

Farmville Enterprise

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FOOD AND YOUR BODY-MACHINE

It is a good idea once in a while to emphasize the machine-like qualities of the human body. We should not forget that food is the fuel that operates the physical engine upon which life itself depends.

Eating is not only a prime function of existence but it is also one of the most important. Every individual, and particularly our young people, should be thoroughly informed as to the principles of diet and the nutritive values of various foods.

Inasmuch as the needs of the average American family are under the control of the wife and mother, it is the duty of these home-makers to study and understand the proper preparation of food, its specific properties and the value and necessity of variety in the daily diet.

We are not suggesting that the individual become a food fanatic or that our readers take up any of the various fads that afflict the public. We do advise every woman who is supervising the feeding of human beings to study foods, diets, calories, vitamins and the other data now available in regard to foods.

There are millions of people in the United States who pay more attention to the feeding of their poultry and livestock than they do to the food that their children consume.

Every family diet should include milk, meat, bread, vegetables and fruit. Every housewife who reads this article should check up on the food served to her family during the past week.

Dr. and Mrs. W. A. Marlowe were Kenly visitors, Sunday. Mr. and Mrs. J. C. Gardner were Wilson visitors, Sunday.

Mr. and Mrs. Ray West, Sr., visited friends in Enfield, Sunday. Mrs. Ray West, Sr., visited relatives in Farmville, Saturday.

Mrs. R. D. S. Dixon and Mrs. Estelle Bailey were Wilson visitors, Friday. Miss Martha Hamler spent the week and with her mother in Bell Arthur.

Mr. and Mrs. W. Earl Lang and Truett Lang were Raleigh visitors, Saturday. Friends will regret to learn that Mr. R. M. C. Moore is quite ill at his home near here.

Cecil Lang of Duke University was the week end guest of his mother, Mrs. W. E. Lang. Mr. and Mrs. Paul Craft and Miss Annie Ruth Thomas were Rocky Mount visitors, Tuesday.

Mr. and Mrs. Sam Jenkins and children, Sam Lewis and Bingo, attended the State fair in Raleigh, Thursday. Mrs. Estelle Bailey and Miss Alice Talley visited Mrs. Willie Eason, Sunday, who is sick in a Greenville hospital.

Mr. and Mrs. J. C. Futrell and Mrs. W. L. Croach of Pine Level visited Mr. and Mrs. C. L. Futrell Sunday. Mrs. R. F. Tagwell, Miss Emily Merten, Miss Hazel McKeel and Miss Erna Lee Spencer of Wilson visited relatives in town, Thursday.

Mr. and Mrs. Ben Wheeler and children, Davis and Henry Moore, of Norfolk, Va., visited relatives and friends here during the week end. Mr. and Mrs. C. T. Hicks and children, Ann, Tommie, Robbie and Della Sue, were the week end guests of Mr. and Mrs. Dan Hicks in Beckingham.

Mr. and Mrs. C. T. Bowman and son, Jimmie, of Lumberton, Mrs. O. T. Evans and daughter, Martha, of Maxton, spent the week end with Mr. and Mrs. J. H. Wheeler. Friends will be glad to learn that Mr. A. J. Craft is much improved, and has returned to his home after a week's illness in the Woodard-Herring hospital, Wilson.

Mrs. Sam Jenkins, Mrs. Ed S. Taylor, Mrs. J. P. Benson, Mrs. Fred Bowman and Mrs. J. C. Gardner attended the District meeting of the North Carolina Federation of Women's Clubs in Snow Hill, Monday. Mrs. W. V. Bell and Mrs. G. W. Bailey visited in Lenoir and Raleigh Friday. They were accompanied home by Jimmie Hamler, a student at Lenoir College, who spent the week end at his home, returning to College Sunday afternoon.

"I BELIEVE IN THE NEW DEAL BUT I WANT TO DEBATE IT"



—Reproduced by permission of Hollis Kirby

Market Is Offered For Black Walnut Products

Americans consume fifty million dollars worth of nuts each year, and about one-fifth of these are from wild trees in the forests. In other words, ten million dollars picked from the ground, not including the nuts consumed by thousands of farm families who have their own.

