

# State Nutritionist Speaks at PTA Meet

At a recent meeting of the P. T. A. of Clara Hearne School, Miss French Boyd, State Nutritionist, gave a very instructive talk on foods. Following are some excerpts taken from Miss Boyd's talk:

"Good nutrition is nutrition that provides all the things that our bodies need for growth and to keep them in good condition.

"If we don't supply our bodies with foods that provide our needs, things go wrong. The thing that goes wrong is what we call malnutrition. When we say a person has malnutrition, we say his food does not provide his body with all the things that keep his body in good physical condition. We might take a long time and talk about all phases of nutrition and all the things that might happen to us if we run short of all the things that we need.

"The thing I would like for us to do is to talk about foods we can use to keep our bodies in good condition. If we see to it that we get certain simple foods each day, the Vitamins and Minerals are taken care of by those foods. One food we are likely to run short of in North Carolina, one of the best insurances of good nutrition, is milk. Milk is so important because it has some of almost everything we need in it. Calcium that our bodies need to build bones is provided in large quantities by milk. It is almost impossible to get enough Calcium in our diet if we don't use some milk. The thing that is important particularly with children is that they get the amount of Calcium we have to have to make our bones hard. Some bones in a child's body are soft. It is the soft bones that grow. After they become hard, they don't grow any larger; they just grow longer. If we don't drink some milk, it is almost impossible to get enough Calcium to make these bones grow normally. Calcium and Phosphorous are things we use to build strong bones. We are more likely to get more Phosphorous than Calcium. That is just one example of how one food element works. The reason we are worried about the milk situation is that we don't produce enough milk in the state of North Carolina. If all the milk were divided equally among the people of North Carolina, it would be a little less than a glass for each person. We must think of something we can use in place of fresh milk.

"Another thing that is particularly important in all diets is Iron which we get from green and yellow fruits and vegetables. We should have two glasses of milk and one serving of green or yellow vegetables each day.

"In addition to that, we need some food which will give us Vitamin C. Orange and grape-fruit juices, tomatoes, raw cabbage, and turnip greens provide Vitamin C. One of the simplest ways that any of us can observe that we are running short of Vitamin C is that our gums have a tendency to bleed. About ninety-nine out of one hundred cases of bleeding gums come from not getting enough Vitamin C. This is not the only thing that happens but is what we can see.

"Another thing that we need in order to be sure that we are getting all these food elements is some sort of Protein food. Meat, eggs, cheese, and fish are Protein foods. A food new to us but used in other parts of the world is soy beans. A very large serving of soy beans has as much food value as one-fourth pound of lean meat. One serving of soy beans costs one-fourth cent. The price of lean meat is six to ten cents a portion. They were used at our demonstration last summer. The children and teachers liked them. We are not sure that we will be able to get soy beans, but the government has asked that huge numbers of them be planted. If we can get them, remember that it is an excellent source of Protein and a way of

saving on the food budget.

"Another thing that we sometimes forget about and lack in the diet is foods rich in Vitamin B, particularly Vitamin B-1. From ninety to ninety-five per cent of the people in this country probably are so short in this particular Vitamin that they are showing some symptoms of Vitamin B deficiency. We know that our foods are short of this Vitamin because most of the foods that have a thorough amount in them, we just don't eat. White bread cannot do anything but give a little energy; while whole wheat bread is the really healthy food. If we don't use what doctors call "Protective Foods", no matter how much of the energy food we use, we cannot get in good condition. These are the things we need: milk, eggs, meat, fish, soy beans, dark green or yellow vegetables, and raw fruits or vegetables. We should have at least one serving of whole wheat bread a day and whole wheat cereal occasionally.

"How much does it cost to have a diet of this sort? We used a group of children from a poor neighborhood—children who were hungry—for one of our demonstrations this summer. We wanted to see what the least money we could spend for the right diet would be. We made use of several low-cost foods. That diet was higher in food value than the search Bureau. It cost about eleven and one-half cents per child per day for three meals to get a standard set by the National Redit which was adequate for their needs.

"How much would it cost to make the diet less monotonous? In the demonstration school in Greensboro some variety was used. It cost fifteen and seven-tenths cents per child per day. The cheap meats have more food value than the more expensive cuts where our bodies are concerned.

"We don't think about how we eat. We have to eat the things our bodies need. Our bodies tell us when and how much to eat. It is very important for us to learn to like a great variety of foods. A person who is undernourished craves the foods which are not good for him. So we must learn to like a variety of foods and teach our children to learn to like a variety of foods, also. A person who dislikes a great number of foods is undernourished. A person who is undernourished eats foods which are not good for him.

"These are important things: to provide foods, to find out what you need, to learn how to get it, and then learn to eat it because it won't do you any good to leave it on the table."

Miss Boyd's services were secured through the efforts of Dr. Robert Young. Present at the meeting were members of Clara Hearne School P. T. A., County nurses, members of the Current Topics Club, members of the Association for Childhood Education, and a few members of other school P. T. O.'s and civic organizations.

Other than a short business meeting, and Miss Boyd's talk, the group enjoyed a play by Miss Kimbrough's fourth grade. The play was very timely, in that it centered about the activities of some refugee children.

## Local Girl To Sing In Choir

Miss Margaret Hines of Roanoke Rapids is a member of the Meredith College Choir of seventy voices which will present the annual Meredith College Christmas Carol Service Sunday evening, December 14, at 7:30 o'clock in the college auditorium at Raleigh.

