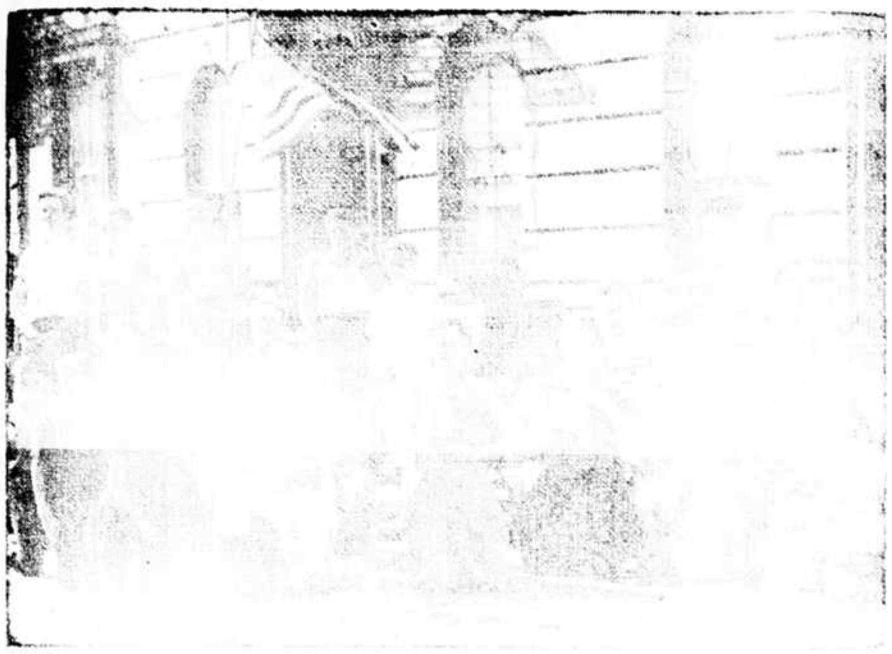
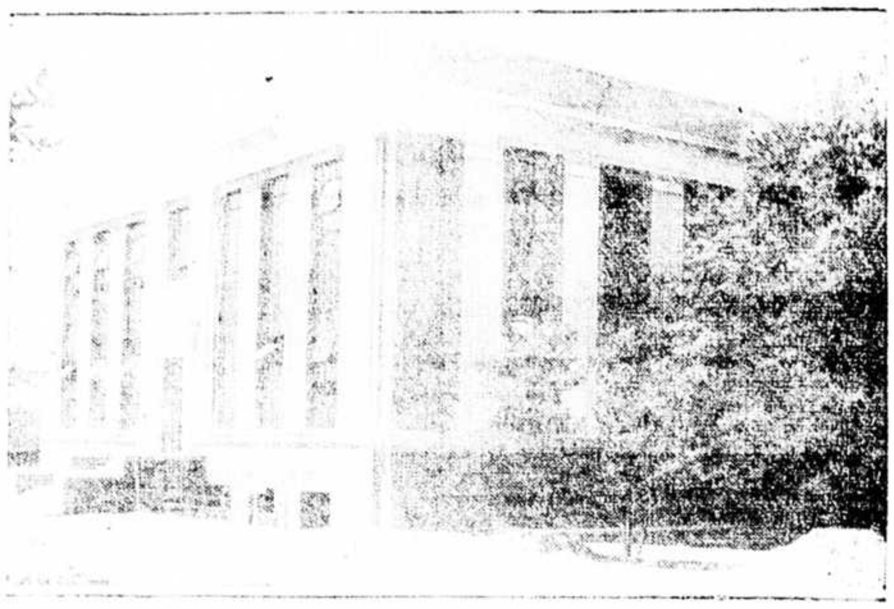
DEVOUT KNEEL IN STREET AS D-DAY COMES



