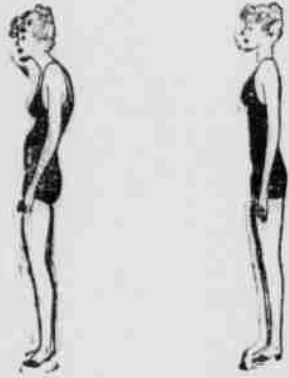


# Look Young By Striving For Posture

By PATRICIA LINDSAY  
Dial Syndicate—WNU Service.

**T**HE way you carry yourself is not only indicative of what sort of person you are, but it either adds years to you or makes you look younger.

When wealthy ladies pay high prices for courses in self-improvement in the leading salons, the first lesson they get is a posture lesson. And the course does not proceed until the women have learned



Wrong Posture, Right Posture.

how to walk correctly and to sit correctly. "Walk proudly," "grow tall from the midriff" and "tuck in your buttocks" as if you had been spanked, are the three most simple rules to remember as you walk. "Sit in the entire seat of a chair," "tuck in your tummy while sitting," and "don't cross your knees," will take you far in sitting posture if you will but remember them.

## Authority Advises These Exercises

From one of the leading salons, that of Miss Dorothy Nye, I secured these two corrective exercises, which, if practiced daily, will firm the abdominal muscles and give flexibility to the hip region. Both are necessary to acquire an erect and agile carriage.

### EXERCISE 1



1. On back with right knee pulled back to chest and both hands clasped around knee.  
2. Swing left leg back over head as far as you can, then come to sitting-up position. Pull from hands around knees and flatten back, keep neck and head high.  
Repeat with right three times. Then left three times. Twelve times altogether.

### EXERCISE 2



1. On knees, head back, hands clasped back of body and stretch downward.  
2. Bend slowly forward, keeping head up and back flat until sitting on heels. Drop head to floor and relax.  
3. Keeping head down, round the back, pull in abdominal muscles, and slowly raise the body. Movement begins at lowest vertebrae and slowly lifts thighs away from heels at same time.  
Head and shoulders rise last to original position. Repeat five times, working up to fifteen times altogether in a few days.  
Not difficult are they? Try going through them every day for a month.

## HINT-OF-THE-DAY

If a child possesses his own aids to body health and cleanliness he is more likely to use them. "My very own hair brush"—"My very own tooth paste"—makes him proud. If he is taught how to use them and why he must use them, a mother will have little difficulty in getting him to do so.  
Of course all children go through that obstinate age when any suggestion is vetoed, when every request calls forth a lengthy argument. But even during this stage of growing pains the child is quite likely to slip off and do what he has been told to do after he has satisfied his ego by displaying his obstinance, that is, providing his earlier years have included a daily grooming routine.

## Fall Is Vegetable Garden Time, Too

Not many folks give much attention to their vegetable garden at this season of the year, but that's wrong, says H. R. Niswonger, horticulturist of the State College Extension Service. The garden soil should be prepared for spring planting in the fall, he says.

Give the garden a heavy coat of stable manure or sweepings from the poultry house, Niswonger advises. For each one-horse load of manure, broadcast 25 pounds of 14 per cent superphosphate. If the garden area is not subject to soil erosion, plow the manure under. Leave the soil in the rough and do not harrow or otherwise prepare the spring garden.

The horticulturist also said that winter onion sets and shallots may be set out now for spring onions. "One young growth may be protected from severe weather by covering with leaves," he advised. "If you plan to grow mature onions for market by planting the seed next February or March, begin preparing the soil now. Select soil which will work easily and which will not bake after a rain."

Niswonger also suggests that the growth of spinach, kale, and other greens can be increased if sidedressed with one pound of nitrate of soda per 100 feet of row. Cover the greens with straw in order to prevent freezing, and you will secure a longer cutting period. Cold frames may be utilized to grow lettuce and other greens at this season, he stated.

Recommendations of the specialist on storing collards and cabbage are as follows: Dig a trench deep enough to accommodate the roots and stems; pull up the collards and cabbage and set them out in a trench and cover both stems and roots with soil. Set the heads close together but do not pack against each other. Set a plank or board on edge on each side of the trench and bank on the outside with soil. Cover with pine brush or corn stalks. When freezing weather arrives cover with a layer of dirt.

## Good Potato Seed Stock Is Available

Dr. R. E. Poole, plant pathologist of State College, reports that the quality of Irish potato seed stock available in Maine is better than in many years. He recently spent two weeks inspecting fields of cobbles in the New England section.

