

Clever Buying Is One Solution For High Cost Of Food

By VIRGINIA BLOUNT,
Home Service Director,

Virginia Electric & Power Co.
We cannot forget that food costs are higher, even if we do very little marketing. We must now do some definite planning if we do not wish to buy food of inferior quality, eat less, spend less for clothes, vacations or movies.

Clever buying will answer the puzzle. Place meals around weekend specials, instead of first planning meals, then buying meat and vegetables regardless of whether they are the highest price food of the week. Buy in quantities, if possible. Take advantage of monthly home magazines for they provide a wealth of suggestions.

Successful meal planning takes so many interesting things into consideration. Marketing, adequate storage, combination of flavor and appearance, and not to be forgotten, garnishing. Pimento strips, green pepper cut in fancy shapes; radishes and parsley which keep so well in your electric refrigerator crisping pan, all play their parts to make your food attractive.

Cheese Sauce

3 T. butter 1/4 t. paprika
1 t. salt 3 T. flour
2 1/2 c. milk 1 c. grated cheese

Melt the butter, add the flour and seasonings. When well blended, add the milk. Cook until thick, then add the cheese, allowing the cheese to melt and the sauce to stay hot over hot water.

First Baptist Church Services

Church services, First Baptist Church, Roanoke Rapids, G. L. Price, pastor, for Sunday, April 19th.

Sunday morning sermon: "After Easter".

Sunday evening sermon: "The Great Divide". Special music. The Baptismal service after evening sermon.

A friendly church in a friendly city welcomes you.

Miss Erma Pridden and Woodrow James spent the week-end in Fayetteville, N. C.

UP AND DOWN WITH THE The Avenue Editor

CANDIDATE Clyde R. Hoey, running for Governor, is an attorney for the United Dry Forces of North Carolina, according to the letterhead of that organization.

ROCKFISH are running in the Roanoke. Last night, a 62 pounder was caught and was on display at the Acme Grocery Co., Weldon, today. There is still plenty of water in the river and the number caught is few.--Easter Monday fishing at Phelps was good despite the fishing calendar. One crowd snagged 15, another a dozen. A seven pounder was in the catch.

BERMUDA in May is the plan of Charley Johnson, local laundryman, who intends to sail from Charleston, the last of May with a boat load of laundrymen off to annual convention.

FOLLOW Up of the recent city-wide rat-killing campaign will start next week when the City crew will rebait certain sections. Persons still bothered with rats and those whose property might have been missed are asked to call the offices of the R. R. Merchants Association or the office of the City Clerk and report same.

5,000 TULIPS are blooming this week in the flower gardens of "Miss Fanny" Manning and lovers of flowers are invited to inspect them. A quick trip should be made as a rain would play havoc with them.

SORE hands resulted when Fletcher Dickens and the editor made an inspection of the new Fire Dept. and tried to slide down the pole from the second story into the engine room. Tip to those who might try later: Do not hold to pole with your hands; grab it in the crook of the elbow. Jump, wrap legs around the pole, close your eyes and hope for the best. So many (other) kids have been sliding down the pole, the Fire Dept. rooms must be kept locked these days, as one might get hurt. Another temptation the kids cannot resist: to clang the big bell on the trucks.

SKILLED labor is at a premium at the Federal Employment Agency. Miss Starkey, in charge of the local office while Manager Peg Gibson is in Wallace in charge of the strawberry employment situation, has calls for skilled labor. They are unable to fill the jobs.

ELECTION polling places in Roanoke Rapids which will probably be selected by the County Board of Elections for the June primary will be: No. 1 Precinct, North city limits to 4th Street, polling place is vacant store next to Parker & Dickens, between 1st and 2nd on the Avenue; No. 2 precinct, 4th Street to 8th Street, Fire Dept. of Municipal Building; No. 3 Precinct, 8th Street to Seaboard tracks, Rosemary School; No. 4 Precinct, R. R. tracks to southern boundary township, Ivey Filling Station, South Rosemary.

EXPERIENCES of a world traveler and sailor were listened to avidly by the 12th History Class at the High School Tuesday morning when Capt. Peter Koolwyck, Dutch adventurer and musician who now lives here, told the pupils some of his adventures which included many narrow escapes from death while sailing the Seven Seas.

DUKE Hospital, during the past year, had Halifax County patients who received 1,073 days of care. The cost: paid by patients \$2,000; by county and cities \$269; by others \$37; by Duke Hospital \$2,600.

POLITICS is still quiet on the Halifax. No new aspirants announced in this newspaper this week. According to our columns the following are announced candidates: For State Senator, Julian R. Allsbrook and Dr. T. W. M. Long; for the House, Lovira W. Leggett; for Sheriff, J. L. Riddick, S. M. Thompson, Harry House, S. C. Crawley, C. H. Madry. There are rumors of other candidates but this newspaper has, as yet, no official information. (By this, we mean paid political advertising). Of course, when filing time comes, we shall print as news the names of all those filing for any office with the proper county authorities.

