LOOKING OVER

By DR. W. K. McDOWELL, Health Officer

throughout the Piedmont section ase having been reported in entire state, During this time we have anxiously followed the course of the epidemic and, knowing that rules: poliomyelitis is essentially a disase of warm weather, have more or less expected to have one or more cases reported here. Now that one case has been reported, it is hoped that it will be accepted calmly, but that the advice of first sign of illness and carefully your physician and health depart- follow his instructions. ment and the resolution adopted by the Board of Health will be rigidly adhered to.

In 1943 three cases were reported in the Edgecombe-Halifax District, and in none of the families in which the cases occurred was there a second case, although in all there were other children.

Much publicity has been given This disease recently and unquestionably everyone knows that medical science has not gone as against malnutrition began Sep-

Get coffee that's

Ways Bette

For the past several weeks far toward the complete solution poliomyelitis has been prevalent of the cause, methods of spread, etc., of poliomyelitis as is the of our state, with an occasional case in many diseases. It is an established fact, however, that widely scattered areas over the much can be done in the control of the spread of the disease by following a few often repeated

1. Keep children away frem crowds.

2. Keep children away from any ill person, regardless of how mild the illness may seem.

3. Call your physician at the

4. Do not travel into or through the area where the disease is prevalent.

5. Keep resistance up by proper diet, rest, elimination, etc.

Above all the public should remain calm and realize that every summer some cases of poliomyelitis has been reported in North Carolina and frequently there has seen some in our own county.

The big offensive in the battle

American nutrition.

In this the third year of America's participation in the war, there is a deeper appreciation of the vital role of food in wartime than ever before. Since May 1943, the Nutrition Programs Branch of the War Food Administration's Office of Distribution has assisted with Norfolk, Va., this week. nutrition clinic demonstrations which have shown that there is widespread malnutrition throughout the country. In the past this condition might have been associated with low income. Today, however, spending power is at an all-time high and with fewer goods and services available, civilians who have an increased income are spending much of it on food-but not always the right food.

In line with the growing recognition of food's importance is the creation of the National Nutrition Program, the aim of which is to show people how to adjust their eating habits to a wartime situation.

The program is dedicated to the proposition that total war demands total strength, and that total strength demands good nutrition. It recognizes that eating should mean more than satisfying hunger. It should provide the body daily with the right kinds of food in suitable amounts to furnish energy -to provide material for building and repairing the body-to furnish substances to regulate body processes.

The solution then would seem to lie in educating the food purchaser to obtain 100 percent nutrition value from the foods available and that is the mission of the National Wartime Nutrition Program.

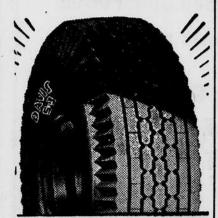
Working with the Federal organization are nearly 3,000 State, county and local nutrition committees which include in their membership experienced nutritionists, dietitians, home economists, physicians, dentists, and representatives of agencies, civic groups, and the food trade.

Cornerstone of the program is the new and revised Official Wartime Food Guide showing the "Basic 7" categories of food which should be eaten every day. The program will receive major emphasis from national advertisers and retailers and in national magazines and over the radio which will feature better breakfasts and better lunches for all, but especially for school children and war workers.

Nutrition - in every day language-means eating three wellbalanced meals a day — built around the "Basic 7"-appetizingly served and properly cooked to preserve all the food values.

Your County Nutrition Committee is sponsoring a series of radio programs on the basic 7 foods,

DAVIS GRADE ONE **TIRES** 



Brand New, First Line, Top Quality, Deep, Tough, Non-Skkid Tread. Select Steel Bead Wire. Strong, four-ply, easy-riding sidewalls. Product of America's Finest Engineering and Industrial Skill.

Western A. A. Store

tember when the Nation's Food each week, Wednesday at 10:45 a. Fights For Freedom program m. Last week Mrs. Lloyd Sandlin turned its attention to gool All- and Mrs. Cooper Cannon appeared on the program. Be sure and tune in next week.

Marines, has been visiting relatives in town and will return to

Mrs. Joseph Taylor and daughter, Jo Ann, Mr. and Mrs. F. L. Tidwell and children Bobby and Evon, of Norfolk, Va., spent the week-end with Mr. and Mrs. P. T. Taylor.

Miss Jeanette Rook, of Portsmouth, Va., spent the week-end with her mother, Mrs. Paul Rook. Mr. and Mrs. H. G. Hodges, Miss Patricia Hodges and Mrs. Joe Wood spent last Wednesday in Richmond, Va.

