

**CENSUS BUREAU SHOWS THE CITY CHILD HEALTHY**

Four-Year Trend in City's Favor Continues As Figures Are Produced To Show Rural Infant Mortality Rate Highest

Washington.—The census bureau set off another blast today under the old idea that more country than city children survive beyond their first year. Now it's the city child who is healthiest.

Backing up its statement with figures, the bureau unfolded for the first time provisional 1933 data to show 57.1 infant deaths per 1,000 population in cities of 10,000 or more, against 58.9 infant deaths per thousand in less populous areas.

This continues a four-year trend in the city's favor.

Prior to 1929, the year the depression struck, the rural infant mortality rate invariably exceeded the rural.

Since then, the rural has been in excess.

The trend of city children being healthier than country does not hold true for all parts of the nation, however. When studied by states the figures show country babies still displaying more vitality than city babies all through the south, and in much of the central and eastern section.

Whether the depression has had any effect on the infant death rate, country or city, is highly problematical. In a few places, such as the drought-stricken Dakotas, hard times would seem to have been harder on country babies than city babies.

Miss Katharine Lenroot, acting chief of the children's bureau, said the general hypothesis is that city mothers probably have been reached to a greater extent by health education than country mothers have.

"Public health nurses and medical care are more available in the city," she added. "Many cities have made a definite campaign against infant mortality."

Whatever the cause the change

**QUITE A FEAT**

Paul Robinson, of Glenside, Pa., recently played the mouth organ continuously for 51 hours, playing the instrument through his nose while eating and drinking, and gave 628 different selections—all from memory.

has been great. Back in 1918, 109 city babies per 1,000 died; as against only 94 country babies per 1,000. Ten years later the scales had nearly balanced—69 city, 68 country. The next year, they tilted the other way: 66 city, 69 country.

The provisional 1933 totals compiled today were:

Births in cities of 10,000 population or more, 942,935; deaths under one year, 53,838, or 57.1 deaths per 1,000 live births.

Births in rest of country, 1,137,508; deaths under one year, 17,045, or 48.9 deaths per 1,000 live births.

Arkansas gave country children their highest differential: 81.7 city deaths per 1,000 live births, against 21.7 country deaths.

With Florida babies it was a toss up: 62.9 deaths per 1,000 live births in cities of over 10,000 and outside them.

At the other end of the scale was Nevada. City areas showed but 45.8 deaths per 1,000 live births compared with 80.8 in the country.

Out in Washington and Oregon where new infant mortality laws were established, city children had a slight edge.

Other states showing a decided survival balance in the city's favor were: California, Colorado, Delaware, Maryland, Missouri, Montana, New Jersey, Pennsylvania, Vermont and Wyoming.

North Carolina had an urban mortality of 57.6 as compared with a rural mortality of 61.7. In South Carolina the urban figures were 56.2, compared with 75.2 in rural districts.

Three-fourths of the world's cotton is produced in the United States.

**U. S. Cotton**

Three-fourths of the world's cotton is produced in the United States.

**RIGHT FOODS NEEDED FOR GOOD HEALTH**

Nutritionist Explains The Necessity For Proper Diet

If adults are to feel well and be able to work, and if children are to be healthy, they must have enough of the right kind of food, says Miss Mary E. Thomas, extension nutritionist.

A low-cost diet for a farm family should include milk, butter and bread for the children at every meal. Every day the table should have a cereal such as oat meal, whole wheat, or corn meal prepared in porridges or puddings. Potatoes and tomatoes or oranges should be served daily, along with green or yellow vegetables. Adults need milk at least once a day.

Two to four times a week the meals should include raw tomatoes, cabbage, or fruits; dried beans or peas, eggs, lean meats, liver, salmon, fresh fish or cheese.

Fats should be used in some form at every meal. Butter may be used sparingly if necessary. Fatback may be used instead of bacon. The drippings from the pan when fat meat is fried may be saved to use in cooking other foods.

Eggs are especially important to young children; they need eggs every day. Fruits should be eaten when possible, but canned or dried fruits are healthful, also. Vegetables that can be eaten raw are healthful and of importance in low-cost diets.

A restricted diet for a family of two adults and two children should contain each week the following or their equivalent: 13 pounds of flour and cereals, 10 quarts of milk, 10 pounds of potatoes, 1 1-2 pounds of dried beans, peas or nuts, 2 pounds of tomatoes or citrus fruits, 3 pounds of leafy green or yellow vegetables, 1 1-4 pounds of dried fruits, 2 pounds of other vegetables and fruits, 2 1-2 pounds of fats such as butter, lard, and salt pork, 2 1-2 pounds sugar and molasses, 1 1-2 pounds lean meat or fish, and 3-4 dozen eggs.

**UNLAWFUL WAY TO SELL WEED**

Violation Of Law Carries Penalty Of \$50 And 30 Days In Jail

More care in weighing producers' tobacco will be in evidence this season under provisions of the code adopted by warehousemen and approved by President Roosevelt. The code provided that all tobacco offered for sale shall be weighed by a licensed weighman, and that scales shall be tested daily during the marketing season.

The code further provides that buyers shall pay for the tobacco on the basis of weights at the time the tobacco is taken from the warehouse floor rather than on the basis of what it weighs after it has been transported to the factory. The last mentioned provision protects the warehouseman and rightly held responsible for tobacco that was lost or misplaced on the floor, or while in transit. Now the licensed weighman's figures will stand.

Under a recent law passed in this State, it is unlawful for any firm, person or corporation in weighing tobacco for sale to permit or allow the basket and truck upon tobacco is placed for the purpose of obtaining such weight to vary more than two pounds from the standard or uniform weight of such basket and truck. Violation of this law carries a \$50 penalty and 30 days in jail.

**Vote Or Pay Fine**  
In Argentina, South America, males of voting age must vote or pay a fine.

**Roxboro's Only Exclusive Meat Market**

**AND REMEMBER**

We buy local meat, your meat, eggs, butter and produce, and in so doing we help you, you help us, and we both help the county we live in. We invite you to visit our sanitary market, get acquainted and make this headquarters while in Roxboro.



**Tastier Meats**



Perhaps you are torn between love and duty—between the desire to serve only the most succulent, high grade meats, and the necessity of respecting your food budget. But at this store there is no conflict. The tenderest, tastiest meats are offered at truly tempting prices.

**Cash Meat Market**

Court Street — W. K. Moore, Mgr. — Roxboro, N. C.

**We bid you Welcome**

To The Best Tobacco Market In The Piedmont Section



**When . . .**

YOU SELL YOUR TOBACCO IN ROXBORO YOU ARE KEEPING THE MONEY IN YOUR OWN COUNTY. BRING YOUR FIRST LOAD OPENING DAY.

**CAROLINA POWER & LIGHT COMPANY**

RESIDENTIAL COMBINATION SERVICE RATE



**A Real Royal Welcome from the Royal Cafe**

Oldest and Most Modern Cafe In Roxboro



**The Farmer** IS THE BACKBONE OF THE COUNTRY AND WE ARE WITH HIM ONE HUNDRED PER CENT.

While you are in Roxboro we will appreciate you having your lunch with us, for we serve good wholesome food, properly cooked and at very low prices.

**Open All Night**

OUR DINNERS UNSURPASSABLE EVERY MEAL A PLEASANT MEMORY

ON TAP **B E E R** IN BOTTLES

14 YEARS REPUTATION AND SERVICE STAND BEHIND US

NEXT DOOR TO POSTOFFICE ROXBORO **Royal Cafe** OPPOSITE WINSTEAD WAREHOUSE