With this in view, R. W. Graeber, Extension forester at N. C. State College, suggests that North Carolina farm families, especially 4-H Club boys and girls, add the growing of black walnut trees as a sideline to their agricultural enterprises.

"No less than \$150,000 worth of nuts are sold in North Carolina each year," he declared, "and the possibilities for growing black walnut, both for nuts and lumber, are good. The market is far from saturated."

This is only one of the angles of "tree farming" stressed by Graeber in his forestry educational program. Continuing, he says "Each year eight hundred million dollars are brought into the American bank account through the sale of forest products, making this one of the chief sources of our income. Six million people are directly or indirectly employed in our forests and, if it was not for wood, another 122 million or more would have a hard time making a satisfactory living."

"The house we live in is usually made of wood, as well as the bed we sleep in, the chair we relax in, the table we eat at; and the stove we cook with consumes a lot of wood, even when the newspaper arrives, it is printed on paper made of wood. Our shoes would be so stiff we couldn't bend them if they were not treated with tannic acid, which is extracted from chestnut, hemlock or oak bark."

"There are more than 4,500 different uses of wood. This counts plastic as one use and paper as one use, but there are thousands for each of these."

Remodeled Light Systems For Rural Homes

More light is possible in many rural homes with the rapid growth of rural electric lines. Where new power is lighting farm homes, most of the users are installing modern fixtures.

But in homes where electricity has been available for some time, many farm families can remodel their existing lighting system without much expense to provide better light with less glare, says D. E. Jones, rural electrification specialist of the State College Extension Service.

Lighting experts now recommend much more light and better distributed light in homes than they did formerly. It is better for the eyes, they say, if all light in a room is well diffused, with a minimum of glare, and with no sharp contrast between objects and their background.

Jones points out that possible improvements might include more convenient outlets and switches, more properly designed portable lamps, the shading of bare bulbs, and more powerful light bulbs.

"Double or triple convenience outlets in the living room increase the number of table or floor lamps the family can use for such close-seeing activities as reading, studying, writing or sewing," the State College specialist declared. "Similarly, extra outlets in bedrooms make it possible to have bedside and bedside lights and a reading or bed light."

"Calling fixtures, in which bare bulbs are used, may be converted into fixtures giving diffused light by covering the bulbs with individual shades, or by using a diffused bowl or translucent glass or plastic. For 'energy' lighting, a metal bowl may be used."

Well-Planned Storage Saves Time and Money

A sound investment of time and money, says Pauline Gordon, extension home management specialist of State College, is a well-planned storage space for canned foods.

In a newly-published folder now available from the college, it is pointed out that every farm home can have adequate storage space for food with but little work and expense.

"Not only is it possible to reduce the cost of meals by using home-grown and home-conserved foods, but the satisfaction of having a good supply and variety on hand at all times means much to the home-maker," Miss Gordon said. "She knows the health and happiness of her family depend on well-balanced meals."

Actually, there are four good reasons for having plenty of storage space. First, it provides an adequate place for conserved products, sufficient in quantity to meet budget requirements. Second, it allows products to be arranged for convenience according to their food value.

Third, well-planned storage improves the quality and variety of canned meats and of jellies, preserves and pickles. Fourth, it improves the quality and care of dried, brined, and stored products.

The folder explains proper location of storage space, the actual construction, putting the food away, and the space arrangement. Three illustrations, with dimensions, show plainly how the cabinets and shelves may be built to conserve a maximum of space.

Specialists of the Home Demonstration Department at State College, in cooperation with the Agricultural Engineering Department, prepared the new folder. Copies may be obtained without charge by writing to the Agricultural Editor at State College and asking for Extension Folder No. 47, "Storage for Canned Foods."

WHO KNOWS?

