PAGE TWO



faith.

will fall

Divine,

faith

CARTER'S CHAPEL

NEWS

Miss Esther Thorne, of Raleigh, spent the week end with her parents,

Week end guests of Mr. and Mrs.

J. H. Parnell were their daughters,

Mrs. David Anderson of Fort Bragg

Martin Thorne and family attended

the funeral of his uncle in Wilson

Guests of Mr. and Mrs. W. L. Moore

Mrs. Lovis Rose of Burlington, and

Miss Edith Rose of Goldsboro, spent

Mr. and Mrs. Thelbert Brown of

Miss Margaret Brown of Buie's

Creek spent the week end with her

parents, Mr. and Mrs. Argo Brown.

Smithfield visited his brother, Thur-

man Brown and family Sunday.

and Clarie Parnell of Burlington.

daughter, Audrey, of Buie's Creek.

Mr. and Mrs. Martin Thorne.

County Sunday.

CLUB MEETINGS • PERSONALS • ENTERTAINMENTS

Mr. and Mrs. S. R. Cotton were |"Gardens And You." called to Darlington, S. C. on Satur-Perhaps her prettiest verse is-'A garden's faith is a boundless day on account of the illness of Mrs. Cotton's mother, Mrs. J. A. Anderson.

Miss Carolyn Parrish, of A. C. Deep-rooted, changeless, sure, College, spent the week end at her That the sun will shine and the dews home here.

And the twinkling stars endure Mr .and Mrs. J .V .Chamblee, of Selma ,were visitors in town Sunday. That back of them all is a Love

Miss Mary Youngblood, student at As infinite as the blue; A. C .College spent Sunday here.

A garden's faith is a boundless Mrs. Atwood Uzzle made a business trip to Raleigh Saturday. And so is the Faith of YOU." Mr. and Mrs. Ernest Fuquay and

small daughter ,of Raleigh, spent Sunday with Mrs. Clair Wilson .

Mrs .Lulu Rogers spent Saturday

and Sunday at her home in Selma. Mr Dempsey Vinson of Raleigh.

was in town last week. Mr. Turner Vinson of Clayton was here on business last week.

Mr. and Mrs. Mac Grimmer and young son and Mr. and Mrs. Thel Price, of Newport News were guests of Mr. and Mrs. Claude Lee for the week end.

Mrs. Jim Lee was a recent visitor to Dunn.

Miss Rachel Jones, of Washington, D. C., was home for the week end. Mr. Harry Tabb, of Wilmington,

spent Sunday here. Mrs. Paul Jones and Miss Christine Jones went to Durham Saturday to Oliver Johnson of Raleigh, and their tomatoes and snap beans. attend the funeral of Mrs. Clarence

Smith. Mr. John K. Beasley, of Benson is the week end with C. P. Rose and visiting his son, Mr. Jasper Beasley.

Mr. and Mrs. Jasper Beasley had family. as their guests last Tuesday, Mr. and

Roy Poole and daughter, of Raleigh. Mr. and Mrs. Paul Jones, Jr., of Smithfield, spent the week end with

Mr. and Mrs. Paul Jones. Sr. Miss Donnie Mae Lee, of Pine Level visited Miss Christine Jones during

the week end.

- W M -Joint Hostesses

To B. T. U.

The Senior B. T. U. class of the local Baptist church recently enjoyed a social hour at the home of Misses Rita and Meta Jones. Games and other amusements were provided, at the conclusion of which Mrs. Joe Jones and Mrs. Willie Garner served peanuts, cookies and pepsi colas. Those present were: Misses Hilda Strickland, Eula Beasley, Bernice Johnson, Rita Jones, Meta Jones; Messers Norman Strickland, Calvin Wood, Buddy Wood, Swade Jones, Newitt Lee, Hewitt Lee, Lee Jones, Ed Coates and Arnold Britt.

> "ACORNS" By MRS. CARL K PARRISH "WIELD THE HOE"

March has come, and it is time to march forth with the hoe and some THE JOHNSTONIAN - SUN, SELMA, N. C. - THURSDAY, MARCH 4, 1943.

foods.

body.

Saturday night with Mr. and Mrs. G. W. Anderson John Sutton visited his brother,

Dan Sutton, near Norfolk, Va., last week. Their mother, Mrs. Z. V. Sutton, accompanied him there to spend a few weeks.

Mr. and Mrs. Preston Hawley of Selma, visited Mr. and Mrs. Ernest Bass Sunday.

