

RELIEF FUNDS FOR CO.

Halifax Is Allotted \$2,700 For July Relief Work; Federal Funds

Greatly Reduced

Raleigh, July 13.—Halifax county has been allotted \$2,700 for July in Federal emergency relief funds on the greatly reduced basis to approximately one-third of previous allotments, the total for the month of July for the entire State being \$417,700, Ronald B. Wilson, acting director of relief in the Governor's Office of Relief, announces.

The Governor's Office of Relief has notified all county and municipal relief agencies that stringent economy must be effected and every possible effort made to increase local funds in order that relief needs may be met, Mr. Wilson said. Funds for August and September will be approximately on the same basis as those for July with probable further reductions.

In announcing county allotments for July, Mr. Wilson said that balances carried over from June, in addition to local resources would be sufficient to take care of July needs, in a few instances. This explains the reason for no allotments being made to half a dozen counties, including Alexander, Cleveland, Cumberland, Iredell, Swain and Washington counties.

SUNDAY DINNER SUGGESTIONS

By ANN PAGE

TODAY may I present to you the summer or ready-to-eat branch of the sausage family. This family together with your own cold cooked meats is more than willing and able to help you plan quick and easy meals for hot days. Cook your roasts on cool days and be ready for the sure to follow hot ones. In the ready-to-eat sausage family are the various ham, beef and tongue bolognas, liverwurst, luncheon specialties and the dry sausages, cervelat (with no garlic) and salami (with garlic). Other well-known members of the family are head cheese and blood sausage. Boiled, baked and spiced sliced ham are also economical ready-to-eat meats.

Jellies and preserves are delicious with cold plates. Use them and peanut butter for the children's sandwiches.

Peaches, plums and cantaloupes are good and reasonable this week and there are plenty of lemons for cooling drinks.

The Quaker Maid Kitchen presents the following menus.

Low Cost Dinner

- Pork Chops Fried Bananas
- Steamed Rice Greens
- Bread and Butter
- Lemon Cornstarch Pudding
- Tea or Coffee Milk

Medium Cost Dinner

- Fried Chicken with Cream Gravy
- Steamed Rice Butter Beans
- Currant Jelly
- Bread and Butter
- Sliced Oranges with Coconut
- Coffee (hot or iced) Milk

Very Special Dinner

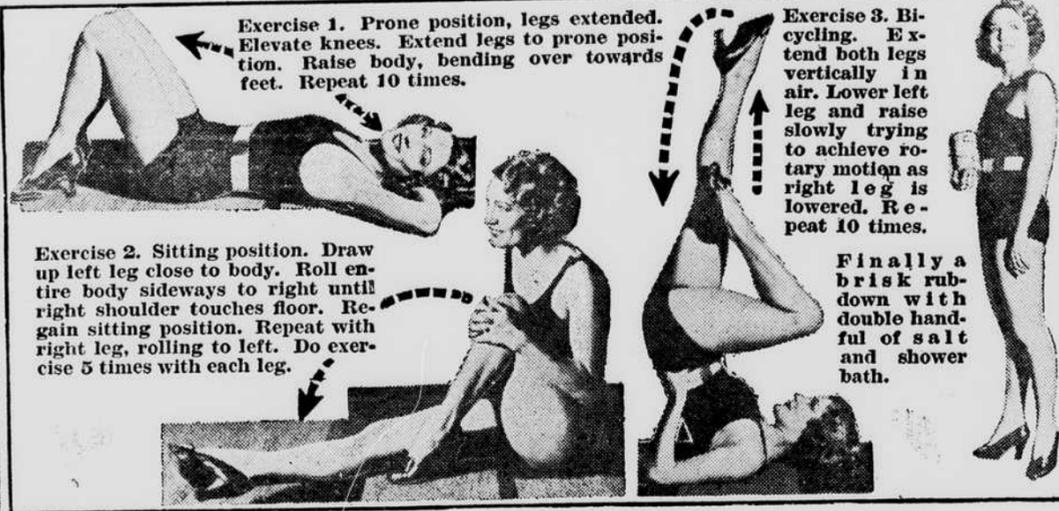
- Stuffed Celery
- Fried Chicken
- Gandied Sweet Potatoes
- Scalloped Eggplant
- Orange Salad
- Rolls and Butter
- Peach Shortcake
- Coffee (hot or iced) Milk

