eating and encourage ing the eating of a diet which con-tains some of the following: milk greens, root vegetables, potatoes, tomatoes, dried beans and peas, some lean meat and other protein foods.

Dried brewer's yeast is a very wonderful agent both as a preventitive as well as a cure of the dis-case, and I am pleased to announce that the American National Red Cross is furnishing yeast free to any and all cases that are unable to to buy from local sources. The Health officer is distributing this yeast.

#### **Change In Policy** Of Bargain Days At Peoples Theatre

#### Work Speeds Along On River Banks at Bridge, New Plant

(By The Editor) There is work being done along the Roanoke here and a visit will convince the most skeptical that this city is moving forward fast. Yesterday, in company with Doc Bahnson Weathers, Alfred Martin and Tommy Jenkins, we

made a tour of inspection. We saw five steel spans already in on the new bridge, with two more spans ready to lift in-to place. With the approaches to place. With the approaches to each side that is going to be the longest bridge in the State, East of the ceast bridges, unless we are badly fooled. It will be twice as long as the old bridge and twice we substantial as a look at the place and steel will look at the piers and steel will prove. While it wont have the pretty concrete approaches of the Weldon bridge it will be just as substantial. There will be no more worry

about high water when the new road is completed and the bad corkscrew curves are gone.

We were amazed at the progress on the new mill filter plant. The big reservoir has been dug and they are pouring concrete on the settling basins. The plant will overlook the new highway. And up the river the Power Compay is busy working on the new transmission line. Every little bit helps in this

March of progress. Go down and see for yourself. It will do you good to see things building in our community.



**Ex-Service Men of State** To Meet in Special Session March 17

Saturday night, March 17, promptly at 7:15 the local post\_ of the American Legion will meet in the Brick building in rear of Patterson's Store. All former service men in the community are urged to attend this meeting and, if possible, to join now. This post will join with all other posts in the State in simultaneously observing the Aerial Roundup which takes place March 9th to 20th inclu-

ive. During this time members of the Legion will endeavor to contact ev-ery veteran of the World War in this community and inform him of the benefits that have accrued from his service through successive legislature enactments and the program of the Legion.

## PREVENTS DARING ROBBERY

Thief Works Under a Light In Wade Store Tuesday Night

An epidemic of store robberies has broken out again and officers are on their guard every night. Three breaks culminated in the robbery of the J. J. Wade Store Tuesday night, a daring entry which was frustrated by the opportune appearance of L G. Shell.

Mr. Wade was working on his income tax reports until 10:30 Tues-day night. As he left the store, Mr. Shell was just leaving his store. About a half hour later Mr. Shell eturned down the street and saw Mr. Wade again working in the store.

He went over and shook the front door and "Mr. Wade" beat a hasty retreat to the back of the store. Mr. Shell then realized the man inside was not Mr. Wade and went for a poiceman, returning with officer Carl Green.

They went to the rear of the store and found their man gone. But he had left his loot, piled neatly in the had left his loot, pied nearly in the back alley. He had shown good judgment and had made a nice se-lection for a months provisions. There were four hams, flour, sugar,

offee, canned goods, and even cigarettes to finish up after the meal. He had robbed the cash register of about eight dollars in change and this is all he got away with. trance had been effected by breaking out the glass in a back window and

prizing off the bars which protected the window. Officers are searching for the man and are keeping their clues to themselves. Saturday night, thieves broke the filling station of H. L. Bell on the Bolling Road and took merchandise and a radio. The radio was found hidden in the woods Monday morning but the merchandise was

not recovered. Last week, thieves broken in the store of Max Frank in South Rosemary and escaped with some cloth-ing, it is reported.

