"Lost Colony" Seems Sure Of Going On

BY LYNN NISBET,
Daily Dispatch Bureau

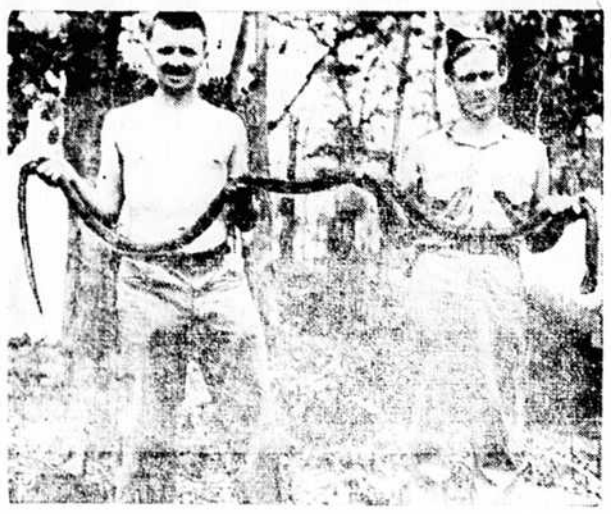
Raleigh, March 17. There is developing some sentiment among the delegation supporting the bill to appropriate 50 percent of Roanoke Island gate receipts for the money to be used in the celebration of that year from now on with the same as a source of some contribution.

The bill, sponsored by Senator Bowen of Dare county, would provide that the state shall pay over to the Roanoke Island Historical Association, Inc., a corporation chartered by the state, 50 percent of the gross receipts from admissions to the Roanoke Island Historical Pageant, "The Lost Colony," and the Elizabethan Garden, for the purpose of aiding the celebration of Coca-Cola Day, August 18, 1944, and for the maintenance of the Roanoke Island Historical Association, Inc., and the Elizabethan Garden.

The bill provides that the state shall be reimbursed for the amount so paid out from the first gross receipts from admissions to the pageant and the Elizabethan Garden in the year 1944 and in the years thereafter.

Senator Bowen has indicated that the measure is a means of providing a good State revenue from a worthy project and he has not asked that the state pay any money out of its treasury. The measure will be considered next week by the appropriations committee.

KILL UNINVITED FOXHOLE VISITOR



A PYTHON entering the foxhole occupied by two Marines, somewhere in the Pacific, discovered a little too late that it was not wanted. Marine Pfc. Ernest O. Godbee (right), Quincy, Mass., holds the "guest" that he killed in his foxhole. Shown with him is Cpl. James A. Terrell of Bradford, Pa. Official U. S. Marine Corps photo. (International)

Leads Europe Aces

TURNED DOWN by the army in 1941 because he didn't have a college education, Capt. Walker M. Mahurin of Fort Wayne, Ind., is now America's leading ace in the European theatre. He is credited with 20 Nazi planes. (International)

Relaxing Tension Through Practice

By LOGAN CLENDENING, M. D.

THE DOCTRINE of physiological relaxation as recommended by Dr. Edmund Jacobson, of Chicago, is certainly an indicated procedure for our time. Americans have always been criticized by Europeans for their tenseness. But the Europeans this time have taught us to be even more tense, at the exact present historical moment.

Dr. Clendening will answer questions of general interest only, and then only through his column.

The Germans and the Italians and the Russians seem to have tensed up during the last decade—even the repotedly phlegmatic British. And they have increased our original tenseness. We are told to strain every sinew for the war effort, and that we should gird ourselves up and, of course, we should; but we do need periods of complete relaxation if we are to keep our health and sanity of view.

According to Dr. Jacobson, and I agree, this has to be done deliberately for most of us. Many do not relax even in sleep. The relaxation so often approved of, a game of golf or other sport, or pursuit of a hobby, or card games, or even warm baths, or massage do not really result in the muscular hypotonia and relief of residual tension which is the distinguishing mark of physiological relaxation.

