

## TRAIN CHILDREN IN HEALTHWAYS

September Is The Time To Think In Terms of School Children

(By Maude E. Wallace Asst. State Home Demonstration Agent, N. C. State College.)

Now that the days of September are here at hand we begin to think of school and the children listen for the bell which will call them in for a year's work. They have spent the summer months in lazy outdoor living and we have been interested in watching them grow, now it is time to see that they are physically and mentally ready for school duties.

It has been conclusively demonstrated that in otherwise normal children there is a definite relation between physical and mental development. In 1919 a thousand ten-year-old school children in Washington D. C. were studied by the American Child Health Association. The conclusion was that poor nutrition definitely handicapped progress in school. By means of the proper care of diet at home and hot school lunches or properly prepared cold lunches we can do much to correct undernourishment and backward mental development.

It has been found that about one-fourth of the children in the United States are inadequately nourished and the total number of perfectly nourished children is surprisingly small.

Why are children improperly fed? Why do they have too little sleep? Why are bad teeth and tonsils neglected? Parents, we believe, are largely to blame. An intelligent and well-trained mother can do a great deal to correct such troubles. Many mothers are striving now to put before their children a well balanced diet—to keep tea and coffee from the young children, and to see that they get their full amount of sleep—from ten to 12 hours each night.

A schedule should be outlined so that the growing child has a definite hour each day for doing a certain thing. If we start and train them in these habits as six-year olds they will not easily depart from the schedule.

The program should include regular rising hours and regular meal hours. Immediately upon arising they should wash their faces, hands and teeth. At least one glass of water should be taken at this time. For breakfast, the child should be given fruit and cereal with cream or top milk, bread or toast and butter. A glass of water or milk should also be taken at recess time.

If lunch is carried to school it should be planned to meet the needs of the growing body. This should include a meat or meat substitute, lettuce or tomato or fruit sandwich, milk, fresh fruit or some kind and a simple dessert such as sugar cookies or raisin cup cakes.

If the child goes home to dinner, the meal should include fresh or green vegetables such as cabbage or spinach and a starchy food as rice, grits or macaroni. Potatoes may be substituted for the starchy food.

Plenty of water to drink, with at least one hour for outdoor play each day and fresh air in the sleeping rooms will do much toward keeping the bodies and minds healthy during the tiring school year.

## Richard Lambert Dies In An Auto Wreck

Driver Of Bus Which Collided With Sedan In Durham Held In \$1,000 Bond

Durham, Sept. 9.—J. B. Reeves is out under bond of \$1,000 on a charge of manslaughter as the result of the death early this morning of Richard E. Lambert of this city, who succumbed to injuries received when the big bus driven by Reeves, collided with the sedan in which Lambert and two girls were riding on the outskirts of the city Thursday has been set for the preliminary hearing.

The accident occurred when the car driven by Miss Maxine Wilkerson, and occupied in addition to herself by Lambert and Miss Grace Cox, skidded across the road into the path of the on-coming bus, following an attempt to bring the wheels which had been driven off the pavement onto the mud back upon the asphalt. The bus was not brought to a stop until after it had traveled, according to police, a considerable distance from the place where the collision occurred. The sedan was bent into the shape of the letter U but the bus was not damaged except for a bent frame and a smashed fender. Both girls were injured and physicians are fearful that Miss Cox will not survive. S. Uckerman was the only passenger of the bus which travels between Durham and Chapel Hill, to be injured and he expected to be discharged from the hospital within a short time.

## MAIL BOXES NOW BEING GROUPED

Washington September 3.—That the campaign inaugurated by the postoffice department in March, 1926, to have boxes in suburban and rural areas grouped and re-erected on stands in supersede of the irregular arrangement so often observed along the highways, is showing satisfactory results is indicated in a statement appearing in the Postal Bulletin under the signature of John H. Bartlett, first assistant postmaster general, and H. H. Billany, fourth assistant postmaster general, in which they acknowledge the cooperation in this good work of a number of rural carriers.

