# **Government Asks** Less Meat-Eating

All families in the Nation are Career of Cohan the "share-the-meat" program by holding down weekly consumption to 2 1-2 pounds per person over 12 years of age.

In clarifying the request, Dr. I. O. Schaub, director of the Exten- the Yankee Doodle Dandy whose sion Service of N. C. State Col- "Over There" was the marching lege, said all meat slaughtered or song of a million Yanks in the farms for home use and that which first' World War, and whose 50 families purchase in quantity for years of song and dance roles enstorage in freezer lockers should be counted in the 2 1-2 pound dead. weekly sharing allowance.

meat, whether slaughtered on the he never fully recovered. farm or commercially, makes up consumers.

mount available after all of these song, fulfilling a prediction needs are met.

If civilians were allowed to buy tion pounds of the total available written by some young fellow". supply of slightly more than 24 billion pounds. Since Army, Navy, and Lend-Lease requirements run thing from President Roosevelt to up to 6 1-2 billion pounds, civilian Peck's Bad Boy. His theatrical consumption must be cut to 17 1-2 experience included vaudeville billion pounds.

early in 1943, so citizens have been writing. asked to cooperate in the volunta-

#### HOGS

Hog slaughter in the 12 months Jeginning October 1 is expected to total about 95,000,000 head, according to the Bureau of Agriculpartment of Agriculture.

### LARGEST

Supplies of the four principal praise. feed grains on October 1 were the largest on record, being 11 per cent greater than the supply last year, both of which he also wrote. reports the U. S. Department of Agriculture.

### BUY MORE WAR BONDS

ADMINISTRATOR'S NOTICE Having qualified as administra-tor of the estate of Charles Thomas Smithey, deceased, this is to notify all persons having claims against the said estate to present them to the undersigned on or before the 23rd day of October, 1942, or this notice will be plead in bar of their right to recover.

All persons indebted to the said estate are requested to make im mediate settlement.

This 23rd day of Octobr, 1942. J. H. SMITHEY, Administrator 11-30-6tM A. H. Casey, Atty.

# **How To Relieve Bronchitis**

Creomulsion relieves promptly be-sause it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous mem-branes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREOMULSION for Coughs, Chest Colds, Bronchitis

HAVE YOUR TYPEWRITER OR ADDING MACHINE

cleaned, oiled and repaired while parts are still available. REYS FITTED TO LOCKS

M. H. Meade Co. NINTH STREET

> YOU GET Expert Lubrication

Dodge Headquarters

**WILKES AUTO** SALES, Inc.

# **Had Many Peaks**

New York .- George M. Cohan, deared him to all Americans, is

Cohan died at his apartment This applies to the meat from surrounded by his wife, his son, home-slaughtered cattle, calves, George, Jr., and his daughters, hogs, and sheep, since the "share- Mary and Helen. He underwent the-meat" program affects all beef, an operation for an intestinal ailpork, veal, lamb, and mutton. All ment October 3, 1941, from which

The song and dance man-the the total supply to be available to description of his varied theatrical career which he liked best-wrote Explaining the situation, Dr another war song after Japan Schaub said that huge amounts of struck at Pearl Harbor despite his meat must be supplied to the Army enfeebled health. Although the and Navy, and our Allies. Civilian tune was lively and the words had consumption must be held to the the Cohan ring, he shelved the made two years ago:

"I hope America all the meat they wanted, their need another war song. But if we purchases alone would take 21 bil- do need one, it wil have to be Did Everything

Cohan's roles included everymusical comedy, radio and legici Dr. Schaub said a meat-rationing mate acting. His talents included system cannot be worked out until playwright, production and song

The lists of his accomplishments "share-the-meat" program so in all lines are almost endless. He as to assure adequate rations for is best remembered for his plays the Army, Navy, and American "The Tavern", and "Seven Keys to Baldpate", which are still produced by stock and amateur companies.

