

State College Tips To The Housewife

By Ruth Current

People who are careless about their breakfasts may ask whose business it is if they choose to live that way. But it does concern others. Ill nourished people are not at their best, and in this machine age they jeopardize the safety and lives of others. Children who are not properly fed start to grow up with health problems. Thus continually deprived in their growing years, they fail to build the stamina necessary to resist disease and premature aging. There is no end to the ills of a people who cheat their stomachs at the first meal of the day.

FARM NOTES

More than 500,000 people are suffering from cancer at any one time in the United States. Farm fire losses throughout the year have totaled \$300,000,000.

Secret Gifts Left By St. Nicholas

The story of how St. Nicholas became associated with secret gift-giving, and even today comes vividly at night to leave his presents, is one of the most important in the history of his life.

Once upon a time there was a man with three daughters, all of them wishing to marry, but with no dowry forthcoming. Sorry, indeed, was their plight. Their father had about decided to sell them as slaves, but the good St. Nicholas heard of their plight.

Seeing a window open, he threw in the bag of gold and then came away in the night. This money enabled the eldest daughter to marry. A second and a third time St. Nicholas made the trip and finally all three daughters were married.

After the saint's third trip, the girls' father, who had been watching to see who brought the gifts, ran after St. Nicholas and thanked him for his kindness. St. Nicholas made him promise not to divulge his gift-giving and after that he always deposited his presents so secretly that no one ever saw him. Yet people knew, somehow, that it was he who brought gifts during the night, and so whenever they found a package mysteriously delivered they instantly exclaimed, "St. Nicholas has brought it!"

1000 per day during the Christmas holiday season unless steps are taken to reduce the fire threat, says the Fire Protection Institute.

Farmers' cash receipts from marketings during 1948 will total slightly larger than last year, according to present estimates.

The "drink more milk" idea which made progress during the war, is holding its gains and becoming established as a good habit, says the U. S. Department of Agriculture.

First aid kits are essential equipment on every farm, say specialists of the U. S. Department of Agriculture. Such kits need not be expensive. They may be made up at home.

American farmers broke all fertilizer consumption records again in 1947 for the ninth consecutive year.

Painless lumps may be an early sign of cancer. A doctor should be consulted immediately, the American Cancer Society points out.

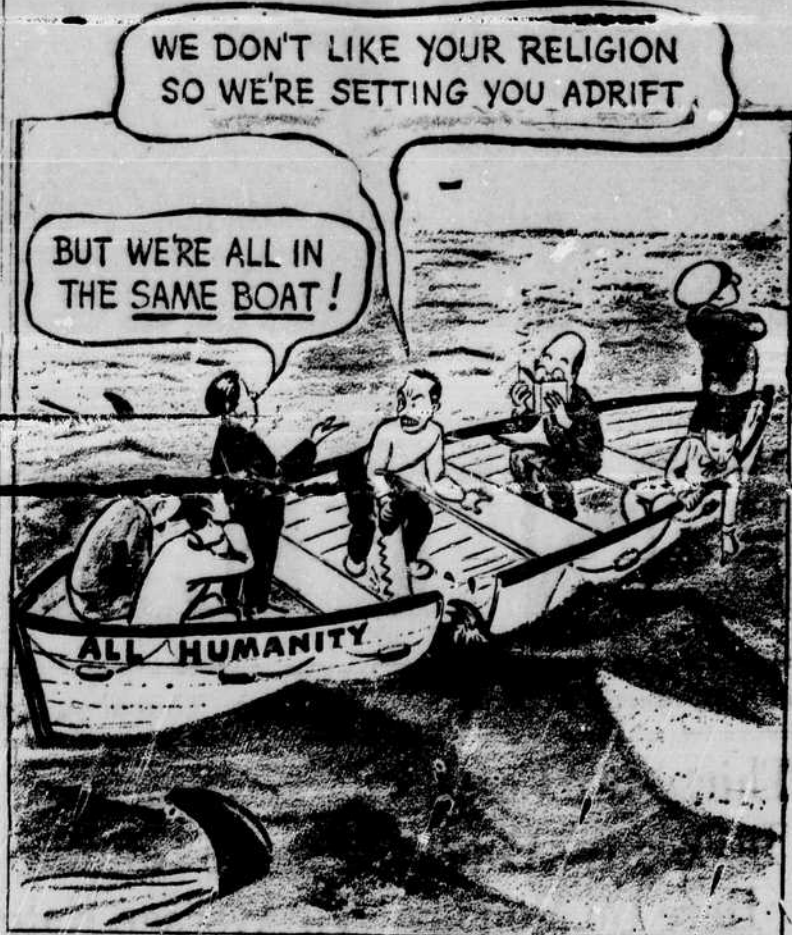
More than one-fourth of all deaths among American women aged 40 to 60 are due to cancer.

More than half of all cancer deaths among American men result from cancer of the digestive tract.

About 100,000 women will die of cancer this year, the American Cancer Society points out.

Domestic consumption is expected to go even higher this year, despite recent price increases.

One of the earliest holiday greetings is a crude wood cut of



Courtesy Institute for American Democracy, Inc.

Local Jaycees Met On Friday

At their regular dinner meeting last Friday evening the Jaycees discussed plans of varied programs. First in the line-up were final arrangements for the children's Christmas party, scheduled for Wednesday evening at 8 o'clock in the Woman's Club.

Chairman of the money making projects committee, Ernest Mears took the floor later during the session.

Spirited pep talk. Jaycee Mears stressed a challenge to each member to do his part when called on. He added that the efforts of a few are vain when working on a project without the full cooperation of the entire group.

