he Home Sphere

Edited by MISS FLORENCE COX Home Demonstration Agent Miss Estelle M. Edwards Assistant Home Dem. Agent

bbage are now a victory food. are abundant and nutritions the raw in slaw and salads cooked but do not over cook. aking too long destroys much t? Cabbage should be krauteanned before the hot days of

d. In this section uncanned

ith war restrictions, especialmilk and cheese, all families The daily use of sufficient heese for drinking and l take care of calcium and teeth must have and the blood and small quantities.

Bureau of Human Nutrition if the family use of is limited you need to do 1st--use liberal afresh vegetables, such These greens may be lettuce and cabbage, ard, turnips, brocali, collards kale. 2nd-Other foods cong calcium are dried beans, ans, eggs and molasses, not 3rd .- Eat liberally of calrich foods when they are able and your body will store s calcium for future use.

You Encourage Others -it comes to starting Victory s this year because they had luck last year with the ht. It is up to those of us know tsat it is more necesttan ever to produce our own to encourage those around garden again this year. A complete schedule. ent will oftetn do more than Enfield. friendly, neighborly encouroutsider is able to accom-Seeing that all your neigh. Hobgood. Priday, you can show your patrioters as you are and do not all the secrets. Your garden! a living example and mod- Darlington. w much influence do you

The Bugs --

enn garden spot now will er bugs, insects and distalks, grass and weeds be cleaned up and burned. means all around the edges nees also, However, if you off all this vegetable matou must add something to the o take its place. A good garoil contains a large amount ell rotted vegetable matter. may be obtained from compiles and well rotted stable re. Vegetable matter in the teens it soft and pliable and moisture both of which are tant in a garden. Going back

v Club --

by night after a lingering folk, Va., Dr. Robert Clark of Funeral services were con- Chapel Hill. ev. R. E. Cox and burial ors followed in his section in Ce-ed in the Episcopal ceme-

husband Walter G. Bass, Va., also one brother G. W. missioned a Major in the Army of Petersburg, Va., and Medical Corps and assigned to grandchildren.

The state College Extension of the short when a family's meals are otherwise up to held on the war effort. Other Scout Hut, war."

Planners. Calcium is likely to be short when a family's meals are otherwise up to good nutrition of Petersburg, Va., and Medical Corps and assigned to planners. Calcium is likely to be short when a family's meals are otherwise up to good nutrition of Petersburg, Va., and Medical Corps and assigned to planners. Calcium is likely to be short when a family's meals are otherwise up to good nutrition of Petersburg, Va., and Medical Corps and assigned to planners. Calcium is likely to be short when a family's meals are otherwise up to good nutrition of Petersburg, Va., and Medical Corps and assigned to planners. Calcium is likely to be short when a family's meals are otherwise up to good nutrition of Petersburg, Va., and Medical Corps and assigned to planners. Calcium is likely to be short when a family is meals are otherwise up to good nutrition planners. Calcium is likely to be short when a family is meals are otherwise up to good nutrition planners. randchildren.

THE ROANOKE NEWS

Published Every Thursday -- Weldon, North Carolina Seventy-Sixth Year

WITH WAR BONDS

KEEP ON

THURSDAY, FEB. 24th., 1944

Health Department To Start Pre-School Clinics

By DR. W. K. McDOWELL, Health Officer

When a child enters school for IN HOLLYWOOD the first time he is facing the first major emotional and environmental change of his life. A on overseas duty as an aerial is necessary and for the first time es Army Air Corps, Cpl. Mack he must assume responsibility Harris, Jr., is now stationed with and begin to "stand on his own the First Motion Picture Unit as not satisfactorily car- feet" and make decisions. In ad- an assistant motion picture camdition he will come in contact, in raman. both work and play, with large attached specializes in producing groups of children. In view of all technicolor films to be used in these changes it is important that training programs of the Army

> public health work was the pre- given a civilian screening, as all school clinic, with its examination pictures made are exclusively for and immunization of those to en- use of the Air Corps. ter school for the first time. This remains one of our important Unit is located in quarters formproblems, one to which much time erly occupied by the Hal Roach is given. The preschool clinic not Studious. All equipment used by only enables the child to have this former concern is at the disa physical examination and to be immunized against diphtheria and tioned at the studious are many smallpox, but also gives him the first contact with the school and experience in different phases of

In recent months the examinations of young men inducted into ited his parents Mr, and Mrs, M. the army and navy have revealed J. Harris here, has served in the a pappalling number to be physically unfit. The foundations for health are laid early in life, and and territory in South America. important habits are formed. If any physical defects are found it is important to have them cor- UNITED STATES OF AMERICA my people have faint hearts rected at once, for the years of the early school age child are marked by rapid growth, both mental and physical.

