

### DR. McDONALD FOR "EMPHATIC LEADERSHIP—SOUND PROGRAM OF PROGRESS IN ALL FIELDS"



RALPH W. McDONALD

WINSTON-SALEM, March 1. —"All-out support of the war and peace efforts" and "an emphatic leadership in a sound program of progress in all fields" were the keynotes of Dr. Ralph McDonald's formal announcement here today as a candidate for the Democratic nomination for Governor of North Carolina. McDonald recently resigned from the State University to make his second race for the Governor's office which he barely lost in a memorable contest with former Governor Clyde R. Hoey in 1936.

### Drink Your Health in A Daily Glass Of Lemon Juice and Water



By BETTY BARCLAY  
 "Fighter first class on the home front!" That's the name we'd like to give to the man or woman who punches the time clock on the dot every day and walks briskly into the office or factory, or gets out the tractor or the washing-machine and starts work with energy and to spare for a hard day ahead.  
 "U.S. needs us strong," is more than a slogan. It's a statement of a vital need. Your health and mine will play an important part in winning the war. Keeping well is the home front soldier's way of keeping fit.  
**Rules for Keeping Fit**  
 Right food, sufficient rest, some exercise outdoors every day so that the body gets oxygen, cleanliness of body including proper elimination — these factors are most important in keeping well. Make sure you are getting them. They will do much to keep you fit.  
 At this season when colds and flu are prevalent, it is especially important to see that the body is rested, is kept at the right temperature, has the right food and maintains good elimination.  
**Elimination is important**  
 In connection with the last suggestion, a simple home remedy comes to mind as a helpful aid. This is to drink the juice of a lemon in a glass of hot or cold water each morning on rising.  
 Nothing complicated about this idea. No big words on a prescription blank. It's a simple home remedy that every kitchen should be able to supply. Faithfully followed the year around, the habit of taking this drink may save you days at work and save the time of a busy doctor, who is thankful that you are not another patient.  
 Lemon and water is a natural mild laxative, adequate in providing all the regulation most people need. When this drink is taken every day, harsh laxatives become unnecessary. In drinking lemon and water, you know that you are taking — not a medicine — but a healthful food. Lemons are

In group 2 of the Basic 7 food groups which Government authorities recommend that we eat daily.  
 Prevent Colds if Possible  
 Beside aiding elimination, lemons aid digestion, supply important vitamins and build body resistance. This fruit is one of the richest sources of vitamin C, which mitigates fatigue and helps the body resist colds and infections.  
 If you are taking a daily glass of lemon juice and water, you are building resistance that makes you less likely to catch cold or flu. Should one of these health saboteurs sneak up on you, however, you can call up reinforcements in the form of an extra dosing with lemon and water to help break up the condition.  
 At the first symptoms of "sniffles", ringing ears, aching head and muscular fatigue — see that the kitchen has a supply of at least a dozen lemons.  
 On the first day, drink a glass of lemon and water every 2 to 3 hours. Some persons like to add ¼ teaspoon baking soda (known also as bicarbonate of soda) to each glass, drinking the mixture as foaming quiet. Since this drink is taken at once, the soda does not appreciably reduce the vitamin C furnished by the lemon juice.  
 If you are going to bed, the drink may be made very hot. This will induce perspiration. Be sure not to get chilled at this time. If you are away from home, a soda fountain can mix lemon and water or lemon, water and soda drink for you.  
 While your cold lasts, continue with the lemon and water, adding soda if liked, and taking three or four times a day.  
 Other rules to follow are:  
 1. Keep warm, avoid further chill.  
 2. Eat lightly. Take plenty of liquids, especially citrus juices.  
 3. Get plenty of rest; overcome fatigue; build resistance.  
 4. Keep elimination regular.  
 5. Alkalinize your system.  
 In case of serious illness a physician should be called.