\* \* \* \* \* \* \* ¥ KIWANIS MINSTREL \*

seen here

### Look For Your Name Each Week in the Ads And Get a Free Ticket

Each week in the larger dis-play ads in The Herald, there will be the name of two lucky subscribers of the paper. Read through the ads and see if your name is there. If it is, then come to The Herald office at once and you will receive a fifty cent adult ticket to the Peo-ples Theatre, good the Monday or Tuesday following the issue of The Herald in which your name appears.

name appears. Each week, there will be two different names and they will appear in different ads each week. This free offer has been made possible through an ar-rangement between the manage-ment of the Peoples Theatre and The Herald. Read The Hera'l display ads

every week. It will pay in more ways than one.



J. B. Rives Is Instantly Killed At Enfield On Monday By Train

J. B. Rives, well known citizen of Enfield was instantly killed there on Monday morning about 9:30 o'clock when hit by the Florida Special, a

Coast Line through train. The train came to a full stop about 100 yards from where his struck Mr. Rives. According to Ernest Bellamy and other witnesses to the accident Mr. Rives was standing on the south-bound track waiting for a local freight to pass and evidently failed to see the approaching flyer. His body was thrown for about 50 feet by the impact which broke both legs in several places and crushed the

right side of his head. Coroner W. C. Williams, who was called immediately after the accident, deemed an inquest unnecessary.

Mr. Rives was about 40 years old. He is survived by his wife and eight young children, his mother, Mrs. Rives, three brothers, Lucy Ralph Exum and Jimmy, all of Enfield and three sisters, Mrs. O. W. Ransome of Enfield; Mrs. J. H. Melton of Empo-ria, Va., and Mrs. Roy Green of Fredericksburg, Va. Funeral ser-vices were held from the home on

With a splendid orchestra playing, the spotlight darting, and in a blaze Tuesday afternoon at 2:30 o'clock. of floodlights, the second annual Ki-

wanis Minstrel came to town last **CIVIL COURT** Friday night and a big house sat enthralled and amused through two MARCH 16 hours of cleverly staged, smoothclicking performance as was ever

Next Friday and Saturday, March 20th and 21st, the Peoples Theatre will inaugurate a new policy on the

## FORMER CITIZEN **IS DEAD**

Mrs. E. J. Coltrane Dies Suddenly at Salisbury Saturday Night

The city was shocked Sunday torning, when pastors at the various churches read copies of a telegram sent to C. W. Davis announcing the sudden death of Mrs. E. J. Coltrane at Salisbury on the previous night.

Mr. and Mrs. Coltrane had resided were for ten years where Prof. Coltrane was city superintendent of schools. They left eighteen months ago for Salisbury where he occupies similar position.

Death came very suddenly following only a few hours of critical illness. Mrs. Coltrane had been sick with influenza for several days but was not considered seriously ill un-til Saturday afternoon. The turn for the worse came at four o'clock and she died at nine.

Funeral services were conducted Monday afternoon from the First Methodist Church of Salisbury and interment was at Deep River Friends Church near Jamestown in Guilford County. The following attended the funeral from here: Misses Clara Hearne, Martha Craddock, Mary Lowder, Annie Cherry, Mary Trayn-ham Wyche, Messers C. W. Davis and A. E. Akers.

Before her marriage Mrs. Coltrane was Miss Annie Lois Henley of Snow Camp, Alamance County. She at-tended Guilford College and graduated with Mr. Coltrane in the class of 1907. They were married in 1910. Two daughters survive with the hushand, four brothers and one sister surviving are T. L. Henley, of Lau-rinburg; W. P. Henley, of Pilot Mountain; J. T. Henley of Snow Camp. Both before and after her marriage, Mrs. Coltrane taught school, her last position being in Jamestown High School. She was an active worker in church and civic circles and had made many friends

since going to Salisbury. While a resident in this city, Mrs. Coltrane was active in the civic and social life of the community. At dif-ferent times she was president of the Womans Club, the Parent Teachers Association, the Study Club, the Association, the study club, the \$5 for damages. Presbyterian Auxiliary, and secre-tary and treasurer of the Roanoke Rapids chapter of the American Red to driving a car while drunk. A ver-

She was a natural leader with a acter, she will be deeply mourned by all here who knew her and they will join with this newspaper in extend-ing the bereaved father and daugh-ters the sympathy of this entire community.

