

Dr. L. M. Massey Talks To Teachers

Prof. Moser made a very interesting teacher's meeting Monday evening by having Dr. Massey talk to them on "The value of diet and classification of food elements."

Dr. Massey classified, in a practical way, the Vitamins and their value; showing the necessity of all diets having sufficient foods of each vitamin group to make a balanced diet. Also explaining how we often have one or many meals that are composed of white flour, white corn meal, white potatoes, peas, beans and sugars.

He further explained the necessity of whole milk and fruits, especially orange juice and canned tomato juice; illustrating by referring to cases of faulty development that are being corrected by adding these elements to the diet, and emphasized that the same diet that was necessary for growth was also necessary for maintaining a normal condition of the body.

A very practical thought advanced was the fact that the diet of growth for children and for maintaining health for adults can be and is grown in our own gardens, mentioning especially, carrots, beet greens, lettuce celery, the value of yellow corn meal over white and remarked that all cereals of polished grains had been robbed of the nutritional value of vitamins A and D and left them in class C which makes them the same value of bread.

Dr. Massey further commented on the food value of sweet potatoes and said we had not given enough attention to it to learn to keep them through the winter months, their nutritive value being very high, we should develop curing systems to make them available throughout the year.

Prof. Moser thinks that the teacher and parents should know more of the nutritional value of foods, that the children should have the benefit of this knowledge in having their meals prepared at home and at school.

LOCAL GIRL WINS HONORS

Mary Elizabeth Kemp, a daughter of Mr. and Mrs. J. G. Kemp and a student at Meredith College, is one of about forty students who made the honor roll for the last semester.

Wakelon School District Enlarges

Raleigh.—Citizens of the Judd Hill school district, in Wake Forest township, have voted to consolidate their school with the Wakelon district. John C. Lockhart, County Superintendent of Schools, announced yesterday.

The consolidation will take place with the beginning of the new school year next September, special school tax to go into effect at the next levy. Of 45 registered voters, said Mr. Lockhart, not but two voted in favor of the district consolidating with the Wakelon district.

The Judd Hill district had no special school tax before the consolidation. The maximum rate in the Wakelon district is 50 cents while the levy for the past year was 40 cents. The same rate will apply to the former Judd Hill district.

"Even in these times of depression," said Mr. Lockhart, "citizens seem to be in favor of the best school advantages."

LINDBERGH BABY NOT YET RETURNED

Nothing definite is yet known about the famous baby who was kidnapped more than a week ago. Police are not dealing with the case in order that the Lindberghs may freely negotiate with the child's captors.

The parents are said to be bearing up well, though the strain is telling on the mother.

Col. Lindbergh is not giving information to the public, if he has any.

THREE BANKS TO RE-OPEN

The First National Bank of Mt. Olive, which closed some time ago has re-opened. It is also reported that two Wilson banks, the First National and the Wilson Trust and Savings,

STUDY CLASS ON FRIDAY

The Woman's Missionary Society of the Zebulon Baptist church will have a study class next Friday, March 11th, at the home of Mrs. C. V. Whitley. The work is to begin at 9:30 in the morning. There will be a different teacher for each division of the book to be used—"Missions In The Bible." Those who attend will take their lunches with them, and at noon a social hour will be enjoyed as the ladies rest and eat. All the women of the church are invited.

The Creamery Route Closes

A number of our farmers have been selling milk to the Wilson creamery. Some bought a number of cows and were finding a regular source of income from them. The creamery has stopped its route, and those having cows are greatly worried over the situation. They can't stop feeding the cows to stop the milk flow. So the expense must go on. Now is a good time for Zebulon people to buy milk. One farmer said he would be glad to deliver milk in Zebulon at 20 cents per gallon if he could get as many as five customers. This is an opportunity to get the best for the least cost.