SMITHS RADIO SHOP

Dial R-363

Electrical Wiring, Installations and Repairing of all Kinds.
EXPERT RADIO REPAIR
Guaranteed Service

Keeping Down the Waistline - - - With Myrtle Miller



Exercise 1. Prone position, legs extended. Elevate knees. Extend legs to prone position. Raise body, bending over towards feet. Repeat 10 times.

Exercise 2. Sitting position. Draw up left leg close to body. Roll entire body sideways to right until right shoulder touches floor. Regain sitting position. Repeat with right leg, rolling to left. Do exercise 5 times with each leg.

Exercise 3. Bicycling. Extend both legs vertically in air. Lower left leg and raise slowly trying to achieve rotary motion as right leg is lowered. Repeat 10 times.

Finally a brisk rub-down with double handful of salt and shower bath.

Keeping the waistline slim and trim involves but a few minutes work each morning as demonstrated by Miss Myrtle Miller, formerly a featured dancer with the Ziegfeld Follies and dancing star of many Broadway successes. The three exercises pictured above are not difficult and should form a regular habit upon arising, just as important as washing your face or brushing your

BY EMILY BANKS
Worcester Salt Institute

teeth. By doing them conscientiously every morning, your figure will retain its slim youthfulness, and physically you will feel "in the pink of good health." Be sure to follow the exercises with a brisk rub-down with your favorite table salt and a refreshing shower in order to obtain the utmost of exhilarating, tonic value.

SECRETARIES TOLD NOT TO SHOW ANYTHING UNPLEASANT

Senator Reynolds Disregards Ugly Thrust Taken At Him In Raleigh Newspaper

LINE WAITING

"No," said Senator Robert R. Reynolds, waving away the newspaper clipping his friend and campaign manager, David L. Strain, was trying to show him. "No, I never look at anything unpleasant." He was in the office of the N. C. Weekly News, mezzanine floor of the Sir Walter Hotel, Raleigh, on his way to Wrightsville Beach to talk to the Young Democrats. With him were Carroll Wilson, Roanoke Rapids; Miss Beatrice Cobb, Morganton, and others, while a line was waiting on the outside to see him "just for a moment."

"I always tell my secretaries never to show me anything unpleasant," he added. The story was one recently published and written by John C. Baskerville, Raleigh afternoon newspaper writer, seeking to show that the Reynolds star was waning and that he did not have the influence with the powers that be in Washington he was supposed to have, and that Senator Bailey's stock was rising, also that in conjunction with former Governor O. Max Gardner, now in Washington, Senator Bailey was about in position of dictator, so far as patronage and influence go.

Slightly contradictory to the alleged Gardner-Bailey alliance are the quoted words of Governor Gardner himself, who intimated that Senator Bailey is now about to be "converted" to the President Roosevelt program there — was no direct intimation that it was due to pressure from home — and that no matter how the revolutionary movement results, Senator Bailey would be able to say: "I predicted it", in case of failure, and "I supported it", if a great success.

666

LIQUID TABLETS - SALVE
666 Liquid or Tablets used internally and 666 Salve externally, make a complete and effective treatment for Colds.
Most Speedy Remedies Known

NOTICE OF SALE

The undersigned will on the 29th day of July, 1933, at 11:00 o'clock A. M., at the place of business of the Tri-City Motor Company in Roanoke Rapids, N. C., expose for sale at public auction to the highest bidder for cash the following personal property:

One (1) Ford Roadster Automobile, 1930 Model, Motor No. A2965096.

