

**"Spring Fever"  
Season Is Here**

"Spring fever," when used to describe physical fatigue and lethargy, attacks most frequently and with greatest force at this time of the year, although it can come during any season.



**86 Proof**  
ONE STRAIGHT WHISKEY IN THIS PRODUCT  
AND 4 YEARS OF MATURED OLD 28% STRAIGHT  
WHISKEY, 62% NEUTRAL SPIRITS, DISTILLED  
FROM GRAIN.  
GOODERHAM & WORTS LIMITED, PEORIA, ILLINOIS

There is a reason for this. Sometimes the body is merely reacting to the change of warm spring days after the long, cold winter. Winter weather, too, tends to keep a person indoors at sedentary pursuits and fatigue may be the body's way of demanding needed fresh air and exercise. Or, fatigue may be caused by loginess, the result of steady eating of rich, heavy foods, usually consumed during cold months when the appetite is sharpened.

Lack of sufficient sleep and rest is, obviously, one of the most common causes of fatigue. Some of us foolishly think that we can go on and on, working and playing to excess, without giving the body a chance to recover. It's true that the human body normally can recover quickly from ordinary fatigue. But prolonged and excessive fatigue is dangerous because it causes an accumulation of waste products and acids in the body which are actually poisonous.

Some people, suffering from chronic fatigue, resort to excessive amounts of stimulants like coffee or patent medicines or pills which are supposed to give them "pep." This puts a further strain on the body, whipping it into action past its endurance. The poisons generated by fatigue are increased, and what is left of the body's natural resistance to illness and disease is completely broken down.

Fortunately, for most of us spring fever is short-lived and we

are able to speed its departure with a little attention to healthful living habits. The solution to getting rid of it may be as simple as eating better balanced meals, getting a little exercise in the fresh air every day, or getting to bed on time.

But there is another type of fatigue — prolonged, excessive exhaustion for no easily explained reason—that should never be lightly dismissed as "spring fever." This kind of fatigue, frequently associated with infection and disease, means that something is seriously wrong. The sufferer should go to his doctor immediately for a complete physical examination, including a chest X-ray.

Fatigue, coming at any season of the year, can be dangerous to health and even life if it is ignored and allowed to become chronic. It is a physical "safety valve," an unmistakable signal that the body has had enough physical and mental activity until it has a chance to recuperate. The best immediate treatment for ordinary, temporary fatigue is rest. The first and best step toward correcting chronic, unexplained fatigue is a visit to the doctor for a complete medical checkup.

Pat—Moike do yez know why an Irishman hits the pepper box on the bottom an' a Dutchman hits it on the side?

Mike—Bogorra, Pat. Oi don't. Why is it?

Pat—Shure, an' it's to get the pepper out, Moike.

**TRAPPED IN POLICE 'WOLF HUNT'**



**WARRING AGAINST** teen-age "wolf packs" terrorizing Los Angeles, police arrested these six boys, alleged members of a gang. Seated are Edward Hice (left) and Frank Yeziz. Standing (l. to r.) are Charles Milton, Gordon Graven and George Gambrone. (International)

**State College Tips  
To the Housewife**

By Ruth Current

**Fabrics For Slip Covers:** Many cotton fabrics selling in stores this spring are ideal for slip covers because they are washable, durable, reasonable in price, and attractive in color and design. Slip cover material represents a considerable investment in money, labor, and time if homemade. Thus, it pays to choose fabric that not only suits the decorative scheme of the room but also wears well, washes without shrinkage, and holds its color against light and laundering. Dry cleaning adds to the cost of slip covers so it pays to use fabrics which can be laundered at home if necessary.

Closely woven fabrics hold their shape well. They are easy to work on and they tailor well and keep dust from sifting through to the furniture underneath. Loosely woven, sleazy fabrics which stretch, fray at edges

and often pull out at seams, are difficult to make up neatly, and are a poor protection against dust.

Some of the most serviceable cottons for slip covers are: permanently glazed chintz, cretonne, plain or striped denim, galatea, rep and French ticking. For a dressy appearance, lightweight tapestries, drapery sateen and damask, gingham and percales wash easily but often wrinkle more than heavier fabrics. They are good lightweight materials for slip covers but generally are only 36 inches wide, thus may not cut to as good advantage as wider materials.

If fabric is not labeled as pre-shrunk and fast color against light and laundering, it is wise to buy about three-fourths of a yard and launder it at home. Measure the fabric before and after laundering to see how much it shrinks. Note any loss of color. If shrinkable material still is the choice, it pays to wash and iron it before making up into slip covers.

