

THE Roanoke Beacon and Washington County News

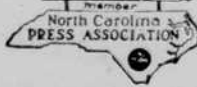
PUBLISHED EVERY THURSDAY in Plymouth, Washington County, North Carolina

The Roanoke Beacon is Washington County's only newspaper. It was established in 1889, consolidated with the Washington County News in 1929 and with The Sun in 1937.

Subscription Rates Payable in Advance One year \$1.50 Six months .75

Advertising Rates Furnished Upon Request

Entered as second-class matter at the post office in Plymouth, N. C., under the act of Congress of March 3, 1879.



February 26, 1942

ALMANAC



What's gone should be past grief - Shakespeare

- FEBRUARY 26-First general assembly meets in Maryland, 1653. 27-France declared republic second time, 1848. 28-Test of new gun kills Secretary of Navy Upham and others, 1844. MARCH 1-President Tyler signs Texas annexation bill, 1845. 2-Bulgaria joins Axis, 1941. 3-International copyright law enacted, 1891. 4-William Penn obtains the grant of Pennsylvania, 1681.

Enemy or Ally?

To read the American press and hear the prattlers, the average man is confussed over the status of Britain in this war. Is she enemy or ally? He would probably ask if he had not been around when England declared war on Japan after Japan had all but skinned us at Pearl Harbor.

We should remember that this is a war against Japan and Germany and Italy, and that Britain is our ally.

Because the British cannot fight everywhere on the seven seas at the same time, send supplies and aid to all who would resist the Axis, and successfully fight land battles on nearly half the spots on the globe, we get fiery mad and lambast the British. They have made mistakes. They value the lives of the soldier and the sailor. They have shown they are willing to do their part and more.

We should remember that after France caved in, England faced the furious Germans alone. The British did not whimper when Hitler sent his mightiest planes over by the hundreds, yes by the tens of hundreds. Fifty thousand Britishers died. Old landmarks fell and London burned. But the British did not sue for peace, even though at that time she had no ally. She could have sued for peace and withdrawn from the continent and left millions of defenseless people at the mercy of the German murders for years to come. England had few or no anti-aircraft guns and her air force was all but destoryed. Did the British say give up? No, they suffered, bled and died. As many as fifteen hundred Britishers were buried in a single grave on more than one occasion. Impartial observers, ready to admit the giant task undertaken by Britain, point out that Englishmen, yes, some of those who have kith and kin in this country, fell in battle in the burning sands of Libya, there to lie and rot.

It is apparent that we have been too critical of Britain, that we have listened to those who have created problems for the diplomats. For instance, there was the lady with a Siamese cat who complained because the British did not have ample anti-aircraft guns to protect her in Penang when all hell broke lose and overflowed Malaya. What the lady with the lap-cat conveniently and very obligingly overlooked is that she was carried to safety by a British boat manned by Englishmen. Now that the lady and her little cat are safe she could and should by all means take some part in the defense of her land. Let her join the air raid precaution service, go to the Red Cross production center, and stop

hoarding those things for her own comfort and pleasure. If she and the rest of us Americans fail in our own mission, can we blame the British? Some would likely do just that out of habit.

We should remember that if Britain goes, the end for Western Civilization will be plainly in sight. If England decides to throw up her hands and quit, it will be in vain if the fight is continued by us. And the outlook would be hopeless if Russia were to throw up her hands and quit. Yet, there are those of us who are spending all our time criticising the British and condemning Russia, leaving ourselves no time to aid the fight—our fight.

What Will We Do?

So many of us ask, What can we do to aid the war effort? Quite a few of us while loudly propounding the question, silently hope no one will enlighten us as to just what we should or could do.

First we can buy savings stamps and bonds. They are on sale from ten cents up at the post office and many of the stores and banks.

There is a Red Cross sewing room. If it is not convenient to spend a day in the room once or twice a week garments may be taken home and prepared there.

There is a scrap iron collection program to be supported.

There is an opening for many in the victory garden program.

There are openings in defense work for honest toilers.

There are calls conserving essential products, including rubber, tin, sugar and numerous other articles.

There is a need for supreme sacrifices.

And there are so many other ways for us to take part in the war effort without even leaving home or altering our main efforts to make a living for ourselves.

But what are we doing? We are buying a few stamps with the money left after we have supplied our every want, including an extensive pleasure schedule. Consequently, many never buy stamps, not even a ten cent one.

Comparatively few patriotic souls darken the doors to the Red Cross rooms.

The scrap iron collection in this county is progressing fairly well, possibly because it offers a cash return.

