

Miss Agnes Oakes is visiting friends in Fort Barnwell.

Mrs. C. S. Vinson has returned from Lynhaven, Va., where she , as Lieutenant (jg). been spending some time with her

Mrs. E. H. Brazelle of Clayton count of the death of her uncle T

with relatives. Mr. N. A. Barnes of Norfolk

ont the week end at home.

Mrs. L. V. Wilson and children spent the week end in Henderson

ma Louisen and A. W. Oakes

Frank Rightmyer, Jr., of Bain-

Thursday Afternoon was the former Miss Mildred Gup-Club Meets

The Thursday Afternoon Clal met in the home of Mrs. H. V. Mrs. I. A. Crawley who is station an January 6th with Mrs. ed somewhere in Northern Ire 7. A. Pierce, Jr., presiding, After several matters of busi-

had been discussed, Mrs. R. Vick gave a review of "Mr.

Mrs. Bounds invited her guests into the dining room where offee was poured by Mrs. Edgar Bounds and served with sand-

wiches, salted nuts and candies. Guests of the club included Mrs. David Suiter, Mrs. W. O. Davis, Mrs. Edgar Bounds, Mrs. F. J. Bounds and Mrs. W. S. O. B.

Promoted

Madison Armistead, U. S. Navy

BABY CHICKS FOR SALE

U. S. Approved N. C. Pollorun Tested Baby Chicks. All populat eds. Place your order now for future delivery.

J. M. COBB Oak Grove Hatchery, Halitax, N

who was stationed at Fort Mevers. Florida has been transferred to St. Augustine, Florida and ha been promoted to the rank

PEPPPP

Lt. Armistead is the son of Mrs Lula Stainback Armistead, form arly of Weldon, now of South Hill

Hollister News

Mesdames Albert Bugg and Pa-Davis of Marmaduke visited Price, treasurer; Father Peter M. vegetables a r e questionable Mrs. Robert Harris Wednesday. The Y. W. A. held its regular meeting with Mrs. T. C. Qualls cutive Committee has the follow-

Tuesday evening. During the ing members: Edward B. Manning coffee and sandwiches Father Peter M. Denges, Rev Gordon L. Price, John B. Dunn, Mr. and Mrs. Jack Crawley Wiley D. Connell, L. Everett Davtoped in Enfield on Friday. enport, Mrs. Bessie D. Ashton and Pvt. Office Shearin of the Canal Mrs. Samuel G. Bunn. The unani Washington, D. C., on account of Zone is home on furlough with his mous choice of the directors was the death of her brother, Bummie parents Mr. and Mrs. John W. President Edward B. Manning a the trustee to the Communit,

Mr. and Mrs. Tommy Dawson of Chest. The 1943 reports were read bridge, Md. spent the week end at Washington, D. C. were guests of and filed by the treasurer, the secretary and the case worker her parents Mr. and Mrs. J. T. Gupton last week. Mrs. Dawson and plans were discussed to car-Charitles during the New Year.

Warrenton on Saturday.

Joe P. Crawley, son of Mr. and

lub Thursday evening. Mrs. J. J. Williams and dau-

score prize and Mrs. V. A. Parks and Alma Arrington shopped in Rocky Mt. Saturday. Mrs. J. J. Allen spent Friday

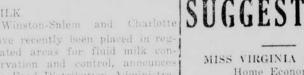
with Lt. (jg) Sidney Ray Williams weet course to the following: was home on leave visitin s parents Mr. and Mrs. L. E Williams, Lt. Williams has just returned from an oversea mission. Messers, Albert Cherko, Walter Crawley, V. A. Parks, P. C. Drap-Taylor and Alvin Gupton shopped

in Warrenton Monday, Chief Petty Officer Bert Garn-r of Beaufort, N. C. spent the veck end home with his wife Mrs

About 440,000 cases of canno

WFA announcement.

Farmers should always



he Food Distribution Administra

PLAINER RECIPES

pork and beans will soon be re At meal planning time today, aday's homemakers sit with the point-ratioing table on one side of her, the family food budget in front of her, and the list of the seven basic foods on the other ation points when they sell or de side. Thus situated, she realizes mb and mutton, say Government the practicality of returning to plainer recipes. Complicated, exensive ones will be left in the les until post war time.



Russell Weeks was hostss to the members of her bridge

Roanoke Rapids

Associated Charities

Elect New Officers

At the first quarterly meeting

Charities, which was held in the

Municipal Building on Monday

evening, January 10, the following

officers were elected; Edward B.

Manning, president; John B. Dunn

A 6

When scores were totaled Miss ghter, Anne, Misses Anna Clark Effie Avent was winner of top

won both the second high and bin-The hostess served a delicious

Mesdames A. L. Hux, W. H. Johnon, Chas. Boykin, R. W. Millikin, W. R. Caudle, Spooner, P. C er. Misses Clem Raead, Edith and Effie Avent



MISS VIRGINIA BLOUNT Home Economist

VIRGINIA ELECTRIC AND POWER COMPANY



the end to the

responsibility. She



hem. To help meet this demand, ets review modern rules for Do not stir air into foods while they are cooking. Air increases oxidation which destroys vitam-Do not put foods through ieve while they are hot. This ncreases the surface exposure to ir, and oxidation increases. Mashed and riced potatoes are not so nourishing as baked potatoes

Do not use baking soda ir ooking green vegetables. An alkali intensifies oxidation which has a destructive effect on all

When cooking foods by boiling, he temperature should be raised s quickly as possible and use as

righigung Do you feel

"left out .

ARE YOU missing the chance to share in this war--missing an experience you'd value all your

Right now, in the WAC, you could be doing a vital Army job. You could be getting valuable training, meeting new people, seeing new places while serving your country.

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