#### Rosemary Concert Band NOON TRAIN **On Air Again Saturday** KILLS CHILD

Tune in on WPTF Raleigh at four o'clock Saturday afternoon and hear the Rosemary band un-der the direction of R. L. Mar-

The local bandsters will fesume the air on that date for an hour of concert music. Hear the most popular band n North Caro-lina perform. We are proud of their success. If you have any favorite selections, better see Mr. Martin early.

RECORDER COURT

After two days session of heavy work the Recorders Court still has a few more cases on the remanded dccket. Judge Daniel and Solicitor Dickens expect to be able to take care of the cases in this court's juris diction in one days session a week. The following cases were disposed of this week:

Henry Branch plead not guilty to manufacturing whiskey and having in his possession utensils for manu-

facturing, verdict not guilty. Charlie Johnson plead not guilty and a verdict of not guilty was rendered to carrying a concealed wea-

Cyrus Burgess of Littleton plead not guilty to assault. Verdict not giulty. P. M. Bragg pleads guilty to an

unlawful possession of liquor. Judge-ment suspended on payment of cost. L. H. Shearin plead not guilty to unlawful possession of liquor, verdict not guilty. Nol Pros as to Mamie Hamill as defendant is now in the State prison. All white people from Roanoke Rapids.

William Drumgould plead not guilty to an assault on fe nale. Sentenced to three months on road. Roger Mills entered a plea of not to assault. Judgment susguilty

pended on payment of cost. B. Y. Dowtin plead not guilty to unlawfully and willfully abetting in possession and transportation of li-quor for purpose of sale. A verdict

of not guilty was rendered. Jim Daniel charged with letting his hog run loose and damaging a potato patch, plead not guilty. Prayer for judgment on payment of cost, to be paid by Sept. and to pay ptf. \$5 for damages. David Katz, white man of Roanoke

dict of guilty was rendered. Fined \$50 and cost of this action, driving

sunny disposition and a world of friendliness to those about her. A woman of the highest Christian char-pay cost. Given to second Tuesday in May to pay cost.

William Ingram of Roanoke Ra-pids plead not guilty to larceny of cf coal from railroad car. Judgment suspended on payment of cost.

AT CROSSING Hours Before Body Is Identified After Wel-

don Tragedy

A southbound Florida express claimed another victim at Death's Crossing in South Weldon at nees today, when a fifteen year old school girl was instantly killed and horri-bly mutilated. Death's Crossing is at Holloman's Crossing a foot math data

Crossing, a foot path where several Lave been killed in the past few

years. Elizabeth Moore, 15, was going home from school at noon Thurwiny. In front of her were two other chil-dren. The noon Florida express train passed and the two children in front of her continued home. They probab-ly wondered where Elizabeth was but

soon forgot about her. Coroner Billy Williams advances the theory that the speed of the ex-press sucked her clothing in and the body was crashed for 100 feet be-fore being released.

For a half hour or more, the body lay by the side of the tracks, un-noticed. It was discovered about one c'clock by a colored boy. No one could identify the child. Both legs and one arm were severed from the body.

Not until late this afternoon did the frantic parents, Mr. and Mrs. Robert Moore, decide that the dead child was their own.

And the tragedy had taken place not 100 yards from their home. They are grief stricken tonight and all of Weldon and people of this city are doing what they can to help then in their hour of need. It is reported the father has been out of work for some father has been out of work for some time

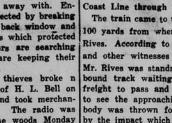
It seems that there is quite a settlement South of Weldon and it is necessary to cross the A. C. L. tracks to reach it. Several persons have been killed in almost this identical been killed in almost this identical spot in the past few years. The Moore family lived only a few hun-dred yards on the other side of the crossing. Empty freight cars are parked on the siding to make pass-ing more difficult at this point.