15 MAIL BOXES ARE LOCATED IN CITY

There are now fifteen Post Office mail boxes in Roanoke Rapids and the location and time of collections at each are listed below for the benefit of the patrons.

The Post Office windows close Saturday afternoons but mail is collected from street boxes every Saturday morning and from the four Avenue boxes on Saturday afternoons. These last four boxes are also collected on Sunday mornings. On holidays, one collection is made from all boxes at 4 p.m.

The postal authorities report they have trouble with some locations in the city where someone (evidently children) throw dirt and rocks in the boxes, thus defacing the mail. This is an offense against the Postal Laws and if it continues, will mean prosecution or removal of the boxes from those locations. Citizens are asked to watch for such violations.

The 15 boxes are located as follows:

Madison and 2nd - Daily 10 a.m., 3 p. m.; Saturdays, 10 a.m.
Jackson and 4th - Daily 11 a.m.,

2:30 p.m.; Sat. 10 a.m.

Madison and 5th - Daily 10:15 a.m., 3:15 p.m.; Sat. 10:15 a.m.

Hamilton and 3rd - Daily 9 a.m., 2:10 p.m.; Sat. 9 a.m.

Jefferson and 8th - Daily 11 a.m., 3 p.m.; Sat. 11 a.m.

Washington and 2nd - Daily 10 a.m., 2:30 p.m.; Sat. 10 a.m.

Charlotte and 7th - Daily 10:30 a.m., 2:45 p.m.; Sat. 10:30 a.m.

Franklin and 10th - Daily 11 a.m., 3 p.m.; Sat. 11 a.m.

Cedar and 10th - 10 a.m., 3 p.m.; Sat. 10 a.m.

Henry and 11th - 11:15 a.m., 3:30 p.m.; Sat. 11:15 a.m.

Franklin and 8th - 9:30 a.m., 2:15 p.m.; Sat. 9:30 a.m.

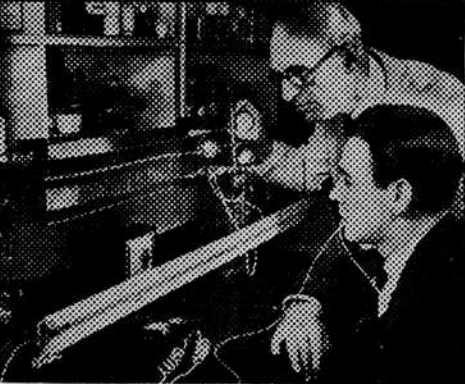
Roanoke Ave. and 2nd - 10:30 a.m., 5:30 p.m.; Saturday 10:30 a.m., 4 p.m.; Sunday 10:30 a.m.

Roanoke Ave. and 7th - 10:30 a.m., 5:30 p.m.; Saturday 10:30 a.m., 4 p.m.; Sunday 10:30 a.m.

Roanoke Ave. and 10th - 10:30 a.m., 5:30 p.m.; Saturday 10:30 a.m., 4 p.m.; Sunday 10:30 a.m.

Roanoke Ave. and 14th - 9 a.m., 5:30 p.m.; Saturday 9 a.m., 4 p.m.; Sunday 10:30 a.m.

For Digestion's Sake - smoke Camels



664 PARACHUTE JUMPS—record of Joe Crane (below). He says: "I'm a hearty eater. Camels help me get more enjoyment. They stimulate digestion—set me right!"



STUDYING the effect on digestion of smoking Camels (above). Hurry and worry slow up the flow of digestive fluids. Camels increase this necessary flow. Try Camels yourself.

CAMELS Costlier Tobaccos!

Have your "Old Fashioned King"



A MODERN setting can make your diamonds and other gems look larger . . . more costly . . . more valuable! Let us reset all your old-fashioned rings. You'll find our prices low, and our work unsurpassably fine.



LAND BROS.
ROANOKE RAPIDS and EMPORIA



We DON'T know of a single man who ever threw a fit over the fit of his HANES Undershirt! No matter how you're built—like Santa Claus or Ichabod Crane—you can get a HANES that really matches your measure!

Gentlemen, if our label says a HANES Shirt is a certain size, you can bank on it being that size—not a little less. That's why you feel and look so neat and clean-

cut, when you've pulled a HANES over your head . . . why you have a comfortable, smooth fit under your arms . . . and why you don't have a couple inches of shirt-tail wadded around your waist. HANES is liberal with length.

When it comes to shorts, HANES takes the short-cake! You have plenty of crotch-room and seat-room . . . nothing chokes or chafes. Colors guaranteed fast! See your HANES Dealer today. P. H. Hanes Knitting Co., Winston-Salem, N. C.

SHIRTS 35¢ EACH Some, 50¢ ea.
SHORTS 35¢ EACH Some, 50¢ ea.
SAMSONBAK (Sanforised) Union-Suits . . . \$1 each Others at 75¢ and up

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2 More Days
FRIDAY and SATURDAY
(April 17th-18th)
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