

Health and Beauty

By Dr. Sophia Branson

THE SUN TAN CRAZE

The writer was called in one evening to see three girls who had just returned from the seashore. They were accompanied by a black cocker spaniel. Two of the girls had high fever and were in pain. Their backs were covered with blisters of all shapes and sizes. The third was a dark brunette. From constant exposure to strong sunshine she had been deeply tanned. She escaped comparatively unscathed. As to the cocker spaniel, he was as frisky as ever and had suffered no ill effects whatever.

In the early morning, the girls had driven to a distant beach. The sky was cloudless and the weather sultry. On arrival, they proceeded to put on backless bathing suits and sun themselves on the beach for some time where they remained for about three hours.

The two girls who were quite sick and covered with blisters worked in stores. They had no previous experience of exposure to sunlight. Little did they dream that tender, untanned skin that is suddenly bared for several hours to strong sunlight can become a source of illness, suffering and danger to life itself.

What is the explanation of the fate that befalls all white people who suddenly expose their skins to strong sunlight even for an hour or two?

Science gives us two reasons. There is a pigment that lies just under the skin which is called melanin. In examining the skin of the Negro with the microscope, especially if it came from one whose skin was black, you will find that the top layer or epidermis looks as though one had taken a paint brush and applied a black pigment to the entire surface. This is the substance called melanin which protects him from the ultra violet rays of the sun.

God himself gave the yellow and black races of the tropics this pigment to protect the red blood cells that lie just under the skin. It also acts as a covering for the delicate nerve endings that are spread out like flowers very near the surface.

In the dark races this melanin or pigment is distributed in the epidermis or top layer of the skin where

it protects most effectually the delicate structures lying just underneath. In white races, it is distributed sparingly in the basal or lower layer under the epidermis.

Going back to our patients, the worst sufferer was a blonde. Her skin was thin and fair. Consequently, she had no protection. The thicker the skin, the less damage is inflicted upon it by sunlight.

Constant exposure to sunshine toughens and hardens the skin. This accounts for the weatherbeaten appearance of the farmer who is continually in the sun. Each exposure lays down a little tan and hardens the integument a little more each time. The scientists call this process cornification. It protects the body against the damage of over-exposure.

Stuart Stephenson, Jr. Graduates In Alabama

Stuart Xanthus Stephenson, Jr., graduated from Alabama Polytechnic

Institute with a degree in business administration. He will be commissioned an Ensign, in the U. S. Navy prior to commencement exercises by Capt. L. M. Markham, Jr., U. S. Navy, professor of naval science, in Broun Hall.

Mr. Stephenson is the son of Stuart X. Stephenson of Montgomery, Ala., former sports editor of the Montgomery Advertiser. Mr. Stephenson, Sr., is the son of Mrs. S. X. Stephenson and the late Capt. Stephenson of Edenton.

Young Stephenson attended Lanier H. S. Was Cadet Lt. Col. in ROTC, won American Legion annual award for most outstanding first year cadet, most outstanding cadet in the battalion his second year, and the saber that is awarded to the ranking cadet. He attended Marion Institute, Marion, Ala., editor of "Shirmisher", the school newspaper, won letter in baseball, and was a cadet 1st Lt. graduating in 1947. He attended Harvard University, Cambridge, Mass., 1947-48. Member Sigma Alpha Epsilon national soc-

ial fraternity. As Midshipman Lieutenant Commander was Battalion Commander his freshman year attended APL. Selected to Omicron Delta Kappa and Scabbard and Blade. Appeared in "Who's Who in American Colleges and Universities" 1950 edition, and was sports editor of the "Plainsman" 1949-1950.

Experiment Station Publication Issued

Many Tar Heel farmers could increase their income considerably by using more care in choosing soils for crop production, says Gene Goldston of the North Carolina Agricultural Experiment Station.

Goldston, head of a soil survey party operating in Duplin County, asserts that some farmers are unknowingly using their poorest soils for growing crops, while large areas of fine soil more suitable for crop raising go uncultivated. Some Duplin farmers, he

adds, have acres of Norfolk fine sandy loam at their disposal but fail to realize the worth of these acres in producing money crops.

