

**Save A Life  
By Sharing Food**

Eat no more than you need, waste nothing, and share your food with the less fortunate, is the formula Miss S. Virginia Wilson, Extension Nutritionist at State College, offers for helping save a life and improving your own health at the same time.

Do not eat less than you need to keep healthy and work efficiently, Miss Wilson said, just cut out the "extras" so some starving person can have enough to keep him alive.

Everyone is being asked to eat less bread, poultry, eggs and meat, because all four save wheat,

which is high in food value, can be shipped long distances without spoiling, and are liked by more people than any other food.

Bread can be saved by taking only the bread you are going to eat, and allowing no bread to go to waste by letting it mold or go stale. If it is difficult to use a loaf of bread before it molds, try to make room for it in the refrigerator. It will keep several days longer there. Another good place is a well-ventilated, washable bread box kept in a cool place. Wherever stored, bread should be well wrapped in moisture proof paper.

One million pounds of bread can be saved daily if every A-

merican family will save one slice, Miss Wilson said.

Cakes and pastries use flour too therefore, saving bread and eating more cakes and pies won't help the situation. Sweet or white potatoes, rice, grits, corn, dried peas and beans can take the place of some bread in lunch and dinner menus. Cheese, fish, poultry and egg dishes can be used in place of meat dishes. Dried beans, peas and soybeans can also replace meat in some meals. Use them in scalloped dishes, as baked beans, in croquettes and casserole dishes, or just plain boiled beans.

The hardest hit meal on poultryless and eggless Thursdays will be breakfast, the nutritionist said, but with careful thought a wholesome meal that meets all the requirements of a good breakfast can be planned without an egg. A good breakfast for these cool fall and winter mornings might consist of: orange juice, oatmeal or other hot cereal with raisins, buttered toasts and a beverage.

**WOODMEN TO MEET  
AT LUMBERTON**

Plans are being made for a gala occasion, when the Woodmen of this area and surrounding communities attend a district meeting of the Southeastern North Carolina Log Rolling Association, at Lumberton, N. C., on November 7th. Mayor Malcolm B. Seawell of that city will give all a cordial welcome. The business session will begin promptly at 3 P. M., followed by ritualistic work exemplified by the officers and degree team of Raeford, N. C. at the Lumberton Armory. A barbecue supper will be served and National Director Talmadge E. Newton will make an address. The evening of festivities will be concluded by a dance. All Woodmen are urged to make reservations with their local camp secretaries early, and bring their families.

**Sound Plan Urged  
For Saving Grain  
By W. Kerr Scott**

Raleigh, Oct. 21—Agriculture Commissioner W. Kerr Scott has urged that bakeries eliminate consignment selling of bread and thus save "untold thousands of bushels of wheat daily" to help the emergency food situation abroad.

Scott said in a wire to U. S. Secretary of Agriculture Clinton P. Anderson that the bakeries' practice of "crowding the market" with consignment bread resulted in the loss of approximately 150,000 bushels of wheat annually in North Carolina alone, and he placed the estimated money value of the loss in this State at about \$1,000,000 a year.

Scott's wire said: "I earnestly urge that the government take immediate steps to get the bakeries of the nation to cooperate fully in eliminating the consignment selling of bread during the food emergency. That will save untold thousands of bushels of wheat daily and in North Carolina alone will result in the saving of approximately 150,000 bushels of wheat annually."

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Scott said he got his figures from Department of Agriculture field men in the Pure Food and Drugs Division. Their survey showed, he said, that thousands of loaves of bread were wasted daily in North Carolina through the consignment practice of taking field day-old bread off the store shelves and withholding it from human consumption, with most of it going to city dumps.

This practice, Scott explained, resulted from the bakeries' stiff competition to keep only oven-

fresh bread on store shelves.

Scott asked Anderson to send a Department of Agriculture representative into North Carolina for a series of conferences with bakers. At these conferences, the Federal representative would explain the need for food conservation and just how the bakers could cooperate in making more grain available for foreign commitments.

He acted after calling in William C. McIntyre, Jr., of Greensboro, secretary of the North Carolina Bakers Council for a con-

ference regarding the big waste of bread. McIntyre said he would plan a series of meetings as soon as Secretary Anderson notifies him that a Federal representative will be available.

Scott pointed out that under the War Powers Act bakers were barred from consignment selling during the war. He urged that bakers themselves take the initiative in starting at once on industry-wide program to stop what the trade terms "crowding the market".

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