To complete the business for the evening tentative plans were

IN MEMORIAM

In sad and loving remembrance of our dear husband and father, Charlie C. Sexton, who was born March 11, 1893, and died August 29, 1948.

Sad and sudden was the call of one so dearly loved by all. Your memory is as sweet today as in the hour you passed away.

The blow was hard, the shock severe.

But only those who have lost can tell the pain of parting and farewell.

He is gone but not forgotten. Never will his memory fall. Sweetest thoughts lie around the grave, where his lonely body lays.

He left behind him a monument of virtue.

That the storms of time can never destroy.

He wrote his name in kindness, love and mercy on the hearts of those he came in contact with year by year.

We pray his soul is at rest. God knew your load was heavy. Though you never complained. So he took you home to heaven. Where there is no grief or pain.

Mrs. Charlie C. Sexton and Children.

made for a New Year's eve dance. Approximately thirty-five Jaycees enjoyed a bountiful dinner served by the ladies of Cross Roads Church. Jaycee Jim Lowry pronounced the invocation. The fellowship prize, awarded by Charles Manning, was won by Grady Luffman.

NOTICE OF RESALE In Superior Court

Major Brown, Bettie Carter and husband, Melvin Carter vs. Claude Andrews, Wilmer Andrews, Martha Mae Bryant and husband, Perry Bryant, Joseph Bell, Willie Bell (a minor), Bettie Bell (a minor), and Mary Lou Bell (a minor), by their Guardian ad litem, S. H. Grimes.

Under and by virtue of an order of L. Bruce Wynne, Clerk of Martin County Superior Court, directing a resale by reason of an upset bid, I will on the 6th day of January, 1949, at 12:00 o'clock, noon,

in the town of Williamston, N. C., offer for sale to the highest bidder for cash, the following described tract to-wit:

Beginning in the Whichard Road, at the corner of lot conveyed to Emma Griffin and Emma Jane Bryant, and running along the center of the said road N. 51 de. E. 735 feet; N. 53 de. E. 691 feet; and N. 81 de. E. 535 feet to the center of the bridge over the canal in Cypress Swamp; thence down said canal 200 feet to the corner of lot conveyed to Berry Brown; thence along the line of Berry Brown S. 46 de. 30 min. W. 1716 feet to the center of a roadway 20 feet wide; thence along the center of said roadway N. 43 de. 31 min. W. 613 feet to the first station, containing 20 acres, more or less.

This the 20th day of December, 1948.

R. L. Coburn, Commissioner. d 23-30

XMAS TREES

CHECKERBOARD STORE

FRESH STOCK OF TREES

JUST IN!

\$1.00 \$1.35 \$2.00

Silvered at

50c 75c & \$1.00

EXTRA!

Prettiest Stock of Trees in Town This Year.

SPECIAL! Tree holders. Hold water and keep trees fresh without drying and shedding.

Less danger of tipping over, etc.

TOYS - BICYCLES

Sweaters & Warm-up Jackets
Get Them In Your School Colors.

Give the latest—Rubber Basketballs and Footballs. Official in every way. Just the thing for practice and play. Tougher, cheaper. Visit our sports department. Special Clearance price on Football and Baseball Equipment.

Lindsley Ice Co.

Phone 2454 Williamston, N. C.

Christmas Menu

Mothers, who are the official cooks of the family, will reap added praise this holiday season if they plan a special Christmas menu for every meal on Christmas day. While "something special" is expected for dinner, a minimum of attention will make the other two meals a pleasant surprise.

Here is a menu for the day which will prove popular.

- BREAKFAST**
- Orange juice
 - Waffles
 - Grilled Sausage Cakes
 - Honey
 - Coffee
 - Milk
- CHRISTMAS DINNER**
- Clam and Tomato Juice Cocktail
 - Roast Turkey, Giblet Gravy
 - Celery Dressing
 - Mashed Potatoes
 - Buttered Green Beans
 - Calavo and Grapefruit Salad
 - Assorted Relishes
 - Cranberry Sauce
 - Hot Rolls
 - Fruit Cake
 - Pie
 - Coffee
 - Milk
- SUPPER**
- Nutbread Sandwiches
 - Mixed Vegetable Salad
 - Fruit Gelatin Dessert
 - Tea
 - Milk

Flowers Are Part Of Yule Legends

There are several flowers appropriate during the Yuletide season which are connected with the birth of Christ by the legends of history.

Sainfoin, or "Holy Hay," is said to have cradled the infant Christ in the manger. The snowdrop is the flower of the Virgin Mary, and is said to be the emblem of the candles she lighted on Christmas.

According to legend, the Christmas rose was divinely created. A shepherd maid wept at having no gift to lay before the Babe in the manger. Suddenly an angel appeared to her. On hearing why the maiden wept, the angel touched the ground where her tears had fallen and immediately the place was white with Christmas roses, which the maid gathered and laid in the manger.

The chrysanthemum is said to have appeared first on Christmas Eve near the manger as a sign to the Wise Men that they had reached the spot where the star had bidden them.

"GOD BLESS US EVERYONE"

May the coming New Year bestow upon you good health, happiness and friendship—the most important possessions in life that money alone can't buy!

Merry Christmas

And Many thanks for your valued patronage in the past year. May we have the pleasure of serving you again in 1949.

Chas. H. Jenkins & Co.

Williamston, N. C.

Best Wishes for a Merry Christmas

The foundation of all business is friendship . . . and with each Christmas it gives us great pleasure to extend our very best wishes to those whose friendship we treasure.

May Your Christmas Be Happy

Margolis Bros.



BIG BEN . . . In London, England, the most famous clock in the world annually welcomes the New Year with the booming of its great bell.