

Offers Suggestions For School Lunch

A school lunch should be appetizing as well as nourishing, to tempt the youngsters to eat a sufficient amount of the right kind of food.

A well packed lunch is not difficult to prepare, but it should be given some thought, said Miss Belle Brooks, assistant extension nutritionist at State College.

Three or four kinds of food are enough for a lunch. Suitable foods from which selections may be made, Miss Brooks said, include: Sandwiches made from day-old bread, preferably whole wheat, lightly buttered and with fillings made from chopped eggs, minced meats, cheese, chopped nuts mixed with cheese, jam, or vegetables.

Fruits either raw, stewed, fresh or dried, or fruit juices. Sweets such as baked or boiled custards, junkets, cookies, small amounts of home-made candies, or milk chocolate.

The lunch should be carried in a ventilated container that can be washed and scalded, and which includes a thermos bottle. Select foods that pack well and will taste good when cold.

Now on Display at WARSAW DRUG CO. with the NEW 1938 AUTOMATIC TUNING PHILCO WARSAW, N. C.

Heat... as clean as sunshine Sun Flame Oil Burning Heater Warsaw Furniture Company Warsaw, N. C.

ALMANAC TAILOR One must cut his suit according to his cloth. SEPTEMBER 24-Morotary, Mexico, surrendered to the United States troops, 1916.

ACTORS GET OUT Manteo—Forty-one members of the cast of "The Lost Colony," Paul Green's symphonic pageant, who were not on the payroll had \$1,500 divided among them.

FRESH CROP -- TURNIPS -- RUTABAGAS -- CABBAGE -- KALE -- MUSTARD -- TENDER GREENS -- AND BROCCOLI SEED AT -- MARSTON'S DRUG STORE PHONE 50 KINSTON, N. C.

DETECTIVE RILEY By Richard Lee. WHY A GUY, WHO WE HAD DECIDED WAS A POLICE OFFICER, WOULD BE HERE? JUMP!! QUICK!! THEY'RE RUNNING US DOWN!!! CRASH!!

DASH DIXON By Dean Carr. DOT AND SHIR WATCH THE FIGHT WITH GREAT INTEREST. THE SHIPMENTS HAVE DESTROYED SEVERAL OF THE SHIPS FROM AROUND WITH THEIR POWERFUL DISINTEGRATION RAY. WATCH OUT!! ONE OF THEIR SHIPS IS BREAKING THROUGH OUR WALL OF VIBRATION RAYS. LIKE A BULLET THE SHIP CRASHES WITH TERRIFIC FORCE.

FACTS YOU NEVER KNEW!!! SOAP WAS FIRST MADE BY THE PHOENICIAN... A MONUMENT TO A HERO WAS ERRECTED IN DUBLIN... MINKS KILL CHICKENS JUST TO EAT THEIR BRINGS!

LITTLE BUDDY By Bruce Stuart. MOM SENT ME TO BUY APPLES AND I GOT THEM! WELL, SLIP MY FACE, IF IT AINT MY FRIEND BUDDY, HOWVE YOU BEEN? NOTHIN DOIN' I WOULDN'T EAT AN APPLE FOR ALL THE GOLD IN THE WORLD!

LEGAL NOTICES NOTICE Having this day qualified as Administrator of the estate of G. R. Goodman, deceased late of Duplin County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Mount Olive, N. C., E. F. D. on or before the 13th day of August, 1938.

STATEMENT OF THE OWNERSHIP, MANAGEMENT, CIRCULATION, ETC., REQUIRED BY THE ACT OF CONGRESS OF MARCH 3, 1933 Of The Duplin Times, published weekly at Kenansville, for September 16th, 1937.

NOTICE OF ADMINISTRATION Having this day qualified as administrators C. T. A. of the estate of Freeman G. Davis, deceased, this is to notify all persons having claims against said estate to present them to the undersigned at Kenansville, N. C., or to Gavin & Gavin, Attorneys, at Kenansville, N. C., duly itemized and verified, on or before the 11th day of August 1938.

EXECUTOR'S NOTICE Having this day qualified as executor of the will of Clara S. Mallard, deceased, late of Duplin County, North Carolina, I hereby notify all persons having claims against the estate of the said deceased to present them to me, duly verified, within twelve months from date hereof.

NOTICE By order of E. V. Wells, Clerk Superior Court, a resale having been ordered, The undersigned will sell, pursuant to statute, to the highest bidder for cash at the courthouse door in Kenansville, N. C., On October 4, 1937, at 12 o'clock, noon, the 5th tract of land described in a certain mortgage from Kattie Smith and others to G. B. D. Parker, dated February 12, 1939, and recorded in Book 304, page 296, Registry of Duplin County, said 5th tract being