## MARVIN ANDERTON IS DISTRICT WINNER IN LEGION CONTEST

Local High School Boy Takes Third Win To Enter State Finals At Raleigh

Marvin Anderton, local High School student, won out in the district ora-tion contest at Rocky Mount last week and will represent this dis-trict at the finals at Raleigh on March 20th when the American Is-gion chooses the State champion for the year.

Roger Ingram, from Roanoke Ra-pids plead not guilty to trespass and transporting liquor. Judgment sus-



change of program for those days, service legislation which will be a loft- did their parts perfectly.	N. C., presiding and Mrs. N. G.	MEYER OFFERS TO	pended on payment of cost. "Our Flag." Young Anderton wor
which have long been "bargain big step not only to prevent wars Down in the orchestra nit Direct	Kearney of Henderson will act as	ASSIST VETERANS	W. D. Johnson, white man of Roa- first place in the elimination contest
days" at the popular Roanoke Rapids but also to insure peace. The Legion or and Mrs. Lyle Wilson, watche	icourt reporter		The radius plead not guilty to driv-1 sevalat weeks ago and the
playhouse, according to manager has a child welfare program that every move and there was a smile of	1 Wester West 10 1001 D. 1	Prompted by a desire to assist ex-	ing car while drunk. Prayer for went to Halifax where he was again
Lyle Wilson, who took charge of the has attracted national attention and satisfaction on their faces, which tol			judgment continued. successful, defeating several count
theater the first of this week. benefitted all needy children. The every performer that the work was	S TT	tage of the recent bill passed by	Sandy Baker of near Littleton, en- Chators. Thus the Rocky Mount vie
Instead fo running the same bill on 10,000 posts of th eLegion are en- well done. The audience was respon		Congress enchling them i	rected a plea of guilty to driving a star was this third in a row.
both Friday and Saturday, there gaged in many worthwhile activities.	I Tuesday, March 17, 1931, Foreman []	loame on their altertal	car under the influence of whiskey. Should he be fortunate enough to
will be a complete change of feature The Legion has been instrumental in show was a success and the Kiwam	Mach. Co. vs Glover. Jenkins vs t	tion insurance, Attorney Louis Mey-	He was fined \$50 and costs and his win the State championhip, beside
picture, short subjects and all. Mr. obtaining passage of almost all legis- Chub will be able to do much for th	e wood. [e	er, who recently established officer	incenses were revoked for 4 months, other prizes, he will also compete for
Wilson announced his intention of lation of benefit to the disabled vet- underprivileged children during th	Wednesday, March 18, 1931. Scott   1	in the Dobhing building in Decomposition	the costs to be paid within 6 months. I at including honors. Anderton will
endeavoring to procure a lively, late eran. coming year.	vs Bobbitt, Exec. Hawkins vs Mount- h	has volunteered his convious in hel-	Beth Jarrell, plead not guilty to sive his winning speech to the Ki
release for the Friday bill, while a "The strength of the Legion's pro- This newspaper has been authoris	castle. Davis Vs S. A. L. R. R. Co. 1	ing "iron out" the legal technicalities	scealing two nogs, verdict not guilty. "and club here on the Thursday
"shoot 'em up" Western will be the gram of service depends upon the ed to give public thanks to the fo	Carroll vs Sauls.	etc., incidental to filling out the ne	ben Pair, white man of Virginia, man before he goes to Kaleigh.
feature for Saturday. membership. This year the Legion lowing: the public who bought tick	- Thursday, March 19, 1931. Lassi- P	pers for securing the loans, free of	charged with driving a car under
"This is because the Saturday has set about signing up this mem- ets, the advertisers, those who loar	ter vs Dowell et al. Lewis vs Ander-   c	charge.	the influence of whiskey, plead guil-
crowds demand the thrillers, while bership early. The gains this year ed properties, the Rosemary Band	, 80n.	Meyer is an ex-service man, and	ity, sentenced to pay line of \$10 and Two five coorder in at