Dr. Jacobson's methods are simple in appearance, although he warns that they have to be practiced to obtain the best results.

Inspection of the nervous person, and this includes most of us, reveals that he is excessively tense in his skeletal muscles. The first lesson may be to increase deliberately this tenseness. If he is frowning excessively he increases the act until he becomes acutely aware of it. Then he is instructed to discontinue the frowning—first abruptly and then slowly and progressively.

Repeated practice is given until all the over-active muscle groups have become relaxed.

The procedure follows an anatomical order: Relax the left arm muscles, the wrist, the forearm, the upper arm. Then the right arm. Then the left foot, ankle, forelegs and thigh. Then the abdominal muscles, the back, the shoulders, the chest muscles, the neck and the muscles of the face. The frowning muscles and those of the eyes and speech require the most detailed attention and practice because they participate the most in mental activities and strain.

"Physiological evidence has supported the view that fears and anxious mental states can be relaxed away."

It has been found that even professional instructors in physical education can not learn to relax the first time they try so for most of you it may take regular practice periods for several successive days.

Relaxation is important for refreshing sleep. And one should prepare for night by relaxing during the day. It is a mistake to suppose that the amount of sleep you have is like a savings account; that anything you take from it in the daytime reduces your amount of sleep at night. On the contrary a relaxing nap after lunch or before supper may actually prepare you for a longer sleep at night.

LENTEN REDUCING DIET

By Dr. Clendening

Menus for Sunday and Monday

Sunday

BREAKFAST

1 small baked apple—no cream or sweetening.
2 toasted crackers.
1 cup coffee—no cream or sugar.

DINNER

Average helping roast lamb.
2 tablespoons cauliflower.
½ cup fruit ice.
1 cup tea or coffee—no cream or sugar.

SUPPER

1 cup black bean soup—serve with lemon, minced onion, riced egg yolk, chopped egg white.
½ grapefruit—no sweetening.
1 cup tea or coffee—no cream or sugar.

Monday

BREAKFAST

1 orange sliced—no sweetening.
1 rusk—no butter or substitute.
1 cup coffee—no cream or sugar.

LUNCHEON

Cauliflower & lettuce salad—lemon juice, vinegar or mineral oil dressing.
1 8-ounce glass skimmed milk.
1 slice toast or 2 soda crackers—no butter or substitute.

DINNER

Minced lamb on 1 slice toast (not creamed).
2 tablespoons diced carrots.
1 raw apple or ½ cup apple sauce.

Father of New Quintuplets

France Diligenti strikes his forehead in a dramatic gesture while the camera records his as the Papa Dionne of South America. He admits that he is the father of the five—three daughters and two sons—born last July 11 to Vallota, his wife, in Buenos Aires, Argentina, and kept secret from the world until now to save them from curiosity and crowds. One newspaper reporter in Buenos Aires visited the Diligenti home and confirmed the existence of the quintuplets, two of whom are already walking; but Papa Diligenti has declined to permit others to see the children, promising pictures of them later. This is an exclusive International News photo. (International Radiophoto.)

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WHAT It costs to change from ungraded to GRADE A milk production (for pasteurization)

Minimum Cost of Dairy Barn and Equipment → $700 — Daily Payment for 2 Years $1.00 (based on 10 gal. average daily output)

10 gallons of Grade A milk brings $1 more income daily than 10 gallons of ungraded milk. This extra $1 premium will pay cost of barn in two years. (floor plan shown below).

HOW ungraded producers can Change to GRADE A

By Building an Approved Barn. Free Plans and Assistance Can Be Had From the Extension Service and State Board of Health, Raleigh, or from County Agricultural Agents and County Health Officers.

"Make North Carolina a Leading Dairy State"

Thousands of gallons of additional Grade A milk is needed in North Carolina for the military camps and for civilians. Banks, milk processors and other agencies will gladly assist you in making the change-over. John A. Arey, Extension dairyman at State College, suggests that farmers considering a change-over discuss matters with the county agent or the county health officer.

