



Bureau Of Health Education, North Carolina State Board Of Health

**MALNUTRITION**

It is rather strange that we as a rule can so quickly recognize underfed or malnourished stock or crops and yet are so slow to recognize malnourished children. But it is actually true that many of us never do realize when a child is not getting the food its system needs. We are so accustomed to seeing stunted children that instead of making any comment when we see an undernourished child we make much comment, when we see one who looks well-fed, healthy and robust. It would seem that the normal child is abnormal because it is the exception while the abnormal child is normal because it is the rule.

A well nourished child is one who not only measures up to standard of height and weight for his age, but he must have a good color, bright eyes without dark circles under them, smooth glossy hair, lively skin and firm muscle. His carriage must be good, his step elastic and his disposition buoyant. He is full of life and constantly active both mentally and physically. His sleep is sound, his digestion and appetite good. He is not "finky" about his food, but naturally craves the things that furnish building material for his growing body. He has a soul but physically he is exactly the same as any other young, healthy, well-nourished animal.

The malnourished child lacks many and perhaps all of these characteristics. His height and weight are less than they should be for his age, he has a poor color, is sallow, muddy or even "pasty" in appearance, there are dark circles under the eyes and the inside of the lids as well as the lips and gums are pale and bloodless, his hair is rough and dry, his tongue coated and bowels often constipated. The skin is harsh and dry, the muscles soft and flabby. He often appears to be lazy because he does not have sufficient energy to enjoy activity.

It is just as unusual for a healthy child to appear lazy as for a healthy kitten, puppy or colt.

The healthy child may try to avoid doing some kinds of irksome work, but he will be doing something for he can't keep still except when asleep.

If your child shows any of this last group of symptoms there is something wrong which should be corrected. If you do not know what the trouble is ask some one who does know and keep on asking till you find out.

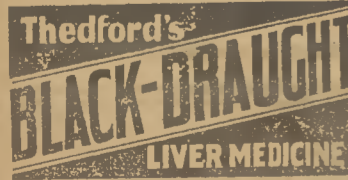
Nature compels the child to depend on older persons for food and protection. The older persons, not the children themselves, are responsible for every stunted and seemingly lazy child. The correction of defects and proper food are the inalienable rights of every child.

**Bad Color (liver trouble)**

"OCCASIONALLY I am troubled with spells of constipation and inactive liver," says Mrs. John L. Pence, Broadway, Va. "I always use Thedford's Black-Draught when I feel a spell of this kind coming on, for it saves me a bad headache. My color gets sallow at times. I get real yellow, showing that the trouble comes from the liver."

"I have found Black-Draught to be the finest kind of a remedy for this. I take Black-Draught and make a tea out of it, and take it, along in small doses for several days. I have never found anything that served me so well."

"Since I have known about Black-Draught, I have not suffered nearly so much with headache, caused from indigestion. If I find my tongue is coated, and I wake up with a bad taste in my mouth, I know I have been eating indiscreetly, and I immediately resort to Black-Draught to straighten me out."



The Quinine That Does Not Affect The Head Because of its tonic and laxative effect, LAXATIVE BROMO QUININE (Tablets) can be taken by anyone without causing nervousness or ringing in the head. E.W. GROVE'S signature on box. 30c

**Animal Fossil Bones in National Museum**

Two new mastodons and a new glyptodont, the fossil bones of which were found in rocks in Arizona, are described in a report issued by the United States geological survey. Several years ago numerous vertebrate fossils were discovered in San Pedro valley near Benson, Arizona, by Kirk Bryan. Later J. W. Gidley of the National museum co-operated with Bryan in making a large collection of these fossils. Among the large animals in this fauna are two elephant-like mastodons and a peculiar armored mammal, a glyptodont, related to the modern armadillo. The skeleton of one of the mastodons has been mounted after the restoration of the missing parts and forms a striking exhibit in the National museum at Washington. The total length of the mounted skeleton is about fourteen feet. A very effective mount has also been made of the glyptodont by using parts of three individuals. Its huge carapace, which resembles a turtle shell, is over five feet long. —Pathfinder Magazine.

**COULDN'T BREATHE**



"Now don't breathe this to a soul."  
"I can't. I've been eating garlic."

