

Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, Negro Home Demonstration Agent

Are you robbing your child of his most important meal? We are told that the morning meal called breakfast is the most important one. Yet a survey reveals to us that a large number of children come to school without eating anything. Mother, this is very harmful to the child. The child who has eaten is a more alert child, this is easy to understand. His attention will not be on his empty stomach. A child who eats a good breakfast has a better chance to do well in studies and games.

We always talk about budgeting money, but time budgeting is necessary, too. So get up about thirty minutes earlier and prepare a nourishing breakfast for your child.

September is Better Breakfast Month. A good breakfast gives you materials for body building and repair and to help keep you healthy; it provides fuel for body energy; it tastes good.

Here are some patterns of a good breakfast, all the way from light to hearty:

Fruit, cereal or bread, milk to drink, other beverage if desired.
Fruit, bread, egg, beverage.
Fruit, cereal, egg or meat such as sausage cakes, hash, fish, bread and beverage.

Let's take these patterns apart to see what a good breakfast does for you.

Fruit is in every one of these breakfasts, mainly for these two reasons:

Fruits help to prevent constipation.
Some of the fresh fruits are out of season amount of vitamin C.

Breakfast is the best time to make sure of some vitamin-C-rich food. If it's left to later meals entirely, it's hard to get your quota.

Citrus fruits are rich in Vitamin C. Half a glass (4 ounces) of orange or grapefruit juice, fresh or canned, or half a grapefruit, goes far toward meeting vitamin C needs for the day.

Use citrus juice unstrained... to get the most vitamins and minerals from the pulp.

Tomatoes, fresh or canned, are also good vitamin C providers, and may take over this job when they are easier to get. It takes about twice as much tomato juice as orange juice to give you an equal amount of vitamin C.

Strawberries, cantaloupe, and some other fresh fruits have vitamin C, and can take a turn providing it when they're in season and when variety is wanted.

Summer or winter, there's something hot, as a rule, in a good breakfast—a hot beverage, or hot cereal, for example. Something

hot is cheering and tones up the whole digestive route.
There's always food for energy in a good breakfast. Cereals, bread, fats are good energy foods. An active worker or a growing child can have a heartier breakfast by eating both cereal and bread. Choose whole grain, enriched, or restored kinds, for they have added values in B vitamins and minerals.

Milk is part of a good breakfast. It's hard to get enough calcium—important mineral for good bones and teeth—without a regular supply of milk in meals. Same is true about the B vitamin, riboflavin—milk is one of the best sources, and a good source of protein as well.

Normal, healthy adults need a pint or more of milk in some form each day. Children should have a quart, if possible.

The fat in the spread for your bread or in fat meat helps breakfast to stick to your ribs. That's because fat digests slowly and stays by you longer than most foods.

Eggs, liver, other lean meats, fish, and dried beans and peas, as well as milk, provide high grade proteins for body building and repair, and they have mineral and other values besides. Building foods of some kind are a "must" in the day's eating.

New Social Security Law Affects 1,000

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stated that in this instance there was the possibility of the mother of the dopted child becoming eligible for payments also. Another important change which was cited affects a person receiving benefits who married another person also receiving benefits. Now the benefits may become immediately payable as a dependent of the new husband without waiting 3 years as was required by the law. He emphasized that

some people in situations similar to those mentioned may have been notified that they did not qualify for benefits under the old law. These people, he pointed out, should get in touch with the Social Security Office promptly that they may be identified and a determination made as to eligibility.

Mr. Morrison also emphasized the slight change in the law pertaining to the rules on how much wages a Social Security beneficiary may earn and still get Social Security benefit payments. He pointed out that this would be specifically covered in staffers to be enclosed in future benefit checks but urged anyone who was working or returned to work while they were receiving Social Security payments under the old law should contact the Social Security office to make sure of the provisions as they pertain to the individual. Morrison also pointed out that starting with January, 1959, that the maximum earnings subject to Social Security taxes would be increased to \$4,800. He also stated that beginning January 1, 1959, the Social Security tax for employees and employers would be 2½ per cent each and the rate for the self-employed would be 3½ per cent. Mr. Morrison pointed out that the district office is located at 220 W. Brambleton Ave., Norfolk, Va., but that representatives from the District Office are available for personal contact at various points throughout the area at regular dates. He again emphasized that it is not necessary for people already receiving monthly benefits to apply for the automatic increase.