- 1. How many "flying fortresses" has the U. S.?
2. When did the British acquire Gibraltar?
3. When was the Munich Conference held?
4. How many British children have been sent to this country to escape air raids?
5. Is Dr. Albert Einstein an American citizen?
6. How many U. S. Senators will be elected this year?
7. What is the difference between the adjournment of Congress and a recess?
8. What is known as the Johnson act?
9. Does a candidate have to have a majority of the popular vote to be elected president?
10. When did Italy attack Ethiopia?
(See "The Answers" on page 6)

NOVEL

Two scientists of the University of California are experimenting with the use of high-frequency electrical fields to control agricultural insect pests.

DR. V. H. NEWBORN - OPTOMETRIST - NEXT VISIT Farmville - Office at Fields Jewelry Store, MONDAY, OCTOBER 21st. Special Examination - Glasses Fitted - Barbara Gray Saturday -

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NOTE OF APPRECIATION

The family of James Vinton wishes to express their appreciation to the friends who have shown so much sympathy and interest in the family during the past year.

FOUNTAIN NEWS

Mrs. Washington Smith is visiting relatives in Raleigh. Mrs. John Fountain spent Sunday with relatives in Lumberton. Frank Owens, a student of Duke University was at home for the week end. Mr. and Mrs. C. E. Case and daughter, Hazel, attended the State Fair Friday. Mrs. W. D. Owens visited Mr. and Mrs. William Walker in Washington, Saturday. Mrs. Sadie Vernonson of Portsmouth, Va. is visiting Mrs. J. W. Jefferson. Miss Nina Estelle Yelverton of Meredith College, was at home for the week end.

Mr. and Mrs. J. B. Eagles and daughter, Jean, spent Sunday with Mr. and Mrs. Leslie Newman at Elizabethtown. Miss Mary Carolyn Rodiek, a student of Meredith College, was at home Tuesday. Miss Roxie Worthington, Mrs. Dora Bullock, Miss Lucile Yelverton and W. E. Yelverton spent Sunday in Fairmont.

Edgar Case, a student of State College, was at home during the week end, he had as his guest, Wayman Sasser of Wilson. Miss Ann Marie Jefferson, a teacher of Penderline, and James Lane Jefferson, a student of Campbell College, were at home with their parents Mr. and Mrs. G. W. Jefferson during the week end.

HOSTESS AT LUNCHEON Mrs. G. E. Trevathan was hostess to her Bridge Club and several additional friends at a luncheon in the Home Demonstration Club building Friday. Prizes were awarded to Mrs. Claude Griffin of Pinetops, Mrs. Bruce Eagles, Mrs. E. W. Hunt and Mrs. L. P. Yelverton. The hostess was assisted in serving the lunch by her sisters, Mrs. M. E. Lane and Mrs. Sam Parker of Pinetops.

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"Build-Up" GoodNews For Suffering Women Much of women's periodic distress may be unnecessary! Many who suffer from headaches, nervousness, cramp-like pain, other symptoms of functional dysmenorrhea due to malnutrition are helped by CARDUI.

Main way it helps relieve periodic distress is by increasing appetite and flow of gastric juice. Thus it often aids digestion; helps build strength, energy, resistance to periodic disturbances. Others find help for periodic discomfort this way: Start a few days before and take CARDUI until "the time" has passed. Women have used CARDUI more than 50 years.

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Fresh Pack GREEN PEAS 2 No. 2 Cans 15c
Colonial Tomato CATSUP 2 14-oz. Bottles 17c
Vim Pev DOG FOOD 4 16 Oz. Cans 15c
Colonial Tomato Juice 3 24-oz. Cans 20c
Pillbury's Best FLOUR 12-lb. Bag 41c
Pender Select SLICED BACON 1/2 lb. Pkg. 10c
IVORY TOILET SOAP Medium Cante 5c
LARGE SIZE OXYDOL package 19c
OYSTERTOPES, N. B. C. 2 pkgs. 9c
LIBBY'S VIENNA SAUSAGE 3 cans 25c

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