**Old Instruments in Tune**

Ten rare old violins, violas and cellos, the combined ages of which were more than 2,000 years, were played at an unusual concert in New York city recently. The instruments were the Rodman Wanamaker collection. They had never before been played publicly in this country. Included was the last instrument made by Stradivarius, when he was ninety-three. The oldest was a cello made 260 years ago by Ruger, and the youngest a Guadagnini viola, 145 years old.

**Old Jacobite Broadsword**

A Scottish broadsword with Jacobite inscription was sold at auction recently for \$48 (\$240). Just below the hilt is the inscription—"Prosperity to Scotland, and no Union." Further down is a figure of St. Andrew. On one side of the blade is the inscription, "For God, my Country, and King," James VIII (this would be James Francis Edward Stuart). The blade is supposed to be of Italian workmanship.

**State Taxation**

The only states which have no inheritance tax are Alabama, Florida and Nevada. Nevada repealed its tax in 1924. The District of Columbia has no special inheritance tax. A majority of the states levy no income tax. Those which do have an income tax are Wisconsin, Delaware, Massachusetts, Mississippi, Missouri, New York, North Carolina, North Dakota, Oklahoma, South Carolina and Virginia. All of the states tax mortgages.

**Thedford's BLACK-DRAUGHT Liver Medicine (Vegetable)**

**Called**

Mrs. Jones—We are keeping William from returning to college this fall. He is really so young, you know.  
Mrs. Brown—Yes. My son flunked out, too.—University of Washington Columns.

**Kicked Out**

"I hear that Phil went to a masquerade last week disguised as Adam."  
"He must have gotten a great kick out of that."  
"He did."—Yale Record.

**All for Gifts**

Wife (showing gift from her father)—Beautiful, isn't it? Father always makes expensive presents.  
Hubby—So I discovered when he gave you away.

**No Worms in a Healthy Child**

All children troubled with Worms have an unhealthy color, which indicates poor blood, and as a rule, there is more or less stomach disturbance. GROVE'S TASTELESS CHILL TONIC given regularly for two or three weeks will enrich the blood, improve the digestion, and act as a General Strengthening Tonic to the whole system. Nature will then throw off or dispel the worms, and the child will be in perfect health. Pleasant to take. 60c per bottle.

**NOTICE**

North Carolina. ) In Superior  
Northampton County ) Court  
Hal Mac Stephenson, Plaintiff,  
vs.  
Plummie Clark Stephenson, Defendant.

The defendant above named will take notice that an action entitled as above has been commenced against her in the Superior Court of Northampton County, North Carolina, to procure an absolute divorce from her on the grounds of adultery, and said defendant will further take notice that she is required to appear at the office of the Clerk of the Superior Court of Northampton County, in Jackson, on the 26th day of July, 1926, at the court house in said County of Northampton, North Carolina, and answer or demur to the complaint of the plaintiff in said action, which complaint has been deposited with said Clerk, or the plaintiff will apply to the court for the relief demanded in said complaint.

This 21 day of June, 1926.  
W. J. BEALE,  
Clerk of Superior Court  
n2614

**Administrator's Notice**

Having qualified as administrator of the estate of J. S. Scarborough, deceased, late of Northampton County, N. C., this is to notify all parties holding claims against the estate of said deceased to exhibit them to the undersigned at Severn, N. C., on or before the 31st day of May, 1927, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will make immediate settlement.  
This May 31st, 1926.

J. B. STEPHENSON,  
Administrator.  
n22

**Administratrix Notice**

Having qualified as administratrix of the estate of W. C. Lassiter, deceased, late of Northampton County, North Carolina, this is to notify all persons having claims against the estate to present them to the undersigned on or before the 27th day of May, 1927, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.  
This 27th day of May, 1926.

LULA LASSITER,  
Administratrix.  
Jas. A. Worrell, Atty. n216

**Notice Letters Testamentary**

Having qualified as Executrix of the last will and testament of P. W. Miles, late of Northampton County, North Carolina, this is to notify all persons having claims against the estate of the said P. W. Miles to present them, duly verified, to the undersigned at her home at George, N. C., on or before the 26th day of May, 1927, or this notice will be plead in bar of recovery thereon. All persons indebted to said estate will please make prompt settlement.  
This 25th day of May, 1926.

