

PERSONALS & SOCIETY

Miss Agnes Oakes is visiting friends in Fort Barnwell.

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

Mrs. E. H. Brazelle of Clayton was called here this week on account of the death of her uncle T. F. Anderson.

Mr. and Mrs. Jack Turner of Norfolk spent the week end here with relatives.

Mr. N. A. Barnes of Norfolk spent the week end at home.

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

Mrs. J. H. Thomas and Mrs. J. H. Thomas, Jr. spent the week end in Raleigh.

Miss Genevieve Gregory was called home this week end from Washington, D. C., on account of the death of her brother, Bunnie Gregory.

Frank Rightmyer, Jr., of Bainbridge, Md. spent the week end at home.

Thursday Afternoon Club Meets

The Thursday Afternoon Club met in the home of Mrs. H. V. Bounds on January 8th with Mrs. W. A. Pierce, Jr., presiding.

After several matters of business had been discussed, Mrs. R. E. Vick gave a review of "Mr. Winkle Goes to War" by Theodore Pratt.

At the conclusion of the program Mrs. Bounds invited her guests into the dining room where coffee was poured by Mrs. Edgar Bounds and served with sandwiches, salted nuts and candies.

Guests of the club included Mrs. David Sulter, Mrs. W. O. Davis, Mrs. Edgar Bounds, Mrs. F. J. Bounds and Mrs. W. S. O. B. Robinson.

Promoted

Madison Armistead, U. S. Navy

BABY CHICKS FOR SALE

U. S. Approved, N. C. Poultry Tested Baby Chicks. All popular breeds. Place your order now for future delivery.

J. M. COBB

Oak Grove Hatchery, Halifax, N. Carolina.

who was stationed at Fort Meyers, Florida has been transferred to St. Augustine, Florida and has been promoted to the rank of Lieutenant (jg).

Lt. Armistead is the son of Mrs. Lala Stainback Armistead, formerly of Weldon, now of South Hill, Va.

Hollister News

Mesdames Albert Bagg and Peter Davis of Marmaduke visited Mrs. Robert Harris Wednesday.

The Y. W. A. held its regular meeting with Mrs. T. C. Qualls on Tuesday evening. During the hour coffee and sandwiches were served.

Mr. and Mrs. Jack Crawley shopped in Enfield on Friday.

Pet. Ollie Shearin of the Canal Zone is home on furlough with his parents Mr. and Mrs. John W. Shearin.

Mr. and Mrs. Tommy Dawson of Washington, D. C. were guests of her parents Mr. and Mrs. J. T. Gupton last week. Mrs. Dawson was the former Miss Mildred Gupton.

Mr. Edwin Clausen shopped in Warrenton on Saturday.

Joe P. Crawley, son of Mr. and Mrs. I. A. Crawley who is stationed somewhere in Northern Ireland has recently been promoted to Corporal.

Mrs. J. J. Williams and daughter, Anne, Misses Anna Clark and Alma Arrington shopped in Rocky Mt. Saturday.

Mrs. J. J. Allen spent Friday with Lt. (jg) Sidney Ray Williams who was home on leave visiting his parents Mr. and Mrs. L. E. Williams. Lt. Williams has just returned from an overseas mission.

Messrs. Albert Cherko, Walter Taylor and Alvin Gupton shopped in Warrenton Monday.

Chief Petty Officer Bert Garner of Beaufort, N. C. spent the week end home with his wife Mrs. Garner.

MILK

Winston-Salem and Charlotte have recently been placed in regulated areas for fluid milk conservation and control, announces the Food Distribution Administration.

PORK AND BEANS

About 440,000 cases of canned pork and beans will soon be released to civilian consumers, says a WFA announcement.

HOGS

Farmers should always collect nation points when they sell or deliver pork off the farm, also beef, lamb and mutton, say Government officials.