It is hoped that parents of all children who will begin school next ed a decisive stage requiring the fall arrange to begin their child fullest measure of individual sacto the clinic. The following is a rifice;

Tuesday, March 7, 9:30 A. M.

Friday, March 10, 9:80 A. M.

Hardrawee. Friday, March 10, 11 A. M.

Ringwood. Friday, March 10, 12:30 P. M

Tuesday, March 14, 9:30 A. M. Monday, March 20, 10 A. M. Scotland Neck.

Tuesday, March 21, 10 A. M.,

Aurelian Springs Tuesday, April 18, 10 A. M., store hope and provide comfort William R. Davie.

Friday, April 21, 10 A. M., Roanoke Rapids.

Roanoke Rapids. Hollister.

noke Rapids.

Colie Clark

Thomas Jordan Clark, died sud- the entire citizenship for a minsummer when the days are denly at his residence Saturday imum War Fund of \$200,000,morning. His age was 62 years.

He was educated in private schools LIN D. ROOSEVELT, President Tillery Home Demonstra- attending kindergarten at the age of the United States of America Club has turned in 13 pairs of 3 years. He graduated from spital bed rom oshoes for Bingham School, Mebane, N. C. National Red Cross, do hereby desed Cross Hospitals, at the and attended Virginia Military egnate the month beginning March ary Club Meeting. The ma- School. His businesses were mer- 1, 1944, as "Red Cross Month" as well as the work on cantile and book-keeping. He was and earnestly beseech my fellow; shoes was donated by club a member of the Methodist Epis- Americans to observe it by open-

s. E. S. Fulghum is secre- survived by his mother, a daught- pendents in their hour of great-Mrs. Anna Draper turned er Mrs. Bain M. Hickman, two est need. e Red Cross work than any sons Colie Robert Clark and Ed- IN WITNESS WHEREOF, one member. The work on win Green Clark, a grandson, Ed- have hereunto set my hand and nall group should be an in-, win Green Clark, junior all of caused the seal of the United Weldon, also four sisters, Misses States of America to be affixed. 8. Pearl Richards

Eunice Jordon Clark and Elizabeth Jane Clark of Weldon, Mrs. ton this 19th day of February, in ducted from Pleasant Grove Grady Edwards of Seaboard, Mrs. the year of our Lord nineteen Frank Saunders of Lumberton, hundred and forty four, and of Pearl Richards Bass, 59, and Harry Samuel Clark of Wel-States of America the one hunher home in Halifax on don, Elliott Bynum Clark of Nor- dred and sixty-eighth,

The funeral services were con- Cordell Hull in Halifax Monday after- ducted from the Weldon Metho-3 o'clock by the Rev. D. dist Church Sunday afternoon at ore of Dinwiddie, Va., and 3 o'clock Burial with Masonic hon-VITAMIN A

Bass was the daughter of Former Weldon Halifax. She is survived husband Walter C. Ross

· duty at Legion, Texas.

MACK HARRIS

Having served for 14 months great change in the daily routine photographer of the United Stat-

The unit to which he is now ilk and cheese, all families these changes it is important that do not have a milk cow need he be in good physical condition. Air Corps and also releases numerous propaganda films. To date the intake of food cal- One of the earliest activities of only one short feature has been

According to Cpl. Harris, the posal of the Air Corps Unit. Staservice men, who have had much the Motion Picture field.