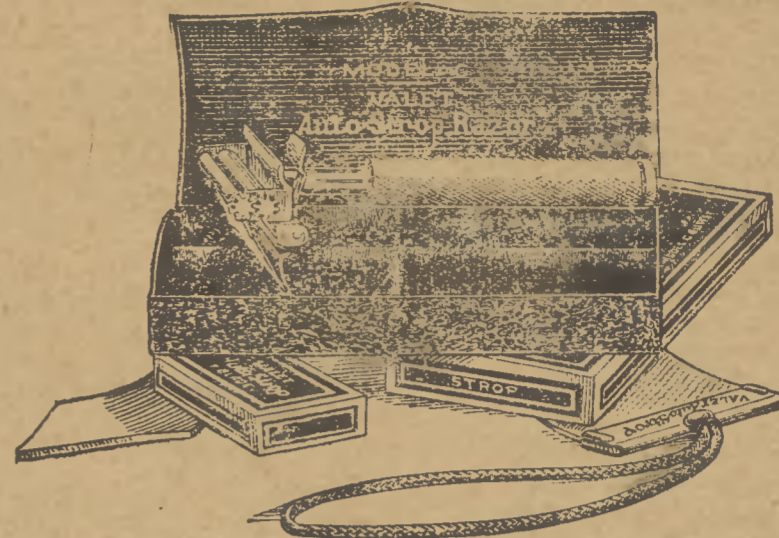
MRS. RACHEL MILES,  
Executrix.  
Burgwyn & Norfleet,  
Attorneys. n216

**KODAK FINISHING.**

No better service-anywhere. Mail us your film and we will send statement. If in hurry, enclose stamps. Kodak films and supplies. Baker's Studio, Washington, N. C.

**DO YOU SHAVE?**

A GENUINE AUTO STROP RAZOR WITH STROP IN ATTRACTIVE CASE AS SHOWN BELOW



**ABSOLUTELY FREE**

WITH A YEAR'S subscription to this paper and a 3 years' subscription to the Southern Ruralist at the special club price below. We believe the value of this offer is apparent to all our readers, and consider it the most attractive offer we have ever made. Use coupon below.

THE ROANOKE-CHOWAN TIMES, Rich Square, N. C.  
I am enclosing \$1.50 for which enter my subscription for one year to your paper and 3 years to the Southern Ruralist, mailing me, without charge, an auto strop razor in case together with strop.  
Name \_\_\_\_\_ Town \_\_\_\_\_  
Route \_\_\_\_\_ State \_\_\_\_\_

**Money to Lend at 5 per cent interest**

rate for 5, 7, 10 or 20 years on farm lands. No bonus charged. Can make inspections and get money in short time.  
J. P. GARRIS, Conway, N. C.

**Car Load of Fine MULES**

Just received at my stables a car load of as fine mules as can be bought. They are well broke and ready for immediate use. Come in and look them over.

PRICES ARE RIGHT

**H. D. Holoman**  
Rich Square, N. C.

**JOHN S. JENKINS & CO., COTTON FACTORS**

NORFOLK, VA.  
We Offer Our Services In Storing, Financing and Selling Cotton  
Forty Years Experience  
Market Information Furnished

Chas. R. Robertson C. E. Stephenson

**Chas. R. Robertson Co. General Produce Commission Merchants**

25 ROANOKE DOCK - Norfolk Va.  
All kinds of Stock. Live and Dressed Poultry, Eggs, Hides, Field Peas, Potatoes, Bacon or anything grown on the farm. Car load lots a specialty.

**U. Vaughan's "The Quality Store"**

**CUSTOM MADE CLOTHES**

Should always be ordered from a Dependable Merchant

where promises MADE are SURE to be fulfilled. Every suit ordered here is guaranteed to be exactly as represented.

There's no exaggeration and no evasion. We sell genuine custom tailored clothes only at prices which the keen are sufficient to assure the necessary standards of quality.

This is impossible under \$25. We have super grades at \$50 and \$60 and master productions at \$40 IT PAYS TO BUY A GOOD ONE

**U. VAUGHAN**  
Murfreesboro, North Carolina.