OIL OF MUSKRAT USED IN MAKING PERFUMES

Baton Rouge, La.—(AP)—Louisiana, which annually produces about half the muskrats trapped in the U. S., has discovered another use for the furbearing rodents.

Louisiana State University chemist J. E. L. Erickson and Philip G. Stevens of Yale have perfected a process for production of musk from muskrat to provide oil for perfumery. Perfumers former were dependent on musk from the musk-deer of Tibet and China, and the ambergris from the sperm whale.

Airmen Praise Red Cross

"Here in the United Kingdom the American Red Cross has done wonders for the Eighth Air Force. On our combat airfields, most of which are far from town, Red Cross Clubs give our weary flyers and maintenance men indispensable relaxation and fun. To smaller units scattered all over the countryside, no sight is more welcome than the Red Cross Clubmobile with American girls serving American doughnuts and coffee. The American Red Cross is making an invaluable contribution to the happiness, morale, and fighting spirit of our men."—Lieut. Gen. Ira C. Eaker, Eighth Air Corps commander, in England.

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THE OLD JUDGE SAYS...

"Sorry Judge, my shipment of suspenders still hasn't come in. Some articles are mighty scarce these days. I don't get anywhere near as much as I could sell."

"With the war going on, Frank, we've got to expect those things. It's true of luxuries just as it is of necessities. Take whiskey, for example. There's a real shortage in that. It's to be expected when you realize there hasn't been a drop of it distilled in this country since way back in October, 1942.

"The only thing distillers have been making during that time is war-alcohol for the Government. So, I wasn't surprised a bit to read how bootlegging and black markets have sprung up around the country as a result of the dwindling supply. Our 13 years of prohibition proved that if folks can't get *legal* whiskey, they'll get *illicit* whiskey. Sure hope the shortage doesn't last too long. I'd hate to see this country turned over to the bootleggers again."

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A&P Self-Service SUPER MARKETS

A. & P. COFFEE
MILD & MELLOW
8 O'clock
3 lb. Bag 59c
2 1-lb. Bags 41c

12-OZ. CAN—6 GREEN OR BLUE POINTS
NIBLETS - - - 12-Oz. Can 13c

ENRICHED DAILY DATED
Marvel Bread - Large 1½-lb. Loaf 11c

POINT FREE
PURE LARD - 1-lb. Pkg. 18c

18-OZ. CAN—2 GREEN OR BLUE POINTS
V-8 COCKTAIL 18-oz. Can 14c

STANDARD 19-OZ. CAN—3 GREEN OR BLUE POINTS
PEAS - - - No. 2 Can 12c

1 BROWN OR RED POINT PER TALL CAN—WHITE HOUSE
EVAP. MILK - 4 Tall Cans 35c

ANN PAGE SPAGHETTI OR
MACARONI - - 8-Oz. Pkg. 5c

LARGE SIZE
ORANGES 2 Vitamins B1-C Dozen 55c

ROME BEAUTY
APPLES 2 Vitamin C lbs. 20c

JUICY FLORIDA
Grapefruit 5 Vitamins B1-C for 25c

CRISPY
CARROTS 2 Vitamins A-B1-C Bunches 15c

U. S. NO. 1
White Potatoes 10 Vitamins B1-C lbs. 37c

Meat Department

(1) Pork Sausage Vitamins B1-G Lb. 29c
(1) Bacon, B Grade Vitamin B1 Lb. 35c

LOIN END
(2) Pork Roast Vitamins B1-G Lb. 30c

CENTER CUT
(6) Pork Chops Vitamins B1-G Lb. 37c

CURED TENDERIZED
(3) HAMS - - - Vitamins B1-G Lb. 32c
(1) Picnic Hams Vitamins B1-G Lb. 30c