Cpl. Harris, who recently vis-Asiatic and American theatres of

BY THE PRESIDENT OF THE

A Proclamation

WHEREAS the war has enter-

WHEREAS the American Nat-Monday, March 6, 10:00 A, M., ional Red Cross is an auxiliary to the United States armed forces and, as such, is providing indispensable service to our troops , throughout the world as well as to their families at home;

WHEREAS these wartime actvities, including the collection of lifesaving blood for the wounded, recreation work in military hospitals, provision of aid to families of servicemen, shipment of food parcels to prisoners of war, production of surgical dressings, operadion of overseas clubs and recreation centers and recruitment of Tuesday, April 11, 10 A. M., Army and Navy nurses, all combine to save co for our fighting men;

WHEREAS, through its vast network of local chapters, this a-Monday, April 24, 9:30 A. M., gency of our people simultaneous-Roanoke Rapids.

Tuesday, April 25, 10:30 A. M., of training and community service, while continuing with tradi-Friday, April 28, 10 A. M., Roational efficiency to lessen the distress of those overwhelmed by

disaster; and WHEREAS this agency is wholly dependent upon individual sup-Mr. Colie Clark, son of the late port and personal participation insects, each one killed now Mr. Edwin Clark and Mrs. Eunice and is issuing its 1944 appeal to

He was born August 26, 1881. NOW, THEREFORE, I, FRANKn. The bedroom mules are copal church, of the Masonic or- ing their hearts to this humanitarother members are knitt- der and the Knights of Pythias. | ian appeal in order that we may r the Red Cross. Mrs. H. B. He was married to Miss Car-is president of this Club, rie Crush of Fincastle, Va. He is our fighting men and their de-

By the President: Franklin D. Roosevelt, Secretary of State.

The War Food Administration is assigning about 40 percent of the available vitamin A to enrichment of poultry feeds. This vitamin Va. supply will come back in the 45

COTTON



This year, with service flags in windows of nearly every home, Red Cross will mean so much more to Americans, As depicted in this reproduction of a 1944 Red Cross War Fund poster, many windows also will display the symbol of participation in the cause of Mercy and Humanity—the Red Cross.

Red Cross Asks \$200,000,000 To Cover Warting Needs

the post-war period, the American in Army and Naval hospitals. Red Cross opens its 1944 War Fund the limit of their ability.

the American Red Cross, Norman operating. H. Davis, chairman and active head of the vast organization, and Leon this country to help Red Cross twelve months.

with the decisive stage of the war than 5,000,000 pints. at hand, the Red Cross must as-

bers. entire world during 1943 have gram. dwarfed its activities during the

first two years of war.

ice with U. S. troops at home bases | the Red Cross War Fund. and overseas. Field directors, hospital, club and recreation workers are with American armed forces in virtually every command, thing to at least one of its func-Mr. Davis asserted.

East, Red Cross workers have their share of the responsibility of either gone with invasion forces carrying on this far-reaching service. into new combat areas, or have followed within a very limited able Red Cross to alleviate suffer-

Cross has broadened its service welfare service.

WASHINGTON, D. C .- Confront- | tremendously. Field directors are ed with responsibilities of unpre-serving in every sizable military cedented proportions, as the war establishment and camp through enters its most crucial stage, and out the country, and recreation and with a staggering task ahead in social service workers are located

One of the most important and appeal March 1, confident that the necessary war-time Red Cross func-American people will respond to tions has been the collection of human blood for plasma. Thirty-President Roosevelt, president of five blood donor stations are now

The dramatic story of the Red Cross Blood Donor Service, through Fraser, national War Fund chair- which thousands of soldiers and man, join in urging the people of sailors have been saved from death, began in February, 1941, when the reach its national objective of Surgeons General of the Army and \$200,000,000 because of the vital Navy asked the Red Cross to propart it must play within the next cure 15,000 pints of blood. Last year more than 3,700,000 pints of blood Chairman Davis, in opening the were collected for the Army and campaign, will stress the fact that Navy. This year the goal is more

With major battles of the wa efore, and at the same time must the Red Cross to supply many milprovide aid to servicemen being lions of surgical dressings. American returned in ever-increasing num- men wounded in battle will depend Red Cross operations over the surgical dressing production pro-

Numerous other Red Cross home operations, such as Prisoner of An even greater burden will be War packaging centers, where more placed on Red Cross services in than a million parcels for war prisoners are prepared each month Thousands of American men and for shipment overseas, are supwomen are now in Red Cross serv- ported by citizen-participation in

So extensive is Red Cross service during this war that every American civilian can contribute some tions. To continue this gigantic Both in Europe and in the Far work, all Americans must assume The \$200,000,000 quota will en-

ing and pain at he eard abroad. On the home front, the Red and to carry on its vast military

B. F. Brown

B. F. Brown, 70, died in Roa- From War Zone noke Rapids Hospital today after been a resident of Halifax County for twenty five years but was a native of Seaboard

Friday afternoon at 4:30 o'clock by the Rev. L. A. Tilley.

