

Health and Beauty

By Dr. Sophia Brunson

HAIR AND HEALTH

The condition of your hair is but a reflection of your general health. You have seen neglected undernourished animals. All of them had dull, scraggly, unkempt, dead-looking hair. The same can be said of human beings.

The hair responds readily not only to the local care which you bestow upon it, but to the food you eat, the amount of sleep you get, bathing, exercising, and so forth. If you meet a child or adult with clean, rosy cheeks, sparkling eyes, and shining well-kept hair, it bespeaks health and well-being.

The hair is nourished from the blood stream, and the blood is made from what you eat. For this reason you must eat foods that are rich in vitamins, minerals, fats, proteins, sugars and starches. The glands are influenced by diet. They in turn have much to do with hair.

"An interesting experiment was

carried out by Doctor Fosan of Carlsbad, who noticed that some of his dogs (on which he was experimenting) were losing their hair steadily. Their food consisted of starches and proteins. He ordered their diet to be changed and include potato peelings, apple peelings, and cucumber peelings, all rich in minerals. Within three weeks the hair growth of the dogs became noticeably better."

Irish moss is used in making deserts in this country, but in Ireland the people eat quantities of these sea products, which are known as sea greens and are rich in iodine. It is supposed to account for the thick black hair that is so common on Emerald Isle.

Animals that are properly fed and whose owners see that their coats are well brushed daily look sleek. Their hair has a satiny sheen never seen in uncared for animals.

If milady wants shining locks, she should keep her hair clean and her scalp exercised by frequent brushings. This brings the blood to every tiny follicle and feeds the hair. After a vigorous brushing the scalp glows with warmth, and has a feeling of well being which is induced

by improved circulation.

Massage helps to invigorate the scalp. It is a good practice to catch up in little bunches and pull it energetically. This loosens and exercises the scalp.

It is said that women do not become bald as do men because the scalp is fed by blood which is brought there by brushing, massage, pulling the hair, etc. Men's hair is kept so short that it does not receive the proper exercise. The hair follicles cease to provide nourishment on account of an insufficient supply of blood to the parts. In consequence, the hair falls out and the follicles die. After this happens, nothing can make the hair grow back again.

Air and sunshine are good for the scalp. Hair should be massaged every day and shampooed on an average of every two weeks.

Prison Camp Tigers Win Baseball Games

The baseball team sponsored at the Woodville Prison Camp has chalked up two victories this week, the Tigers having defeated the Reduco Highlanders on June 21 by a 5-1 margin and overwhelmed New Hope at New Hope on June 22 by a 19-2 score.

James Hardison, pitcher for the Tigers, is reported doing a great job as a pitcher, holding Reduco to one run, a homer in the third inning, and then later striking out 18 of the New Hope batters.

Week-end At Virginia Beach

J. H. Bagley spent the week-end at the Bagley cottage at Virginia Beach.

Thursday At Nags Head

Mrs. T. L. Jessup, Mrs. T. B. Sumner, Mrs. C. M. Williford and Joanna Williford spent Thursday and Friday at the Stokes cottage at Nags Head.

LEGALS

NOTICE TO TELEPHONE SUBSCRIBERS

HERTFORD EXCHANGE
Application has been filed with the North Carolina Utilities Commission, Raleigh, North Carolina for permission to increase telephone rates as follows:

Hearing on this application will be held on Friday, July 25, 1947, at 11:00 A. M., in the Offices of the Commission, Raleigh, North Carolina.

Class of Service—Proposed Net Rate, Individual Business, \$4.00; 2-Party Business, \$3.50; 4-Party Business, \$3.50; Individual Residence, \$3.10; 2-Party Residence, \$2.50; 4-Party Residence, \$2.10; Rural Business, \$3.25; Rural Residence, \$2.50. Extension and PBX Stations, Business, \$1.25; Residence, 75c.

Extra Exchange Line Mileage, each 1/4 mile Individual, 50c; 2-Party, 25c; 4-Party, 15c.

THE NORFOLK & CAROLINA TELEPHONE & TELEGRAPH CO.
June 26c

WHO KNOWS

- When did Robert A. Taft become a United States Senator?
- What two European governments recently dropped Communist members of the Cabinet?
- Has the U. S. extended assistance to Poland since the end of the war?
- Has the United Nations sent a delegation to Palestine to investigate conditions?
- Do other foreign nations have universal military service at the present time?
- How many honorary degrees have been bestowed by American institutions of learning?
- When did rent control begin?
- What new job has former Secretary of State Byrnes?
- What is pentaquine?
- What is the capital of Australia?

The Answers

- In 1939.
- France and Italy.
- Yes, to the value of about \$400,000,000.
- Yes.
- Russia, Great Britain and France have it.
- Estimate: 50,000.
- 1942.
- An advisory post with the motion picture industry.
- A drug for the treatment of malaria.
- Canberra.

At Home On The Farm With The City Cousin

"Sid," I says as the farmer's wife cleared the table of the remains of one of the finest dinners I'd ever sat down to in a farm home, "how many kinds of cousins can you name?"

"Well," he starts out, "there's first cousins, second cousins, thirds and so on—I reckon—"

He began again, and all the ground from first cousins-once-removed to the distant "kissin' cousins" was covered before Sid finally gave up.

Then I asked him about our own kinship—his and mine.

"First time I'd heard tell of it—us being related," he says, with a sudden jerk that left him sitting straight in his chair.

"We're a special kind of cousin, Sid," I told him. "A very special kind. Not first or second, maybe, but you're my Country Cousin and I'm your City Cousin. 'Course we're related!"

