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

 Selma, visited Mr. and Mrs. Ernet
Bass sunday. Bass, Sunday.
Messe . Clye and Floyd Woodruff
who have been working at Newport who have been working at Newport
News, va., the past few weeks, re-

 ers and daughter, Josephine, spent
the wedek ond in Durham visiting their



 | A number of relatives and friends |
| :--- |
| from in and around |
| their childstrono |
| Chent |

 day dimner at the home of Mr. Grady $\left\lvert\, \begin{aligned} & \text { Mra.... J. Sullivan, who has been in } \\ & \text { the hospital at Wilon about a month. }\end{aligned}\right.$ the hospital at Wilon about a month,
in reported to be in impovin. others
reported il reported ill are C. P. Rose and Mrs.
Calvin Litteton. Miss Esther Thorne of Raleigh,
spent the week end with her parents, Mr. and Mrs. Martin Thorne. Mre Mrs
Week end gueats of Mr. and
 Mrs. Darien Andereson of Fort tratsg,
and Clarie Parnell of Burington. and Clarie Parnell of Burlington.
Martin Thorne and family attende Martin Thorne and family attended
the funeral of his uncle in Wison County sunday.
Guests of Mr. and Mrs. W. L. More
last week end were Mr. and Mre 2ast week end were Mr. and Mrs.
Oiver Johnson of Raleigh, and their daughter, Audrey, of Buit's. Creek.
Mrs. Lovis Rose of
Burlington, an
 tiss week end with C. P. Rose and
family. fat
fanily.
Mith
mithf

 Creek spent the wek end with her
parents, Mr. and Mrs Argo Brown.

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
Rid and other amusements were provided, Jones and Mrs. Willie Garner served
 Strickland, Eula Beasley, Bernice
 Newitt Lee, Hewitt Lee, Lee

## "ACORNS"

By mRs. cal k Parrisi "WIELD THE HOE" March has come, and it is time to
march forth with the hoe and some march
seed.
On
plant "victory Gardens." There are certain guides to follow; there

are definite steps to be taken. Have | you seen the "Don'ts?" We believe |
| :--- |
| that the nuthor of Every Wek. | out o you in this weekly column

Donit start what you cannot finsh. Consider carefully the work involved
before you waste seed, fertilizer and energy.
Dont waste good seed on bad soil.
Places where weeds flourished last Paces where weeds flourished last
year will probably produce vegetables
this year. this year.
Don't work ground too soon. Wait when you press a piece of it between
your fingers. seeded too thick require much thin-
ning and waste seeds. Follow the di-
rection rections 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. their crop. Wield the hoe often.
Don't let the bugs beat you. Gardeners must watch their crops care-
fully for attack by pests. They must be ready with the right spray to kill
them. them. ${ }_{\text {Don't }}$ 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 weil-tended garden of average size
will save from $\$ 50$ to $\$ 100$ in grocery
bills. bills. After giving you these don'ts for physical up-keep and growth; to help
maintain an army and civilian popp-
lation, we cannot refrain from moralmaintain an army and civilian popu-
lation, we cannot refrain from moralizing on this story.
These admonitions These admonitions are worthy of
being applied to the victory schedule
one's aspirations in life. In what ever phase of life we are it pays to
carefully weigh the job ahead before we waste
In the second place the parable of
the sower is strongly brought to mind when we are admonished to sow care of Life's garden with care. We must not let the usly sides of our natures win. We must keep the pestu
of sin away. We must not let our
talenta, be they ever so small, go to In this Life garden there must be helpfulless faith, loy loy ho has said Molly boundless faith, for so has said Molly
Haley in her beantiful little book

## Eating to Live

It is an old aphorism that we
thould "eat to live, not live to eat." That truism is very pertinent today,
and it could become a profitable byword in these times of food rationing
and inevitable shortages of certain
For the kind of food we eat is of amount. tit is imposible, for tor inantance, Yor a peraon to grow fat by eating
large quantities of food and still be arge quantities of food and still be
starving" for the vitamins and


