

# Health and Beauty

Everyone will agree that the first step toward self-improvement is proper self-analysis. Take a good look in the mirror and you will find where you stand. Then you know what you have to do to get back in shape.

It may be that your physical being needs attention, with exercise and proper diet and improved makeup and more flattering clothes. It may be that your thinking process needs attention. Your personality and the way you deal with family and friends has a great deal to do with the way you look—at least to other people.

All of us have known, at one time or another, a friend who was not too good-looking, perhaps homely, but who was so pleasant and kind, so much fun to be with, that you thought of her as one of the most attractive people you had ever met. There are a few simple questions it would be wise to ask yourself ever so often. They are:

1. Have you shown genuine interest in others' conversation?
2. Have you avoided speaking unkindly or irritably to family and friends?
3. Have you complimented anyone today?
4. Have you smiled often today?
5. Have you said anything complimentary about anybody today?

The answers to the first four questions should be "yes" and the answer to number five should be "no."

If you seem to have a figure problem but your weight is not

excessive, perhaps it is your posture. If weight is your problem, and this is best determined by a doctor, go to work on it at once.

Have you changed your hair style lately. Many of us are so busy with our family or with a job that we have little time for ourselves.

This is all right. However, you should take some little time each day to keep up your personality and your looks. You will not be properly appreciated if you don't spend some time on yourself. It is almost as unwise to spend too little time on yourself and your interests as it is unattractive to spend too much time on yourself and your interests.

## Manley's Grove

By Mrs. Julius Best

Mr. and Mrs. Gasque Tart and children visited relatives in Benson Sunday.

The Woman's Auxiliary of Manley's Grove will meet with Mrs. Addie Brogden tonight, Friday, at 7:30.

Mr. and Mrs. Chester Best and daughter of Mount Olive visited Mr. and Mrs. J. D. Best Sunday.

The regular third Sunday services will be held at Manley's Grove Sunday morning at 11 o'clock. Sunday school is at 9:45. The Rev. E. W. Price is pastor and Marion Godwin is Sunday school superintendent. Prayer meetings are held each Thursday night at 7:30.

Mr. and Mrs. K. L. Best and children visited relatives near Clinton Sunday.

Many in this section are planting potatoes.

Mrs. T. J. Best and children spent the weekend with her parents, Mr. and Mrs. Joe Brock, of the Corbett Hill section.

The people who think of nothing but money generally get nothing but money out of life.

