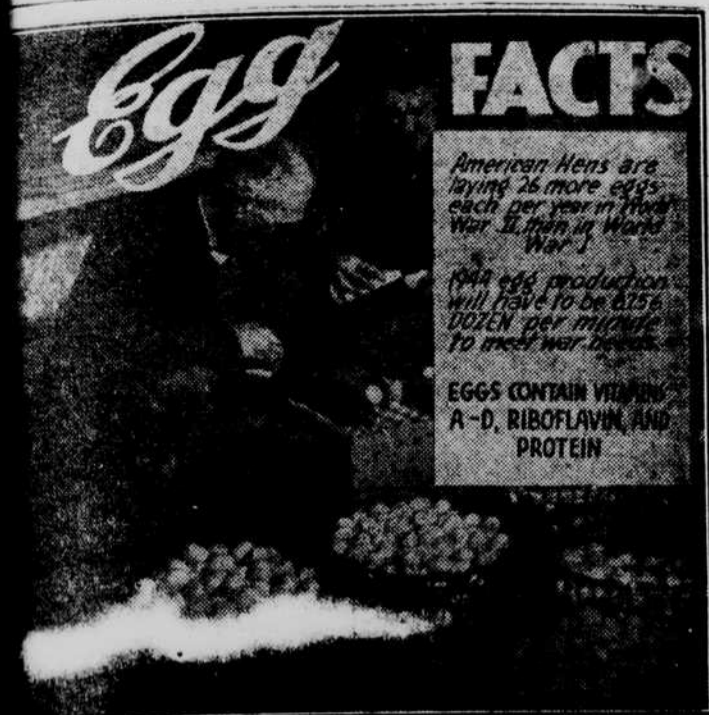


Produce More Eggs



North Carolina hens produced more than a billion eggs last year record production. Sanitation, flock management, and bettling stock played a vital in this increased production. Extension poultry specialists at North Carolina State College. They suggest that poultrymen take full advantage of green grazing crops and the opportunity to grow a full supply of grains on the home farm.

Sugar-Sugar stamp No. 30 (Book 4) good for 5 lbs. until March 31. Sugar stamp No. 40 (Book 4) good for 5 lbs. of canning sugar until February 1945.

Shoes--Stamp No. 18 (Book 1) and Airplane stamp No. 1 (Book 3) still valid.

Fuel Oil--Period 3 coupons (10 gallons) expire February 21. Period 4 and 5 coupons (10 gallons each) expire September 30.

Gasoline--A-9 eypire May 8th., 1944.

Gasoline -- Gasoline Black Markets are defying a rise in the Southeast. In North Carolina, it has caused a temporary "drying up" of filling stations and is seriously hindering the war effort.

To put an end to stolen or counterfeit coupons, which create and support the black markets, all motorists are urged to endorse their gasoline coupons just as soon as they get them at the local War Price and Rationing Boards. They should be endorsed in ink or with an indelible pencil and the endorsement should be the license number of the car for which the gas is issued and the abbreviation of the state in which the license was issued.

Gasoline black markets do more than encourage crime; they actually sap the strength of the whole war effort and rob honest car owners of their fair share of the nation's limited supply of gasoline. To keep the nation's essential automobiles rolling, please be sure to endorse your gasoline coupons immediately.

Feed More Legume Hay To Dairy Cows

Experiments have shown time and again that good legume hay and good pasture are the foundation of all dairy rations for profitable milk production, says F. M. Haig, specialist in dairying for the State College Extension Service.

He points out that the dairy cow should be given practically all the feed that she will consume. This is because the dairy cow is the most efficient machine in the world for converting such raw materials as legume hay, silage, grains and pasture into the most valuable and essential finished product, milk.

Haig recommends the following winter ration for a 1,000 - pound cow, giving 4 gallons of milk daily: 10 pounds of soybean hay; 30 pounds of corn silage; 10 pounds of corn and meal; and 1 pound of cottonseed meal, or any other protein supplement. He points out that any good legume hay may be used in place of soybean hay in the recommendation. The important thing is that it be a good legume hay.

In the recommended ration, 63 per cent of the digestible protein and 56 per cent of the total digestible nutrients are furnished by the hay and silage, or the roughage part of the ration. This indicates the importance of good quality roughage as the foundation of the dairy ration.

"With good roughage, considerably more than one half of the nutrients required for milk pro-

duction can be furnished with hay and silage in winter and with pasture in summer," Haig says.

"North Carolina has the climate, the soil and good dairy cows. More and better pastures, and more legume hay and silage for winter feeding can greatly help in establishing a successful and permanent system of agriculture," he points out.