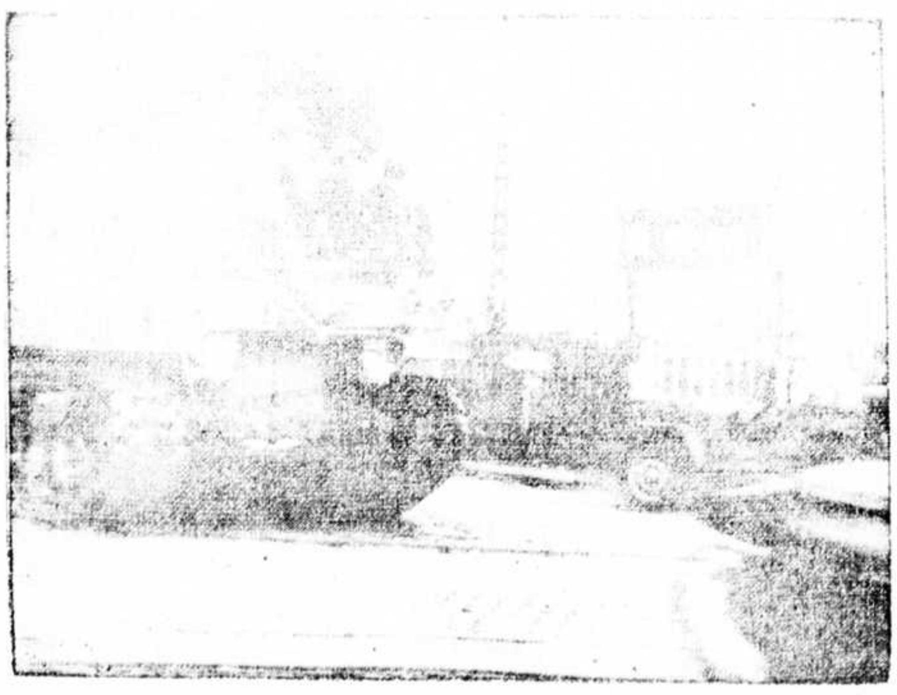
News [illegible]

State College's Diesel Engineering Building



The modern Diesel Engineering Building [illegible] was dedicated Friday of last week. [illegible] of the [illegible] in Washington. The $175,000 [illegible] houses diesel engines, representing a range [illegible] the operation of [illegible].

WHE[illegible] MADE



American infantrymen and one of their tanks that have rushed into a [illegible] for a moment to eye a sign that points to the Eternal City. These forces have met [illegible] German opposition. U. S. Signal Corps Radiophoto. (International Soundphoto).

Help Our Boys By Buying War Bonds

State Paying As Federal Funds Lapse

Daily Dispatch Bureau
[illegible]

[illegible]

DATES [illegible] the primary. The reports [illegible] May [illegible] they [illegible] be [illegible] the secretary of state or the clerk of court.

American fighting men are stationed in 53 countries throughout the globe have received aid, recreation equipment and necessities from the American Red Cross.

Cheer Up, Adolf! Worst Is Yet To Come

Hitler's [illegible] reached a new high today as the United Nations launched their [illegible] attack on what the Nazis call their "Fortress Europe."

Nutritional Value Of Ice Cream High

By LOGAN CLENDENING, M.D.

THE FIRST reaction of the average [illegible] to anything new [illegible] in the way of food is— [illegible]

[illegible]

It [illegible] to get that [illegible] the Board of Education [illegible] healthy, according to them and loaded with vitamins and minerals and the nutritional [illegible] they don't see how the human race survived at all before they began to eat [illegible] "You will undermine your whole nutritional mechanism if you keep on eating that stuff."

Opposition to Ice Cream

[illegible] it from the stomach and stopped the flow of gastric juice. I have a pamphlet issued by a Philadelphia physician in 1887 which shows that ice cream is ruining the digestion and undermining the stamina of the American people. Well, since then we have fought and won three wars from the people of non-ice-cream-eating countries, so if it is undermining our stamina it is doing so by a very slow and pleasant process.

In the meantime the best scientific and dietetic opinion has veered around and now they say ice cream has splendid nutritional qualities. Dr. B. Rice, Health Commissioner of Indiana, for instance, says—"Try as hard as I will I can not think of anything that has a more complete set of vitamins than strawberries and ice cream." So in these early summer days you can sit down to that kingly dish with a clear conscience.

Well, the American people by disregarding the dietetic advice of the early days have performed a mass experiment which proves in itself that ice cream can't be anything but healthy. The average American has for many years consumed nine pounds of ice cream a year. My statistical department reports that three million, five hundred and [illegible] and a few odd thousand people from the time of Dolly Madison down to the present have eaten ice cream all their lives and remained healthy,—so it can't be so bad.

