

Vance County Weekly Extension News

Sponsored by J. W. Sanders, county farm agent; M. Edmund Aycock, assistant farm agent, and Mrs. Hattie F. Plummer, home demonstration agent

4-H Club meetings were held at Middleburg and Dabney this week. Mr. Edmund Aycock and Mrs. Plummer met with the club members, and Mr. Kimbry, Extension State Dairy Specialist, attended both meetings and talked very interestingly to the boys.

Home Demonstration Clubs met at the Middleburg Community House, at Dabney with Mrs. B. A. Scott, and at Williamsboro with Mrs. Sidney O'Brien.

Frances Wilson won the scholarship, given by the Business and Professional Women's Club, to the 4-H Short Course at Raleigh and at the September meeting of the Club she made a very interesting talk about her 4-H work.

Mrs. Willis Kittrell sold 21 quarts of butter beans at the Curb Market last Saturday, and Virginia Longmire sold 36 pounds of tomatoes to one person. The women who sell as well as those who buy are hoping for a late frost.

The women in the Home Demonstration Clubs in the county have for their subject this month, "Building Body Resistance to Disease." For vigorous health good food and other good health habits is essential. They should be started early in childhood and continued through life. Food must provide all the elements that are necessary for normal growth—energy, protein, minerals and vitamins. The food factors essential for good nutrition are found in such a variety of foods that there is little chance of a complete absence of any one factor. There is danger in an amount below that needed for vigorous health, yet which is too high to produce immediate evidence of deficiencies. Many who feel perfectly well may have low resistance to disease without realizing it until they have to endure some unusual stress or strain. Too many people are more or less lacking in vigor because they live on food containing less than essential amounts of certain substances. Check your meals by Daily Food Essentials and see that your diet contains foods supplying ample amounts of vitamins and minerals—especially calcium and iron. An important factor contributing to good health is a generous supply of calcium. It not only builds bones and teeth, but it is most important for every activity that makes life possible, such as digestion, blood circulation, nerve control, the beating of the heart and the moving of every muscle. For safety, then, everyone should have a

generous supply of calcium. Since milk is the best source of this mineral a pint to a quart of milk daily should be included in the diet.

Iron is needed to make good red blood which helps to increase vitality. Copper must be associated with iron for blood building. In planning meals that aid in preventing anemia and fatigue, see that foods containing both are included. Liver is especially valuable for blood building as it is excellent source of both of these minerals. Vitamins are essential for growth and health. Care should be taken that ample amounts of five vitamins A, B, C, D, and E, and included in the daily meals.

DR. JULIAN MILLER SPEAKS TO MAYORS

Charlotte Observer Editor Banquet Speaker at Winston Convention Next Week

Daily Dispatch Bureau, In the Sir Walter Hotel, Raleigh, Sept. 25.—Dr. Julian S. Miller, editor of the Charlotte Observer, has accepted an invitation to be principal banquet speaker for the 27th annual convention of the North Carolina League of Municipalities in Winston-Salem next Monday and Tuesday.

Mayor George A. Iseley, of Raleigh, president of the League, in making this announcement this morning, said that Dr. Miller's acceptance rounded out the program planned for delegates of North Carolina towns and cities at their convention next week.

Outstanding experts on municipal problems from Chicago, New York and other cities have been obtained to discuss various phases of local government, Mayor Iseley said.

The convention, which assembles Monday morning at the Hotel Robert E. Lee in Winston-Salem, will draw elective and administrative officers from the league's 150 member towns and many non-member towns and cities in the State.

Discussion groups, open forums and addresses are included on the two-day program as well as features of entertainment including the League Banquet and Ball Monday night and the annual municipal officers golf tournament Tuesday afternoon.

Mayor Iseley stated that the attendance this year is expected to exceed all previous conventions.



Don Ameche and Alice Faye in "You Can't Have Everything" Stevenson—Thursday and Friday



Richard Dix in "The Devil is Driving" Stevenson next Saturday

"ARTISTS AND MODELS" FEATURES RADIO STARS

Radio, generally considered the "baby" among entertainment mediums has just discovered that instead of being the child, it can justly claim to be the daddy of the new Jack Benny film musical, "Artists and Models," which opens next Monday at the Stevenson Theatre, for 3 days, with a cast headed by Benny, Ida Lupino, Gail Patrick, Richard Arlen, Ben Blue, Judy Canova, Louis Armstrong's Swing Orchestra, Martha Raye, Connie Boswell, and Andre Kostelanetz's Orchestra.