Roanoke Rapids Associated Charities Elect New Officers

At the first quarterly meeting of Roanoke Rapids Associated 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, vice-president; Rev. Gordon L. Price, treasurer; Father Peter M. Denges, secretary; Mrs. Clayton M. Curley, case worker. The Executive Committee has the following members: Edward B. Manning, Father Peter M. Denges, Rev. Gordon L. Price, John B. Dunn, Wiley D. Connell, L. Everett Daventon, Mrs. Bessie D. Ashton and Mrs. Samuel G. Bunn. The unanimous choice of the directors was President Edward B. Manning as the trustee to the Community Chest. The 1943 reports were read and filed by the treasurer, the secretary and the case worker, and plans were discussed to carry on the vital work of Associated Charities during the New Year.

HALIFAX News

Mrs. Russell Weeks was hostess to the members of her bridge club Thursday evening.

When scores were totaled Miss Effie Avent was winner of top score prize and Mrs. V. A. Parks won both the second high and bingo prizes.

The hostess served a delicious sweet course to the following: Mesdames A. L. Hux, W. H. Johnson, Chas. Boykin, R. W. Millikin, W. R. Caudle, Spooner, P. C. Crawley, V. A. Parks, P. C. Draper, Misses Clem Raead, Edith and Effie Avent.

SOME COOKING SUGGESTIONS

MISS VIRGINIA BLOUNT
Home Economist
VIRGINIA ELECTRIC AND POWER COMPANY

PLAIN RECIPES

At meal planning time today, today'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 side. Thus situated, she realizes the practicality of returning to plainer recipes. Complicated, expensive ones will be left in the files until post war time.

Planning meals and purchasing food are not the end to the housewife's responsibility. She must see that the foods are cooked in such a manner that the nutritive elements are retained in them. To help meet this demand, let's review modern rules for cooking food.

Do not stir air into foods while they are cooking. Air increases oxidation which destroys vitamins.

Do not put foods through a sieve while they are hot. This increases the surface exposure to air, and oxidation increases. Mashed and riced potatoes are not so nourishing as baked potatoes or those cooked with the jackets on.

Do not use baking soda in cooking green vegetables. An alkali intensifies oxidation which has a destructive effect on all vitamins.

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

Do you feel "left out of it"?

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

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.

More Waacs are needed at once. Get full details about eligibility, training, pay, the jobs Waacs do, how they live. Go to the nearest U. S. Army Recruiting Station. (Your local post office will give you the address). Or write: The Adjutant General, Room 4415, Munitions Building, Washington, D. C. Do it today!

little water as possible. Both of these preserve vitamins and minerals.

Do not use long cooking processes, such as stewing, when shorter methods are available.

Do not throw away the water in which vegetables are cooked. It is full of vitamins and minerals and should be used as a foundation for soups, sauces and gravies.

Do not fry foods valuable for their content of Vitamin A, B, and C, because high heat destroys them.

Prepare chopped fruit and vegetables just before serving them. Start cooking frozen foods while they are still frozen.

Serve raw frozen fruits immediately after thawing.

Soak vegetables for freshening in large pieces. Wilted green vegetables are a questionable source of vitamins.

Cook vegetables with the skins on, and cook in as large pieces as possible when cooking in water, both conserve minerals and vitamins.

Following these rules and using dependable recipes will save waste. The next step for meal planners is to avoid monotony by using different flavors, textures and menus.

Serve foods that meet the Seven Basis Foods standard for Health.

MUCH TIMBER NEEDED

More than 31 billion board feet of timber are needed in 1943 from the U. S. forests to supply forest products needed for war materials and essential civilian uses. Every foot of timber needlessly burned reduces the supply available for war and for the reconstruction days of the coming peace.

TUBERCULOSIS SEALS

This year the Tuberculosis Christmas Seals have traveled to the far corners of the world, where our American Boys fight for the things America stands for; For Love, Sympathy and Aid to the sick and the poor.

Thanks to everyone for using the Tuberculosis Christmas Seals so generously in 1943. It is certainly too late to buy any more seals, but if you failed in the rush of the season to get any, the Association in your County can still use your money should you want to make a contribution.

