

Government Asks Less Meat-Eating

All families in the Nation are being asked to contribute alike in 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 Extension Service of N. C. State College, said all meat slaughtered or farms for home use and that which families purchase in quantity for storage in freezer lockers should be counted in the 2 1-2 pound weekly sharing allowance.

This applies to the meat from home-slaughtered cattle, calves, hogs, and sheep, since the "share-the-meat" program affects all beef, pork, veal, lamb, and mutton. All meat, whether slaughtered on the farm or commercially, makes up the total supply to be available to consumers.

Explaining the situation, Dr. Schaub said that huge amounts of meat must be supplied to the Army and Navy, and our Allies. Civilian consumption must be held to the amount available after all of these needs are met.

If civilians were allowed to buy all the meat they wanted, their purchases alone would take 21 billion pounds of the total available supply of slightly more than 24 billion pounds. Since Army, Navy, and Lend-Lease requirements run up to 3 1-2 billion pounds, civilian consumption must be cut to 17 1-2 billion pounds.

Dr. Schaub said a meat-rationing system cannot be worked out until early in 1943, so citizens have been asked to cooperate in the voluntary "share-the-meat" program so as to assure adequate rations for the Army, Navy, and American Allies.

HOGS

Hog slaughter in the 12 months beginning October 1 is expected to total about 95,000,000 head, according to the Bureau of Agriculture Economics of the U. S. Department of Agriculture.

LARGEST

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

BUY MORE WAR BONDS

ADMINISTRATOR'S NOTICE
Having qualified as administrator of the estate of Charles Thomas Smitley, 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 immediate settlement.
This 23rd day of October, 1942.
J. H. SMITHEY,
Administrator
A. H. Casey, Atty. 11-30-6M

How To Relieve Bronchitis

Creomulsion relieves promptly because 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 membranes. 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.

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for Coughs, Chest Colds, Bronchitis

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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 At War Week the greatest War Bond selling effort since Pearl Harbor.

Mrs. Franklin D. Roosevelt sounded the keynote for the Treasury Department's Women At War Week, Nov. 22 to 28, with an appeal to women to save on "little things" to provide money for War Bonds.

"We women want to work hard, we want to be a part of this strenuous period because unless we are, we will not be able to face the men when they return and claim our share of the future responsibility for building a peaceful world," the First Lady declared.

The overall direction of Women At War Week rests with the Women's Section of the War Savings Staff under the leadership of Miss Harriet Elliott, Associate Field Director, and Mrs. Henry Morgenthau, Jr., Chief of the Special Activities Unit.

From coast to coast women in every community 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 than ever.

"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 task 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.

4-H Club Carries War-Time Tasks

Congratulations to the 100,000 members of 4-H Clubs in North 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 celebration was held last week, and the national observance of 4-H Achievement Week is scheduled for November 7-14.

Harrill and Miss Frances MacGregor, assistant state club leader, made a sample survey of 4-H activities in 30 counties, and they found evidence that approximately \$287,419 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 the prevention work, and 15,723 enlisted in the campaign to repair and care for farm machinery.

A total of 14,199 members took first aid courses, 1,788 farm boys and girls are acting as air raid wardens, and 29,098 are cooperating with local defense agencies in other activities.

Harrill says that practically every 4-H boy and girl, including the 40,000 new members enrolled through the 4-H Mobilization for Victory campaign last summer,

has conducted a food production project, such as growing a vegetable garden, corn, peanuts and soybeans, or raising poultry, swine, dairy calves, and baby beavers.

LIFE OF POLA NEGRI FULL OF TRAGEDY

She was only a girl when she danced her way to fame and fortune—but she sacrificed it all for a disastrous marriage. Pola Negri, "Queen of Tragedy," relates her life's story in the November 15th issue of The American Weekly, the big magazine distributed with the Baltimore Sunday American, on sale at all newsstands.

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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 PRIVILEGED TO SELL THEM TO YOU.



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REDDY SAYS—

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

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

A **VITAMIN A**—important to good eyesight and resistance to colds—is 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—don't stir vegetables while cooking.

C **VITAMIN C**—This vitamin is 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.

B₁ **VITAMIN B₁**, 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.

D **VITAMIN D** is another fat-soluble. 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!

B₂ **VITAMIN B₂**—This vitamin, too, is water-soluble and unstable to heat and must be cooked properly. In cooking meats, use low temperature to minimize shrinkage and evaporation of nutritive juices.

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 Vitamins and Minerals That Count are the Ones That Reach Your Table!

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