

The Home Front

into our ships, but it's not enough that we shall need every bit of trained manpower we can get to translate these appropriations into finished weapons. This gives added significance to the announcement by WPB's Labor Division that the Army and Navy have approved the hiring of 99 per cent of the aliens who have applied for jobs on secret war production.

Save Salvage, Substitute
The nation is scouring its scrap heaps for old metals, rubber and paper, and the truth is that we probably shall have barely enough of many essentials—even though we conserve to the utmost. There's a clue to the sort of thrift we must practice in the OPA's advice to auto users to save this year's anti-freeze against next winter's cold. . . . We'd do well to learn to take care of our clothes, too, with new restrictions on civilian use of wool. Also, nylon will be needed largely for military purposes.

Through Red Cross—55,000 Give Blood To Armed Forces Since Dec. 7th
Washington.—A one hundred per cent increase in blood donations to the Army-Navy plasma supply after the Pearl Harbor attack, with 55,505 persons giving during December and January, was reported by the American Red Cross today.

Sugar Sharing Urged
Canners have been urged by A. E. Bowman, chief of the WPB sugar section, not to accept delivery of their sugar supply more than 45 days before they begin canning their 1942 pack. This arrangement will give the canner ample time, he said, to arrange for canning operations.

Tighten Grip On Prices
With sugar rationing just around the corner, home front officials indicate more and more regulation of prices by the Office of Price Administration in an effort to keep living costs stable and sane. It is inevitable that consumers' goods will become increasingly scarce as more and more factories are converted to production, but the OPA is on hand to see that no profiteering gets from the situation.

War Cost Mounts
Authorized expenditures for the war, plus funds pending before Congress, now total an estimated \$400,000,000. It's obvious we're

DO NOT LET YOUR COUGH DUE TO COLD TEAR YOU TO PIECES

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MENTHO-MULSION Starts Relief

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BY WAY TO More Comfort WHEN YOU SEW

Best Sight LAMPS

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Vitamin B Cause For Alarm
The average person can have all the essential vitamins by following a few simple guides, he continues. "Frozen foods and those that have been properly preserved by methods that are now well known contain all the natural vitamins necessary for a well-balanced metabolism. Information as to these methods can be furnished by the Extension Department of the North Carolina State College at Raleigh which is doing a splendid work along this line."

Register Of Deeds Place For Birth Certificates
Raleigh.—Dr. Carl V. Reynolds, State Health Officer, has issued the following statement with respect to delayed birth certificates. "In view of the emergency, the rush for certified delayed birth certificates now is unprecedented."

Diagnoses of vitamin deficiencies should, of course, be made by competent physicians. Where these deficiencies are serious, it may be necessary to supplement the natural vitamins with processed ones. In such event your family physician will properly advise you.

"Vitamin A—Deficiency causes night blindness; rough, dry skin, low body resistance. Good sources: Green leafy and yellow vegetables; all dairy products, liver; dried apricots; prunes; fish oils.

"Vitamin B-1—Deficiency causes loss of appetite; general weakness; weak heart; loss of weight. Good sources: Whole wheat and enriched bread; cereals; oranges, bananas, and other fruits; milk; liver; pork; peas and beans.

"Vitamin C—Deficiency causes pyorrhea; gum infections; dental cavities; scurvy; anemia. Good sources: Fruits, especially citrus; tomatoes, and most other vegetables.

"Vitamin D—Deficiency causes impaired formation and maintenance of teeth; bow legs, rickets. Good sources: Fish liver oils; vitamin D milk; butter and enriched margarine; eggs; fish; sunshine.

"Vitamin G—Deficiency causes sores in the angles of the mouth; burning eyelids; mild, greasy dandruff. Good sources: Wheat germ and yeast; milk; cheese; liver; yellow, red and green vegetables; soy beans, especially dried apricots and prunes.

Nicotinic Acid—A deficiency causes pellagra; indigestion; diarrhea; insomnia; depression. Good sources: Wheat germ; liver; cheese; red, yellow and green vegetables; dried apricots and prunes.

U. N. Offensive In Few Months
Washington.—Large-scale offensives by the United Nations—not in 1943, but within the next few months—were predicted last night by foreign observers.

State Revenues From Autos Drop
Raleigh.—Revenues from motor vehicles fees took a sharp nosedive in February due to the automobile and tire rationing programs but there was a continued steady climb in revenues from other sources, the State Department of Revenues announced today.

Junk Offers Loom
The Bureau of Industrial Conservation, WPB, has announced that definite offers will be made within 90 days for the purchase of all old cars in automobile graveyards located within reasonable distances of metal consumers. The Bureau, with the aid of the WPA and the Department of Agriculture, is now preparing a "directory" of these graveyards.

Auto Pools Recommended
Workers who use private automobiles to get to work from home have been urged by Sidney Hillman, labor director of the WPB, to establish "informal transportation clubs" to prolong the service of their tires.

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