Brown, who is with the armed, forces, three daughters, Mrs. Kate Midgette, Mrs. Rufus Starke and Rapids, four grandchildren, one ruary 18. Mr. Richardson read a his operators license for four brother, Noah Brown of Suffolk, nineteen scouts present at the last motor vehicle.

Every soldier requires 250 tures on canning, swine produc- Scouts to please come to the next months on the roads.

Local Marine Returns

Camp Elliott, San Diego, Calian illness of two weeks. He had fornia--Recently returned from two months duty at Bougainville where he participated in the in- payment of the costs and on con- terprise Baptist Church Thursday itial landing, Marine First Sergeant James L. Barnes, son of Mrs. F. B. Clary, Weldon, N. C., is now on duty here.

Friday afternoon at 4:30 o'clock of the Rev. L. A. Tilley.

Survivors include one son, John

BOY SCOUTS

meeting, but we hope there will

THIS COUNTY AMONG LEADERS IN INFANTILE PARALYSIS DRIVE

Mrs. W. A. Myrick

Mrs. W. A. Myrick, 72, died at ner home here Sunday, February 10th following a heart attack The body was taken to her former home near Warrenton where funeral services were conducted te Publicity Chairman. from the Warren Plains Metho dist Church Tuesday afternoon by the Rev. R. E. Brickhouse. Burial was in the church cemetery.

Surviving are her husband, W. A. Myrick, a daughter Mrs. Elizabeth Joyner and four grandchildren, all of Weldon; three stepchildren, Mrs. W. L. Feltz and Manson Myrick of Wise and James T. Myrick of Portsmouth, Va.

Halifax County Boy Is Commissioned

Charles House Taylor, of Thelma North Carolina, son of Dr. and Mrs. H. T. Ivey of Legion Texas, has been commissioned a second Lieutenant in the Army Air Forces following graduation from the Officer Candidate School at Miami Beach. Fla. He is now stationed at Spence Field, Georgia as classification and assignment officer. Prior to entering OCS, Lt. Taylor was an Instructor at the Air Corps Technical School Denver, Colorado, he is a grad uate of Duke University.

Cucumber Growing Essential Activity

The picking industry is regarded as an essential activity and cucumbers raised for picking and toward agricultural deferment, was notified this week by the United States Department of Agriculture War Board.

This activity is restricted for deferment purposes to the Coast- under the magnificient leadership al Plain area, but Halifax County is classified in this group for Agricultural Deferment pusposes, which will undoubtedly place this it was stated at the County Agent's Office. The ruling on the cucumber growing matter is as

"National Headquarters advised that cucumbers raised for pickling and food processing may be counted towards an agricultural deferment. The Farm Extension Service and the USDA 263 ma our Circular Letter N count cucumbers raised for sale to the picking industry at the acutely on the vast Red Cross rate of one unit per acre of cucumbers raised specifically for that purpose."

RECORDERS COURT NEWS

David Wienstock, white of Brooklyn, N. Y., charged with illegal possession of liquor was found not ghilty.

Rufus Locko, colored of Oak City plead guilty of driving while drunk and was fined \$50 and costs. License revoked for 12 months. Gaston Rogers, white entered a

plea of guilty to reckless driving which was accepted and prayer for judgment continued on payment of the costs and good behavior for two years.

Newport News was found guilty of home in 'the Interprise Church non-support and was given 8 mon- community near here ths on the roads, suspended upon, morning were conducted from Indition he pay on or before Monday afternoon at 2:30 o'clock with inof each week the sum of \$12 for terment in the church cemetery. suport of his minor children.