Among the rural carriers in North Carolina commended for their cooperation in this work were the following:

Claud J. Allegood, Chauncy L. Dupree, Burton G. Albritton, Jesse W. Brown, Albert W. Harriss, and Guy T. Evans, carriers on routes 1, 2, 3, 4, 5 and 6 respectively, all of Greenville; R. L. Gray, carrier No. 1, Leaksville; Norman K. Hatch, carrier No. 1, Mount Olive; Geo. C. Lane, carrier No. 2, Mount Olive; Don C. Martin, carrier No. 1, Mount Olive, and Willie J. Best, temporary carrier No. 6, Mount Olive.

## COPPER OLDEST METAL

Copper might fitly be called the first of the metals, for it was the first to be adapted by man to his ordinary uses. Probably the men of the bronze age found the metal in its native state, as it occasionally occurs; perhaps some cave man built a fire over copper ore exposed on the surface, and unwittingly built the first smelter. However it might have been discovered, primitive man after long centuries was using copper to replace his crude stone and bone implements. Then again, by accident perhaps, the alloy of copper with tin or zinc, which makes brass and bronze, was discovered, and this was the great metal of antiquity.

Mining and reduction of metals is as safe and sound a business as selling flour or running a bank. Mining develops every other industry—farming, railroads, merchandising; it is the great builder for any nation.

Some of the capital that is going into speculative adventures might well go into metal mining in the west.

## PRISON RECEIVES WOMAN BANKER

Begin Serving a 3-5 Year Sentence For Making False Entries

Raleigh, Sept. 14.—Miss Lena Woodward, 30, former assistant cashier of the defunct Bank of Princeton, was brought to State's Prison yesterday to begin serving a three to five year sentence for making false entries that led to the failure of the bank and loss to depositors of about \$38,000. Miss Woodward is the first woman banker ever to be committed to the North Carolina penitentiary.

The prisoner arrived by automobile three hours after sentence had been pronounced in Johnston county Superior court by Judge Henry A. Grady. She was charged with embezzlement, accepting deposits after she knew the institution was insolvent, and making false entries. Through her attorneys, Abell and Shepherd, the defendant offered a plea of not guilty to the false entry charge, and Solicitor Clawson Williams, who has assisted in the prosecution by I. M. Bailey, State Banking department Attorney, and Ed F. Ward, nol prosed the other two charges.

Miss Woodward's father, George Woodward, formerly of Princeton, but now of Wake county, who was the cashier of the wrecked institution, was indicted on the same charges as his daughter, but tendered a plea of guilty to violating the misdemeanor banking statute. He contended that he knew nothing of what was going on until the crash was upon the bank. Judge Grady let him go with a suspended sentence upon payment of the costs.

The bank was closed on February 3, 1925, by W. L. Williams, State Bank Examiner, who returned yesterday as a witness in the case. It was capitalized at \$70,000, and to date depositors have recovered 40 cents on the dollar.

Miss Woodward kept her silence about the affairs, refused to explain or to elaborate on allegations that she had removed the money for the use of an unidentified man, engaged in playing the cotton market and came out a heavy loser in his speculative orgy with the bank's money.

Although Miss Woodward is the first banker to be sentenced to prison in North Carolina, prison rosters contain the names of several men bankers, some of State-wide prominence.

## ESCAPED MONKEY LOCATED IN CHATHAM

(Chapel Hill Weekly.)

Out on farm a few miles to the south of Chapel Hill, near Fearington's, in Chatham county, resides a monkey. Temporarily his master is Boy Goodwin, whose mother and sister take care of him while Mr. Goodwin is away on his travels as a salesman.

This is the pet that Dr. B. D. Bullock, university alumnus, lost three or four weeks ago on the way back here from a camping expedition to the Haw River. Joeko escaped while the automobile was halted at Pearson's store, at the Orange-Chatham line, and for several hours was lost in the woods. A boy named Williams captured him and turned him over to Bob Godwin.

Bud Perry, the barber, who was with Dr. Bullock on the camping trip and is the physician's friend and trusted agent, sought but did not accomplish the surrender of the monkey. His credentials he says, were not convincing to the present possessor.

Dr. Bullock, who is stationed in the Navy Hospital in Charleston, S. C., has had his attention so distracted by other affairs recently that he has not taken any positive step to recover his pet. But he expects to equip Mr. Perry and another friend, Deputy Sheriff Lassiter, of Chatham county, with proper evidence of ownership so that they may obtain the monkey and ship him to Charleston.