our Friday natrons usually bring the have been great. I wish to appeal to the spot light men, the backstag	Friday, March 20, 1981. Moseley	t would appear, has the interest of	ICOSt, revoked licenses for 0 months, wooks have have the me
wirl friend and therefore do not care each and every ex-serviceman to at- and curtain men, those outside th	e vs Cushwa.	all veterans at heart in making this	Judge Daniels states that he has met in practice. Last Saturday, chil
for anything so drastic" explained tend the big meeting planned as a Kiwanis Club who were in the show	Monday, March 23, 1981, VaCaro-	senerous offer. His law officer more	been as light as posible on these dren playing in a tree on the W w
Wilson "And the Peoples Theatre nart of 'Round-Up' Week. The Le- the beautiful young ladies, the little	lina Power Co. vs Camp Mfg. Co.	opened here a short time and	charges, but the people seem to tave Jovner estate set fire to a her -t-
will shave try to give them exactly gion has much that will challenge tots, the orchestra-everyone who i	Bowser vs Neville et al.	ne may be found in his officer on	casch advantage of this fact, so he house and hurnt the top of a
what they want" This change of the attention of every veteran. He any way contributed to the wonder	Tuesday, March 24, 1931. Green	Mondays, Wednesdays, Thurdays and	ranges the time and it this doesn't incling troo The most ter
notice will not affect the admission will gain much from attending this ful success of the production.	LACT P P Co Lovernovo va	r ridays.	work he will probably try the road scare caused an alarm to be turned
price for the last two days of the meeting and participating in the Le- Kiwanis says "To you all, thank	Josey. Wiggins vs Coca Cola Bot-	No. of Contract of Contract of Contract	
gion program. Every veteran owes we'll see you again next year."	tling Works.	Marriage Licenses	Nelson Staton, Pleasant Staton, when flames shot out of the chim Nol Pros with leave, Nelson Staton, ney.
it to himself to come out and learn	Wednesday, March 25, 1981, Wein-	Attack of the second	continued as to Placent States
ORPHANS WILL SING of the benefits to which he is now Sponsor Extravagance	stein Bros. vs Southern Junk Co.	The following mairiage licenses	Harwood Wada aland not with to an another
entitled."	Haynes vs Cotton et als. McWil- h	have been recorded in the office of	calling liquer Senteneed i he would house KAPIDS METHODIST
The Oxford Orphanage Singing The E. C. T. C. Club of this city	t liams vs Coppedge.	the Register of Deeds during the pe-	CHURCH
Class will give a concert at the Roa- The men of the Presbyterian composed of former students of th	Inursusy, march 20, 1901. Intand 1.	HOG MOIN MAICH & LO MAICh 1:	Ironde
noks Rapida High School Auditorium Church will have a supper meeting Teachers College, will sponsor th	Oil Co. vs McGowan & Thompson.	Miles Clary of Ankum, Va., to Nel-	O'neil Stanley white man of Roa-
on next Tuesday night, March 17th, Friday night, March 18th at 7 p. m. picture "Extravagance," at the Pec	- Motion Docket. Shearin vs Hud-	lie Lynch of Garysburg, Va.	noke Renide entered a slow of anti-
in the Sunday School rooms. plas Theatre on next Wednesday an	son. Jones vs Turner. Summerell vs	Colored. Setrling Johnson to Gra-	Guilty to invent Castenal Little have a st
Mr. A. L. Clark will be in charge Thursday. The Club will sell ticket			testified that they had been told nett. Evening services at 7:30 p.
J. H. Cosk of Patarsburg, man- of the program. Election of new of- Thursday. The picture features Jun	Johnson. Hamilton vs Glover. Shell I	Bristow to Irene Evans, both of	by the defendant to steal but as the subject, "Builders." You are the
ger of Metropolitics Insurance Co., ficars will be held at this meeting. Collyer and Lloyd Hughes. The Chu	vs Shell Co. Ivey vs Eastern Cotton S	Scotland Neck. Ned Evans to Retha	verdict was not suilty, it seemed andiallis invited a state was
tas a business yisitor here today. All members are unged to he pressure, will sell tickets for both days.	OIL Co.	Shields, both of Scotland Neck.	(Continued on back page) vices.
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