Upper back and arms of chairs or lounges usually get the most soil and wear.

**Interesting Bits Of  
Business in U. S.**

A double-barreled onslaught on this winter's wheat crop -- by drought and insects -- may cut output 14 per cent, the Federal Crop Board believes. Even so, the crop will still be a big one -- a healthy 763,000,000 bushels. Margarine makers, fresh from a thumping victory over punitive taxes, are girding their loins for what one industry spokesman calls "a super-blitz on butter." The butter-substitute producers are already selling some 850,000,000 pounds of their product, as soon as the tax gouge (10 cents a pound on colored margarine, 1-4 cent on uncolored) officially ends (on July 1) they hope to boost sales to a billion pounds a year. Still reeling from the body-blow suffered from the loss of its once-booming silk trade, Japan faces a bleak foreign trade picture these days. To properly feed and clothe its 83,000,000 people the country needs to import \$1,200,000,000 worth of food, raw materials, and finished goods annually. Right now it's falling about \$300,000,000 behind this figure. Europe meanwhile, is now producing 97 per cent of its prewar food output, but Washington observers are worried about what will happen after 1952, when the Marshall Plan winds up. Says ECA, significantly: "Even though agriculture targets are achieved by 1952, food imports above the prewar average will be required to permit food consumption at the 1939 level." Production will still have to climb another.

So it often pays to buy enough extra fabric for pieces to baste flat on back and arms. These can be washed separately if necessary. Be sure the design of the extra piece and slip cover match so that these extras don't show.

**G & W SEVEN STAR**

Blended whiskey. The straight whiskeys are 4 years or more old. 37 1/2% straight whiskey. 62 1/2% neutral spirits distilled from grain. 15% straight whiskey 4 years old. 15% straight whiskey 5 years old. 7 1/2% straight whiskey 6 years old.

**\$3.40 4/5 QT.**  
**\$2.15 PT.**

**90 PROOF**

GOODERHAM & WORTS LIMITED, PEORIA, ILLINOIS

Every Farmer Needs  
**DEPENDABLE  
Tractor Tires**

Check Your Tires Today

**Tractor Tire  
VULCANIZING**

24 Hour Service

**B. & W. TIRE CO.**  
Headquarters for Tractor Tires

**FREE FREE FREE**

**MOTHPROOFING SERVICE**

All clothes cleaned by us during April, May and June will be mothproofed free of charge by the U-SAN-O insured mothproofing system guaranteed against moth damage for five months. Don't let moths ruin your winter clothes. Call us for this free mothproofing service.

**RUG CLEANING SPECIAL**

9 x 12 RUG ----- \$5.00

Restore new life and beauty to your rugs by letting us expertly clean them. (ALL SIZES)

**BLUE STAR CLEANERS**  
Martin County's Largest and Most Modern  
(FREE DELIVERY SERVICE)

Phone 2552 Phone 2552

**BOTTLE GAS SERVICE**

— It Cooks — It Heats — It Makes Ice —

**Courtney Gas Co., Inc.** Dial 2572

**Condensed Statement of Condition of**

**Branch Banking & Trust Co.**

WILSON - ELM CITY - GOLDSBORO - FREMONT - SELMA - FA YETTEVILLE - WARSAW - WALLACE - FAISON - KINSTON - NEW BERN - TRENTON - PLYMOUTH - WILLIAMSTON

**At the Close of Business April 24, 1950**

<b>Resources</b>		<b>Liabilities</b>	
Cash and Due from Banks .....	\$ 11,917,482.65	Capital Stock-Common .....	\$ 500,000.00
United States Government Securities .....	\$35,861,537.71	Surplus .....	4,000,000.00
Obligations of Federal Agencies .....	8,887,938.10	Undivided Profits .....	1,022,947.31
State, County and Municipal Securities .....	11,818,988.62	Reserves .....	1,000,000.00
<b>Total Bonds (Cost less valuation reserves)</b> .....	<b>56,568,464.43</b>	Other Liabilities .....	182,657.61
Loans and Discounts .....	6,610,278.99	Unearned Disc. & Accrued Interest	138,556.46
Accrued Interest and Other Assets .....	388,705.55	Deposits .....	69,040,818.88
Banking Houses, Furniture and Fixtures and Real Estate .....	400,048.67		
	<b>\$ 75,884,980.29</b>		
			<b>\$ 75,884,980.29</b>

Upon the Strength of the Above Statement and the Backing of Our Directors, We Solicit your Business, Promising Every Accommodation Consistent With Sound Banking.

**Sound Banking and Trust Service for Eastern Carolina**