## Two Kinds of Hunger

| $\begin{array}{l}\text { Most of us have little trouble rec- } \\ \text { ognizing } \\ \text { Hollow } \\ \text { hunger, } \\ \text { which }\end{array}$ |
| :--- |

simply means that the individual is simply means that the individual is
not obtaining enough food of any kind. Itas symptomg are perfectly ob-
vious in hollow cheeks and emaciated cious.
bous.
But
But we must learn to recognize
another another kind of hunger, "hidecen hun ger," for the enemy that it really is.
Hidden hunger is another name for malnutrition, which is failure to take in and atilize the nutriments of a
large enough quantity of the right large enough
kinds of food.
In hidden hunger, the stomach may
feel "full," but the body may actually feel "full," but the body may actually
be starving for vitamins, or minerals,
别 or calories, or some othher food ele-
ment we need for health. Then we
tire quickly ment we need for health. Then we
tire quickly, are easily irritated, have
difficulty concentrating on anything,
feel generally run-down.
Food for Our Alies
of course, with so much for Of course, with so much food bein
sent to our allies, we are bound, seems, to have some shortages. But, generally speaking. most
us, including those on limited foo as, including those on limite righ
budgets, can get enough of the reat
foods for health and avoid hidde hunger-if we know what to look for in the market place.
I can't say too often that all the foods generally neceessary for good
health are included in five categorie health are included in five categorie
which I have referred to in all my which I have referred
writings as the five fundamental writings
foods."

Five Categories of Foods
the time this was writte At the time this was written, none
of these five foods had been officially fay are: (1) Milk, fresh or included in foods;
(2) eggs or meat or fish or cheese (8) eggs or meat or fresh leafy vegetables, both green and yellow; (4) fresh fruit, especially citrus fruits; and (5) whole-grain
soybean, or properly enriched white Wreads or cereals.
When and become searcer or drastically ration
ed, substitute one or more of the ed, substitute one or same category
other foods from the
and you should be able to make out and you should be able to make Diet Knowledge Spreading
The government, schools, and
of this country as to what constitutes or
good diet.
 changes in our eating habits, we
shall have far better eating habits, shall have far better eating habits,
and be far healthier for it, than if型d be hat been no e emergency. One thing is certain in wartime
America: millions of persons are getAmerica: millions of persong are get-
ting a new coneption of the value of
tood in building and ting in ew conception of the value of
foon in building and maintaining good health. They are learning that eating to
live if more important than living to eat-that good health is to an large extent a mater of what we eat-- and
that, to a certain degree, at least, we that, to a certain
are what we eat.
ONLY 17 OUT OF 52 WHITES ACCEPTED

Only seventeen out of 52 white
selectees sent to Fort Bragg inducselectees sent to Fort Bragg induc-
tion station on Feb. 9 by the Selma
 service. One was assigned to he Navy The accepted men are listed below: Navy-Roy Columbus Anderson, Smithfield. Route 2. Army John D. Parker, Clayton;
Claude Oliver Harris; Johnnie Mitichell, Sellam; EImer Pittman, Kenly; O
B . Bovkin Kenly, Route 2 . James A. B.Boykin, Kenly, Route 2j James A.
Creech, Selma; Charies $\mathbf{W}$. . Creech,
 Kenly, Route 2; Frank Moye, Jr Caymes L. Sanders; Hilliard T.
 C. Honeycutt, Selma; Jomes . Wel-
 o'Neal, Jre, and Lewis Stephenson, Clayton.
The purchase and use of whole or
ground soybeans for food or fertilizer Mround surchase ans for food or fertilizer
is prohibited. The need is for oil, meal
is

## official table of point values for processed Foods <br> No. 1 - Effective March 1, 1943



POINT VALUES
 FruIS AND FRuIr Juces APPLES (mactoding Crabumbes) CHERRIES--Ill verides




[^0]Ceanamimane


[^0]:    

