

DEDICATED WAR BONDS Sixth War Loan

War bonds have been bought since the start of the Sixth War Loan and dedicated in honor of the following boys and girls in the armed forces:

- Fred E. Blanchard, USCG.
- Pvt. William J. Taylor, Jr.
- Sgt. Maj. G. Ward.
- Cpl. Frederick V. Fleming.
- D. E. Minton, Jr., S1/c.
- George T. Minton, SF2/c.
- Richard L. Hinton, CGM.
- Sgt. Lennie Pell Hinton.
- Cpl. Henry William Hinton.
- L. Jake (Leslie) Hollowell.
- Horace E. Hollowell.
- Esque Curl, U. S. Army.
- Ralph Curl, U. S. Army.
- Lloyd I. Briggs, S 1/c USNR.
- Pvt. Elgin Bunch.
- William D. Austin, S 1/c USNR.
- Pvt. Lindsay H. Bunch.
- Sgt. McCoy Bunch.
- PFC Garland J. Bunch.
- Cpl. L. Jake (Leslie) Hollowell.
- Horace E. Hollowell, CM 3/c.
- Cadet Margaret Rountree, US-CNC.
- Pvt. Milfred Shirley Rountree.
- Sgt. Arthur E. Watts, Jr.
- T/Sgt. Thomas B. Rountree.
- Capt. Tom Pittman.
- Capt. Bradford Pittman.
- Paul Paige Riddick.
- J. F. Spivey, MM 3/c.
- T/Sgt. Elmer J. Bunch, Air Corps.
- F/O J. Russell Bunch, Air Corps.
- Harry L. Riddick.
- Pvt. J. Bernard Brown.



INFANTRYMAN CLOSING WITH ENEMY FOR HAND-TO-HAND COMBAT WITH THE BAYONET: Veteran combat Infantrymen, many of whom have killed the enemy in bayonet assault, compose a 39-man demonstration unit which takes part in the outdoor weapons show, "Here's Your Infantry," as a part of the \$14,000,000,000 Sixth War Loan Drive. Soldiers in show are from The Infantry School's 3rd and 4th Infantry Regiments. After a premiere in Washington, D. C., on November 17, demonstration units will tour from coast to coast under auspices of The Infantry School of Army Ground Forces and the War Finance Division of Treasury Department.

Alert, well-trained Doughboy shown above is typical of the many Infantrymen on all fighting fronts who are pushing the enemy back with courageous hand-to-hand battling. (Official U. S. Army Photo—The Infantry School.)

Successful Parenthood
BY
MRS. CATHERINE CONRAD EDWARDS
Associate Editor, Parents' Magazine

Since we know the amount of food an adult eats depends to some extent on how much he weighs, the new theory of regulating a baby's food intake by his weight seems to make sense. For instance, an infant two months old weighing 12 pounds needs just as much nourishment as a five months-old baby weighing 12 pounds. Another appetite regulator is the amount of energy one expends. We recognize this fact for adults, but we aren't so ready to admit that a small-boned, quiet infant needs less food than a rapidly growing, active baby although they may be of the same age.

Here is approximately how the weight, rather than age measurement works in determining the introduction of solid foods into the baby's diet. When he weighs about 10 pounds, add cereals; 11 to 12 pounds, apple sauce, raw ripe bananas, canned pear, prune, peach, 12 to 14 pounds, vegetables and soups; 16 to 17 pounds, meat, fish cottage cheese.

Some foods have to wait on the baby's skill in handling them. For instance, he can't do much with a piece of toast or zwieback until he can hold it in his hand and put it in his mouth. Also the jaws have to learn to bite on hard things. But these skill, too, are usually acquired

by the age of five or six months, which further points to the infant's readiness for a grown-up meal schedule.

Not only does three meals a day for the baby save mother the time formerly spent in getting out food at in-between hours, to say nothing of plans for warming it, but what the baby eats can usually be chosen from the family table. It isn't necessary to strain the food either, though it should be mashed with a fork or chopped.

Here is a suggested schedule for the baby who has just become a regular member of the family so far as his meal times are concerned.

7:00 to 8:00 a. m.—fruit or juice, cereal, toast, bacon or egg yolk, milk.

12 Noon: Soup or vegetable (any kind, mashed). Meat—beef, chicken, liver, lamb; or fish—salmon, halibut, tuna. Desserts—fruits, gelatin. Milk.

3:00 p. m.—Juice—toast or crackers only if infant eats his other meals well.

5:00 to 6:00 p. m.—Soup or vegetable or cottage cheese. Fruit and milk.

This simplified feeding schedule was tried successfully on 100 babies in a private clinic. One of the happiest results was that all the babies but two developed good appetites. Fewer but more substantial feedings supply needed nourishment but allow time for the child to be-

come hungry between meals. Experiencing hunger contributes to the creation of an appetite, something that coaxing and forcing food on a child notoriously fail to do.

Of course, if the baby shows an allergy to certain foods his meals won't fit into the family menus so easily. New foods will have to be added at a later age and only one at a time, with longer intervals between the introduction of each. Your physician will decide which foods are the offenders.

For that matter, the baby's doctor should have final say about your method of feeding the child. But more and more the trend is toward fitting the diet, both in quantity and variety of foods, to the baby, not the baby to the diet.

BERTIE COUNTY Conservation Notes

By C. G. TOMS

R. L. Mizelle, of Windsor, who is a cooperator with the Roanoke-Chowan Soil Conservation District, states that he made a yield of 2460 pounds of peanuts per acre on a field where he had corn and crotalaria the year before. Mr. Mizelle said this field had been yielding on an average of 1,400 pounds of peanuts per acre before he began using crotalaria. He attributes at least half the increase of approximately 1,000 pounds per acre to the use of crotalaria. He also dusted his peanuts this year with sulphur in cooperation with the Extension Service. Mr. Mizelle says he believes in crotalaria and dusting for his peanuts. He believes that with one crop of crotalaria before peanuts the yield can be increased as much as 500 pounds per acre.

The early varieties of crotalaria are heavy seeders and re-seeds itself thus making it a very desirable soil-improving crop for sandy soils. Being a deep rooter plant it is also desirable for a summer crop in dry weather. It makes a heavy yield of green matter which is necessary in conserving moisture in the soil.

PVT. HARRELL

(Continued from Page 1)

Two older brothers are also overseas. Willie E. Harrell is with the Army in France and James C. Harrell, Jr., is with the Army in Germany. The Harrells have five younger sons and two daughters at home.

Pvt. Graham Harrell attended Gatesville High School and was drafted on February 23. For friends who would like to write, here is Pvt. Harrell's address: Ward 10-B, 4107 N.S. Army Hosp., APO 511, Care Postmaster, New York, N. Y.

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