Yard And Garden Contest

On April 1st the Record will put on assisted by the Rotarians, Woman's club and P.-T. A. a yard and garden contest. The work already done on the cemetery and then setting of trees on the streets of Zebulon is the beginning of a program which we hope to carry to every home in the community, and reach every front and back yard.

Here in a general way is the program. 20 14x22 inch 4-color window cards will be placed in front windows of business places. Cuts and press stories on "How to Organize a Yard and Garden contest" will be published; also cartoons showing "before and after" contests will be shown.

The Record will furnish stickers, contest rules, entry blanks, score cards, judges instructions and other necessary help to put over the contest.

We have also arranged to give an excellent lecture with colored views on "Beautifying the Home Grounds of America." This lecture will probably be given on a night in connection with the P.-T. A. at Wakelon. Mr. Moser has promised to cooperate in the movement.

Watch the next issue of the Record for further information. Get ready to enter the contest.

Rotarians Meet

The editor of the Record was the speaker for the evening at the regular meeting of the Rotarians on Monday. He discussed three essentials of a Good Town. He said the first appeal a town should make is from the aesthetic side. He commended the work being done along this line in the planting of trees, and told the Rotarians something of the Record's plan to put on a yard and garden contest. The second thing vital to a good town is using what you have. Don't look for men or means elsewhere, but do the job yourself with what you have. Zebulon has unused opportunities. Mr. Davis then spoke of the local newspaper's part in making a good town a better one, and pledged its services in every way to this end.

Among other matters discussed in the meeting were gravelling the driveways in the cemetery and building a stone archway entrance. Through the Rotarians, the gravel has been given and they think the stone may also be contributed. The need just now is that some one will volunteer to haul the gravel and stone.

ANNOUNCEMENT

The Music and Literature Departments of the Woman's Club will meet next Tuesday afternoon at 3:30 at the club house. Mrs. Avon Privette has charge of the Literature program and Miss Buffalo the music.

The Chinese loves his dinner. Hence he asks, "How are you digesting?"

Two Chicago Bankers Prominent In Drive Against Depression



Charles G. Dawes (left), Chairman of the New Reconstruction Finance Corporation, and Melvin A. Traylor, Chicago Banker.

CHICAGO and the Middle West have a double interest in the success of the gigantic Reconstruction Finance Corporation which is now being organized in Washington following speedy action by Congress.

Charles G. Dawes, whose name is almost synonymous for the business community of Chicago will sit in the driver's seat as the active head of the great \$2,000,000,000 Federal corporation just authorized by Congress.

Another Chicago banker, a Democrat who is being repeatedly mentioned as a man of Presidential timber, has the distinction of making a vital contribution to the initial strength and success of the Reconstruction Corporation. That man is Melvin A. Traylor, president of the First National Bank of Chicago, who was the first to visualize

and propose that the Reconstruction Corporation render some service to thousands of depositors of small banks which had failed during the past two years. The gist of Mr. Traylor's proposal before a Senate Sub-Committee was that the Reconstruction Finance Corporation be authorized to make loans to closed banks as well as to financial institutions and others needing its aid. Such a step would release substantial amounts of money to depositors whose funds had been "frozen" by the failure of such banks.

Mr. Traylor's suggestion made such an impression that it was embodied in the Bill as finally passed by Congress. He, more than any other man, is responsible for the timely assistance that will now be possible for many depositors of small banks throughout the country.

How To Eat Your Dollar

More than likely you are going to eat it, then why not eat it in that way which will be most beneficial to you?

If you have a dollar to spend for food the doctors say it should be spent something like this: For groceries containing fats and sugars, 20 cents or less; for meats, fish and eggs, 20 cents or less; for bread and cereals, 20 cents or more; for fruits

and vegetables, 20 cents more or less; for milk and cheese, 20 cents or more.

You can live on milk alone and be healthier and happier than on any other article of diet. Samuel Johnston said that when he got some money he would then get him some books; after that, he would get him some clothes. Our advice would be: when you get some money, get a cow; then get the next most needful thing.