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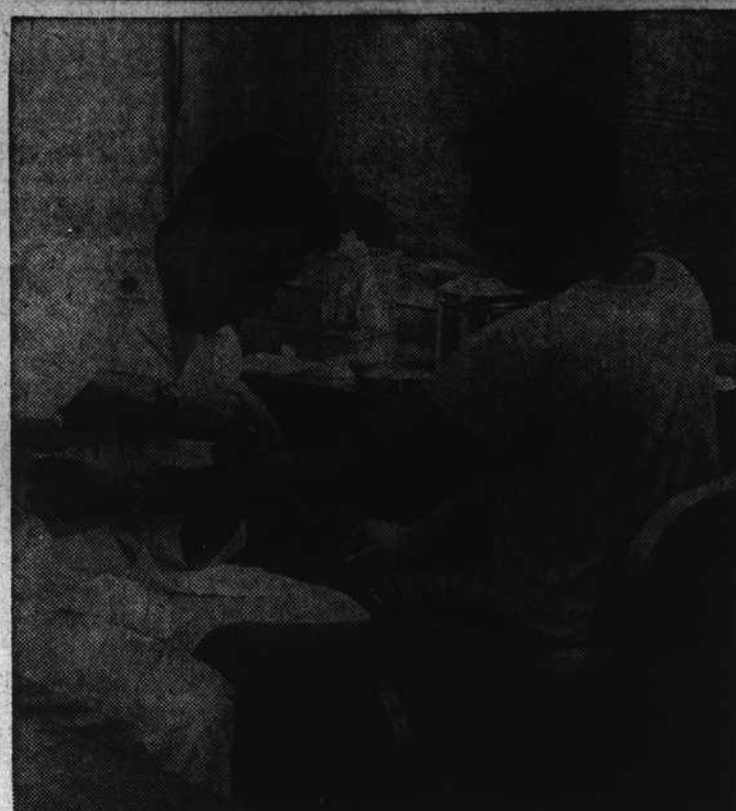
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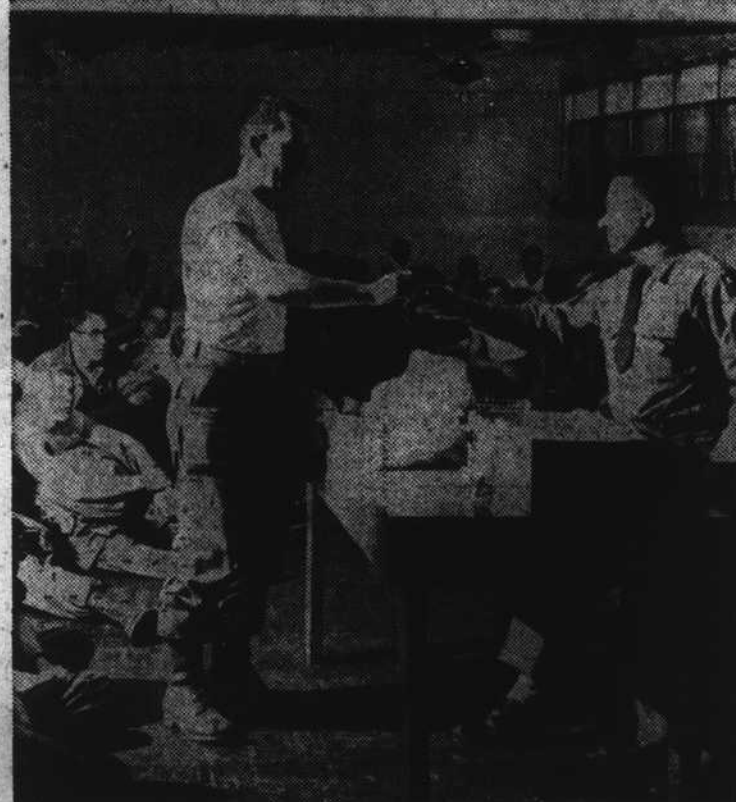
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**WAR ON INFLUENZA**—The Army maintains two "health defense commands" against influenza, one at Fort Ord, Calif., the other at Fort Dix, N.J. Through laboratory tests and mass inoculations, researchers keep an eye out for epidemic years and gather facts that will help improve the present vaccine. Private Neil Schorr of Queens, N.Y., administers a test which is part of the program.



**COMPANY CHECKUPS**—Three companies—1,500 soldiers—at both Fort Dix, N.J., and Fort Ord, Calif., participate in an Army program, now nine years old, which has brought steady improvement to the standard influenza vaccine. Repeated laboratory tests on these soldiers help isolate new strains of the virus and indicate changes in known strains, vital information for researchers.

### Suttontown

(By Mrs. Granger Sutton)

Holy Communion service was held at Goshen P.H. church Sunday morning.

Gilbert Sutton returned home Saturday after a week's stay in a Clinton hospital. His condition is improved.

Mrs. J. A. Sinclair of Keener spent part of last week with her sister, Mrs. Tim Sutton. On Thursday they visited their sister, Mrs. J. D. Ezzell, of Dunn, who is seriously ill.

Mr. and Mrs. Elbert Lindsay of Clinton visited Mr. and Mrs. J. E. Lindsay Sunday.

Mr. and Mrs. Cole Best of Raleigh spent Sunday with his parents, Mr. and Mrs. Ivey Best.

Mrs. Ralph Jennette and children of near Goldsboro visited the Granger Suttons Sunday.

Mr. and Mrs. Elbert Lee Jones and children of Maxton and Miss Geneva Lindsay of Franklin Springs College in Georgia visited their parents, Mr. and Mrs. E. N. Lindsay during the weekend.

Lambert Sutton of Burlington spent the weekend at home.

Mr. and Mrs. E. J. Best spent Sunday in Rocky Mount with her sister, Mrs. Edgar Bradshaw.

Mr. and Mrs. Moses King attended the quarterly conference at Stanford Saturday as delegates from Goshen P.H. church.

Mrs. Tommie and Linwood Pearson of South Clinton visited Mrs. T. O. Sutton last Friday.

Mr. and Mrs. Ronald Sutton and family, Mr. and Mrs. Earl Lockamy and son, Monty, of Goldsboro visited the Gilbert Suttons Sunday.

Mrs. Brazil Best and daughter, Edith Ann, visited her mother, Mrs. Ada Johnson, of Grantham Saturday.

Mrs. Major Sutton entertained a group of her neighbors Monday with a quilting party.