The lady will stand idly by for someone else to produce the food, and then plead for a handout at the welfare door.

There are many who could study a little bit and qualify for defense jobs. But the effort is too great for them.

A few persons yanked their cooking pots off the stove to support the aluminum drive, but casual observation will prove that few have even thought of sacrificing a single pleasure, not to even mention a necessity.

We are burning our timberlands, possibly not intentionally but certainly as a result of criminal carelessness. We are hoarding everything we can, even to jynny paper, according to a Charlotte News columnist.

It is no longer, What we can do, but what will we do?

BUY U.S. DEFENSE BONDS!



Rambling R...About

By THE RAMBLER

Note on Rationing—

Come to think about it, a little rationing of food in this country may not be so bad, after all. Foreigners say that the people in this country eat too much anyway. Physicians say many diseases and ailments are caused by overeating. Maybe it will work toward a healthier citizenship if the food in many households is reduced.

The President has said that there is plenty of food in the United States for all of its citizens, and enough left over to send to the hungry in Allied nations. So far, there has been little necessity for the increasing prices and reported food shortages.

Hoarding of Defense Bonds and Stamps is O. K. with the government, but not the hoarding of sugar, coffee, or meat. Many of these foods will soon be put on a rationing basis. There is plenty of meat here, but some of it will have to be sent to the Allied nations which do not have it.

Citizens can maintain an efficient and economical food distribution by avoiding speculation, cooperating with the government, reporting unjustified price increases and buying their normal requirements, thus preventing the creation of a false demand with temporary dislocations in supply and price.

Housewives can cooperate by using their initiative in serving better meals to keep their families healthy and full of vital energy, as good food is the best health insurance any person can obtain. Good food keeps the family full of energy and helps resist illness.

Care should be exercised to get sufficient vitamins in the daily diet. Cheese, spinach, apricots and yeast have vitamins A; cereals, asparagus, and oysters, have vitamin B; canned grapefruit, tomatoes, and orange juice have vitamin C; salmon, tuna and milk have vitamin D; prunes and green beans have vitamin G.

Too Much Eating—

Down here in this section of the South, especially, there is too much

eating. Men engaged in offices and stores, where they get little exercise, grow fat and lazy. Women who do not engage in sports or other violent exercises are forced to diet to retain their slim figures. Active boys and girls eat too much at meals or eat too frequently between meals.

There are those who eat too heavily in the winter and thus keep colds. Some physicians recommend fruit juices when a cold is attacking a person. Doctors also say that certain kinds of food help the body resist diseases. Too much sugar or starchy food is not good for anyone. Many eat too hurriedly and do not masticate or chew their food thoroughly. Others are troubled because they do not exercise their bodies enough to work up an appetite.

There are several kinds of eats. An epicurean is choice and dainty with his feasting, but they are also voluptuous. A gourmet is a connoisseur in delicate viands, both to eat and drink; while a gourmand is less fastidious than a gourmet, less greedy and voracious than a glutton. A glutton had rather eat than do anything else. These professional eaters claim they know the choice and rare in foods and how to prepare them to make the most appetizing dishes.

Even in the small towns, there are the connoisseurs of good food. Some people think they are versed in the fine art of eating, knowing the details, technique and principles of eat-

ing. Some don't have any technique but get their fill of food just the same.

Mrs. Pat Johnson, who died several years ago, lived to be 90 years or over because she said she "ate sparingly." Harry Wills, the Negro boxer, used to fast one month out of the year. Mahatma Gandhi, India's leader, fasts for his health, as well as his belief in fasting as a mean to gain a political end.

Moderation Is Best—

Some people eat three meals daily as a regular habit, yet they eat too much at time and suffer for it. Other people eat frequently between meals and seem to suffer no more than the strict regular eaters. In either case a person is likely to eat too much. Some persons take an alcoholic beverage before meals to raise a false appetite and suffer from it later.

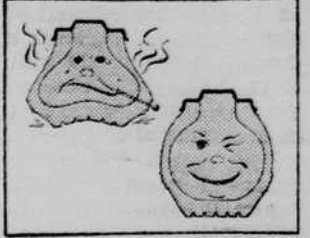
Dieting persons have sometimes become wrecks because they do not follow the instructions of their physicians as to what foods to eat and what to leave off. The body needs carbohydrates, fats and other elements to create heat, give the body nourishment and strength; while too much is injurious.

Some people here claim they have never had a headache because each morning they give their body an inner bath by drinking two glasses of salt water before breakfast. It is also said to be unhealthy to wash food down with drink while eating. Others drink their water or other beverage before and after they finish eating their food.