Messrs. Clyde and Floyd Woodruff who have been working at Newport News, Va., the past few weeks, returned home last week.

Clyde Woodruff, Mrs. Jennie Flowers and daughter, Josephine, spent the week end in Durham visiting their relatives, Mr. and Mrs. Jesse Flowers, Mrs. R. O. Hudgins and family, and her daughter, Maye.

A number of relatives and friends from in and around Goldsboro besides their children, gave Messrs. Claude Grady and G. W. Anderson a birthday dinner at the home of Mr. Grady Sunday.

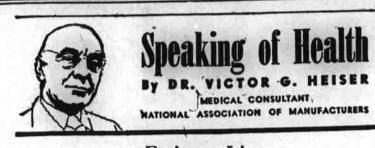
Mrs.J. J. Sullivan, who has been in the hospital at Wilson about a month, is reported to be improving. Others reported ill are C. P. Rose and Mrs.

Civilian supplies of canned vegetables from next summer's estimated pack will be increased about 10,000,-000 cases under new food orders. last week end were Mr. and Mrs. Most of the increase will be canned

SEEDS

The supply of vegetable seed promises to be sufficient for 1943 Victory kinds of food. Garden needs, but not large enough to permit waste of seed through careless sowing, neglect of a planted garden, or planting on a soil too poor to produce good vegetables.

Oscar Grady of Goldsboro spent



Eating to Live

It is an old aphorism that we feel generally run-down. should "eat to live, not live to eat."

Food for Our Allies Of course, with so much food being That truism is very pertinent today, sent to our allies, we are bound, it and it could become a profitable byseems, to have some shortages. word in these times of food rationing

But, generally speaking. most of and inevitable shortages of certain us, including those on limited food budgets, can get enough of the right For the kind of food we eat is of foods for health and avoid hidden much greater importance than the hunger-if we know what to look for amount. It is possible, for instance, in the market place. for a person to grow fat by eating

I can't say too often that all the large quantities of food and still be foods generally necessary for good health are included in five categories which I have referred to in all my writings as the "five fundamental foods.'

Five Categories of Foods

Most of us have little trouble recognizing "hollow hunger," which simply means that the individual is At the time this was written, none of these five foods had been officially not obtaining enough food of any rationed throughout the country. Here kind. Its symptoms are perfectly obthey are:

vious in hollow cheeks and emaciated (1) Milk, fresh or included in foods; (2) eggs or meat or fish or cheese; But we must learn to recognize (8) fresh leafy vegetables, both green and yellow; (4) fresh fruit, especially citrus fruits; and (5) whole-grain, another kind of hunger, "hidden hun-ger," for the enemy that it really is. soybean, or properly enriched white Hidden hunger is another name for malnutrition, which is failure to take breads or cereals. in_and utilize the nutriments of a

When and if some of these should become scarcer or drastically rationlarge enough quantity of the right ed, substitute one or more of the Godwin, Kenly, Route 2; James W. other foods from the same category In hidden hunger, the stomach may eel "full," but the body may actually and you should be able to make out

be starving for vitamins, or minerals, all right. or calories, or some other food ele-Diet Knowledge Spreading The government, schools, and in-

of this country as to what constitutes good diet.

It is entirely possible that, as a result of this war and its attendant changes in our eating habits, we shall have far better eating habits, and be far healthier for it, than if there had been no emergency.

One thing is certain in wartime America: millions of persons are getting a new conception of the value of food in building and maintaining good health.

They are learning that eating to live is more important than living to eat-that good health is to a large extent a matter of what we eat- and that, to a certain degree, at least, we are what we eat.

ONLY 17 OUT OF 52 WHITES ACCEPTED

Only seventeen out of 52 white selectees sent to Fort Bragg induction station on Feb. 9 by the Selma draft board were accepted for armed service. One was assigned to the Navy and 16 to the Army.

The accepted men are listed below: Navy-Roy Columbus Anderson, Smithfield. Route 2.