The same being the property of Nat Daniel and is being sold to satisfy lien for labor and storage. This 10th day of July, 1933.

TRI-CITY MOTOR COMPANY
Roanoke Rapids, N. C.
2t-7-20-KJ.



AFTER 40 bowel trouble

Constipation may very easily become chronic after forty. And any continued constipation at that time of life may bring attacks of piles and a host of other unpleasant disorders.

Watch your bowels at any age. Guard them with particular care after forty. Whenever they need any help, remember a doctor should know what is best for them.

"Dr. Caldwell's Syrup Pepsin" is a doctor's prescription for the bowels. Tested by 47 years' practice, it has been found thoroughly effective in relieving constipation and its ills for men, women and children of all ages. It has proven perfectly safe even for babies. Made from fresh laxative herbs, pure pepsin and other harmless ingredients, it cannot gripe; will not sicken you or weaken you; can be used without harm as often as your breath is bad, or when your tongue is coated; whenever a headachy, bilious, gassy condition warns of constipation.

DR. W. B. CALDWELL'S
SYRUP PEPSIN
A Doctor's Family Laxative

Mrs. J. E. Kirk and son, Daniel, spent Friday in Rocky Mount.

Mrs. Earl Rook and son, Earl, spent Friday in Raleigh.

Mrs. B. O. Cooper and Miss Audrey Cook, spent Sunday in Norfolk.

Earl Rook spent Sunday at Virginia Beach.

Misses Daisey McCommons and Sibyl Simmons who are student nurses in General Hospital in Philadelphia, are spending their vacation with their parents.

TOWN TALK

Mr. and Mrs. C. P. Bobbitt of Raleigh, N. C., visited in the home of Mr. and Mrs. A. D. Glover during the week-end.

Miss Elizabeth Turner of Gofgen, Ala., is visiting Mr. and Mrs. T. B. Turner.

Miss Alice Merritt is visiting friends in Norfolk, Va.

Mr. and Mrs. Barcel Barkley, of Norfolk, Va., spent the week-end here with Mrs. R. E. Merritt.

Mrs. I. W. Hughes and children, Frank and Margaret, of Abilene, Texas, are spending some time here as the guests of Mr. and Mrs. J. N. Bynum.

Mrs. Frances Patterson is spending this week at Ocracoke, N. C.

Misses Viola Glover and Hazel Cobb spent the week-end at Chapel Hill, N. C.

Miss Irma Eubank returned home Sunday after spending ten days in Chicago, Ill., with a party of Richmond friends visiting the World's Fair.

Mrs. I. V. Courtney, Miss Delano Courtney, Jack Courtney and Mr. J. W. Kerr, of Richmond, Va., spent Sunday in the home of Mr. and Mrs. E. W. Eubank.

Mrs. T. M. Jenkins is spending this week visiting relatives and friends in Newport News and Hampton, Va.

ICED COFFEE WEEK

WITH SPECIAL PRICES THIS WEEK ON THE FAMOUS A&P COFFEE TRIO



EIGHT O'CLOCK

lb. 17c

RED CIRCLE

lb. 19c

BOKAR

lb. 23c

White House Condensed MILK 2 large cans 25c

Fine Flavor CHEESE lb. 17c

PEANUT BUTTER 2-lb. jar 23c

VANILLA BRIGHTONS 2 lbs. 29c

Ann Page JELLIES 8-oz. jar 2 for 25c

WHITEHOUSE EVAPORATED MILK 3 Tall Cans 17c

LUX Toilet Soap 2 cakes 15c
Flakes For Fine Silks pkg. 10c

SUPER SUDS 3 pkgs. 25c

OCTAGON Soap Powders 2 pkgs. 5c

SKINNED HAMS Whole or lb. 15c

Sliced **BACON** Rineless lb. 19c

PORK CHOPS or lb. 12 1/2c

BOILED HAM lb. 29c

The North Carolina Sales Tax has been added to the retail price of taxable items and is included in the prices advertised.