The choir is being conducted this year by Dr. Harry E. Cooper, director of the music department. Elizabeth Howell of Greenville, organist, and Peggy Royster Jones, pianist, and Robert Kohl, bass, both of Raleigh, will assist with the carol sing.



### HOSTESS

Miss Mary Shaw was hostess to the Twelve and One Bridge Club on Thursday evening with an enjoyable party in her home. Four tables were in play with Miss Catherine Parker winning high score prize and Miss Annie Pope second high.

A dessert course was served with hot coffee to the following: Mrs. Henry Hilliard, Miss Grace Person, Miss Ernestine Bellamy, Miss Eloise Hardison, Miss Elsie Kimball, Mrs. Evelyn Barnes, Miss Anne Boyd Whitaker, Miss Catherine Parker, Miss Corrinne Hofler, Miss Annie Pope, Miss Eunice Cuthrell, Miss Frances Hofler, Miss Mary Mac Clark, Mrs. R. C. Whitehead, Miss Kiki Andleton, and Mrs. Elmer Cuthrell.

### ENTERTAIN CLASS

Mrs. Robert Kimball, Mrs. T. T. Hales, Mrs. Howard Twisdale and Mrs. C. N. Strickland were hostesses to the Baptist Philathea Class in the home of Mrs. Kimball Monday evening at a business meeting and Christmas party. Mrs. William Pope presided. Mrs. U. H. Hardison led the devotion. After words of prayer she read a beautiful Christmas story.

Officers elected for next year were: President, Mrs. Ira D. Wood 1st vice president, Mrs. William Pope, 2nd vice-president Miss Katie W. Riddick; secretary, Mrs. L. W. Ransone; assistant secretary, Mrs. Stella Broach; treasurer Mrs. Robert Kimball; assistant treasurer Mrs. T. W. Gray; personal service chairman, Mrs. C. J. Leonard; reporter, Mrs. A. C. Nichols, Jr.

At the conclusion of the business a contest was conducted by Mrs. Broach in which Mrs. L. W. Ransone won the prize, a Christmas bouquet. Christmas gifts were exchanged among the members.

The hostesses served Russian tea, cookies, and salted nuts to the eighteen guests present.

### ANNOUNCEMENT PARTY

Mrs. Harold Burrows, and Mrs. R. P. Blackwell, of Scotland Neck, were hostesses at a lovely party in Mrs. Burrows' home here Thursday evening honoring their sister, Miss Mary Mac Clark, to announce her engagement to Lt. Harry Lamar Matthews, of the U. S. Army Air Corps.

A color scheme of green and white was used, white chrysanthemums and winter fern decorating the home throughout.

Seven tables were in play at progressive contract. High score prize was won by Miss Eunice Cuthrell and second high by Miss Sarah Pope. Mrs. John Parker, a recent bride, was remembered with a lovely gift of crystal. The honoree, Miss Clark, was presented silver in her chosen pattern.

Refreshments served carried out the green and white colors and on each plate a miniature bag of rice was found, a card inside saying "Mary - Harry - Late December 1941."

Guests were Misses Mary Mac Clerk, Frances Hofler, Corrinne Hofler, Eloise Hardison, Ernestine Bellamy, Eunice Cuthrell, Catherine Parker, Marjorie Dickens, Elsie Kimball, Mildred Gray, Elizabeth Gray, Sarah Pope, Annie Pope, Alice McCutchin, Ruth McCutchin, Ruth Clark, Mrs. John Parker, Mrs. Evelyn Barnes, Mrs. Elmer Cuthrell, Mrs. Ralph Cuthrell, Mrs. R. C. Whitehead, Mrs. Burwood Anderson, Mrs. Henry Hilliard, Mrs. Ruby Bell, Mrs. J. Q. Hofler, Mrs. W. F. Clark, Mrs. C. N. Bruton, and Mrs. Paul Brown, Jr., and Mrs. Fred Hoyle, of Rocky Mount, Mrs. John Walton, of Hillsboro, Mrs. J. E. Perry, Miss Frances Phillips and Miss Murelle Howard, of Scotland Neck.

## PATIENTS

Among the out-of-town patients at the local hospital this week are the following:

E. J. Beale, Branchville, Va.; O. F. Dickerson, Weldon; Ramsey Harris, Seaboard; Joseph Lucy, Jr., Gaston; Mrs. Cora Lee Tucker, Weldon; Mrs. J. H. Todd, Weldon; Miss Mildred Gregory, Waverly, Va.; and Mrs. George Joyner, Weldon.

# Take a tip from the Old-Timers



TRAVELING around town here, you'll find Buicks that are still in service after six, eight, ten or even more years.

It's worth noting that these sturdy old Buicks are still serving faithfully and well, for several reasons.

They have the same basic type of engine as the sleek 1942 Buick - a rugged, long-lived, extra-efficient valve-in-head, though it is now made better by FIREBALL combustion.

They have the same dependable drive - a stout torque tube encasing a sturdy steel shaft stretching its unbroken length from transmission to rear axle.

Frames are fundamentally the same now as then; brakes, though hydraulic now, use the same, efficient, self-energizing action.

All the factors that make for strength and long life are still present - plus such further advances as all-coil springs, Domite pistons that squeeze more good from gasoline, Compound Carburetion† that spells peak economy with unmatched reserve power.

There's more comfort, more convenience, more beauty, more value in these '42 models.

But what counts is that they're still Buicks - tough, rugged and dependable.

Take a look at what your next car is likely to be up against and ask yourself if that isn't the kind of car it's smart to buy right now.



†Available at slight extra cost on Buick SPECIAL models, standard on all other Series.



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