Army-John D. Parker, Clayton; Claude Oliver Harris; Johnnie Mitchell, Selma; Elmer Pittman, Kenly; O. B .Boykin, Kenly, Route 2; James A. Creech, Selma; Charles W. Creech, Selma, Route 2; Roland D. Godwin, Kenly, Route 2; Frank Moye, Jr., Clayton;

James L. Sanders; Hilliard T. Flowers, Jr., Selma, Route 1; Julius C. Honeycutt, Selma; James F. Wellons, Jr., Kenly, Route 2; Cleotha O'Neal, Jr., and Lewis Stephenson, Clayton. '

The purchase and use of whole or ground soybeans for food or fertilizer is prohibited. The need is for oil, meal

ment we need for health. Then we tire quickly, are easily irritated, have dustry are all doing a big job, even difficulty concentrating on anything, in wartime, in educating the people and cake. A pound of scrap will stop a Jap. POINT VALUES FOR OFFICIAL TABLE OF No. 1-Effective March 1, 1943 Pursuant to Ration Order Number 18 VAI POINT mune /1 pint -1 peu

Two Kinds of Hunger

FLUIDS (1 pint - 1 pound 1 quart - 2 pounds					8	, 0	IN		v	~ 1	. 0		·				
	7 		7a.	10	14m	1.2.	1. 6.	1.11-	2.	2.4.	2.8.	2.12-	31	111	31.12	3=12= 4=	PEU
UITS AND FRUIT JUICES Canned and Bottled (including Spiced Fruits)	*	*	¥	٠	+	+	*	*	+	+	*	+	+	+	+	•	1 -
Contraction in the second statement is not a second statement of the second statement is not second statement of the second statem	1	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	8
APPLES (including Crabapples) APPLESAUCE	1	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	
APPLESAUCE	2	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	1
BERRIES-all variaties	1	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	1
CHERRIES, red sour pitted	1	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	1
CHERRIES, other	1	.4	6	8	1 \$1	14	17	21	23	26	29	32	34	37	40	43	1
CRANBERRIES and SAUCE	1	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	i
FRUITS FOR SALAD and FRUIT COCKTAIL	1	4	6	8	11	14	17	21	23	26	29 21	32	25	27	29	31	H
GRAPEFRUIT	1	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	
GRAPEFRUIT JUICE	1	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	
GRAPE JUICE	1	3	5	.6	8	10	13	15	23	26	29	32	34	37	40	43	1
PEACHES	1	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	1
PEARS	1	4	6	8	11	14	20	24	28	31	34	37	41	44	47	50	1
PINEAPPLE	2	5	7	10	13	14	17	21	23	26	29	32	34	37	40	43	1
PINEAPPLE JUICE	1	4	6	8	8	10	13	15	17	19	21	23	25	27	29	31	
All other canned and bottled fruits, fruit juices, and combinations	1	3	5	0	-	10					-					1.1	1
Frozen	-	-	7	10	13	16	20	24	28	31	34	37	41	44	47	50	11
CHERRIES	2	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	1
PEACHES	2	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	
STRAWBERRIES	2	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	
BERRIES, Other	2	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	1
All other frozen fruits	-										1.1		с. П	1.11			
Dried and Dohydrated	-	-	11	15	20	25	31	38	43	48	53	58	63	68	73	78	12
PRUNES	3	8	11	15	20	25	31	38	43	48	53	58	63	68	73	78	
RAISINS	3	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	1
All others	-	_			Own		-	the second s		-	No. of Lot, No.	2 12	31	3-4-	2.0	3 12	
GETABLES AND VECETABLE JUICES		4= 7=	7=	10 m.	14 m. 2.	1. 2.	1 n. 6 m	a second	100000000000000000000000000000000000000	2.8.	THESE	and the second second			3- 12-		PIL
Canned and Bottled	-	-	6	8.	11	14	17	21	23	26	29	32	34	37	40	43	1
ASPARAGUS	1	4	7	10	13	16	20	24	28	31	34	37	41	44	47	50	
BEANS, FRESH LIMA	2	4	6	8	11	114	17	21	23	26	29	32	34	37	40	43	
BEANS, GREEN and WAX	-		0	-				1					1.41	1.1	11,24,73		
BEANS, all canned and bottled dry varieties including Baked Beans,	1 .	3	=	6	8	10	13	15	17	19	21	23	25	27	29	31	
Soaked Dry Boans, Perk and Beans, Kidney Beans, and Lentils	1	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	1
BEETS (including pickled)	1	4	6	8	11	14	17	21	23	26	29	. 32	34	37	40	43	
CARROTS	11	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	
CORN	2	5	7	10	13		20	24	28	31	34	37	41	44	47	50	
PEAS	1	12	2	3	4	5	6	8	9	10	11	12	13	14	15	16	1
SAUERKRAUT	1	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	
SPINACH TOMATOES	2	5	17	10	13	16	20	24	28	31	34	37	41	44	47	50	
TOMATO CATSUP and CHILI SAUCE	1	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	
TOMATO JUICE	11	4	6	8	111	14	17	21	23	26	29	32	34	37	40	43	
TOMATO PRODUCTS, all others	2	5	7	10	13	16	20	24	28	.31	34	37	41	44	47	50	
All other cannod and bottled vegetables, vegetable juices, and combinations	1	4	6	8	11	14	17	21	23	26	29	- 32	34	37	40	43	1
Frozen			-	1	10	10	20	24	28	31	34	37	41	44	47	50	
ASPARAGUS	2	5	1	10	13	_	20	-	In the second	31	34	37	41	44	47	50	
BEANS, LIMA	2	3		10	12	10	20		28	31	24	37	41	1 44	47	50	
BEANS, GREEN and WAX	2	3	1 -	10	12	16	20	24	28	31	34	37	41	44	47	50	T
BROCCOLI	2	3	14	110	112	16	1 20	1 24	28	31	34	37	41	44	47	50	T
CORN	2	3	7	10	11	16	20	20	28	31	34	37	41	44	47	50	
PEAS	-	-	17	10	112	16	20	20	28	31	34	37	41	44	47	50	
SPINACH	1	1 2	-	6	1 8	10	13	1	17	19	21	23	25	27	29	31	
All other frezen vegetables	-		-		1								1	1		il isomet	T
THER PROCESSED FOODS SOUPS, CANNED AND BOTTLED—all types and variations	1	3	5	6	. 8	10	13	19	17	19	21	23	25		29	31	T
SOUPS, CANNED AND BOTTLED—all types and varieties BASY FOODS, Caused & bottled, all types and varieties enough usits and cert*		. 4		-	5% cum	1	Points	17	1 1		1 5% em	net-becin				1200	
THE FOLLO WING ITEMS ARE NOT INCLUDED: Crasting Freiten Jamm-Jelling Prints Salad Freit Callo of Comm. Jenne-Jelling Prints Salad Freit Calloge. Freit Profilie in containers one 10 percente. Freit Profilie in containers one 10 percente. Freite Aufens in containers one 10 percente.			BUCTION of out the discussion of the line of the POUNT of in the o	Hamilton Bar mast weight dense the t dent the s is in the B VALUE of observe first	d the Pole a of the o op of the o stars to the lass o the lass o	4 Values of a seture, decen- enders, decen- enders, decen- rent sudgle day unights fail.	to Recent on the labor tog the we weight had adverse to the same it	d, W any). Splat in an other laft.			he Point I hall be arri- ren by the Pay Pressi provide to the second to the	Value of a and at by a Point Value Constant Value C			terre frier (ber of person fitting on pf and attended in personal (There, on the second states)	o promite da of sheet in the sh	the set

