

## Held In Edenton **March 16-17**

Every day 65,000 people are fed in the restaurants and other foodhand-ling establishments in the United States. This places great responsibili-ty on the foodhandlers in maintaining the health of the people of a na-tion. Hundreds of people may be sick by the carelessness of one foodhandter. This carelessness of one foundati-in washing dishes, serving, garbage disposal, in the store rooms, and in sweeping. Many persons are made sick each year in eating places of all kinds by germs that in some way are spread by the foodhandler. Food should be prepared and ser-

ved free from germs or bacteria in order to be safe. Seven and one-half million bacteria may rest on the head of a pin. Among the germs that are important in the handling of food are those that cause such diseases as typhoid, amebic dysentery, diphtheria, tuberculosis, and blood poisoning. They multiply rapidly by dividing. One divides to make two in twenty minutes, four in forty minutes, eight in one hour, and at the end of three hours would amount to five hundred. They are always on the clothes, on the hands, and on the body. Some are helpful, some are neither helpful nor harmful, yet some are dangerous Most of them live best at a tempera ture of about 98 degrees. They are killed at 170 degrees and cannot grow and multiply below 50 degrees.

Germs love milk and ground meat They are always on the go. Some people (carriers) are not made sick by them, but they carry them to other people who may become sick,

They often live in the mouth, throat and lungs and are discharged by the mouth and nose by coughing and sneezing. Some are found in the intestinal and urinary tract and are discharged in the feces and urine.

Diseases may be carried by house flies, as typhoid; by rat fleas, as typhus; by mosquitoes, as malaria.

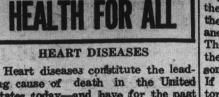
Food carries germs that make many people sick. Trichinosis come from poorly cooked pork.

Food poisoning is the most common disease caused by unclean food. It is caused mainly by a germ called sta-phloccus, which is found in the pus of cuts, boils, hang nails, etc.

A foodhandler's school is to be held in Edenton on March 16 and 17 in the Armory Building. Two classes will be held daily at 9:30 A. M., and 7:30 P. M.

## **Colored** Oratorical

**Contest Friday Night** The Edenton Colored high school will present its annual oratorical contest Friday night at 8 o'clock, with Mrs. L. High as chairman. Special music for the occasion will be furnished by the High School Choir.



nually.

The heart is the toughest, mos hard-working single organ of the body. But when it is attacked by infection and disease, or taxed beyond. its limits, it may be permanently, though not necessarily fatally, injured

Once it was thought that a diagnosis of heart disease meant swift and sudden death in the near future. But now we know that most persons with injured hearts need have little fear of sudden death or even of shortened life if they learn to "live with" their disease and accept certain limitations of activity.

There are various types of heart ailments, some of them characteristic of certain age groups. A small percentage of infants is born with what are known as congenital heart defects. But with modern surgery, these defects can be corrected in many cases, giving the babies a good chance of survival and useful life.

By far the most vicious enemy of the healthy heart is rheumatic fever, a serious infection which most frequently strikes children between the ages of five and ten years and which almost invariably leaves them with injured hearts. Rheumatic fever has a tendency to recur and it is vital that the child who suffers attacks be under the care and supervision of a doctor. Other "childhood diseases" which sometimes injure the heart include pneumonia, diphtheria, scarlet fever and influenza.

Hypertensive heart disease, brought on by high blood pressure, attacks most frequently in middle age. Obviously the person who follows his doctor's advice-to "bring down" his blood pressure and eliminate the extra burden high blood pressure puts on his heart-has a fair chance of warding off hypertensive heart disease and the heart failure it might cause.

Coronary heart disease, most common in persons over 50, is actually a disease of the arteries which supply blood to the heart. Many victims of coronary heart disease, who careful-ly follow the doctor's advice, can live comparatively long and useful lives. The most common symptoms of heart trouble, in general, include irregular beating of the heart, shortness of breath after moderate or



it goes right to the seat of the trout to help loosen and expel germ in phlegm and aid nature to soothe heal raw, tender, infiamed broad mucous membranes. Tell your drug to sell you a bottle of Creannin with the understanding you must the way it quickly allays the co or you are to have your money b right to the s

the region of the chest, swelling of gress in support of the report. A Poe. the feet and ankles, chronic fatigue, check will be made on the number of letters written, so that the Jaycees CHI

To Maintain Health ing cause of death in the United States today—and have for the past two decades. All types of heart ail-ments are responsible for approxi-mately 400,000 American deaths an-bins should see his doctor at once. If he has a heart ailment, the doc-tor is the proper person to diagnose the type of heart illness, prescribe the best treatment, and give the per-son advice which may enable him\* to live a longer life.