### RED CROSS PLAYS MANY-SIDED ROLL—MUST FURNISH NURSES AS WELL AS VARIETY WORKERS

In this war as in no other, the American Red Cross is called upon to play a many-sided role. It must recruit a vast corps of trained nurses for service with the Army and Navy. But in addition to this important service, the Red Cross must train and send out to the field a variety of workers, each equipped to do a specific job for the welfare of men in the service.  
 Field directors and their assistants, club directors and their assistants, hospital recreation and social workers and their staffs—trained men and women of courage and energy! It is their task to look after the mental, recreational and personal well-being of the men. They are trained at the Red Cross "university" in Washington where some weeks ago the ten thousand trainees graduated.  
 Of the ten thousand who have completed the course a man-sized proportion are even now serving on the active battle fronts. Others are at work in Army and Navy hospitals and clubs behind the lines. Yet others are permanently assigned to duty in camps and hospitals here in America. More of them, having completed the course at the school, are now gaining valuable experience in military and naval stations while awaiting assignment overseas. Uniformed and ready for hard work, they await their call.  
 The Army and Navy need these workers. The American Red Cross must supply them.

### PENNY BEATS DOLLAR TO CHURCH?

A big silver dollar and a little brown cent  
 Rolling along together went;  
 Rolling along on the smooth sidewalk,  
 When the dollar remarked—for dollars do talk—  
 "You poor little cent, you cheap little mite,  
 I am bigger and twice as bright,  
 I am worth more than you a hundredfold.  
 And written on me in letters bold  
 Is the motto drawn from a pious creed;  
 "In God we trust," which all may read.  
 "Yes, I know," said the cent,  
 "I'm a cheap little mite;  
 And I know I'm not big, nor good, nor bright,  
 "And yet," said the cent with a meek little laugh,  
 "You don't go to church as often as I."  
 —Unknown.

### USE THE PAYROLL PLAN—10% EACH WEEK FOR WAR BONDS

### AMERICAN HEROES BY LEFF



On the far side of a knoll exposed to enemy guns in the Solomons, one of Pfc. Rondell Lyons' comrades was wounded. Marine Private Lyons brought him in. Another man was hit. Lyons brought him, too, to safety. The injured men were thirsty. But all canteens were empty, and the Japs had the only water hole covered. Lyons went out in the face of continuous Jap fire and brought back water for his comrades. For this he wears the Silver Star. He risked his life for his fellows. The least we can do is buy more War Bonds for them.  
 U. S. Treasury Department

THE PLEDGE OF EVERY LOYAL A. F. OF L. UNIONIST  
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### BELK BROS.

### TAKE TIME BY THE FORELOCK START TO REGISTERING NOW

YOU CAN GRIPE ALL YOU WANT TO ABOUT CONGRESSIONAL REACTIONARIES WHO FIGHT THE ADMINISTRATION'S WIN-THE-WAR PROGRAM. BUT YOU CAN'T DO A THING ABOUT THE SITUATION UNLESS YOU POSSESS THE RIGHT TO VOTE. THE MOST IMPORTANT ELECTION THIS NATION HAS FACED IN A DECADE LOOMS ON THE 1944 HORIZON. ARE YOU ELIGIBLE TO VOTE IN IT? START TO REGISTERING THE WORKERS NOW.

### OUR SOLEMN PLEDGE

We, American workmen and workingwomen, pledge ourselves to our first duty—to defeat and destroy Axis tyranny. We of American Labor, realize that this conflict transcends all other struggles and that every possibility of social progress depends upon the victory of the free nations. We, American soldiers of production, who provide so much of the Material, Men, Mobilization, Money, and Morale, vow that our country's war effort shall be organized without regard for any vested interests. We extend warmest Labor solidarity to the suffering people under the heel of the brutal Axis conquerors. In tribute to their great courage in keeping the flames of freedom burning, we declare: no appeasement or tolerance will ever be shown to the Fascist Hangmen. We appeal to the working people of Germany, Italy, and Japan to take matters into their own hands and settle scores with their savage Fascist rulers. This is our common path to lasting peace and justice.  
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 BUY WAR BONDS TO YOUR LAST DOLLARS;  
 BETTER BROKE THAN TO BE A SLAVE;  
 LET LABOR SHOW CAPITAL THE WAY.

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PRODUCE FOR VICTORY STILL THANKFUL A Customer: "Why do you have an apple as your trade mark? You're a tailor." Tailor: "Well, if it hadn't been for an apple, where would the clothing business be?" Patronize Journal Advertisers.