Benny, starring in the film, is heard regularly every Sunday over a coast-to-coast hookup. Misses Lupino and Patrick, and Arlen, have appeared many times as guest stars on nationally-broadcast programs. Judy Canova, hill-billy comedienne, gained her tremendous popularity, which led to the offer to appear in "Artists and Models" on the air, and Connie Boswell is a member of the famous Boswell Sisters radio songstresses. Martha Raye, hilariously known as the "Ultra-Violent Raye," disports herself on the air every week—Andre Kostelanetz and his Orchestra are a regular weekly feature—and Louis Armstrong's Swing Orchestra has swing devotees hanging over the loud-speaker, oblivious to everything but O' Louis' trumpet blaring away!

TRAVEL TOUR WILL STOP TEN NIGHTS

80 or More Executives of Travel Bureaus To See Much of North Carolina

Daily Dispatch Bureau, In the Sir Walter Hotel, Raleigh, Sept. 25.—Overnight stops will be made in ten cities in North Carolina by the travel tour composed of 80 or more travel bureau executives, travel counselors for motor clubs, travel writers and editors who will be the guests of the State Advertising Committee from October 10 through October 20, it was announced today by the Department of Conservation and Development.

The hotel operators, chambers of commerce, city officials and other civic organizations in these ten cities and in the other 46 cities and towns in which the tour will make brief stops, are cooperating with the State Advertising Committee in making arrangements for the tour while the motor bus lines in the State are providing new buses for the transportation of the party.

The cities in which the tour will make over-night stops are: Asheville, Bryson City, Hendersonville, Lake Lure, Blowing Rock, Charlotte, Winston-Salem, Raleigh, Wilmington and Elizabeth City. The members of the tour will spend two nights in Asheville and two nights in Elizabeth City. Neither the hotels at which stops are to be made nor the bus lines are making any charge for their services.

On the second night of the two-night stop in Elizabeth City, the travel party will be entertained at a farewell banquet.

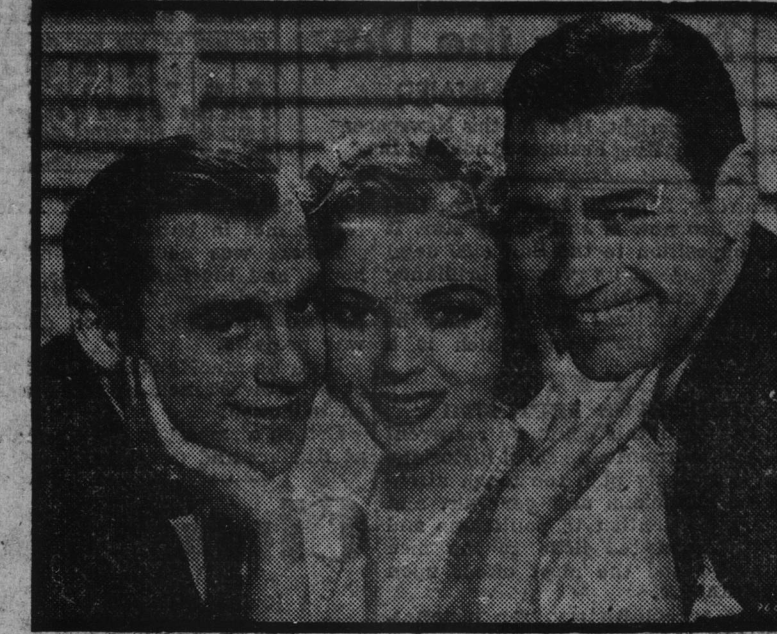
Many unusual entertainment features are being arranged by those in charge of arrangements in these communities as well as by many of the others through which the tour will pass.

FARMERS ASKED TO GIVE INFORMATION

Return of Cards Makes Possible Forecasts and Serves to Grower's Advantage

Daily Dispatch Bureau, In the Sir Walter Hotel, Raleigh, Sept. 25.—Farmers of North Carolina are being urged by the State Department of Agriculture to cooperate in furnishing information for accurate and complete crop reports in the State.

The department's officials are particularly anxious that the farmers fill in and return the crop survey cards which are now being distributed to them through rural mail carriers. It is pointed out that all that is necessary is for the farmer to fill in the card and put it in his mail box. No address is required and no postage is



Jack Benny, Ida Lupino, Richard Arlen in "Artists and Models" Stevenson Monday, Tuesday and Wednesday

approximately 23,000 cards sent to postmasters only about 3,000 are collected by rural carriers. In western and midwestern states, he says, between 8,000 and 10,000 out of 15,000 cards are usually returned.