SOME COOKING SUGGESTIONS

MISS VIRGINIA BLOUNT
Home Economist
VIRGINIA ELECTRIC
AND POWER COMPANY

Vitamin C - which is necessary for good health, is sometimes lacking in winter when fresh fruit and vegetables are scarce or high in price. Oranges and grapefruit are the best source of that important vitamin. In order to get the full value from them, serve them whole, rather than as juice, as about one third of the vitamin value is saved.

Other good sources of vitamin C are canned grapefruit and orange juice and tomato juice. In order to get the same value from tomato juice it must be served in larger quantities than the other juices.

The vegetables which are high in Vitamin C are fresh broccoli, Brussels sprouts and rutabagas. Cabbage, collards or other members of the cabbage family are also good, cabbage has more vitamin value if eaten raw. Potatoes, parsnips, squash and sweet potatoes are all sources of vitamin C, but not as good as the citrus fruits and fresh tomatoes.

In order to save all the food value and vitamin value possible follow the rules for cooking, if the vegetables cannot be eaten raw.

1. Cook in a small amount of water, usually from 1-2 to 1 c. is sufficient.

2. Cook in tightly covered container.

3. Bring to boil quickly, and continue to cook on very low heat.

4. Cook only until tender - Long cooking destroys food value, flavor and color.

5. Never add soda to vegetables. It destroys the vitamin content.

6. Do not pare or shred vegetables a long time before serving, unless kept tightly covered in refrigerator.

7. Cook vegetables in skins if possible or pare very thin.

8. Do not soak fresh vegetables in water.

9. Use water in which vegetables are cooked for soups and sauces.

10. Buy only fresh, crisp vegetables. The brighter the color, the more the food value.

Carrot Relish

4 carrots
1 lemon
1-2 c. sugar

Slice lemon, remove seeds. Grind carrots and lemon in food chopper. Mix with sugar. Chill before serving. This is a delicious relish served as a salad, or as an

accompaniment for meats.

Cabbage Salad
1 c. shredded green cabbage
1 c. shredded lettuce
10 or 15 leaves fresh raw spinach, chopped.
1 large apple diced
Have ingredients crisp and cold. Mix together in a salad bowl with French Dressing or mayonnaise thinned with seasoned vinegar from pickles.

Grapefruit Salad
Remove membrane from sections of grapefruit, taking each section out in a whole piece. Mix equal parts thin slices of apple with grapefruit sections. Serve on lettuce with French Dressing.

Baked Rutabagas
Peel and cut in sections. Cook in small amount of salted water. When tender, drain, mash and add salt, pepper and butter or bacon drippings. Place in greased baking dish. Dot top with butter, oleo-margarine, or bacon drippings. Place in oven at 400 deg. for 25 or 50 minutes until brown.

A freezer locker plant is being proposed for Elkin, reports D. R. Perkins, assistant county agent of the State College Extension Service.

Employees In Compliance With The Stabilization Program Halifax

The checking of the personnel records of employers in Halifax, Hertford and Northampton Counties recently revealed the following establishments one hundred per cent in compliance with the Stabilization Program, stated P. B. Pollock, Area Director, War Manpower Commission, who was on a regular visit to the Roanoke Rapids Office recently: Ahsokie Ice and Coal Co., Ahsokie, N. C.; Harrellsville Lumber Co., Ahsokie, N. C.; Taylor Brick and Lumber Co., Aulander, N. C.; D. L. Wheeler Lumber Co., Roanoke Rapids, N. C.; Manchester Board and Paper Co., Roanoke Rapids, N. C.; Riverside Mfg. Co., Murfreesboro, N. C.; J. R. W. Platt, Littleton, N. C.; Basnight Warehouse, Ahsokie, N. C.; Wynn Dept. Store, Murfreesboro, N. C.; Farmers Hardware Co., Enfield, N. C.; Boyette Lumber Co., Scotland Neck, N. C.; McCrory 5 and 10c

Store, Roanoke Rapids, N. C.; Halifax County Hosiery Mill, Scotland Neck, N. C.; Nichols and Dickens, Enfield, N. C.; Lawrence, Harris and Beeman, Inc., Ahsokie, N. C.; Duke and Beamon, Jackson, N. C.; Weldon Knitting Mills, Inc., Weldon, N. C.; Southern Cotton and Oil Co., Weldon, N. C.

Any employer who desires that his employment records be checked is asked to get in touch with Howard W. Winstead, Manager of the United States Employment Service Office in Roanoke Rapids, N. C. The Roanoke Rapids, N. C. area comprises the counties of Halifax, Hertford and Northampton.