One of his many triumphs asa legitimate actor was in Eugene O'Neill's Pulitzer Prize play, 'Ah Wilderness". His most beloved ture Economics of the U.S. De-performance was in "I'd Rather Be Right", the hilarious song and dance take-off on President Roosevelt which won White House

In partnership with Sam Harris he produced "Little Johnny Jones and "Get-Rich-Quick Wallingford"

Although Cohan and Hollywood separated by mutual consent th movie colony honored him with "Yankee Doodle Dandy", a film production in technicolor based or

His play, "The Musical Man" was made into a silent movie which sent Lon Chaney to stardom.

# Large Army Of 4-H Girl Cooks **Serving Nation**

Another feminine army, dis tinctly different from the WAACS and WAVES, is valiantly serving in our country's war effort. Its members were trained uniform is an apron, its equipment consistent of kitchen stoves and utensils, and its sole purpose is to bolster America's health and

This army is comprised of roundly a half million girls between 10 and 21 years old, who 4-H Club food preparation project. Many of them are entered in a competition in this activity. seeking to win coveted awards provided by Servel home economics department for outstanding serving nutritious, balanced home meals, demonstrating meal planning methods, and judging food products.

These awards include gold medals to county winners, all-expense trips to the 21st National 4-H Club Congress in Chicago found evidence that approximate-Nov. 29-Dec. 2 to state champions, and six \$200 college scholarships to national winners. The competition is conducted in cooperation with the Extension Service.

### DEFERRED

The Selective Service System has been directed to request its local boards to classify in group 3-B all livestock and poultry farm workers who are deferred on grounds of dependency.

ADMINISTRATOR'S NOTICE Having qualified as administraor of the estate of H. F. Carter, late of Wilkes county, N. C., this is to notify all persons having claims against said estate to present them to the undersigned, whose address is State Road. N. C., dufy verified, on or before the 2nd and girls are acting as air raid day of October, 1943, or this notice wardens, and 29,098 are cooperwill be plead in bar of their right ating with local defense agencies to recover. All persons indebted in other activities. to said estate will please make immediate payment.

This 2nd day of October, 1942.
W. W. CARTER, every 4-H boy and girl, including the 40,000 new members enrolled' Administrator of the estate of through the 4-H Mobilization for H. F. Carter, dec'd. 11-9-6th Victory campaign last summer,

### Record War Bond Sales Is Goal Of Women At War Week Nov. 22

WASHINGTON, D. C.—America's women in the cities and on the farms—in war factories and in their homes—are determined to make Women as War Week the greatest War Bond selling effort since Pearl Harbor Mrs. Franklin D. Roosevelt sounded the keynote for the Trensury Department's Women At War Week, Nov. 22 to 28, with an appeal to women to save



nity have made plans for torchlight parades, fashion shows, teas, rallies, store window displays,

Stamp and Bond booths pageants, civic sings, balls and mardi gras. In each locality administration of the one week drive rests with the local War Savings Committee which has worked out activities adapted to their areas.

Mrs. Morgenthau, in a special message for Women At War Week, declared that the spirit of America's pioneer women lives today more strongly

"The average American woman began to rise to new heights on Sunday,
Dec. 7, 1941," Mrs. Morgenthau said. "This winter the average American
woman will be spending less in order to save more to invest in War Bonds and Stamps. She will not, please God, ever have to fire a gun or fly a bomber. But she will, please God, always do everything she can to help buy anything—and the best of everything—that fires or flies or floats in this terrible war."



WOMEN AT WAR.—Overalls, wrenches and drills replace fineries as these war workers in an Army Arsenal march to tank repair shops. Note the determination on their faces. These women are typical of hundreds of thousands who are working in war factories and investing part of their earnings in War Bonds.



Mrs. Roosevelt (left) says women help men at front by buying War Bonds. At right is the lapel tag which volunteers will wear during Women At War Week, Nov. 22 to 28.

has conducted a food production

project, such as growing a vege-

table garden, corn, peanuts and soybeans, or raising poultry.