Mrs. Bill Roberts, Jr., has returned from Norfolk, Va., after pital. visiting her husband who is stationed there.

Sunday for a visit to Fort Wayne, monds. Ind.

Mrs. George O. Roberts, of 1017 Henry Street, has received word that her husband, S/Sgt. George England.

Lt. Murrell Hudson, of Aberdeen, Md., is spending a 14-day furlough in town with his wife and parents, Mr. and Mrs. H. M. Hudson.

Mr. and Mrs. Nathan Tickle pent last week-end in Alexandria,

Mrs. W. J. Berry, of Raliegh, spent last week with Mr. and Mrs. A. D. Waters

Miss Lola Peed, Miss Katherine Johnson and Mrs. Marjorie Johnson visited in Alexandria, Va., last week.

Jack and Allen Waters, of Washington, D. C., E. Bellamy of Detroit, Mich., Harry Waters, of Hampton, Va., Mrs. Louise Myrick and son Cecil, Mrs. E. D. Bell, Mr. and Mrs. J. C. Waters, of Norfolk, Va., were called here last week on account of the illness of P. D. Waters.

Miss Jacqueline Armstrong has returned to Richmond, Va., where she will continue her training in nursing at Medical College Hos-

Mrs. B. D. Johnson, of Wilson, is spending this week with her Mr. and Mrs. Albert Hux left parents, Mr. and Mrs. J. B. Ed-

DEFENSE IN DEPTH

The farthest advance of the Germans into Russia encompassed O. Roberts, has arrived safely in roughly one-sixteenth of all the Soviet Union's territory.

## School Needs Month

BE SURE your medicine cabinet is stocked with fresh, reliable medicines at all times. Thus when sickness strikes or when accidents happen you will be better prepared to care for members of your family until the doctor arrives.

# **PHARMACY**



SEND THEM BACK TO SCHOOL FIT AND TRIM

REN'S HEALTH NEEDS

### 6 ozs. MILK of MAGNESIA

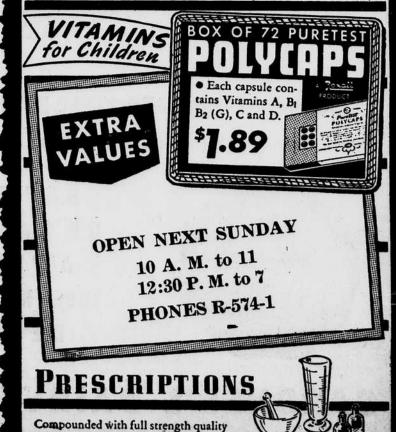
You can trust Rexall Milk of Magnesia. Pure, mild, and pleasant to take, it is an ideal laxative for your child. A Remail PRODUCT

25c REX-MENTHO

Inhalant and counter-irritant for relief of discomforts of colds.

25c BABY COUGH SYRUP 19c

Pleasant-tasting relief for coughs due to common colds. A 3



drugs exactly as your doctor wrote it.

2. Flavor Saver Roasting No flavor lost, thanks to A&P's "flavorsaver" roasting. This exclusive process literally "hoards" coffee flavor for you. At flavor peak-off goes the heat, out come the beans cram-packed with flavor. 4. Fits your coffeepot

1. The Pick of Plantation

High-flavored coffees are worth getting ex-

cited about! To get first choice of the finest

crops-A&P buyers in the leading producing

countries . . . go right to the plantations.

Result: You get full-flavor in every pound!

It's still in the freshly roasted bean when you buy! Its naturally mellow flavor tightly locked-in by Mother Nature's own protective seal! For finer, fresher flavor . . . buy your coffee in the bean.

Freshly ground when you buy . . right for your coffeepo You get full benefit, no matter what type coffeepot you use! The grand aroma of freshly ground A&P Coffee is your promise of coffee at its best!



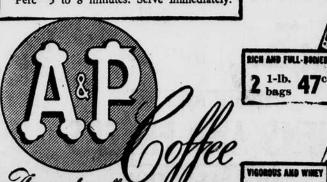
5. Richer in your cup

Superb quality coffee that is really fresh ...

MILD AND MELLOW 2 1-lb. 41°

and correctly ground—will give you more flavor—richer flavor every time!

FOR PERFECT PERCOLATOR COFFEE Be sure your coffee is fresh...buy it in the bean...have it ground A&P PERCOLATOR grind—that's exactly right for a percolator. Into a spotless coffeepot, measure two level tablespoonfuls of coffee per cup of water. "Perc" 5 to 8 minutes. Serve immediately.



2 1-10. bags

1-lb.

47

ALL A&P FOOD STORES AND SUPER MARKETS