

Vitamins Needed For Good Vision

Vitamin A helps human beings to have better vision in two ways. First, it serves as a chemical tool for the normal activity of body cells, including those of the eye. Second, it enters into the composition of the



magical light-sensitive pigment in the retina of the eye that facilitates the transformation of light impulses into nerve impulses. This substance, called "visual purple" because of its color, coats the nerve endings in the retina of the eye, says the Better Vision Institute. Like the film on a photographic plate, the "visual purple" changes its chemical composition when light shines upon it. This change causes nerve impulses which when transmitted to the brain, cause visual sensations. Unlike the film on a photographic plate, the visual purple in the human eye ordinarily can change back very quickly to its original composition. Vitamin A is needed to affect such regeneration. If this vitamin is lacking in the diet, the eyes have difficulty in seeing

Uncle Sam's Soldiers Buy A Lot Of Knick-Knacks

Here is a list of knick-knacks which Capt. Arthur McLean, 44th Division Post Exchange Officer, says the soldiers of that Division exhaust every three days: 6,000 cases of beer; 4,000 cases of soft drinks; 3,000 gallons of ice cream; 13,000 cartons of cigarettes; 110 dozen cases of smoking tobacco; 50 boxes of cigars; 280 cases of assorted candies; 50 cases of toothpastes and powders; 10 cases of toothbrushes; 500 cards of razor blades; 5 dozen cases of hair tonic; 700 writing tablets and envelope sets; 500 handkerchiefs; and 2,000 pairs of shoelaces.

clearly after being subjected to, a strong light.

U. S. NAVY RECRUITING OFFICER PRESENTS APPLICANT WITH NEW "BADGE OF HONOR"



COMMANDER F. K. O'BRIEN, of the U. S. Navy Recruiting Service, is shown here placing the new Navy "Badge of Honor" on the lapel of an applicant for enlistment in the Navy. (Badge shown above at right.) All ambitious young men who apply for service in Uncle Sam's "Two-ocean" Navy, whether accepted or not, are given this new badge as a mark of their patriotism. To learn of the many opportunities the Navy and the Naval Reserve offer, local men of 17 years and over can get the official illustrated free booklet, "Life in the Navy," from this newspaper's Navy Editor.

Advertisement for Pepsi-Cola featuring a bottle and the slogan 'A BIG O.K. FROM U.S.A.' and 'AMERICA'S BIGGEST NICKEL'S WORTH'.

Because of "most generous assistance from the United States," Great Britain will increase its sugar and fat rations to citizens by 50 to 25 per cent, effective November 17th. Large scale production of prefabricated plywood ships, requiring but 25 per cent skilled labor in construction, has been announced by a Washington State company.

Advertisement for Guaranty Bank & Trust Co. featuring a car and the slogan 'How to Buy a Car Get Details Today'.

Notice Of Sale Of Real Estate For Taxes In Martin County For Year 1940

I, Sheriff C. B. Roebuck, tax collector for the County of Martin, State of North Carolina, have this day levied on the following tracts of land, and will sell same at public auction, for cash, at the courthouse door in Williamston, North Carolina, on Monday, November 3, 1941, at 12:00 o'clock p. m., for taxes due and unpaid for the year 1940, unless taxes, penalty and costs are paid on or before that date. The amounts listed below are taxes and penalty included for the year 1940. In addition to the amounts shown, \$1.50 is to be added to each item to care for costs in handling the sale. This the 1st day of October, 1940.

C. B. ROEBUCK, Sheriff, Martin County.

JAMESVILLE TOWNSHIP-WHITE

- List of property owners and amounts in Jamesville Township-White, including C. E. Ange, L. W. Ange, and others.

JAMESVILLE TOWNSHIP-COLORED

- List of property owners and amounts in Jamesville Township-Colored, including Levi Ausborn, B. Barnes, and others.

WILLIAMS TOWNSHIP-WHITE

- List of property owners and amounts in Williams Township-White, including R. A. Critcher, J. B. Cherry, and others.

WILLIAMS TOWNSHIP-COLORED

- List of property owners and amounts in Williams Township-Colored, including John Cherry, Frank Griffin, and others.

GRIFFINS TOWNSHIP-WHITE

- List of property owners and amounts in Griffins Township-White, including Mrs. Elizabeth Ayers, Marshall D. Corey, and others.

BEAR GRASS TOWNSHIP-WHITE

- List of property owners and amounts in Bear Grass Township-White, including John E. Corey, Leroy Harrison, and others.

WILLIAMSTON TOWNSHIP-WHITE

- List of property owners and amounts in Williamston Township-White, including Mrs. W. F. Allen, S. R. Bullock, and others.

WILLIAMSTON TOWNSHIP-COLORED

- List of property owners and amounts in Williamston Township-Colored, including Wm. L. Alexander, Olivia Andrews, and others.

CROSS ROAD TOWNSHIP-WHITE

- List of property owners and amounts in Cross Road Township-White, including A. C. Barnhill, Bailey, Barnhill & Adkins, and others.

CROSS ROADS TOWNSHIP-COLORED

- List of property owners and amounts in Cross Roads Township-Colored, including Ed Briley, P. T. Everett, and others.

ROBERSONVILLE TOWNSHIP-WHITE

- List of property owners and amounts in Robersonville Township-White, including W. L. Baker, W. Hyrd Ballard, and others.

ROBERSONVILLE TOWNSHIP-COLORED

- List of property owners and amounts in Robersonville Township-Colored, including W. M. Andrews, Geo. Barnes, and others.

HAMILTON TOWNSHIP-WHITE

- List of property owners and amounts in Hamilton Township-White, including J. A. Davenport, R. A. Edmondson, and others.

HAMILTON TOWNSHIP-COLORED

- List of property owners and amounts in Hamilton Township-Colored, including G. H. Bennett, Richard Bennett, and others.

GOOSE NEST TOWNSHIP-WHITE

- List of property owners and amounts in Goose Nest Township-White, including Mrs. M. E. Ausborn, Belflower & Johnson, and others.

GOOSE NEST TOWNSHIP-COLORED

- List of property owners and amounts in Goose Nest Township-Colored, including John Brown, Bertha Brown, and others.