

STATE NEWS IN DIGEST COMPILED FOR READERS OF THE HERALD

Dr. W. R. Cullom celebrated his twenty fifth consecutive year as head of the Chair of Bible at Wake Forest College last Sunday.

The annual commencement exercises of St. Marys, and Meredith colleges and Peace Institute, at Raleigh, Elon College, Greensboro College, Carolina College, at Maxton, and many of the other colleges in the State are being held during the current week.

Raleigh citizens are this week making a great drive for funds to aid the Y. M. C. A. work in that city.

The prospects are brighter for the confirmation of Frank Linney as district attorney for the North Carolina western district. The Republican members of Congress have threatened to hold up his confirmation, on account of the stand he took in the last election, regarding the elimination of the issue from the State politics.

Governor Morrison has completed the appointment of the Board of surgeons for the State Hospital for the Insane at Raleigh.

The North Carolina Bankers Association is in its annual session, in the city of Greensboro this week.

The people of Scotland Neck are urging the early construction of the bridge across the Roanoke river at a point near that town.

Asheville was host to the Shriners of the Oasis Temple at that city two days last week. Over two thousand were hosts of the city of Asheville during the ceremonial.

The students of the Stantonsburg High School have probably the only school bank in the state. The innovation was begun last fall at the opening of the session, by some of the teachers of school, and has proven to be a good proposition for the children of the school, enabling them to save money, systematically.

A contract was let last week by the trustees of the Monroe school for the erection of a \$75,000 school building. This will be an additional building, beside their other school facilities.

Citizens of Siler City on last Wednesday voted to issue fifty thousand dollars worth of bonds, for school purposes, the election being carried by a large majority for the bonds.

Judge Connor has held that the Municipal Finance Act, passed by the last legislature is unconstitutional. A test case was presented to the courts by the governing body of the city of Raleigh.

Murray Nelson, an architect of the city of Raleigh, has been awarded a contract for the new farm extension building to be built for the State Department of Agriculture. The work on the new structure will begin as soon as possible.

Forty six girls were in the Senior Class of Meredith College, who graduated this week.

The 1921 crop of peaches has begun to move over in Moore County, where the large orchards are now in full bloom. The prices for peaches this year are holding up good, the prevailing price being three dollars per crate for the early shipments.

The Red Oak High School baseball team won over the Winston-Salem school team at Chapel Hill on Monday. The score was nine to one, and was the deciding game in the championship among the high schools of the State.

B. H. Meadows, of Louisburg, has been chosen as Deputy Marshal of the Eastern District, succeeding George H. Bellamy, who has held the appointment under the Democratic regime.

Twenty one applicants were granted license as embalmers at the examination held last week by the State association of Embalmers, held at the city of Salisbury.

The city council of Elizabeth City is planning to purchase from private control the town's system of water, sewer and electric lights. Some of the citizens of the city have had a restraining order issued to prevent the purchase of the plant at the price asked by the private corporation now operating the plant. The price asked for the plant was \$325,000.

Dr. James Hanford, for seven years professor of English at the State University, has resigned his position, to accept a similar position with the University of Michigan.

Mayor Eldridge, of Raleigh, called a meeting of the mothers of that city this week, to discuss the modern dance. At the meeting it was decided to still ban the subscription dances.

Twelve counties were represented at a road meeting which was held in North Wilkesboro last Friday. The meeting was called to lay plans for the extension of the state highway system in the "lost provinces" of the western district of the State.

On last Friday, in broad daylight, two highwaymen knocked unconscious the clerk of the Piedmont hotel, at Charlotte, rifled the money drawer, and made their escape.

B. D. Oakes, the Greensboro police man who killed one of the bootleggers in the famous "liquor car" who was among the bootleggers that killed policeman McCuiston of that city, has been cited to appear in court at Wentworth on a charge of manslaughter. Citizens of Greensboro are enraged at the attempt to convict the policeman for the performance of his duty.

The Oceanic hotel at Wrightsville Beach was recently sold to a syndicate of hotel men at Augusta, Ga.