Healthful Food

If milk is good for you then ice cream is good for you. In the realm of the vitamins milk is the largest contributor of riboflavin in the dietary of modern cost [illegible]. The thiamine (Vitamin B) content of ice cream is four hundred milligrams per [illegible], of Vitamin C, [illegible], and of Vitamin A, [illegible] international units.

For calories and nutritional value an ice cream cone is as good for your body as a shovelful of coal for a furnace. So it is a good midafternoon "lift" for the worker whether in factory or office.

As for flavoring and palatability it would take the composite genius of Keats and Wordsworth and Tennyson to do the subject justice. I suggest to Congress that since we have in Washington [illegible] memorial in the nation's capital, the next man so honored be the [illegible] who first thought of [illegible] chocolate with ice cream. A sheer and monumental leap of the imagination!

The fillers of the ice cream cone have themselves no mean nutritional value. They are a triumph of the baker's art. They remain crisp under melting ice cream no [illegible] than a paper carton and spoon. They are made of milk, sugar, honey, tapioca, flour and baking soda.

QUESTIONS AND ANSWERS

G. H.:—What should a person's blood count be for an indoor worker? Mine is 71% hemoglobin, 3,500,000 red cells and 11,000 white cells. What does the large number of white cells mean?

Answer: If you ever saw a blood count done you would realize that there is a natural margin of variability due to the care or rapidity with which it is done. The report above on the white cells does not mean any more than that—i.e., it is within the range of allowable technical error. Your hemoglobin and red count are a little low for the normal range of variability, but the whole thing looks like an inaccurate count.

More than 200 kinds of jobs in the Army Air Forces are filled by members of the Women's Army Corps.

WHY SUFFER FROM
ARTHRITIS?
You get quick and steady relief by using DMC PRESCRIPTION No. 49. A full home treatment is guaranteed to show results. [illegible] of this amazing new medicine are testifying in their [illegible] of its efficiency. DMC No. 49 is sold in this vicinity by
WGD. ARDS
Ask for DMC PRESCRIPTION No. 49 by name!

NOTICE

North Carolina,
Vance County:

Notice is hereby [illegible] estate of Cleveland Allen [illegible] having claims against [illegible] estate are requested to [illegible] to my attorney within [illegible] the date of this notice [illegible] in bar of same. All persons indebted to said estate are requested to make immediate settlement.

This May 2nd, 1944.

CLARA ALLEN,
Administratrix [illegible]
Cleveland Allen.

Pittman, Bridgers & Hicks, Attorneys.
2-9-16-23-30-6

NOTICE OF SALE

Under and by virtue of [illegible] Clerk of the Superior Court of Vance County, North Carolina [illegible]

[illegible]

This the 29th day of May, 1944.
T. P. GHOLSON, Commissioner.
30-6-13-20.

NOTICE OF SALE

[illegible]

Tract No. 2. Tract containing [illegible] acres, bounded on the [illegible] by lands of Lucinda Crudup [illegible] by Holden [illegible] of J. C. Kittrell and on the West by land of Lucinda Crudup [illegible] No. 3 of the dower land of Adeline Stone (widow of [illegible]) allotted to McRae Perry and his children, he having a life interest only, then to go to the children of the said McRae Perry and [illegible] Perry, bounded as follows: Begin at a stone, corner of lot No. 2 in Lucinda Crudup's line, thence along said Crudup's line [illegible] E 9.53 chains to a stone, said Crudup's corner in Bryant Holden's line, thence along said Holden and Alfred and Mingo Crudup's line (now owned by J. C. Kittrell) S 7 1-2 W 18.55 chains to a stone, thence N 83 3-4 W 6.94 chains to a stone old [illegible] corner of lot No. 2 in said Kittrell line. Thence along line of lot No. 2 N 12.33 chains to the beginning. Reference is made to Special Proceeding No. 767 in the office of the Clerk of Superior Court of Vance County, N. C., said lot No. 3 being allotted by the Commissioners to McRae Perry and his children, James E., Mattie E., [illegible], Mein, Lavin, Connie and [illegible] Perry.

This the 29th day of May, 1944.
T. P. GHOLSON, Commissioner.
30-6-13-20