Frank Parker, U. S. Department of Agriculture statistician on duty with the State Department of Agriculture, says:

"Few farmers realize that the large

buyers of farm products keep themselves informed on trends of crops. Too often these buyers prefer that the growers know little about crop facts. Thus, unless the government collects and publishes the information

the farmers are at the mercy of the buyers when selling their surplus crops. Then, too, farmers need to know this information in order best to plan for next year's acreage of various crops." The government is generally accused of much extravagance, Mr. Parker added, but this service, which was begun in 1933, is on the basis of voluntary aid and is without great expense to the taxpayers.

The STATE
Comfortable
Admission 10 and 25c

TODAY ONLY
Bob Steele—in
"Arizona Gun Fighter"
And John Mack Brown—in
"Wild West Days"

SUNDAY
"A Dangerous Adventure"

MONDAY - TUESDAY
Ralph Bellamy—in
"It Can't Last Forever"

Payoff Monday \$40
If first name drawn is not present we will positively give away \$19.00.

STEVENSON
THURSDAY AND FRIDAY

The Show of Shows!

SEVEN SMASH SONG HITS!

"YOU CANT HAVE Everything" with ALICE FAYE DON AMECHE

PLUS: NEWS AND POPULAR SCIENCE.

NEXT SATURDAY

HE WRECKED HIS CAREER. To stamp out a menace as likely as murder.

Richard DIX in "THE DEVIL IS DRIVING"

COMING ATTRACTIONS:

"Love Under Fire"
"Borneo"
"Topper"
"Thin Ice"
"Make A Wish"
"Double Or Nothing"
"The Bride Wore Red"

STEVENSON
Theatre Henderson
SUNDAY Matinee-Night
2:30 8:30

On the Stage

DAKOTA INDIANS
NORTH AMERICA
WOODEN SHOES
HOLLAND
MILLE MARIE
FRANCE
A Musical Revue

GEORGE HENRY AND LASSIES
SCOTLAND
SHIKAWA TROUPE
JAPAN
ED MINNETTI
ENGLAND
BAND STATES

AROUND THE WORLD

Matinee Prices 10-35c
Night All Seats 40c

ON THE SCREEN
"MAKE WAY FOR TOMORROW"
with Beulah Bondi and Victor Moore.



Scene from Jane Eyre—at the Vance Theatre Sunday Night 8:30—Also Monday and Tuesday.

Phone 775 **VANCE** Special: Sunday, Monday, Tuesday
SUNDAY NIGHT 8:30—ALSO MONDAY—TUESDAY

HER HEART CRIED FOR LOVE... AND THE RIGHT TO LIVE

Jane Eyre

STARRING VIRGINIA BRUCE and COLIN CLIVE Plus: Universal News

SPECIAL ADDED ATTRACTION
SOMETHING SENSATIONAL
15 Rounds of Furious—Terrific Action
Louie-Farr Fight—Did Louis Win?
See this picture, blow by blow, round by round and decide for yourself.
Fans Boo Decision
Prices—Matinee and Night 10 and 25c

SPECIALTIES BY THE WORLD'S LEADING COMICS MARTHA RAYE • LOUIS ARMSTRONG

COMEDY • THE TOP HITTERS OF SCREEN AND RADIO • SENSATIONAL GEMS

The biggest picture in town!
Get a load of the star-studded cast led by that laugh artist, Jack Benny... the gorgeous girls... the ace specialties... the six song hits! Need we say more?

JACK BENNY
IDA LUPINO
RICHARD ARLEN
GAIL PATRICK
BEN BLUE - JUDY CANOVA
THE YACHT CLUB BOYS
LOUIS ARMSTRONG
and specialty by **MARTHA RAYE**

ARTISTS and MODELS
A Paramount Picture
Directed by Raoul Walsh

Specialties
Andre Kostelanetz and His Orchestra
Russell Patterson's "Personettes"
Judy, Anne and Zeke
Connie Boswell and the world's leading artists

PLUS: LATEST NEWS OF THE DAY—AND SCREEN TABLOID—"BARS AND STRIPES"

STEVENSON THEATRE
3 DAYS—MONDAY, TUESDAY, WEDNESDAY

SONGS "WHISPERS IN THE DARK" • "POP GOES THE BUBBLE" • "PUBLIC MELODY No. 1"