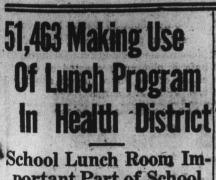
THE CHOWAN HERALD EDENTON, N. C., THURSDAY, OCTOBER 26, 1950

EVERYBODY'S COMING



School Lunch Room Important Part of School Activities The school lunchroom, in the past few years has become an integral part of every school community. It has been accepted for its practical contribution to better child health which, in turn, means improved learning capaci-

turn, means improved learning capaci-turn, means improved learning capaci-ent work is underway on seven new ty. Years ago the school lunchroom program had to be carried on under serious handicaps, usually resulting from the lack of adequate equipment from the lack of adequate equipment are marked a strict approximately 10,900 the total population of the the atth District approximately 10,900 the program in my throat after meals. I got from the lack of adequate equipment and space. It used to be merely a food serving station of hot-dogs and cokes, also offering for sale abund-ance of candy, soft drinks and other unsuitable foods, which were sold to make a profit. Fortunately, in the past few years many of these obsta-cles have been overcome and much progress is being carried out today. Most lunchrooms now are very valua-lunches are served at approximately 10,900 are school children. Of this number to fully in the fifteen proximately 500 and serves an average of 350 meals three times daily. These to serve the fullest is an actual statement from a lady right here in Edenton. CERTA-VIN and it worked inches of gas and bloat from me. Waist-line is way down now. Meals are a pleas-ure. I praise Certa-Vin to the sky." —This is an actual statement from a lady right here in Edenton. CERTA-VIN is helping victims of stomach gas ALL OVER this city. It is taken before meals and works with your food; thus you get the fullest

A child who comes to school tired, hungry or who does not have an ade-

quate lunch at noon period is seriously handicapped physically and mentany. Many times meals at home consist of carbohydrates only. Supervision of the quality of the food offered for sale at noon is important. Nutritional classes and the teaching of food value

The school age is the period of physical and mental growth and de-

velopment. A generous diet, consist-ing of such staple articles of fond, as milk, eggs, fresh fruits, meats, vege-tables, bread and butter meats the

needs of the growing child. Evidence is accumulating of the beneficial ef-

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school cafeteria are: (1) to supply the children with wholesome food at cost. (2) to teach by example and precept the essential principals of a well balanced diet.



fect in the child's physical condition by addition of milk and hot dishes to his lunch. Undernourished need milk.

Some schools serve milk or fruit juices at recess in addition to regular noon day luuch. Health District has a total these cafeterias can be highly complipopulation of 51,463: At present mented for the excellent job they are

progress is being carried out today, of 350 meals three times daily. These is taken before meals and works with Most lunchrooms now are very valua-ble in putting into practice health rules and social manners—taught in class rooms. Today the major purposes of the long to to to to to to to to the social manners—taught in class rooms.



FRIDAY, OCTOBER 27th

FOLKS!

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