

DIAL R-326 ALL DEPTS

THURSDAY, SEPTEMBER 7, 1944

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NUTRITION CAMPAIGN NOW UNDER WAY

"FOOD FIGHTS FOR FREEDOM"

"Food Fights for Freedom" is a slogan used many times during the present conflict, and this month it is again being extensively used, only this time it is being designated especially to nutrition.

Throughout the nation more than 3000 nutrition committees are campaigning to educate the housewives of the nation how to prepare wholesome meals, with special emphasis being put on the importance of storing, preparing and cooking foods in such a way that the maximum nutrients are conserved as well as preventing waste of food.

The Halifax County Nutrition Committee has joined in the movement and an intensive campaign will be waged in efforts to reach every housewife in the county with information about the importance of planning the family meals.

In connection with this campaign Miss Virginia Blount, home economist for the Virginia Electric and Power Company, gives some splendid ideas on nutrition and how important it is to have a well-balanced diet. Miss Blount's suggestions and recipes are as follows:

By Virginia Blount

"KEEP YOUR EYES AND EARS OPEN"

Since our nation went into the war, we have had before us from day to day nutrition ideas and suggestions, and yet there is work to do. During the month of September your Nation, State and County are putting especial emphasis on Better War-time Meals—Just what do the "Basic 7" foods do for you?

Food has three big jobs, name-

1. To provide energy and heat, so that we can breathe and walk, work and play.

2. To build, maintain and repair our muscles, bones, skin and internal organs; repairing the wear and tear on the bodies of adults, helping children grow big and strong.

3. To keep our bodies regulated and running smoothly by helping our food to digest properly, making sure we get the most good from the air we breathe, and that our bodies give off proper internal secretions to regulate our bodies, making our heart pump the blood to every section of our bodies. Thus helping all of our organs to function properly.

Eat some food from each group of the Seven Basic groups each day, and this makes it so simple to be sure to get what we need.

Group I—Green and Yellow vegetables.

Group II—Oranges, Tomatoes, Grapefruit, Berries, or Raw Salad Greens.

Group III—Potatoes, other vegetables and fruits.

Group IV—Milk and milk products.

Group V—Meat, poultry, fish, eggs, dried beans or peas, nuts, soy beans and peanut butter.

Group VI—Breads and cereals.

Group VII—Butter of fortified margarine.

Groups I, II and III regulate and defend our body functions.

Groups IV and V build, repair and maintain.

Groups VI and VII concentrate sources of energy.

RECIPES

(Numbers beside recipes are main "Basic 7" Food Groups represented in the recipe.)

Brand Coffee Cake (4-5-6-7).

1 c. enriched, all-purpose flour

1/2 tsp. salt

Japanese Civilians Interned At Tinian



U. S. Marine Corps Photo
 Portion of a group of Japanese civilians rounded up by U. S. Marines at Tinian. They are awaiting transportation to an internment camp behind the lines.

1/4 tsp. soda
 2 tsp. baking powder
 2 c. bran
 2 egg whites, beaten
 1 c. sweet milk
 6 Tbs. molasses
 3 Tbs. melted shortening

3/4 c. raisins
 Measure 1-cup sifted flour, and sift again with salt, soda and baking powder. Add other ingredients in order given, mixing thoroughly. Bake in a 9 inch round pan or loaf pan for 30

minutes in pre-heated 375 deg. oven.

Scalloped Spaghetti and Chicken
 (2-4-5-6-7)

1/4 c. chicken fat, or shortening
 1/4 c. chopped onions
 Salt and pepper

1 c. grated cheese
 1 c. canned tomatoes
 1/4 c. enriched flour
 2 c. chicken stock
 1 (8 oz.) pkg. spaghetti
 1 c. buttered bread crumbs
 2 c. diced chicken

Melt fat, cook onions slowly for 10 minute. Add flour, stir well; add stock, stirring constantly until thickened. Add salt, pepper to taste. Add cheese and stir until melted. Add tomatoes and chicken. Place chicken and spaghetti alternately in a greased casserole. Cover with buttered bread crumbs. Bake for 25 minutes in pre-heated 375 deg. oven. Serves 8.

Graduates From Teachers College

Miss Clellie Mizelle, of Halifax County, was among those who graduated from East Carolina Teachers College, Greenville. Exercises were held Friday, August 25.

Two Boys Now In Merchant Marines

Lundie Hawkins Cannon, son of Mrs. Lena Cannon, 734 Vance street, and Thomas L. Ballard, son of Mrs. E. L. Ballard, 214 Hamilton street, are now enrolled at the United States Maritime Service Training Station in St. Petersburg, Fla. Both young men attended Roanoke Rapids High School. Prior to entering this school Ballard was an employee of The Herald.

Have a Coca-Cola = Let's go places



... or refreshment joins the family picnic

Whether it's a jaunt in the country or a gathering in a garden, guests are sure to cluster 'round the spot where ice-cold Coca-Cola is served. Have a "Coke" means the party is beginning on a note of good fellowship. And how good Coca-Cola tastes with the simplest food! With a supply of Coca-Cola in the home refrigerator, your friends and neighbors are always sure of the pause that refreshes. It's a symbol of welcome at home and overseas.

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It's natural for popular names to acquire friendly abbreviations. That's why you hear Coca-Cola called "Coke".