Mr. Pollock urges that other establishments fall in line promptly in order that the name of their establishments may appear in the next published list.

IDLE FARMS

The farm labor situation in Edgecombe County is acute and a number of farms that were operated last year will be idle in '44, says County Agent J. C. Powell of the State College Extension Service.

Rationing News

Summary of Ration Token

No tokens will be issued to individuals. They can be obtained as "change" from stores. Tokens may not be exchanged for stamps.

Tokens will be valid indefinitely but, while they have no expiration date, they should be used in preference to stamps. If hoarded then, they may be lost and they cannot be replaced.

In the future, red and blue stamps will expire on the same date. They will be valid for about one or three times as long previously.

Red and blue stamps will be from ration books from left to right instead of up and down as before.

Brown and green stamps will be to be handled in the way as heretofore until they run out next month.

To save confusion, use your red and brown stamps before using the red and blues.

DOWN STAMPS--Y and Z, in a Book 3, will continue valid for meat, cheese, etc. at their face value of 8, 5, 2, and 1 points, until March 20th. Red tokens may be used with brown stamps or in change from brown stamps after the 27th.

GREEN STAMPS -- K, L, and M, in Ration Book 4, will continue valid until March 20th at face values as in the past. Tokens may be used with stamps or accepted for stamps after February 27.

RED STAMPS -- Three red

stamps A8, B8 and C8 in Book 4, become valid on February 27th with a value of 10 points each or a total of 30 points. They will be good until May 20th., 1944, for use with red tokens, in buying meats, fats, cheese, etc. Three more red stamps will become valid on March 12th and others successively during the year.

BLUE STAMPS -- Five blue stamps, A8, B8, C8, D8, and E8, in Book 4, will become valid on February 27th with a value of 10 points each or a total of 50 points. They will be good thru May 20th for buying processed foods and can be used in connection with blue tokens.

Current Ration Calendar
Processed Foods--Green K, L, M. (Book 4) expire March 20th. As long as they are valid, after February 27th, the 1 point green stamps can be used for making change in connection with the new Blue 10-point stamps. Blue A8, B8, C8, D8, E8, (Book 4) valid February 27 at 10 points each. Expire May 20.

Meats and Fats--Brown V, W, X expire February 26. Brown Y and Z expire March 20. As long as they are valid, after February 27, the 1 point brown stamps can be used for making change in connection with the new Red 10 point stamps.

Red stamps A8 thru M8 (Book 4) each valued at 10 points, valid in advance to purchase meat from farmers only. Red A8, B8, C8, valid February 27, for purchases at retail stores. Expire May 20.

Have a Coca-Cola = Hallo, Bracie (HELLO, BROTHER)



... a way to say "Pardner" to a visiting Pole

When a Polish flyer says *Hallo, Bracie*, he greets you as a brother. The American host means the same thing when he says *Have a "Coke"*, whether he offers it away from home or at home from his own family refrigerator. Everywhere the enjoyment of Coca-Cola is the pleasant expression of friendly comradeship. Around the world, Coca-Cola stands for the pause that refreshes,—has become the global high-sign of the kind-hearted.

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Mount Olive Pickle Co. of Mount Olive, N. C.

Will Again Operate Receiving Stations at Littleton, and Roanoke Rapids, N. C. For Cucumbers

Prices will be much higher than last year. No. 1's being \$4.00; No. 2's \$2.00; No. 3's 80c per 100 pounds.

Cucumbers for Pickles are classed as an essential crop and your County War Board and Selective Service with the County Agent are instructed that each acre will give one unit on a deferment.

THE ARMY, NAVY AND MARINES are needing Pickles in large quantities, lets let them have them. For contracts, see Mr. W. A. Travis, Weldon, N. C., Mr. George E. Harrison, Roanoke Rapids, N. C., or write ---

Julian Acree,
Field Manager, Littleton, North Carolina.

... Buy A War Bond Every Payday ...

THOUSANDS OF ARMY VEHICLES USE SINCLAIR LUBRICANTS



In saving wear and avoiding breakdown the U. S. Army uses Sinclair lubricants in many "Jeeps", tanks and other vehicles. Your Sinclair Dealer has the same quality lubricants to reduce wear in your car.

To save engine wear he has Sinclair Opaline Motor Oil. Opaline stands up better and lasts longer because it is not only de-waxed but also de-jellied. Play safe, have your Sinclair Dealer drain and refill your crankcase with Opaline every 1,000 miles.

OIL IS AMMUNITION - USE IT WISELY

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