## Naval Sec. Declares Cannot Search For Any More Flyers

Trans-Ocean and Long Distance Flights Should Be Under Supervision of Agency.

Charlotte, Sept. 10.—Governmental regulation of trans-oceanic or other long distance flying was declared essential tonight by Curtis D. Wilbur, secretary of the navy, if human life is to be safeguarded and any constructive stimulus given to the science of aviation.

Secretary Wilbur, en route to Washington after an inspection of the Pacific fleet was a visitor at the home of Stuart Cramer, Cramerton textile manufacturer and former classmate at Annapolis. He plans to leave Monday for the capital.

General unpreparedness and inadequate equipment for hazardous flights, which place human life in jeopardy, can, if successful, contribute little or nothing to aerial science, were referred to by Secretary Wilbur as cause enough to warrant governmental supervision of details of such adventurous enterprises.

One procedure, he suggested, would be for a properly constituted board to refuse both governmental sanction and passports to any person deemed, after examination, unqualified to undertake an oceanic flight.

"The navy cannot continue," he said, "searching for victims of 'stunt' flights which culminate in distress at sea," adding that inasmuch as public money was involved in such searches, it was but natural and proper that governmental regulation should be applied to the matter the same as in other activities.

## FIND MANGLED BODY OF A. C. L. SWITCHMAN

Rocky Mount, Sept. 14.—Funeral services were conducted yesterday for J. L. Darden, Atlantic Coast Lumber switchman, whose mangled body was found beneath an engine at the South Rocky Mount yards late Saturday night.

Services were conducted by Rev. D. E. Hill at the Arlington street Baptist church yesterday morning at 9 o'clock with a large throng of friends and acquaintances of the dead man in attendance. After the remains were taken to Mr. Darden's old home near Mt. Olive, where final rites and interment followed.

Mr. Darden went on duty at the local yards at 11 o'clock Saturday night and fifteen minutes later his body was found entangled in the wheels of one of the monster engines which had been brought out to take a through passenger train out of the terminal.

Just how the switchman was killed is problematical. It is thought however, that he was struck by the engine while crossing the tracks in the yard. No one was aware of the accident until the locomotive had been placed and his body discovered beneath the wheels.

Mr. Darden, who lived at 1015 South Church Street, was 33 years of age and is survived by his widow and two children. His untimely death also came as a great blow to his wide circle of friends, particularly in railroad circles.

## Roofer Seriously Hurt When He Falls From Top of Tall Building

Fayetteville, Sept. 10.—Ed Sutton, a roofer, fell from the top of a three-story building here this afternoon and tonight was in a hospital with what physicians said was a fair chance to recover.

Sutton's escape from death was considered miraculous. Only the fact that he landed feet foremost amid a pile of building material was held as the reason he was not dashed to death.

Sutton is married and has one child. He came here from Dunn.

Just about the time some of us got into the six-cylinder automobile group our friends took up golf and again left us with nothing to talk about.

## BALLOONIST IN AIR 25 HOURS

Two Pilots Took Off Along With 14 Other Balloons Saturday.

Dunn, Sept. 12.—Refreshed by a long night's rest at Dunn's newest hotel—The Cotton Dale—Maurice Biename and A. Veenstra, in charge of the French balloon, Paris-Bruxelles, which landed near here late Sunday afternoon, boarded a train this morning and headed toward Detroit.

Biename is the world's champion balloonist, having traveled 1,334 miles in one of the James Gordon Bennett International races. In the current race, he was entered under the French flag.

The balloonists were in the air for nearly 25 hrs before Pilot Biename decided to descend three miles south of Dunn. They took off along with fourteen other balloons late Saturday for the Ford Airport, Dearborn, Mich., in the annual James Gordon Bennett International Balloon Race.

Hundreds of people saw the balloon as it wended its way over Erwin and thence to Dunn where it landed.

Two Erwin youths—Henry C. Bost and Earl Barbour—were the first to reach the balloonists as they floundered about in a cane patch near Dunn. The young men helped pull the big gas bag to a place near the Dunn-Fayetteville highway.