THE PROBLEM

"Last night I drank seven cocktails. I wonder if I did wrong?" "Good heaven, girl; can't you remember?"—The Visitor.

Most Novel Valentine of the Year Is Made Entirely of Candy



Here, snapped at Miami Beach, Fla., is the year's most novel Valentine—a miniature Napoleonic model made entirely of candy! It was constructed by Hans Bendl, famous pastry chef of Detroit, for presentation to Mr. and Mrs. W. A. Fisher, who acted as host and hostess last summer to the state winners in the Fisher Body Craftsman's Guild coach-building competition. The coach is a replica of the model which thousands of boys are building in the second annual Guild competition, now under way, and its construction required more than a month. The attractive custodian in this picture is Miss Evelyn Wink of Detroit, a member of the Florida winter colony.

North Carolina News In Brief

SALARY CUT ORDERED

Raleigh.—A horizontal cut of 20 per cent on all salaries and wages at North Carolina State college has been made to become effective as of March 1, President E. C. Brooks said tonight. The cut is in addition to the 10.7 per cent budget reduction imposed last July 1 and was made in order to balance the college budget for the year ending June 30.

HURT IN WRECK

Wilson, March 5.—Harry Kline, a traveling salesman from St. Louis, Mo., was seriously injured late last night when the car he was driving skidded and overturned three times on a curve near Zebulon. Kline was rushed to a Raleigh hospital where his condition was reported as serious today.

The salesman had been in Wilson on business yesterday and spent the evening here with friends and was enroute to Raleigh when the accident occurred. Details of the crash were not known here today, but it was said his car was almost totally demolished.—Wilson Times.

DROWNS HIMSELF

High Point, March 7.—Thomas R. Mackey, 71, wandering umbrella fixer, drowned himself here today in a pan of water at his room in a cheap rooming house.

The water was only six inches deep and the aged man, before placing his head in the water, covered his head and the upper portion of his body with a quilt.

A note found by his body read: "No work. Can collect no money. Sick. Busted."

FARM LOANS NOW AVAILABLE

We have had so many inquiries about how and when the government farm loans could be secured that on Wednesday, we took the matter up Agent, and we give the farmers the with Mr. Jno. C. Anderson, County information obtained. If there is any questions you want answered, come in and we will answer it. If you want a loan, be at Wakelon school next Monday night at 7:30 o'clock and Mr. Anderson will tell you all about it.

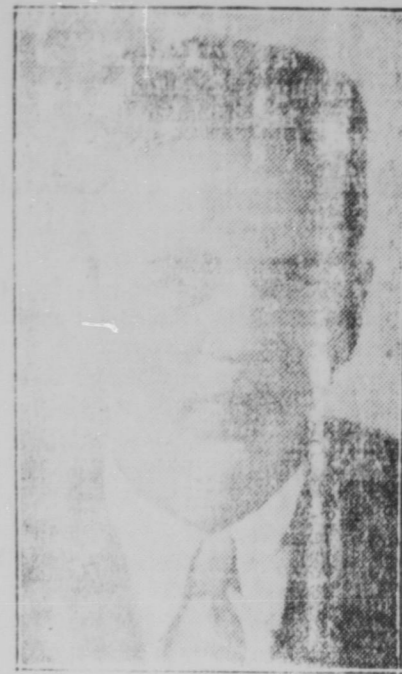
The application papers cover about six pages. You will have to answer almost every question in which a dollar could possibly be concerned. Naturally, one of the first questions will be, How much money do you need? Then, are you married, or single? How many children? Ages? How many acres do you propose to plant in cotton? Corn? Tobacco? Wheat? etc. Did you apply for a government seed loan in 1929, '30 or '31? How much did you pay back? Locate and describe your farm. Are you a tenant? Any other business besides farming? Do you have any mortgage loans? Store accounts? Unpaid interest. Other debts? Amount of each. How much did your crop yield in 1930? 1931? Acres planted these years. Make statement of live-stock and equipment owned. (This includes everything from horses to poultry, automobile to plow) Give quantity of feed and seed on hand.

