

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



Carolyn Payne

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.

Carolyn Payne, 17, of Lenoir, is rewarded for her outstanding "all around" achievements in the National 4-H Girls' Record Activity with an all-expense trip to the Chicago Club Congress provided by Montgomery Ward. During seven years in Club work, the girl sewed, made over or mended 75 garments, prepared and served 1,127 meals and 1,033 special dishes, dried seventy pounds of food, canned 361 jars of foods alone and helped with 758 quarts, raised 87 varieties of common vegetables in her victory garden, made 98 improvements in the



William Hill



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 reward is an all-expense trip to the Chicago Club Congress, provided by Swift & Company. The boy's record shows that he raised 1,150 fowl and won first place on an egg exhibit. Four state co-winners who each received a \$25 U. S. Savings Bond are: Joy Ruth of Pittsboro; Barbra Boykin, Windell; Dorothy Flyan, 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 Jare Alexander of Gastonia; Billy Ruffy, 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.

WELDON NEWS

Mr. and Mrs. H. L. Ward and daughter Bettie Lee, spent Thanksgiving in Colerain.

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

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

Misses Mary Pierce Johnson and Virginia Suiter of Duke were guest at their homes here for the past few days.

Miss Christine Alston of Richmond spent Sunday at her home here.

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, 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 Westminster Choir School returned Sunday after a visit to her home here.

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

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

HASN'T FELT BETTER IN YEARS; THANKS RETONGA

He Would Hate To Think Of Anyone Suffering More Distress From Acid Indigestion, Says Mr. Johnston. Pains And Aches In Muscles Also Promptly Relieved.

"Retonga has been worth so much to me that I would not be without it," declares Mr. D. D. Johnson, well-known resident of 24 Blosser Street, Macon, Ga., and plant carpenter at one of Macon's big textile mills. Discussing Retonga he happily continued:

"I would hate to think of anyone suffering more distress from acid indigestion. Gas in my stomach bloated me up sometimes until I felt like my breath would stop. For months I didn't know what a restful night's sleep was, I felt full of toxic poisons from constipation and at times I ached so from head to foot that I felt

like every joint in my body would pop open. The pains in my legs 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 a day, sleep sound as a log and I even feel good after a hard day's work. The constipation and pains and aches are fully relieved and I don't think I have felt better in ten years. Retonga is a grand medicine."

Retonga is a purely herbal stomachic medicine combined with liberal quantities of Vitamin B-1 and is intended to relieve distress due to insufficient flow of gastric juices in the stomach, less of appetite, Vitamin B-1 deficiency and constipation. Accept no substitute. Retonga may be obtained at Rosemary Drug Co. —Adv.

BOOKER'S DEMERARA RUM

4/5 QUART . 97 PROOF

\$4.75

Imported by Austin, Nichols & Co. BROOKLYN, NEW YORK

Mouquin CORDIALS



72 Proof

APRICOT Flavored BRANDY

PINT RETAIL \$2.00

Produced by Austin, Nichols & Co. BROOKLYN, NEW YORK

Poultry Leaders Seek "Chicken" Of Tomorrow

Design for the "Chicken of Tomorrow," a bird with a broader body and meatier drumsticks for running gear, will reach the final blueprint stage when leaders of the country's two-billion-dollar poultry industry assemble at the Palmer House in Chicago, December 4 and 5.

Tentative specifications and models of the ideal chicken have been created in several months of research by leading poultry scientists and geneticists. They say the de-

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 a national committee representing all major poultry associations and key poultrymen of the U. S. Department of Agriculture will pave the way for launching the Great Atlantic & Pacific Tea Company's country-wide three-year breeding contest on January 1. A \$5,000 cash award will go to the poultryman who succeeds in producing the nearest equivalent to the "Chicken of Tomorrow."

Get sweeter, tastier bread!



use FLEISCHMANN'S FRESH ACTIVE YEAST

FULL-STRENGTH! Fleischmann's fresh active Yeast starts working right away! All the strength of the yeast brings out all the flavorful goodness of your bread. Be surer of sweet taste—light texture—fragrant freshness every time!

IF YOU BAKE AT HOME, insist on Fleischmann's full-strength, fresh active Yeast with the familiar yellow label. Dependable—America's favorite yeast for over 70 years.



Always fresh—at your grocer's



FULL BODIED FRESH FRUIT FLAVORS

All the goodness and sweetness of fresh ripe peaches is folded into the creamy smoothness of Gardner's Velvet Peach Ice Cream to form the most delicious treat of your life. Call for it by name.

Gardner's Velvet Ice Cream

GARDNER'S DAIRY PRODUCTS

PLANTS IN ROCKY MOUNT AND GOLDSBORO