The Raleigh division of the U. S. District Court begins at that city this week, with the largest docket ever on record, there being 448 cases on the docket this term.

Almost ten millions of dollars in bonds have been voted this year in the towns and cities of North Carolina, for the improvement of school facilities. Greensboro heads the list in the amount to be spent on their schools.

North Carolina State College has again won the championship of the South and West in the score made by their rifle team, which has just returned from the championship meet.

A sales promoter at Winston-Salem was recently fined in the city court for misrepresentation in an advertisement run the city papers, advertising a baby and a piano to be given away at a store sale. A pig was given as the baby advertised, and a small miniature piano as the piano offered in the advertisement.

On May 31st the citizens of Middlesex will vote on the issuance of \$75,000 worth of bonds for school purposes.

The seventeen negroes implicated in the race riot staged at Norlina and Warrenton last fall, will be tried at the spring term of court of Warren County, to be held in Warrenton very soon.

The trustees of Meredith College, at their annual meeting last Monday, went on record as favoring the removal of the college, from the present site to one where more ample accommodations may be provided. They did not favor its removal from Raleigh.

Ye Editor

Editing a paper is a nice business. If we publish a joke, people say we are rattle-headed. If we publish the original matter, they say we don't give them enough selections. If we give them selections, we are too lazy to write. If we give a person a "puff" we are partial. If we compliment the ladies men are jealous. If we don't we are publishing a paper not fit for wrapping paper. Is we stick around our office, we are too proud to mingle with the "common herd." If we are on the streets we are not attending to our business. If we wear good clothes, we don't pay for them. Now what shall we do. Some body may even say we stole this from an exchange—and, we did.

66 Cures Biliousness.—adv.

THE HOUSE WHERE THE CHILDREN PLAY

By EDGAR A. GUEST

In every street there's a certain place
Where the children gather to romp and race,
There's a certain house where they meet in throngs
To play their games and to sing their songs.
And they trample the lawn with their tireless feet
And they scatter their playthings about the street,
But though some folks order them off, I say,
Let the mouse be mine where the children play.

Armies gather about the door
An fill the air with their battle roar,
Cowboys swinging their lariat loops,
Dash round the house with the wildest whoops,
And old folks have to look out when they
Are holding an Indian tribe at bay,
For danger may find them on flying feet
Who pass by the house where the children meet.

There are lawns too lovely to bear the weight
Of a troop of boys when they roller skate,
There are porches fine that must never know
The stamping of footsteps that come and go,
But on every street there's a favorite place
Where the children gather to romp and race,
And I'm glad in my heart that it's mine to say,
Ours is the house where the children play.

COUNTY HOME AGENT GIVES LIST OF FOODS NECESSARY FOR HEALTH

Every Person Should Have A Knowledge of Food Values in Establishments

The essentials of good health are pure air, pure food, including water, and proper rest. Choice of food cannot be left to taste or appetite unless the appetite is trained. A child may be taught to enjoy food that is thus build up a vigorous, healthy organism. Properly balanced meals are based on a thoroughly understanding of human nutrition, but much may be accomplished by even a limited study of food composition.

Every meal should contain something liquid (hot in winter and cold in summer), something meaty, something starchy, something fat, something sweet, something fibrous, and also something savory.

Cabbage is savory and fibrous, whole milk is liquid, meaty and fat.

Food has a four fold purpose as follows:

1. Keep blood in good condition.
2. Make the body strong.
3. Keep the body warm.
4. Give energy to body for work to be done.

Water carries food in the blood to various parts of the body keeps the body clean by helping to throw off all waste products, keeps the body at the proper temperature, keeps the tissues from becoming dry, aids digestion by diluting food. A normal adult should have eight glasses a day. Some of this amount is taken in food such as fruit and fresh vegetables and in beverages at meal time but outside of this at least four glasses should be taken between meals.

Protein food required for the day: Since protein is a tissue builder there must be enough and no more taken in the body each day. If the individual will take meat once a day with a generous supply of bread, milk, eggs and other meat substitutes.