Sid understood. I could tell by the



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- Also \$300

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way he took his pipe out of his mouth and wrapped his leathery hands around its smoking bowl in a sort of meditative way. I knew he was aware of the mutual ties of interdependence that made us "related." When it came time to go that evening I told Sid I'd see him at Farm and Home Week at State College the last week in August, and he came back with:

"Oh, you'll be comin' to see us before then, won't you, Cousin?"

To Conn.

Miss Blanche Chappell of Hertford, left June 20th for Willimantic, Conn., to visit Mrs. Jean Clarke, and will also spend a few days in New York and New Jersey. She will then return to her position as Lab. and X-Ray Technician at Lakeview Hospital, Suffolk, Va.

HOSTESS TO ROOK CLUB

Miss Mildred Reed was hostess to her rook club last Tuesday evening at her home. Those playing were: Mesdames J. H. Towe, W. G. Wright, B. G. Koonce, J. E. Morris, C. T. Skinner, Julian White, D. F. Reed, G. R. Tucker, A. T. Lane, William Tucker, Miss Mary Sumner and Miss Ruby White. High score prize and

floating prize went to Mrs. White. Low went to Miss Sumner and the bingo prizes were awarded Miss White, Mrs. Morris and Mrs. Skinner. A sweet course was served.

One touch of nature makes the whole world kin.

—Shakespeare.

EXPERT

Radio Repairs

AND

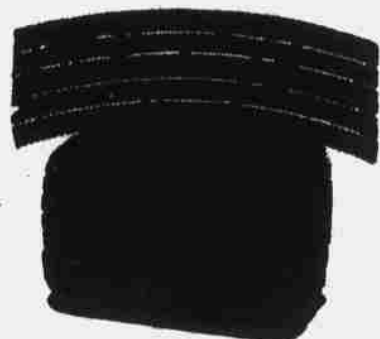
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SELECT A NEW RADIO FROM OUR STORE TODAY!

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CHEVROLET TRUCKS

NEW FOUR-POINT DRIVER COMFORT: 1. The cab that "breathes." 2. Driver's compartment is wider and deeper—more leg room. 3. Wider, deeper, more comfortable seats are fully adjustable. 4. Larger windshield and windows give 22% better visibility.

FLEXI-MOUNTED CAB—rubber-cushioned against road shocks, lurches and vibration.

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—greatest contribution to driver comfort and safety in truck history!

See this truck at our showroom! See today's newest trucks, with the cab that "breathes"—that "inhales" fresh air and "exhales" used air—keeps glass clear and free from fogging.

See this line of advance-design trucks, with new increased load space, longer-than-ever wheelbases and a host of other improvements destined to make Chevrolet even more highly preferred by truck buyers.

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PENDER

DUFF'S HOT ROLL MIX

Fragrant, crusty-brown, hot rolls—Per Package 25c simply prepared at a low cost!

IN A BRIGHT NEW WRAPPER!

SAME FINE QUALITY!

OUR PRIDE

BREAD

Sandwich 24-oz. Loaf 17c

Regular 16-oz. Loaf 11c

TRIANGLE Butter	Cubes Lb.	73c
TRIANGLE Butter	Roll Lb.	73c
WISCONSIN Cheese	Per Lb.	43c
LARSEN'S Corn	14 1/2-oz. Can	18c
PEACH Preserves	Old Va. 1-lb. jar	31c
Wesson Oil	Pint Bottle	42c
SNOWDRIFT Shortening	1-lb. Jar	42c

GRAPEFRUIT JUICELLS	BRUCE'S No. 2 Can	17c
ORANGE JUICE	DR. PHILLIPS 2 cans	25c
LIBBY'S POTTED MEAT	No. 2 can 1/4's	8c
MIXED VEGETABLES	LIBBY'S No. 2 can	20c

SPECIAL OFFER!

DREFT 17c

With 15c Coupon

FLEECY WHITE Laundry Bleach 2 quart Bottles 25c

Napkins	Hudson Standard Pkg.	2 pkgs. for	23c
Beverages	Assorted Kinds	6 bottles for	25c
Crackers	Nabisco Premium	1-lb. Pkg.	23c
Prem, Swift's		12-oz. Can	37c
Tomatoes	Raiter's Solid Pack	No. 2 1/2 Can	29c
Coffee	Gold Label	1-lb. Bag	40c

CHINESE MAID

Noodles	5-oz. Can	17c
Soy Sauce	6-oz. Bottle	17c
Bean Sprouts	No. 2 Can	11c

MCCORMICK'S

VANILLA Extract	1/2-oz. Bottle	12c
BLACK Pepper	1 1/2-oz. 2 cans for	25c

Oxydol	Large Pkg.	33c
Woodbury	Facial Soap, cake	11c
Blu White	Flakes Pkg.	9c

SWEETHEART

TOILET SOAP

Reg. 3 for 28c	Bath Size 16c
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FRESH-PRODUCE

A "MUST" ON YOUR SUMMER MENU—ICEBERG

LETTUCE

Large Head	11c
Medium Head	7c

SELECTED RED-RIPE

Tomatoes	Per Carton	25c
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U. S. NO. 1 YELLOW Onions	3 lbs. for 3-lb. mesh bag	23c
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FANCY GEORGIA Cantaloupe	Per Lb.	10c
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JUICY FLORIDA Oranges	5 lbs. for	33c
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CALIF. SUNKIST Lemons	Per Dozen	37c
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FRESH MEATS

READY FOR THE PAN CUT-UP FRYING

CHICKENS

Per Lb.	59c
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Winner Quality—Boneless

Round Steak, lb.	75c
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Winner Quality

Sirloin Steak, lb.	73c
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Winner Quality—Square Cut

Chuck Roast, lb.	49c
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GROUND BEEF

Per Lb.	43c
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STEWING BEEF

Plate or Brisket	Per Lb.	25c
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