Moderation in both eating and drinking is claimed to be the best precaution. This relieves that drowsy feeling after meals, resists disease and does not cause a burden on

the stomach as does a large meal. So, if the government asks the men and women of this country to control their appetites for certain foods or to use substitutes, by rationing certain foods, it may not be a sacrifice that the people are making. On the contrary, it may be a boon to the health program by taking away from some people the things they want most but which are not the best for them.

Esso Dealers' air gauges have been checked for accuracy

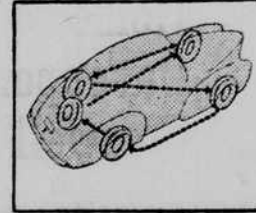


YOUR ESSO DEALER

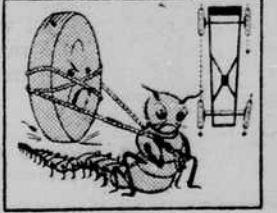
can and will help you to make your tires last! He knows that tires 30% under-inflated rob you of one-quarter of your possible mileage. One mile in four! And a recent check showed that nine out of every ten air standards are inaccurate!

So your Esso Dealer has had his air gauge tested and, if necessary, adjusted to give the exact pressure needed. Further, he has a special chart showing the car-maker's tire pressure recommendations for your car. And he'll be glad to give you a ready reference memo card, which shows proper pressures for your tires, both front and back.

Here are other services that lengthen tire mileage:



SWITCH WHEELS EVERY 3,000-5,000 MILES. If you have no spare, move front tires straight back and shift rear tires to opposite sides in front.



CHECK WHEEL ALIGNMENT PERIODICALLY. Watch for uneven or spotty wear. Tires out of line literally drag sidewise at every revolution.



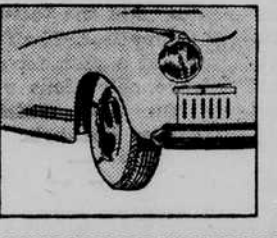
REPAIR SMALL CUTS. Even a tiny cut can work right through and ruin a tire. Have tires examined frequently and repaired.



KEEP WHEELS AND TIRES IN BALANCE. Whenever tire and tube are removed from rim, have wheel balanced again to avoid uneven wear.

HOW YOU CAN HELP:

- 1. Refrain from high speed driving. 2. Accelerate and brake slowly. 3. Avoid scuffing against curbs. 4. Never drive on a flat. 5. Don't get oil or grease on tires. 6. Let your Esso Dealer check tire pressures at least once a week.



OIL IS AMMUNITION...USE IT WISELY! BE SURE TIRES AND TUBES ARE PROPERLY MOUNTED. Use proper tools to prevent damaging tire bead or pinching the inner tube.



CARE SAVES WEAR STANDARD OIL COMPANY OF NEW JERSEY

TO ALL DR. PEPPER DRINKERS

DR. PEPPER BOTTLING COMPANY Bridge and Third Streets WASHINGTON, N. C.

February 23, 1942.

SPECIAL BULLETIN!

On the State of the Nation's Dr. Pepper Supply

Fellow Americans, Young and Old:

Occasionally your dealer may say: "Sorry, Dr. Pepper's sold out for today." If so, please don't be mad at him...or at Dr. Pepper...or at Uncle Sam.

Sugar for soft drinks is being rationed. It hurts our business; it disappoints you. But we've all got to sacrifice cheerfully as a victory guarantee.

All the Dr. Pepper we are able to supply will be furnished our dealers at no increase in price. Continue to enjoy Dr. Pepper when and where you find it. If at first you find the cooler bare, try, try again.

We hope sugar restrictions soon may ease. But we shall never compromise with quality...never tolerate the use of inferior substitutes.

Please bear with us till days of plenty return. In the meantime, vent your spleen on the enemies of our country. Every War Savings Stamp knocks a Nazi and slaps a Jap.

Thanks, and bless you, friends.

DR. PEPPER BOTTLING COMPANY



Dr. Pepper PICKS YOUR ENERGY UP

Conserve Rubber

IT'S YOUR PATRIOTIC DUTY!

Drive in today and let us examine your tires. A break or a slow leak with immediate attention can be repaired cheaply and conveniently. It will save you trouble and money later.

Let us check your tires to determine whether or not they are inflated properly. Let us change your wheels to rotate the wear on the tires. In fact, let us render you a service to save your tires.

ESSO SERVICE STATION

Ed Jackson Manager

C. E. Ayers Distributor