"There is very little late blight, black leg scab, and Rizoetonia in the seed potatoes," as compared with other years," he said. "We will not get much necrosis such as showed up in the seed stock two years ago. The size of the potatoes is indicative to good seed stock."

However, Dr. Poole reported much concern in Maine over a new bacterial disease. "In fields where the disease was found, the potatoes were eliminated from certification," he stated. "For this season growers should not purchase selected seed because of the danger of it being infected with the organism that causes the bacterial wilt. One may get good seed from selected stock; on the other hand it may be badly diseased. Certified seed is worth the difference in price."

## Many Counties Yet To Participate In Free Lunch Offer

Twenty-seven counties at the end of last week had failed to send in a single application to participate in the school lunch program whereby the commodities distribution division of the State Board of Charities and Public Welfare is seeking to give free lunches to 150,000 needy and undernourished graded school pupils this year. A. E. Langston, state director of commodity distribution, said.

Through last Saturday, 370 applications had been approved to allow approximately 35,000 needy undernourished children to get free lunches in their county and city schools. Fifteen counties had only one or two schools participating in the program, Langston said. Counties which up to this week had failed to file an application from any school were: Alamance, Alexander, Alleghany, Anson, Burke, Carteret, Caldwell, Dare, Davidson, Jackson, Johnston, Jones, Lincoln, Madison, Montgomery, New Hanover, Onslow, Pasquotank, Pender, Perquimans,

## Two Carteret Girls At Mars Hill College

Mrs. Hill, Nov. 7.—Two students from Carteret county, Joyce Mason of Atlantic, and Maude Bloodgood of Beaufort, are among the 733 students registered for the sixth session of Mars Hill College.

The student body this year is one of the largest in recent years and represents 88 counties in North Carolina, 19 states, the District of Columbia, and three foreign countries. There are 291 girls and 442 boys in the student-body, and the freshmen class is comprised of 441 while the senior class numbers 292 students.

Eleven religions are represented on the campus. The three that embrace the largest membership being: Baptist, 550; Methodist, 85; and Presbyterian, 24. The other denominations are: Christian, Episcopal, Moravian, United, Christian Missionary, Interdenominational, and Congregational.

Both Miss Bloodgood, and Miss Mason are popular students on the campus and take an active part in extra-curricular affairs. Miss Bloodgood is a former president of the Clio literary society, one of the four on the campus, each of which plays an important part in student activities.

## Month October Has 23 Clear Days

The lowest temperature was the 23, the register showing 58 degrees and highest was the 96 degrees. There were three cloudy days and four part cloudy days during the month.

Dte.	Max	Min	Set	Max	
1	85	77	80		P. Clody
2	81	78	78		P. Clody
3	79	67	63		Cloudy
4	70	56	67		P. Clody
5	73	56	73		Clear
6	82	57	78		Clear
7	84	77	81		Clear
8	85	80	83		Clear
9	88	79	82		Clear
10	83	78	82		Clear
11	82	77	82		Clear
12	86	69	80		Clear
13	74	70	84		Clear
14	75	71	72		Clear
15	73	71	68		Cloudy
16	70	64	64		Clear
17	75	70	70		Clear
18	71	67	67		Clear
19	68	65	65		Clear
20	78	75	75		Clear
21	83	75	75		Clear
22	79	59	75		Clear
23	76	50	73		Clear
24	79	73	73		Clear
25	84	77	77		Clear
26	83	76	76		Clear
27	80	70	77		Clear
28	79	73	76		Clear
29	83	51	60		Clear
30	70	57	68		Cloudy
31	68	55	61		P. Clody

## Real Rod & Gun Stuff

Hatteras, N. C., Nov. 6.—When Johnny Mock of the Pittsburgh Press calls himself a rod and gun editor, he means no less. Mock engaging a blind for the duck shooting at Hatteras in December, told Tom Eaton, Baron of the Banks, that he was bringing along his surf-fishing gear to fish after he snagged his daily limit of birds. Surf fishing continues here thru December when the weather is decent.

## Odd Duck Blinds Used On N. C. Coast

Hatteras, N. C., Nov. 6.—When certain prominent rod and gun writers saw the duck blinds near Cape Hatteras, N. C., they said a duck wouldn't come near them. Instead of marsh grass and brush blinds common to most duck hunting grounds, the blinds are replicas of the buoys that mark the channel inside the Cape.

Person, Polk, Randolph, Stanley, Yadkin and Yancey.