Neck plead guilty of indecent ex- Mrs. Davie L. Newsome of Littleposure and was given 4 months

Floyd Jones, white of Roanoke Wheeler of Conway. Mrs. and prayer for judgment contintheir regular meeting on Feb- dition he voluntarily surrender Roanoke Rapids. list of the names of those who months and during period he is to great grand-child and also one are in each patrol. There were refrain from the operation of any anson of Philadelphia were guests

Worth David Shuskey and Anbe one hundred per cent at the nie Cooper white, charged with next meeting. We want all the fornication, the prayer for judg-Richard J. Reynolds of Winston boys who are twelve (12) years ment continued as to Annie Coop-

This county is among 91 in the State that have or exceeded their quotas in the Infantile Paralysis drive which clostil becently, it was announced this week by Robert W. Madry of Chapel Hill, Sta-

ed for the State this year is \$158,942 against a state quota of \$88,348.

Guilford and Durham Counties are in a neck and neck race for State leadership, each reporting more than \$10,000 raised to date. Final figures will not be known for several days yet, Mr. Madry

On a basis of population, chief nonors go to Graham County which has reported 02,840. Graham's quota was \$581. Dr. Nettie C. Parrette was chairman.

Carteret County went over the top more than four times by raising \$2,159.82, its quota being \$516. Mayor G. M. Paul, Beaufort, was chairman.

Henderson County more than quadrupled its quota of \$485, raising a total of \$1,978.45. Everett Huggins was chairman.

Five counties more than tripled their quotas: Currituck, Mrs. C. H. Forbes, chairman; Gaston, H. Rex Edison, chairman; Hertford, Eddie Cason, chairman; Onslow, Rev. Leon Gray, chairman; Scotland, E. M. Matthews and M. M. Fairley, co-chairman.

"Although all reports are not final", said Publicity Chairman Madry, "North Carolina has already contributed in the last two years to the fight against Infanfood processing may be counted tile Paralysis, under the chairmanship of Dr. Ralph McDonald, the Halifax County War Board \$247,330.09. This is \$145,161 more than the State had given to this cause during the first eight years

of the campaigns "The people of North Carolina, of these chairmen and their committees have established a record State among the foremost in the nation for the second successive

year," he said. Twenty two counties doubled their quotas by a generous margin. Several came close to raising three times their quotas. The counties and their chairmen are:

Alamance, Clyde A. King; Blad-Extension Service and the USDA en, J. W. Cross; Catawba, Judge War Board advise that this activity is restricted to the Coastal Plain area. Any county within this area, as outlined for 12 to Durham, Claude Hull; Guilford, Durham, Claude Hull; Guilford, Claude Hull; Guilford, Durham, Claude Hull; Guilford, Durham, Claude Hull; Guilford, W. sume a greater burden than ever yet to come, the Army has asked 14 units in the map attached to Paul W. Schenck, Jr.; Halifax, W. Graham Lynch; Haywood, Jonathan H. Woody; Johnston, J. Elton Mitchiner; Lee, Mrs. Glenn Buchanan; Lincoln, Dr. L. A. Crowell, Jr.; Macon, Benny Martin, L. B. Wynnd; N.orthampton, Mrs. E. L. Norton.

UNION SERVICE SUNDAY NIGHT

The local churches will u nite in a service to be held Sunday evening, February 27 at 7:30 in Grace Episcopal Church. This will be a fellowship service among the churches to welcome to our midst the Rev. D. L. Fouts, the new pastor of the Weldon Methodist Church.

Everybody is cordially invited to attend this service.

J. D. Walker

Littleton--Funeral services for Mannie L. Lawrence, colored of J. D. Walker, 75, who died at his Surviving are his wife, Mrs. Sam Jones, colored of Scotland Mattie Walker, five daughters, ton, Mrs. Johnnie Newsom of Roanoke Rapids, Mrs. Nellie Rapids plead guilty of speeding Allen of Danville, Va., and Mrs. Fowler of Durham and three sons, ued on payment of a fine of \$35. Howard and Ernest Walker of The Boy Scouts of Troop I held and the costs and on further con- Littleton and Johnnie Walker of

> Mr. and Mrs. William H. Christof Mrs. Christenson's mother, Mrs. H. V. Pope last week.

Keep an eye on calcium, is the Salem has presented 3 motion pic- of age that want to become Boy er and Shuskey was given six advise of food nutritionists to 1944 gardeners and family meal