An excess of meat should be avoided because it is stimulating and leaves in the body substances which, if they are not eliminated, cause rheumatism, kidney trouble and many other diseases.

Fat required for the day: About two and a half ounces are needed on each day by an average adult; children should have about one-third less. When food is fried it is difficult to digest and should be partaken of very sparingly in the menu when prepared in this way.

Carbohydrates (starches and sugar) give energy and heat. If one selects a cereal for breakfast, a starchy vegetable at dinner and supper with plain

COLORED WELFARE WORKERS OF THE STATE WILL HOLD MEETING ROCKY MT.

Colored Women of the State to Hold Meeting in Rocky Mount During June

There comes a challenge to the Negro womanhood of North Carolina to test whether or not we are interested in our own. A crying need for uplift work, community centers, day nurseries and various forms of betterment must be met by those of us who have had an opportunity beyond our fellows.

Our State Federation of Colored Women's clubs stands for all forms of uplift work. Its special work now is to establish an Industrial Home for delinquent colored girls. We are striving to give these young girls, who stand on the brink of ruin, a chance to learn how to make an honest living to be "self respecting and conscience free." We are being encouraged by the forward looking white Christian citizenship.

Our Annual meeting which will be held at Rocky Mount on June 10th, 11th and 12th will have as its special speaker Mrs. T. W. Bickett of Raleigh. We would like to have representatives from any clubs organized for uplift work in the state.

Write to the state president as to representation in the state body before June 1st.

Yours for Lifting as we Climb,
Mrs. C. Hawkins Brown,
President, N. C. Federation Colored Women's Clubs.

ty of bread this will furnish the required amount of starch for the day. One half cup of sugar in various form is the amount allowed the normal individual. Children should be given the sweet at the end of the meal, never between meals.

Mineral matter helps to make bone and teeth, keeps the blood in good condition, enters into composition of digestive fluids, helps to regulate the body process. The days menu should be planned to contain some fruit and green vegetables to supply these requirements. Special care should be taken that enough iron, phosphorus, calcium, potassium and magnesium is furnished every day as a reserve supply of these cannot be stored in the body. Savory food not only furnishes minerals, but gives tone and character to the meal, whets the appetite, and thereby further aids digestion.

Next week I will give a list of foods suggestive for making out a menu.

When in need of Job Printing—think of the Herald at Ahoskie.

CLOSING EXERCISES AT CHOWAN COLLEGE, LEGE INTERESTING

NINE GRADUATES IN CLASS

Finals at Chowan College Began Last Saturday Night and Closed with Graduating Exercises Tuesday Morning—Large Attendance.

The commencement exercises of Chowan College, Murfreesboro, concluded Tuesday, just after the noon hour, with the annual address to the graduating class by Dr. John Jeter Hurt, of Wilmington, the awarding of diplomas, and the graduating exercises by the class. Nine graduates finished courses at Chowan this year, which has been one of the most successful sessions ever held by the venerable girl's college at Murfreesboro. Large crowds attended all of the exercises, the auditorium of the college being utterly incapable of seating the attendants.

The exercises began last Saturday night with the annual concert, the students taking parts rendering a very pleasing program, exhibiting thorough training, and otherwise presenting a program of entertainment of high order, both in technique and entertainment.

Sunday morning Dr. Maddrey, of Chapel Hill, preached the baccalaureate sermon, and that night he also delivered the missionary sermon, both of them being listened to with eagerness and pleasure by large congregations.

The program Monday began early, in the afternoon with the gathering of the Alumnae of the college; and the staging of the pageant "The Voice of the Past". The pageant was a true history of the college from its very foundation. Miss Eva Gary, one of the class of '21, representing "The Voice of the Past", recited the beginnings of the college, and told of its early struggles, both at the beginning and during the first few years of its existence. The 1921 students sat around "The Voice of the Past" and persistently questioned her about the history and struggles of the college, which was first founded by the Baptists of a part of Virginia and of North Carolina.

