Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, County Negro Home Economics Agent

This September marks the 10th Better Breakfast Month. At this period, a First National Menu Census indicates that "breakfast" is back in style. Breakfast skipping is out of date. Families are moving from neglecting breakfast to boosting breakfast.

This is good news of the national picture. Our surveys here show too many families still are neglecting the preparation and eating of breakfast Especially an adequate breakfast.

A basic breakfast of fruit, cereal, milk, bread and butter go far in meeting the day's food requirements. To these may be added such breakfast foods as eggs, bacon, fish, sausage, etc., for those who need extra energy.

Be sure that each member of the family eats a good basic breakfast. The child in school who has eaten breakfast is more alert. A child who eats a good breakfast has a better chance to do well in his studies, special activities and recreation.

These foods should be eaten by each individual every day. A good breakfast can provide from one fourth to one third of the day's food requirements.

Milk—Some for all ages

Children	3 to 4 cups
Teenagers	4 cups
Adults	2 or more cups
Pregnant women	4 cups
Nursing mothers	6 cups

Cheese and ice cream can replace part of milk but not all.

Meats, poultry, eggs, fish—2 servings daily. Use dried peas and beans, nuts and peanut butter occasionally. Eat at least 4 eggs a week.

Vegetables and Fruits—5 servings (½ cup each) to include:

A vitamin C rich fruit or vegetable such as tomatoes, raw cabbage, or citrus fruit.

A green or yellow fruit or vegetable rich in vitamin A.

Breads and Cereals — Whole grain or enriched—4 or more servings. A serving is 1 slice of bread or ¾ cup cooked or 1 ounce ready-to-eat cereal.

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This year marked the first time delegates from our YMW group attended the annual five day State YMW Conference. They have on occasion attended a day's meeting of the conference. Mrs. Myrtle Wardsworth, one of the delegates from the Triangle Community, gives this account from the conference:

"The YMW Conference affords one a wonderful opportunity to get together with young men and women from across our State. Here we talked together, asked questions and got information on things that will help us live useful and happy lives. At our conference we discussed personal standards, health, careers and planning. We were taught new facts and skills which we can use to promote better family living. I do encourage as many YMW members, as possible to attend the conference next August."

River Road News

Mr. and Mrs. Guy Toppin and two daughters spent Sunday afternoon with Mr. and Mrs. C. W. Tynch.

Mrs. Joe Barnes of Suffolk spent Sunday afternoon with Mr. and Mrs. C. W. Tynch.

Mr. and Mrs. George Smith of Franklin, Va., is spending this week with her parents, Mr. and Mrs. Jim Oliver.

Mr. and Mrs. George Smith spent Sunday with Mr. Smith's brother at Mackeys and Mr. and Mrs. Raleigh Lee Smith.

Mary Alice Tynch called on Bettie Tynch Sunday afternoon.

Mr. and Mrs. Erie Bunch called on Mr. and Mrs. P. B. Tynch Sunday afternoon.

Mr. and Mrs. Jim Oliver spent Sunday with Mr. and Mrs. Gilbert Snell.

Mrs. Johnnie Owens called on her sister, Mrs. Jim Oliver, Saturday afternoon.

Mr. and Mrs. Linwood Briggs called on Mr. and Mrs. Joe Tynch, Sr., Sunday afternoon.

Mr. and Ms. Louis Hobbs called on Mr. and Mrs. Palmer Tynch Sunday evening.

Ernestine and Fulton Oliver returned home last week after spending a week with their sister, Mrs. George Smith of Franklin, Va.

Mrs. C. W. Tynch made a short trip to Hertford Saturday.

Special Service At Baptist Church

Sunday night, September 18, at 7:30 o'clock the Girl's Auxiliaries of the Edenton Baptist Church will have a coronation service. At this time five girls will be recognized as Queens of Girl's Auxiliary. This is the highest rank of this organization, which is a part of the Woman's Missionary Union. At this same service several other girls will be recognized for lesser ranks attained in their forward steps.

This is the first time that a coronation service has been held at the Edenton Baptist Church. The public is invited to attend this impressive service.

IN JUNIOR COLLEGE

Among students who have matriculated at Presbyterian Junior College, a division of Consolidated Presbyterian College, for the fall session is Claude T. Barnette of Edenton.

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