**Have You Written?** 

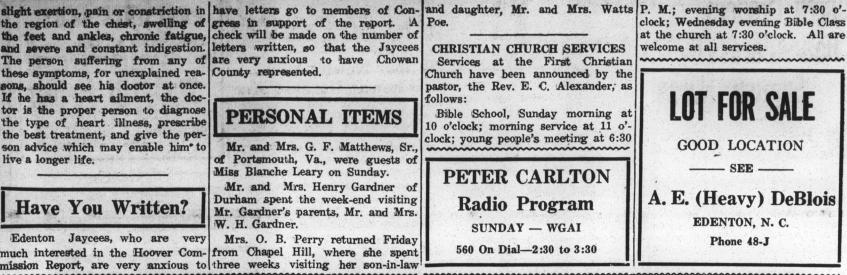
The person suffering from any of are very anxious to have Chowan these symptoms, for unexplained rea-sons, should see his doctor at once.

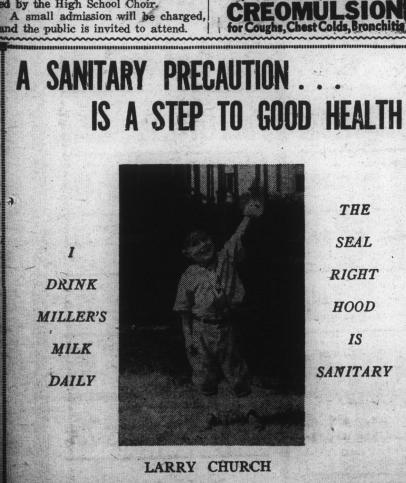
> PERSONAL ITEMS Mr. and Mrs. G. F. Matthews, Sr., of Portsmouth, Va., were guests of

Miss Blanche Leary on Sunday. Mr. and Mrs. Henry Gardner of Durham spent the week-end visiting Mr. Gardner's parents, Mr. and Mrs. W. H. Gardner.

Mrs. O. B. Perry returned Friday Edenton Jaycees, who are very much interested in the Hoover Com- from Chapel Hill, where she spent mission Report, are very anxious to three weeks visiting her son-in-law

LOOK TO COLONIAL FOR HIGHEST QUALIT SWIFT'S PREMIUM WHOLE SHANK Lb. 53c **OR BUTT END Fresh Boston Tender** Pork ROAST Down Produce Lane RIB END LOIN END **39c** њ. **35**с ь. **39**с **All Sizes Juicy Valencia** ORANGES RMOUR'S STAR SKINLESS 47c 65c Due to Daily Market Changes Produce Priced Good Thru Feb. 18. WINNER QUALITY TOP QUALITY YELLOW 83c 79c Lb. 3 Lbs. 19° Lb. ONIONS U. S. NO. 1 HOME GROWN HARD HEAD Ocean-Fresh GREEN CABBAGE.....4 lbs. 19c Fresh Ground FRESH GREEN TOP CALIFORNIA Seafoods BEEF **CRISP** CARROTS Z Bchs. DYSTERS SELECTED RED RIPE SLICING њ 45с 19 TOMATOES Ctn. Standard, pt 59c LGE. CRISP CALIF. ICEBERG 23° FIRM LETTUCE 2 Hds. **Cured Smithfield** Select, pt. \_\_\_69c SELECTED CALIFORNIA CALAVO SIDE Large AVACADO PEARS, each\_\_ \_29c Flounder, lb. 33c --10 lbs. 39c COLONIAL U. S. NO. 1 WHITE CAPP **™** 39с Dressed POTATOES..... STORES Whiting, lb. 15c WASH. STATE DELICIOUS 2 Lbs. 25° RED APPLES REDGATE **Comstock** Sliced TOMATO Serve A Delicious PIE





Be sure that the pouring lip of your milk bottle is protected with a Seal-Right Hood-the only SURE protection from handling of milk bottles.

Also a low Bacteria Count is just as important as a high butterfat test. Watch both in your milk.

FOR MILK OF GOOD QUALITY .



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