Goldston's report on the Duplin survey is contained in the new autumn issue of "Research and Farming," quarterly publication of the Experiment Station.

The newly-released Experiment Station report reveals results of hybrid breeding tests with cotton. In an article describing the development of a "triple hybrid," Dr. Gladys F. West, who is carrying on cotton breeding work at the Station, says fifth generation strains are now being tested. These new plants have excellent fiber strength, she says, and yields show definite improvement.

Bound in an attractive photo-cover and written in non-technical language, the autumn "Research and Farming" makes available to the public information on some of the latest discoveries in agricultural science. Single copies are free on request. Interested persons should write to the Agricultural

Editor, State College Station, Raleigh, and ask for a copy of the autumn, 1950, issue of "Research and Farming."

National Cotton Council Will Meet January 22-24

Twenty-two delegates comprising the North Carolina-Virginia unit of the National Cotton Council will represent the cotton interests of these states at the council's 13th annual meeting in Biloxi, Miss., January 22-24, B. C. Lineburger, unit chairman says.

These state representatives are part of the council's 244-man beltwide delegation which is selected by the nation's cotton farmers, ginners, warehousemen, merchants, spinners, and cottonseed crushers through their own state organizations.

A thought comes when it wishes, not when I wish.

—F. W. Nietzsche.

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<p>Dry Cure Fancy SWEET POTATOES 5 lbs. 39c</p> <p>No. 1 Fancy Florida TANGERINES 3 lbs. 37c</p> <p>Fancy Jumbo Size GOLDEN HEART CELERY 25c stalk</p>	<p>Virginia Red Winesap APPLES 5 lbs. 49c</p> <p>Washington Delicious APPLES 5 lbs. 59c</p> <p>Fresh Massachusetts CRANBERRIES 21c lb.</p>	<p>P & Q Food Center's RECIPE OF THE WEEK By Mary Lee Taylor</p> <p>Deviled Cheese Snacks</p> <p>1 1/2 cups shredded dried beef (4 1/2 oz.) 1 tablespoon fat 4 teaspoons flour 2/3 cup Pet Milk</p> <p>1 teaspoon bottled mustard 8 slices bread 16 thin strips American cheese (3 1/2 x 1/2 in.)</p> <p>Cook and stir beef in hot fat over low heat until edges curl. Sprinkle flour over beef; stir in milk slowly. Boil and stir 1 min. Remove from heat; stir in mustard. Cover bread from bread; toast on one side only. Cut each slice in half to form strips. Spread beef mixture on untoasted side of bread. Put a strip of cheese on each. Put on baking sheet. Bake on center rack of oven 5 min., or until cheese is slightly melted. Serve warm. Makes 4 servings.</p> <p>You Will Need: Pet Milk, American Cheese, Dried Beef, Flour, Bread and Bottled Mustard.</p> <p>1 Lb. Cello Hard Mixed Candy, lb. 23c</p> <p>1 Lb. Cello Luden's Chocolate Drops 29c</p> <p>1 Lb. Cello Dixie Mix Candy, lb. 25c</p> <p>1 Lb. Assorted Jelly Drops, lb. 23c</p>	<p>Headquarters For FRESH KILLED</p> <p>DUCKS AND GEESE</p> <p>2-lb. NBC FRUIT CAKE \$2.69</p> <p>Swansdown Softa Silk CAKE FLOUR Large Pkg. 41c</p> <p>Fancy Fresh Shucked OYSTERS</p> <p>Standard Pint 75c Select Pint 85c</p>	<p>20-oz. Red Mill MINCE MEAT 33c jar</p> <p>1 Lb. Cello Cocoanut ... 49c</p> <p>Baker's Block Chocolate ... 42c</p> <p>4xx. Brown—Lb. Sugar 13c</p> <p>8-oz. Hershey Cocoa, box .. 24c</p> <p>FACTORY PACK SUGAR</p> <p>5-lb. bag 50c 10-lb. bag 97c</p> <p>Royal Puddings 3 for 25c</p> <p>Assorted Jello 3 pkgs. . . 25c</p>
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