'starving" for the vitamins and minerals and other food elements essential to his good health. Calvin Littleton.

FOOD

seed

On all sides comes the admonition to plant "Victory Gardens." There are certain guides to follow; there are definite steps to be taken. Have you seen the "Don't's?" We believe that the author of "Every Week" would be glad for them to be passed on to you in this weekly column.

Don't start what you cannot finish. Consider carefully the work involved before you waste seed, fertilizer and energy.

Don't waste good seed on bad soil. Places where weeds flourished last year will probably produce vegetables this year.

Don't work ground too soon. Wait till the earth will crumble apart when you press a piece of it between your fingers.

seeded too thick require much thinning and waste seeds. Follow the directions on the seed package.

Don't use too much seed. Crops and waste seeds. Follow the directions on the seed package.

Don't let the weed crop win. Some amateur gardeners dream of luscious fresh vegetables while weeds ruin their crop. Wield the hoe often.

Don't let the bugs beat you. Gardeners must watch their crops carefully for attack by pests. They must be ready with the right spray to kill them.

Don't let anything go to waste. Store or can your surplus.

The author of the current paper used in the schools informs us that a well-tended garden of average size will save from \$50 to \$100 in grocery bills.

After giving you these don'ts for a Victory garden to contribute to physical up-keep and growth; to help maintain an army and civilian population, we cannot refrain from moralizing on this story.

These admonitions are worthy of being applied to the victory schedule of one's aspirations in life. In whatever phase of life we are it pays to carefully weigh the job ahead before we waste our money, time, planning and energy.

In the second place. the parable of the sower is strongly brought to mind when we are admonished to sow good seed upon fertile soil. We take care of Life's garden with care. We must not let the ugly sides of our natures win. We must keep the pests of sin away. We must not let our talents, be they ever so small, go to waste.

In this Life garden there must be the friendly smile, gracious ways, a helpful life, a loyal heart, and a boundless faith, for so has said Molly Haley in her beautiful little book,