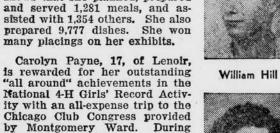
# Win No. Carolina 4-H Championships

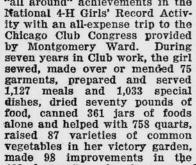
IN recognition of their outstanding 4-H records in food preparation, girls' record, poultry and safety four North Carolina rural boys and girls have been named 1945 state champions in their respective club activities. The winners and brief outlines of their records follow:



Jean McLamb

Jean McLamb, 16, of Clinton. wins a trip to the National 4-H Club Congress provided by Servel, Inc., for her achievements in the 4-H Food Preparation Activity. Her five year record in club work shows that she planned, prepared and served 1,281 meals, and assisted with 1,354 others. She also prepared 9,777 dishes. She won many placings on her exhibits.





Phyllis Rummage



home, and gave 133 demonstrations. She completed 38 4-H projects, and won many placings on her exhibits. In addition, she served her 4-H Club as an officer five years and as leader one year.

William Hill, 14, of Smithfield, is North Carolina's first state winner in the new National 4-H Poultry Achievement Activity. His re-ward is an all-expense trip to the Chicago Club Congress, pro-vided by Swift & Company. The boy's record shows that he raised 1,150 fowl and won first place on an egg exhibit. Four state cowinners who each received a \$25 U. S. Savings Bond are: Joy Ruth of Pittsboro; Barbra Boykin, Windell; Dorothy Flynn, Polk County, and Sarah Lewis, Union Mills.

Phyllis Rummage, 14, of Ellerbe,

has been named to represent the state for a sectional award of a Club Congress trip in the General Motors 4-H Farm Safety Activity. The girl's achievements in safety work include putting medicine in back of cabinet on highest shelf. match box where small children could not reach it, and broken glass in trash can. She also placed screen in front of fireplace, fixed a place in kitchen cabinet for sharp knives, replaced frayed light cord with a new one, covered open well, and moved gasoline to a safe place. Phyllis has carried safety projects for two years. Four state co-winners who also each receive a \$25 U.S. Savings Bond are Jane Alexander of Gastonia; Billy Rufty, Stony Point; Peggy Taylor, Kinston, and Hicks Lewis, Union Mills.

All of these activities were conducted under the direction of the Extension Service of the State Agricultural College and USDA cooperating. The winners are eligible to compete for \$200 college scholarship national awards in their activity.

Mr. and Mrs. H. L. Ward and giving in Colerain.

Mrs. Eugene Whitehead and son have returned from Portland, and are guest of Mrs. J. U. Vaughan.

Miss Francis Musgrove Salem College and Bobby Mus- here. grove of New Jersey were at home for the holidays.

Misses Mary Pierce Johnson and Virginia Suiter of Duke were the past few days.

Miss Christine Alston of Richmond spent Sunday at her home

Ensign and Mrs. W. C. Howare were guest of Dr. and Mrs. W. G. Suiter a few days last week. Mrs. Bettie Faucett of Portsmouth spent Sunday with her mother, Mrs. J. T. Renn.

Mrs. Elliot Clark of Craddock, daughter Bettie Lee, spent Thanks- Va., visited Mrs. D. W. Seifert Sunday.

> Miss Virginia Sledge of High Point spent the Thanksgiving holidays at her home here.

> Miss Jean Tilghman of Westminister Choir School returned Sunday after a visit to her home

> Friends of Neal Ben will regret to learn that he is a patient in Roanoke Rapids Hospital. ,

Miss Ballard Mohorn of Raleigh guest at their homes here for spent a few days at her home here last week.

# Austin.Nichols & Co.

Waverly W. Pearson is home

Mr. and Mrs. Odis Pearson visited J. E. Pearson recently.

Mrs. Paul Ray spent Sunday in

Emporia with Mrs. J. E. Grant.

with a discharge from service.

# HASN'T FELT BETTER IN YEARS; THANKS RETONGA

He Would Hate To Think Pains And Aches In Muscles Also Promptly Relieved.

without it," declares Mr. D. D. big textile mills. Discussing Re- medicine." tonga he happily continued:

one suffering more distress from liberal quantities of Vitamin B-1 mach bloated me up sometimes due to insufficient flow of gasuntil I felt like my breath would tric juices in the in the stomach, stop. For months I didn't know what a restful night's sleep was, ficiency and constipation. Accept so from head to foot that I felt -Adv.

Of Anyone Suffering More like every joint in my body would Distress From Acid Indi- pop open . The pains in my legs gestion, Says Mr. Johnston. and ankles often were so severe I could hardly stand up.

"The relief Retonga gave me surpasses anything in my experience. I eat three good meals "Retonga has been worth so a day, sleep sound as a log and much to me that I would not be I even feel good after a hard day's work. The constipation and pains Johnson, well-known resident of and aches are fully relieved and 24 Blosser Street, Macon, Ga., and I don't think I have felt better plant carpenter at one of Macon's in ten years. Retonga is a grand

Retonga is a purely herbal "I would hate to think of any- stomachic medicine combined with acid indigestion. Gas in my sto- and is intended to relieve distress less of appetite, Vitamin B-1 de-I felt full of toxic poisons from no substitute. Retonga may be obconstipation and at times I ached tained at Rosemary Drug Co.



Austin.Nichols&Co.

BROOKLYN - NEW YORK

# **Poultry Leaders** Seek "Chicken" Of Tomorrow

Design for the "Chicken of Tomorrow," a bird with a broader ber 4 and 5.

Tentative specifications and modand geneticists. They say the de- of Tomorrow."

signs they have projected on paper and in wax models can be duplicated in actual flesh and feathers through careful selection and breeding, thus providing the nation with better chicken dinners.

Final approval of specifications and models at the meeting here of body and meatier drumsticks for a national committee representing running gear, will reach the final all major poultry associations and blueprint stage when leaders of key poultrymen of the U.S. Dethe country's two-billion-dollar partment of Agriculture will pave poultry industry assemble at the the way for launching the Great Palmer House in Chicago, Decem- Atlantic & Pacific Tea Company's country-wide three-year breeding contest on January 1. A \$5,000 cash els of the ideal chicken have been award will go to the poultryman created in several months of re- who succeeds in producing the search by leading poultry scientists nearest equivalent to the "Chicken



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IF YOU BAKE AT HOME, insist on Fleischmann's full-strength, fresh active Yeast with the familiar yellow label. Dependable-America's favorite yeast