"I don't know whether the counties that have failed to send in even a single application are independent or indifferent, or whether their schools have local sources of commodities and need no help from us, but I am certain that in many cases the failure to participate in the program is due to indifference on the part of school authorities or a lack of understanding of the project," Langston said.

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## Navigation Students Shoot the Sun



These three are students in the navigation class at the University of Southern California. They are shooting the sun with sextants aboard the 90-foot schooner Ethel Mae, used by the class for practical instruction.

## Earlier Evening Mail Service For Beaufort, Nov. 16.

Definite orders for a change in the star mail route between Beaufort and Goldsboro, one trip each way each day, have been received here. Beginning November 16 the star route will travel the new paved highway between New Bern and Kinston, by way of Cove City and Dover, and will discontinue the trip through Pollockville and Trenton. Trenton will be served by a shuttle service between Cove City and the Jones county capital. That community, says postmaster R. R. Eagle, New Bern, will lose no service as a result of the change.

The rearranged route will measure 104.47 miles between Beaufort and Goldsboro, each way; cutting a distance of 11.20 miles from the distance as traveled by way of Pollockville and Trenton. The principal change for New Bern will be the leaving of the mail for Morehead City and Beaufort in the afternoon 35 minutes earlier than at the present time.

There appears to be no change in the time the star route carrier will reach New Bern West-bound. He will leave Beaufort at 6:45 A. M., and will arrive in Goldsboro at 10:40 A. M. Cove City and Dover will have a morning route service out of New Bern for the first time.  
Returning, the carrier will leave Goldsboro at 1:35 P. M.; will arrive in Kinston at 2:35 and leave Kinston at 2:45 P. M.; will arrive in New Bern at 4:05 P. M. and leave that city at 4:15 P. M. and will arrive in Beaufort at 5:50 P. M. That will mean the carrier will leave New Bern approximately 35 minutes earlier than the present time.

## Evangelist Janney Conducts Services

Evangelist I. D. Janney of Saint Albans, West Virginia, began a meeting Monday night, November 6th at Venolia Church of Christ, Newport, N. C. The public is cordially invited to attend these services and hear the wonderful messages he has for us each evening. We are located on the nine foot road four, and one half miles from Newport.

## Mortgage

The American farm mortgage debt now stands at approximately \$7,000,000,000, the smallest figure in 20 years and almost at the same level of the 1918 mortgage debt.

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## Junior Chamber Of Commerce Sponsors Of Dance On Friday

Labeled as a "Pre-War Dance" an event sponsored by the Junior Chamber of Commerce of Morehead City will be presented in the school gymnasium of the port city on Friday night, November 10. Much interest has been centered around the dance and it is believed that it will be one of the best of the Autumn season so far. Rudolph Dowdy, Jr., is chairman of the event. Many persons from Beaufort are planning to attend.

## NYA OFFICIAL VISITS CARTERET PROJECTS

Miss Isabelle Ross, N. Y. A. State Employment Official, made a trip of inspection to Carteret County this week. While here she conferred relative to NYA work with Mrs. Rosa Merrill, local supervisor.

## Cape Fear Valley Will Observe Its 200th Anniversary

Fayetteville.—Commencing November 19, Fayetteville will observe a gala week of festivals, parades, and pageants commemorating 200 years of Scotch settlement of the Upper Cape Fear Region of North Carolina.  
Headlining the scheduled events will be a masque depicting the development of the section. Gov-

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ernor Clyde R. Hoey portraying Samuel Johnston, colonial Tar Heel governor, and Governor Prentice Cooper of Tennessee in the role of John Sevier, have already accepted their assignments. Other state officials and men of prominence taking part will be ex-Lieutenant Governor, "Sandy" Graham, Former Governor Ehringhaus, Dear House and United States Representative Clark. The masque will be presented Thursday, November 21.  
Feature presentations of the week will be the nightly production of a pageant written especially for the celebration by Paul Green, author of "Lost Colony" and Pulitzer Prize winner.  
It has been announced that a parade of Scottish clan, wearing full regalia of the Highlanders, will blend with may floats and bands in the street parade.  
The celebration will take place in the midst of Fayetteville's historic past, including the familiar old Market House, the beautiful Presbyterian Church designed by Sir Christopher Wren, and other historical colonial buildings.  
In addition to the marking of the 200th anniversary of settlement, Fayetteville will observe the ratification of the constitution; ceding the state of Tennessee to the United States; chartering of the University of North Carolina; 160th anniversary of the Fayetteville Guard, and meeting of the Grand Lodge of Masons, occurring 1789.

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