

Miss Jane Gavin of Chapel Hill is spending this weekend in Roxboro with friends.

Mrs. J. R. Reid of Richburg, S. C. is here for the weekend with her daughter, Mrs. H. K. Sanders and her family.

Misses Margaret Hannah and Frances Critcher returned home this week from a trip to New York and the World's Fair.

John Yancey of Bridgeport, Conn. is spending sometime in Roxboro.

Reggie Harris, Jr. of Elkin is here this weekend with his parents, Mr. and Mrs. R. L. Harris.

Clifton R. Long will return to Lawrenceville, Va. today after spending his vacation here with relatives.

Miss Margaret Penn of Carthage is spending several days here with Mrs. E. G. Long.

Mrs. F. O. Carver, Mr. and Mrs. A. W. Clayton, Mrs. Margaret Critcher and F. O. Carver, Jr. leave today for an extended trip through the mountains of North Carolina. They plan to visit friends at several points during the trip.

Mr. and Mrs. E. A. Payne of Dublin, Va. spent several days here last week with Mrs. Payne's parents, Mr. and Mrs. L. D. Puckett.

Members of the local health department staff this afternoon will attend a tea at the home of Dr. W. P. Richardson, district health officer, in Chapel Hill.

Mesdames Hall, Warren Write Timely Suggestions On Home Beautification

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By VELMA BEAM

Many of the Home Beautification Project Leaders have already done some splendid work in their field of endeavor, and this week's page, which brings us suggestions from our Extension Specialist might also carry timely suggestions from our lo-

cal club members. The following article is a paper prepared and given by Mrs. L. H. Hall of the Cunningham Home Demonstration Club at one of their regular meetings.

"Home Beautification"

Though we should strive at all times for cleanliness and beauty in and around our home, we should put forth our greatest efforts in the Spring, for it is at this season of the year that mother nature so ably assists us with

her beauty and color. Beautification, cleanliness and sanitation are the greatest contributing factors to contented healthful home life but, in my opinion, the most important of these factors are cleanliness and sanitation. When we make these "two" our watch-words, beauty

Miss Anne Watkins left Friday to spend her vacation in the western part of the state.

Charles Ball, Jr. has returned from Valdosta, Ga. where he was on the tobacco market during the past few weeks.

beauty inevitably follows cleanli-

When things are clean in and around our homes they naturally look better and each time a thing is made to look better it gradual. ly approaches a stage of beauty. Some of us might say that cleaning and beautifying our surroundings would involve a good deal of cost, but this is far from

true. There are literally thousends of things we can do to better and beautify our surroundings which do not involve any monetary outlay. A little time

and energy plus a lot of honest effort are the major requirements.

When we think of beautification or improvements, we all think in terms of dollars and cents, but let us not do this. If you'll pardon the expression we are all more or less richly endow-

ed with what is commonly called "elbow grease." This so called el. bow grease doesn't cost us a dime, but goes further than any dollar in attaining the greatest and most important of all goals, cleanliness and sanitation, which ultimately adds beauty in and around our homes. is but a natural attainment, for In the country, as a rule, yards

> are so spacious that keeping them clean is quite a problem. Again nature plays an important part in the scheme of things and

places at the disposal of all the greatest single instrument for dirt chasing in existence. I speak of the old-fashion dog wood brush broom. This little inexpenthe commodity that tends to make any home a better place at which to live.

Many casual observers, when thinking of home demonstration work in general, think only of the practical phase of it, but there is

a very definite effort on the part of the members to develop the cultural aspects of the home. The emblem itself carries the health fire in the center to symbolize the center of the home; it expresses the spirit of the finest attributes of the home; such as fellowship, hospitality, comfort, peace and protection.

Mrs. E. P. Warren had this idea in mind when she prepared and gave as part of the devotional to one of her local club meetings.

"What I Want My Home To Be" Many centuries ago God estabished the home. At that time it

was the chief institution of the world, and God willed that it should continue so. In these early days it was spoken of as "a place of refuge and rest, the abiding place of the affections"; and these are the qualities that I want to characterize my home.

A place of peace which can he brought about only by careful planning and unselfish cooperation by each member of the family. I want each member to know that it is her home and that she has a definite part in its program, and to willingly share her part of the responsibility.

Our delicious ra

ty fillings.

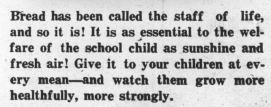
bread is ideal for school

lunch sandwiches, with tas-

I want each member of the family to know that his home is a place of refuge where he. can get away from the rush of life and by reading, study, or whatever activity appeals to him express himself and develop the talents given him.

A place of rest, not only phy-





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