The above gives an idea of what Uncle Sam demands to know about one's business before he is willing to plank one dollar down to finance his citizens to grow a crop to feed the nation. There are a great many other things in the application but space and time will not permit our mentioning them. If you can't wait till Monday night to learn all about it, then come in and read the conditions governing a loan for yourself. The Record has a full set of papers necessary for application of a loan.

TRAIN JUMPS TRACK

Yesterday morning, being unusually cold and the men and boys around town not having anything to hurry them, were furnished a diversion by having the regular mail train from Raleigh to jump the track at the main street crossing. Water had settled beside the rails and frozen into rock-like-hardness, so when No. 2 came along the front wheels took to the paving. With the help of a freight engine that happened to come along and the advice of the crowd that quickly gathered, the engine was soon on again and gone again.

North Carolinian Wins Automobile



PAUL R. VESTAL, 822 Silver Avenue, Greensboro, has just been notified that he won the 1931 automobile in the daily nation-wide Greco contest announced each week-day night over the Columbia network. Mr. Vestal was born in Greensboro in 1910, is unmarried and has been engaged in the banking business for three years. He has his choice of a Ford, Chevrolet or Plymouth automobile as a reward for writing the winning statement.

MISS CABELL CAMPEN HONORED

Miss Cabell Campen of Zebulon will be Queen of the May for the annual May Day festivities at Greensboro College this year. Miss Campen, a senior will have Miss Emma Blanche Warren of Snow Hill, as maid of honor, and attendants from the four classes as follows: Senior, Miss Esther Pate, Pikeville; Miss Grace Robertson, Clayton; junior, Miss Elizabeth Campen, Zebulon; Miss Susan Exum, Snow Hill; sophomore, Miss Lorraine Sills, Nashville; Miss Minnie Weaver, Rich Square; freshman, Miss Phyllis Clapp, Winston-Salem, and Miss Kay Evans, Asheville.

An elaborate program is being arranged for the May Day event under the direction of Miss Noma Dobson, of the college faculty.

SUNDAY'S STORM WORST FOR YEARS

The storm of last Sunday seemed bad enough here, but from all accounts we know but a little of its fury. It was probably at its worst along the coast, Central and Eastern Pennsylvania report a blizzard, with snow from 6 to 14 inches deep, Maryland had a 60 mile an hour gale, with untold damage to property, and one death. New Jersey had a raging storm that cost two lives in addition to disrupted shipping and the halting of air travel.

All coastal towns in North Carolina are said to have suffered. At Morehead City and Beaufort the wind and a high tide carried boats into the streets. Water damaged the stocks of stores in Beaufort. Water stood three feet deep in the main street of Manteo. Nearly all the fishing nets in Dare County waters were lost during the gale. This will not only suspend fishing operations, but will mean that many families who live by fishing will face destitution.

JUSTICES INDICTED

Raleigh.—True bills of indictment, charging failure to turn over collected fees to the authorities, were returned against J. C. Matthews and O. J. Cherry of Raleigh, and Eddie House of Knightdale. Solicitor J. C. Little said he was undecided about sending bills against H. A. Bland and C. P. Rogers. Rogers has handed in his resignation. Bills have not yet been prepared against E. H. Ballentine of Fuquay Springs and J. M. Whitley of Zebulon, were also charged with failure to make proper reports.—News and Observer.

No News From Runaways

Nothing has been heard from M. M. Prince and Mrs. C. L. Long who disappeared about two weeks ago. Indications are that they both left together. Both are well-known in the community. Mrs. Long is the step-mother of Mrs. Prince, who is the daughter of Mr. C. L. Long. Thus a step-son-in-law apparently has become the husband of his step-mother-in-law.