TOWN COUNCIL WILL MEET TUESDAY, SEPTEMBER 9th

Town Council will meet Tuesday night, September 9, at 8 o'clock in the Municipal Building. Included in the business on the agenda will be a public hearing to consider a proposed amendment to the Zoning Ordinance which provides for the zoning of the newly annexed area at the corner of Broad and Second Streets.

Pasture Time Is Here Again

"Pasture time is here," says C. W. Overman, Chowan County Agent. "Apply the needed lime and fertilizer, prepare the soil and plant during September. Pastures seeded this month have a much better chance to survive the cold winter weather, Overman says.

How shall you lime and fertilize your pasture soil? Well, just follow your soil test report. If you haven't had your soil tested, then you better do so immediately. Your soil test report should come back to you in about a week to ten days.

"The Good Book teaches us that seed sown on rocky ground, ground that is not properly adapted or prepared, will not survive and produce. Then, we must prepare a good seed bed before sowing the seed. Work the lime and fertilizer into the soil well. Thoroughly pulverize the soil and firm it slightly on top before seeding. When the soil is properly prepared just go ahead and sow the seed.

"The following might give you some idea of the minimum acreage of livestock you might need for your farm. Use a ladino clover and grass mixture for the following: One acre for each mature cattle or workstock, each two heifers, each four calves, each six sheep, each twelve lambs, and each three hundred poultry. Use ladino clover alone for the following: One acre for each four brood sows, for each twenty growing hogs, each 300 pullets, and hens, and each 100 turkeys.

Edenton Aces Open Season Friday Night

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lie Small, center. Small, however, will miss the first few games due to an injury sustained during practice sessions.
Lettermen who will fill in are

Minton Small, John Mitchener, Claude Barnette, guards; Donald Faircloth, Wayne Baker, tackles; Wayne Blanchard, Jimmy Johnson, end. Johnny Forehand and Fred Britton have been switched to center to take care of that position for the time being.
Other lettermen backs besides Robert White are Billy Wilkins, Ted Hardison, Clyde Cobb, Johnny Phillips, Billy Dail, Leroy Spivey, Bubba Hopkins and Jerry Tolley.

Other boys, besides the ones already mentioned, out for the team are: Ends, Jimmy Patterson, Joe Campen, Bill Goodwin, Cecil Fry and Mac Wright; tackles, Charles Cuthrell and Woody Hoggard; guards, Robert Halsey, Sonny Griffin and Jimmy White; centers, Bud Parker, Edgar Mills and Tommy Privott; backs, Bobby Stokely, Sammy Wright, Richard Dixon, Bryant White, Freddie Ferguson, Joe Mitchener, Zackie Harrell, Richard Hollowell and Loyd Lassiter.

While there may be a number of changes, the probable starting lineup for Friday night's game last year. A rugged team is anticipated and judging from the past, the game should be hard-fought and an interesting one to witness.

will be Ashley and Bunch at ends, Johnson and Baker at tackle; M. Small and J. Mitchener at guards; Forehand or Britton at center; Robert White, quarterback; Spivey and Hardison, halfbacks and Wilkins, fullback. Another backfield could have Lassiter at quarterback, Tolley and Cobb, halfbacks and Hopkins or Dixon, fullback.

The offensive line will average around 160 pounds while the backs will average around 145, with a team average of around 155 pounds. Coaches Billings and Morris are of the opinion that the Aces will be comparatively light compared to some of this year's opponents, but they believe the boys will make up for weight in scrap and spirit.

The boys are eagerly looking forward to Friday night's opening game and hope to carry on where the fine teams in the past have left off.

Nothing is known about the strength of the Roanoke Rapids aggregation except that they have quite a number of boys back from lineup for Friday night's game last year. A rugged team is anticipated and judging from the past, the game should be hard-fought and an interesting one to witness.

Edenton's Rotary Club will meet this (Thursday) afternoon at 1 o'clock in the Parish House. The program will be in charge of Jimmy Earnhardt, and Dr. Ed Bond, president, urges every Rotarian to be present.

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