Other young ladies of the college, posed as old students, some as the promoters of the college, as wives of the present day leaders, as missionaries, and in several other ways portrayed the work that Chowan has accomplished during her long and useful career. "The Lady in Brown", representing the spirit of a deceased teacher of the college, was well executed by Miss Nettie Worrell Evans; and she, too was questioned by the present day students. The pageant closed with a song by the 1921 graduating class.

A trustees meeting was also held during the day Monday. Immediately following the pageant, the alumnae of the college met in the society halls in an informal gathering.

Monday night a play was given by the Dramatic Club; and the closing exercises followed on the next morning as given in the opening paragraph.

A Card of Thanks

We thank our many friends for the many kind favors during the illness and death of our dear sister; also for the many floral designs. Especially, do we thank Dr. A. W. Greene and Miss Barker who was so faithful to the end. May God bless us and ever keep us all near Him, in our prayers.
Mr. and Mrs. F. L. Howard.

advertisment.
Rub-My-Tam kills infection.—adv.

POPULAR YOUNG LADY OF AHOSKIE DIED THIS WEEK

MISS SALLIE BELLE VINSON

Young Daughter of Mr. and Mrs. John H. Vinson of Ahoskie, Succumbs to Kidney Trouble. Funeral and Interment Monday Afternoon.

Sallie Belle Vinson, daughter of Mr. and Mrs. John H. Vinson of this town, succumbed to an aggravated case of kidney trouble, at the home of her sister and brother-in-law, Mr. and Mrs. Frank L. Howard, on last Sunday night. Funeral services were conducted by her pastor, Rev. Fred T. Collins, on Monday afternoon, at the home of Mr. and Mrs. Howard. The remains were then carried to the city cemetery, where interment took place. A large crowd of relatives and friends of the deceased attended the funeral services and accompanied the body to its last resting place.

Miss Vinson, at the time of her death, was in her twenty first year, and had she lived until Wednesday of this week she would have celebrated her twenty second birthday. For several years she had been in bad health, and during her young womanhood she suffered much, being operated on several times. For the past few years, however, since she has made her home in Ahoskie, her health had been somewhat improved. She had been sick only about two weeks when death came, the attending physician having given all hopes for her recovery a few days prior to her demise.

The deceased was a member of the Ahoskie Baptist church and was a devout christian, and faithful church worker. She was especially active in the Sunday School and Young Peoples Union, and there she will be missed by her associates. She had a host of friends in the town and throughout the county, who will join with the bereaved family in lamenting the sad death of this young christian woman.

Her mother and father survive her, as well as several brothers and sisters.

AHOSKIE LOSES OPENING BASE BALL GAME HERE

The Ahoskie baseball team, with Captain Brett at the helm, lost its initial game here last Friday afternoon, to a combination Powellsville-Aulander team, dubbed Powellsville. An Aulander battery worked out for Powellsville; "Lip" Burden, a portlander, pitching a steady game for Powellsville. He weakened, however, in the fatal seventh, and six Ahoskie batters landed on him safely for as many clean hits, netting five runs, falling short one run of tying the score. Burden was also hit hard in the eighth and ninth innings, but fast fielding by Powellsville's right fielder prevented further scoring by Ahoskie and the Powellsville team won by the score of seven to six.

Lee Copeland pitched for Ahoskie and but for the first inning, went good until the eighth inning when he was relieved by Roseman who held the visitors well in hand. Powellsville scored four runs in the first inning, when they garnered four long and clean hits off Copeland.

Both teams fielded well, Ahoskie playing the better defensive game, making only two errors during the nine innings. Captain Brett gave about fifteen men tryouts, and had the scrambled Powellsville-Aulander team wondering where so many ball players came from—but they were all local players. The showing made last Friday indicates a successful season here this year. There is a wealth of material here, outside the battery positions which need strengthening.

If you are in need of printing of any kind, send your copy to the Herald office, and you will not only get quick service, but you will be satisfied with the work.