Pilot Biename rewarded the youths by giving one the big pennant on the balloon and the other a French flag sewed onto the balloon.

After answering innumerable questions about their flight from Dearborn, Michigan, to Harnett county, North Carolina, Pilot Biename and his aide were put to bed at the Cotton Dale Hotel.

Biename was ravenously hungry and ate heartily of the choice foods set before him by the chef of the Cotton Dale. Veenstra declared that he was "too tired to eat" and hustled off to bed.

The balloonists slept for more than twelve consecutive hours before they awoke this morning and took off for Detroit by train over the Atlantic Coast Line. Both were hungry this morning and ate heartily.

In all, the Paris-Bruxelles was in the air 24 hours and 52 minutes and had covered several hundred miles before it landed near what its residents like to call "Dunn, the Livest Town under the Sun." The distance from here to Detroit is estimated at 1100 miles.

The two balloonists were too tired last night to give a full account of their hazardous trip over Michigan, Ohio, West Virginia and most of North Carolina, but did declare that they had experienced rough weather practically all the way. At one time Saturday night they said they had to ascend to a height of 15,000 feet to get above a storm.

## Practically All Of Mill Workers Back On Job In Henderson

Henderson, Sept. 10.—With the exception of a few holdouts and others who have moved away from Henderson, the 800 striking operatives at the Harriett cotton mills here were reported practically one hundred per cent back on their jobs today. A number of additional workers returned during the day and officials announced their appearance made the regular working force practically intact.

Sheriff Kearney last night had a force of special deputies on duty in the mill village again and today reported everything quiet. The extra guard will probably continue for several additional nights, he said, and the situation is expected to be normal by the first of next week.

Windfall and imperfect apples can be made into apple sauce and canned for winter use. Do not add any more water than is necessary to keep the apples from burning. Sweeten to taste, pack hot, and process in the water bath for five minutes.

## First National Bank Receiver Starts Suits

Action Against The Officers Begun In Federal Court At Wilmington.

Suit was begun yesterday in the office of H. H. Ford, deputy clerk of U. S. court here, by C. L. Williams, receiver of the First National Bank of Warsaw, N. C., against J. E. Williams, Mattie E. Williams, Annie Ross Williams, J. C. Shaw, Florence H. Shaw and William P. Bridgers.

The action is based on the alleged nonpayment of certain notes, one for \$463.50 signed by J. E. Williams; for \$250,00, signed by J. E. Williams, one for \$1500.00, signed by J. E. Williams and Mattie H. Williams, one for \$800, signed by J. E. Williams and Mattie H. Williams, one for \$1240.46, signed by Annie Ross Williams, one for \$2,000 signed by J. C. Shaw and Florence H. Shaw one for \$900, signed by W. P. Bridgers; wherefore judgment is prayed against J. E. Williams for the sum total of the notes he being the maker or endorser of these notes.

J. O. Carr represents the receiver of the bank. The First National Bank was closed on February 21, 1927, by order of the comptroller of the currency and C. L. Williams was duly appointed the receiver thereof.—Wilmington Star, September 8th.

## THINKS AIR SAFER THAN EARTH

There's Lots More Room, Says Girl Who Intends to Fly Across the Atlantic

Wheeling, W. Va., August 27.—It is safer in the air than in an automobile because the airplane has unlimited space in which to maneuver. In the opinion of Miss Ruth Elder, 22, Lakeland, Fla., aviatrix, who is preparing for non-stop flight from New York to Paris. The young woman, backed by Wheeling business men in the transatlantic flight, will be accompanied by George W. Haldeman as navigator. They plan to hop off late next month.

"It wasn't hard to learn flying a plane," said the young woman. "I never have felt afraid. It is really far safer up there in the air than it is riding in an automobile. There's lots more room."

Confident that she will reach her goal on the other side of the Atlantic Miss Elder's only worry is competition, for, as she says, "it would break my heart if some other woman got there before I did."