Mr. and Mrs. Henry Jackson visited Mr. Tom Boyette of Hall's section last Friday. Mr. Boyette's friends will be sorry to hear that he is ill.

Mrs. T. O. Sutton is spending this week with her daughter and son-in-law, Mr. and Mrs. Charles Wilson, of Mount Olive.

Mr. and Mrs. Ralph McCullen and family of near Mount Olive visited his mother, Mrs. Ben McCullen, Sunday.

Mr. and Mrs. Ira Sutton were dinner guests of their daughter and son-in-law, Mr. and Mrs. Earl Lockamy, of Goldsboro, last Thursday.

### Chicken Supper Tonight

The Brownings Methodist church at Dobbersville is sponsoring a barbecue and chicken salad dutch supper in the church annex this afternoon, beginning at 5 o'clock.

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# Army Winning Battles in Nine-Year War On Influenza; Improved Vaccines Result

FORT DIX, N. J.—The U. S. Army is at war with an enemy that attacks civilian and military alike—influenza.

Here and at Fort Ord, Calif., the Research and Development Division of the Surgeon General's Office, working with the Armed Forces Epidemiological Board, has set up what would be called "health defense commands" against the appearance of this potential killer. Columbia university researchers work hand in hand with Army personnel here; the California State Department of Health works with the Army at Fort Ord.

Basic Training Centers are logical sites for the program since trainees stay under close supervision for an eight-week period.

In essence, the two "watchdog" posts are on the alert for incidence of the disease and whether or not a given year might prove one when it could reach epidemic proportions. They are looking also for new strains of the virus and are testing improved influenza vaccines.

"In the nine years of the project's history," said Lt. Col. Joseph W. Cooch, of Newark, Del., head of the health center, "we have modified the Army's influenza vaccine many times as a result of new strains of the virus uncovered here

or at Fort Ord." "At present, we are testing an improved vaccine, which we hope will in time lead to inoculations which will give longer-acting protection. The influenza shots given all Army personnel since 1945—which we estimate in an epidemic year would eliminate two out of every three cases—must be renewed annually."

These vaccine tests are conducted on every basic trainee who arrives at either post between October 1 and April 1. Some men are given the standard shot; some are given the improved one.

Complete records are kept on each man and brought out should he report during sick call with indications of respiratory diseases. Compilations of all these records will determine both the effectiveness of the standard vaccine and the potential of the improved version.

During the course of the influenza season, three training companies of more than 600 men each participate in additional studies. Through extensive laboratory tests, which are analyzed by the civilian cooperating agencies, virus experts determine the degree of immunity each man in the group may have acquired for the disease and look

for new strains of the virus. These men then are given their influenza shots—either one or the other of the two types—and they are again tested to check the potency and effectiveness of the vaccines being compared. This procedure is repeated several times while the men are in training in order to get as complete a picture as possible.

"Frequent 'vacant' periods in the

incidence of influenza and the absence of it in epidemic forms are welcome to the Army researchers," said Cooch. "But it delays the progress of their work, of course. The constant change in the behavior of known viruses and the addition of new ones is another delaying factor. Each year new strains are added to the vaccine while others are dropped."

"Many questions still must be answered before we have influenza under complete control, but we are getting there."

And when they do, the basic trainees here and at Fort Ord who have participated in the influenza research program will have truly defended their country—if through "shots" rather than shot.

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<p style="font-size: 1.2em; font-weight: bold;">CARROTS, 2 cello bags - - - - 25c</p> <p style="font-size: 1.2em; font-weight: bold;">CABBAGE, 2 lbs. - - - - 7c</p> <p style="font-size: 1.2em; font-weight: bold;">ORANGES, dozen - - - - 29c</p> <p style="font-size: 1.2em; font-weight: bold;">BANANAS, 2 lbs. - - - - 25c</p>	



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 <p style="font-size: 0.8em;">2 Cans For 27c</p>	<p style="font-weight: bold;">ROUND, SIRLOIN OR T-BONE</p> <p style="font-size: 1.5em; font-weight: bold;">Choice Native STEAKS, lb. 49¢</p> <p style="font-size: 1.5em; font-weight: bold;">Pure Country Sausage, lb. - 29¢</p> <p style="font-size: 1.5em; font-weight: bold;">FRYERS, lb. - - - - 35¢</p> <p style="font-size: 0.8em;">HALF or WHOLE</p> <p style="font-size: 1.5em; font-weight: bold;">COUNTRY HAMS, lb. - - - 75¢</p>



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