To everyone who has done so much volunteer work in your localities remember that your work hasn't been completed until your County Chairman has received all of your data. January is certainly the month to clear up all extra activities and check up. Your Publicity Chairman needs all the figures so she can publish them in the near future.

Promoted

Sterling G. (Bumps) Mohorn, Jr., son of Mr. and Mrs. S. G. Mohorn of Weldon, has been promoted to the rank of Sergeant in the United States Army. Sgt. Mohorn is now stationed in Los Angeles, Cal.

FIRE STOPS WAGES

Burned timber often results in the loss of direct and indirect wages, taxes and other benefits. A carelessly thrown match can upset the economy of a whole community.

DAMAGED

Cotton Seed For Sale

\$5.00 Per Ton

F.O.B. OUR YARD

These Seed Will Make Excellent Fertilizer

The Southern Cotton Oil Co.
Weldon, N. C.

SQUARE DANCE Every Saturday Night LITTLETON GYM

LITTLETON, N. C.

Music by THE HAPPY RETONGA RANGERS OF ROANOKE RAPIDS

EXPERT FIGURE CALLER
BENEFIT OF GYMNASIUM FUND
Admission 50c, Tax Included



PROGRAM WEEK OF JAN. 16th., 1944

PEOPLES SUNDAY

Mary Martin-Franchot Tone
TRUE TO LIFE
Shows at 2:00 - 4:00 - 8:30

MONDAY-TUESDAY

Mae West - Victor Moore
THE HEAT'S ON
Added--Latest News

WEDNESDAY-THURSDAY

Franchot Tone - Marsha Hunt
PILOT NO. 5
Added--Selected Short Subjects

FRIDAY

Allan Jones-Evelyn Ankers
You're A Lucky Fellow, Mr. Smith
Added--Selected Short Subjects

SATURDAY

Robert Livingston-Smilely Burnette
Bride of The Plains
Added--Don Winslow of Coast Guard

Roanoke Rapids Theatres on The Air Monday Through Saturday - 2:30 P. M. Station WCBT

IMPERIA SUNDAY

Robert Paige-Louise Allbritton
FIRE WIFE
Shows at 2:00 - 3:40 - 8:30

MONDAY-TUESDAY

Mary Martin-Franchot Tone
TRUE TO LIFE
Added--Selected Short Subjects

WEDNESDAY

John Hubbard-Rita Quigley
Whispering Footsteps
Added--Selected Short Subjects

THURSDAY-FRIDAY

Mary Lee - Gladys George
Nobody's Darling
Added--March of Time "The Crisis."

SATURDAY

Ken Maynard - Hoot Gibson
Westward Bound
Added--Captain America

LEVON Theatre

PROGRAM WEEK OF JAN. 16th., 1944

Sunday

Frances Langford - Robert Paige

Cowboy In Manhattan

Latest News

Monday and Tuesday

Michele Morgan - Alan Curtis

Two Tickets To London

Comedy and Act

Wednesday-Thursday

Abbott - Costello in

HIT THE ICE

Comedy and Act

Friday and Saturday

Charles Starrett in

ROBIN HOOD OF THE RANGE

Ann Savage

Passport To Suez

Chapter 15, Secret Code

Coming Sun., Jan. 23, Goodmorning Judge

BUY WAR BONDS and STAMPS at our TICKET OFFICE

Have a Coca-Cola = Let's be friendly



... a way to win a welcome wherever you go

Where you find democracy, you find the feeling of friendliness, of give-and-take—the spirit of neighborliness. It's made up of little things that mark a way of life: sports, fair play, movies, comics and swing music. A simple phrase like *Have a "Coke"* turns strangers into friends, the same in both hemispheres. Around the globe, Coca-Cola stands for the pause that refreshes,—has become the high-sign of the good-hearted.

BOTTLED UNDER AUTHORITY OF THE COCA-COLA COMPANY BY

WELDON COCA-COLA BOTTLING WORKS, Inc.

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