## Auto Crash At 17th And Castle Streets

Mrs. Dick Meyers of Wilmington Painfully Injured; Harrel, of Burgaw, Cited to Court

Wilmington, Sept. 12.—Automobiles operated by W. R. Harrell, of Burgaw, and Dick Meyers, of this city, were in violent collision at seventeenth and Castle street late yesterday afternoon, the Meyers car being almost demolished.

Mrs. Meyers, who was riding with her husband, was painfully injured, necessitating hospital treatment although the other members in the crash escaped practically unhurt.

Harrell was taken into custody on a charge of operating his car in a reckless manner but was later released on his own recognizance. He was cited to be in court Tuesday of this week.

The Harrell car was being driven west on Castle street while the Meyers machine was proceeding north on Seventeenth. Police information was that Harrell entered Seventeenth on Castle, a stop intersection, without bringing his machine to a halt.

Many a motorist has discovered that owning a hammer doesn't make a man a mechanic—Exchange

## WOMAN KILLED IN WRECK

Liquor and Women Is The Cause of Walter Grady's Downfall

Rocky Mount, Sept. 13.—A hearing at Halifax tomorrow morning will endeavor to lift the veil of mystery surrounding the death of Mrs. A. T. Taylor, Wilson woman, whose body was found beside a wrecked car near Halifax early this morning and to determine the part which Walter Grady, local man, companion of the woman on a drinking party throughout the night, who was found, in what officers termed a drunken stupor, on the porch of a farm house near the wreck, played in the woman's death.

Mrs. Taylor, Grady, L. R. Sapp, employed by the contracting firm which is completing the work of the new school house here, and Conway Felton, of this city, according to details given to police here this morning, left the city early last night for Wilson. They were driving Sapp's car, and headed directly for Wilson. However, they lost their way and arrived instead in Pinetops. They stopped along the road to Pinetops, it was pointed out and Grady, being held now by Halifax authorities, bought whiskey from a car. All members of the party took drinks of the liquor, evidence showed.

Additional whiskey was bought in Wilson, after the party arrived there, and both Grady and the woman are said to have taken several other drinks. Grady got out, leaving Sapp and Felton and the woman in the car. Sapp provided her with money for a room, he said, but she refused to get out, saying that she wanted to see Grady. Felton left the party, and after Grady returned, Sapp left them near the station and went home, investigation showed.

This morning Sapp found that his car was gone and reported to the police that the car had been stolen. It is believed that after Sapp left the party, Grady took Sapp's car and the woman nearly to Halifax thinking he was taking her to Wilson.

Sapp denies having made any arrangements with Grady to take the car to Wilson. He said that Grady and the woman were both drunk when he left them on the streets and that Grady could not have been in condition to drive a car.

Both Sapp and Felton, who were questioned by police here today, admit having taken drinks, but both claim that they were not drunk. They said that Grady procured whiskey in Wilson and that he and the woman took several drinks while they were returning from Wilson to Rocky Mount.

The body of Mrs. Taylor was found on the highway this morning and taken to Halifax. Grady was placed in jail to await the hearing scheduled for 10 o'clock tomorrow morning at Halifax courthouse.

The car had turned completely over, it was said by Halifax officers and the woman is believed to have been instantly killed. There were no marks on her body to show the exact cause of her death, although officers think that she suffered internal injuries. It has not been decided whether an autopsy will be held over the body.

When Grady was found he was asleep on the porch of a nearby farm house, and apparently did not realize the extent of the accident.

The car was considerably damaged. The top was torn off, the windshield shattered, but it was able to run under its own power. It is being held in storage now at Halifax.

Sapp and Felton have been ordered to appear tomorrow morning at Halifax at 10 o'clock for the preliminary hearing.

Now is the time to cull out those "boarder" hens and keep only the best layers for winter eggs and breeding, advise poultry specialists at State College.

## GOLDSBORO SILK MILL WILL START UP SOON

Goldsboro, Sept. 14.—Work of installing the machinery for the silk mill to be run by the Goldsboro Artistic Narrow Webb Company, has been completed and the winding of the silk yarn is expected to be started this week. E. A. Zeacha, manager, plans to make the first shipment of goods by October 1.

To get iron rust stains from an enameled sink, bleach them with a solution of oxalic acid. Repeat until the stain disappears, then rinse thoroughly.