LIFE OF POLA NEGRI

FULL OF TRAGEDY

danced her way to fame and for

tune-but she sacrificed it ell for

Negri, "Queen of Tragedy." re-

lates her life's story in the No-

vember 15th issue of The Ameri-

on Weekly, the big magazine

distributed with the Baltimore

Sunday American, on sole at all

BUY MORE WAR BONDS

Chiog RADIOS

BEST PROGRAMS

newsstands.

distastrous marriage. Pol-

She was only a girl when she

# 4-H Club Carries War-Time Tasks soybeans, or raising poultry swine, dairy calves, and baby

Congratulations to the 100,000 members of 4-H Clubs in North are enrolled in the nationwide Carolina are extended by L. R. Harrill, State 4-H Club leader of the N. C. State College Extension service, in connection with the State and National 4-H Achievement Weeks. The state celebra chievement in preparing and tion was held last week, and the national observance of 4-11 Achievement Week is scheduled for November 7-14.

Harrill and Miss Frances Mac-Gregor, assistant state club leader, made a sample survey of 4-H activities in 30 counties, and they ly \$267,419 worth of War Saving Bonds and Stamps have been purchased, and \$194,317 worth sold.

by the 4-H clubs of the state. The 100,000 club members have collected approximately 6 1-2 million pounds of scrap metal, more than one million pounds of scrap paper and rags, and 858,632 pounds of scrap rubber through their cooperation in the Salvage for-Victory program.

About 10,594 members increased the farm family's fuel supply through 4-H forestry projects, 8,-066 members participated in fire prevention work, and 15,723 enlisted in the campaign to repair

A total of 14,199 members took first aid courses, 1.788 farm boys Harrill says that practically

HICKORY OL NEWS MUSIC DRAMA



The echoing boom of the big guns of the last war had just begun to dull in our memory-when World War II became a reality and blasted us all out of our peaceful way of life. Now it is time to remember—those who fought and bled and died in the battles of both wars. Now it is time to realize that this is the people's war and that to win it, so that we will be victorious on the Armistice Day yet to come each of us must fight with all our will and love of liberty!

WHATEVER YOU ARE DOING TO HELP WIN THE WAR-YOU CAN'T BUY TOO MANY WAR BONDS. WE ARE PRIV-ILEGED TO SELL THEM TO YOU.

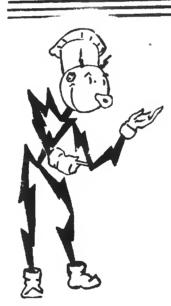


---THE---

# Northwestern Bank

Resources Over \$7,000,000.00

MEMBER FEDERAL DEPOSIT INSURANCE CORPORATION



REDDY SAYS-

# "It's Important Know The A B C's of Vitamins!

IN PLANNING nutritious meals, it's important to know which foods contain certain comins-and just as important to keep vitamins in the food you buy . . .

VITAMIN A-important to good eyesight and resistance to coldsis a fat-soluble and is not readily lost in cooking, except in frying. To get the maximum in vitamin A in eggs, boil, poach, or shirr. Broil or roast meats. Air destroys vitamin A - dc 't stir vegetables while

VITAMIN B, or thiamine chloride, is a water-soluble and easily destroyed by overcooking, or by cooking in too much water. To keep B1 in foods so your family can get its benefits, cook vegetables in little water at steaming temperature.

VITAMIN B .- This vitamin, too, is water-soluble and astable to heat and must be cooled properly. In cooking meats, use low temperature to minimize shrinkage and evaporation of nutritive juices.

VITAMIN C-This vitamin i. very unstable. Improper storage of foods destroys it, as will too much heat . . . too, it is easily washed away when cooked in an excess of water.

VITAMIN D is another fat-sol uble. So, to get the maximum of this sunshine vitamin from foods, consider poaching, shirring, baking and broiling, and for the moment forget the frying pan!

#### A GENERAL "DON'T" ABOUT VEGETABLES

Don't take thick parings from potatoes, carrots, apples or other fruits and vegetables. The richest mineral content is close to the peelings. Save the food value for your family. Don't use soda to heighten color-it destroys vitamins.

The Only Vitamin and Verals That Count are the Ones That Reach Your Table!

DUKE POWER COMPANY