

SUNDAY SCHOOL LESSON

A CALL TO RIGHT LIVING

International Sunday School Lesson
For November 9

Golden Text: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."—I Corinthians 10:31.

Lesson Text: I Peter 1:13-23; 3:8-16; 4:1-5.

"When once thou hast turned again, establish thy brethren," were Jesus' words to Peter after forecasting his coming denial (Luke 22:31). Establishing the brethren was Peter's object in writing this letter to Christians in the leading cities of Asia Minor. It is a letter of advice and a message of hope, seeking to confirm them in their faith, to comfort and encourage them in their trouble and to advise them as to their conduct, especially in times of persecution.

There runs through the first epistle of Peter the conviction that the Christian lives a superior kind of life. The distinctive characteristic of a Christian is that he has become a new man and Christ has kindled in him a living hope. For this reason, he strives to live worthily of the great hope which has come to him through Christ and in a spirit of Christian devotion, he serves God with gladness and enthusiasm.

Christians today need this ringing message of encouragement for right living. In the years of moral decay, following a great world-wide conflict, there is the severe temptation to forsake the lofty plane of Christian idealism and to conform to worldly and sinful practices. At such a time Christians should strive to keep their minds and hearts pure and to follow the commands of Jesus.

Peter believes that religion is to be lived in one's everyday life—not put on a shelf to be dragged out on Easter or on Christmas Day, or even once a week on Sunday. His Christian characteristics are those which would make one a good neighbor, a kindly heart and a generous hand, peace-loving and tender-hearted and true. Listen to his words: "Be ye all of one mind (that is cooperative), having compassion one of another (there is a vast need for sympathy throughout the world today), love as brethren (ready to promote the interests of others—not selfish), be pitiful (tender-hearted—not hardboiled as the tendency of so many is today). Be courteous—(almost a vanished art).

"Not rendering evil for evil, or railing; but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing. (Remember the words of Jesus, 'Do ye unto others as ye would that they should do unto you.')

Disciplined living is necessary for

the achievement of Christian objectives, just as disciplined living is necessary for the success of the athlete, the scientist, the doctor, the chemist, the musician. There is no place in the life of a Christian for drunkenness, violence and lust. By the discipline of obedience to Christ, the Christian achieves victory over earthly weaknesses and temptations. The test to be applied to any habit or practice, if one would know the right thing to do under any given situation, is "What would Christ do? Is this a constructive thing to do? Is it appropriate for a Christian? Is it for the glory of God?" Paul declares in our Golden Text, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." If this test is applied and can be answered affirmatively, then one has answered the call to right living.

At Home On The Farm —With— The City Cousin

With nearly everyone suffering from a mild case of "cost-of-living nerves," it is encouraging to see so many people coming to the defense of the farmer.

L. C. Laney, assistant Mecklenburg County farm agent for the State College Agricultural Extension Service, was telling me last week:

"Lots of people have been laying the responsibility for present high prices on the farmer. But he is being pinched just as much as anyone else." Then he went on to explain.

Dairy feeds, he said, jumped \$17 a ton in a recent five-weeks period, but milk prices held their own. Laying mash, essential for egg production, is up \$10 a ton. Due to the world shortage of grain, wheat and oats are up \$18 a ton, and soybean meal up to \$21.50.

In this respect, farmers who produce such commodities as meat, poultry products and milk, are also consumers, for they often rely heavily on the selling market for their chicken and livestock feeds. They must pay farm labor bills, too, Agent Laney reasoned, and this cost has increased three-fold since before the war.

According to figures released in June, prices that farmers have received for their products have not advanced as rapidly as the income of industrial workers.

So, the way I look at it, our Country Cousins who take all the risks connected with providing us with food should be applauded for conscientious attempts to hold down our cost of living.

Health and Beauty

By Dr. Sophia Brunson

REDUCING THE OVERWEIGHT
Owing to a misconception, stout people seldom get any sympathy when they complain of not feeling well. But, as a matter of fact, obesity

is an evidence of disease. It is often due to a dysfunction or deficiency of the endocrine glands.

However, there are many overweights who habitually over-eat. This practice adds to their avoirdupois and shortens their lives. Overweight leads to many diseases, such as diabetes, high blood pressure, etc.

It is natural for some animals to grow fat in the fall. This is nature's method of helping them to maintain body heat during the winter. In extremely cold climates when they are hibernating, this fat is very slowly consumed until they come out of their winter's sleep in the spring. Fat is stored up fuel which is not used, but too much of it adds heavy burdens to the heart and other organs of the body.

The overweight can usually reduce by proper eating. Starches and sugars, if eaten to excess, are stored in the body as fats; for this reason they are cut to a minimum in the diet of a patient who is trying to get rid of excess weight.

Starchy foods create energy, which is not needed nor used by those taking but little exercise. They are converted into fatty tissue by those inclined to overweight and contribute to their discomfort. It also renders them very susceptible to chronic disease. For this reason it is very necessary for the obese to reduce the weight to as near normal as practicable.

The fat person, having stored away too much starch in the body, should not continue to eat an over-supply of such food, but reduce the intake and allow the body to consume energy in the over-supply already on hand. He does this by cutting down his daily intake of foods, especially fats and starches.

For example, an overweight person who has been eating 2,000 calories or more a day can get along on less. He has a great many stored away in his body that will be burnt up if he takes in less fuel as food.

One who was eating 2,000 calories should eat only 1,500, then he will lose some of his fat by calling on his reserve deposit. If this goes on from day to day, the pounds will melt away in a physiological and natural manner without causing any damage to the system, but those who are reducing should take a balanced ration.

CLASS ENTERTAINED

Bob and Sidney Layden, Jr., entertained their Sunday School class Wednesday night at their home at Harvey Point.

The home was tastefully decorated with fall flowers and Halloween suggestions. Spooky stories were told, masks were made and modeled, fortunes told and games played.

Those present were Frank Ward, Delsie Whedbee, Bob Layden, Myrtle Whedbee, Audrey Copeland, Sidney Layden, Mennis Copeland, Johnnie Ayscue, Leon Harrell, Edna Ruth Lane, Mrs. Sidney Layden and Mrs. J. B. Basnight.

After the fun the guests were invited in the dining room. The table was covered with a lace cloth and lighted by tall tapers.

There were Jack-o-lanterns about the room and the Halloween suggestion was carried out in the napkins.

Apples, nuts, candy, cookies, ice cream and bottled drinks were served.

BURGESS CLUB MEETS

The Burgess Home Demonstration Club met Tuesday afternoon at 2:30 o'clock with Mrs. H. S. Davenport.

The meeting was called to order by the vice president, Mrs. J. R. Ayscue, and "America" was sung, followed by the Lord's Prayer.

The minutes of the last meeting were read and the roll called.

Yearly reports were turned in. The report of the nominating committee was read as follows: Mrs. J. R. Ayscue, president; Mrs. H. S. Davenport, vice president; Mrs. Howard Mathews, secretary and treasurer, and Mrs. Howard Mathews, song leader.

This report was accepted unanimously.

Two book reports were given by Mrs. J. B. Basnight.

Mrs. Winston E. Lane read an interesting account on France and Mrs. J. R. Ayscue gave an informational talk.

tified oat seed, Mr. Stuart said, and Sampson and Beaufort follow as close seconds. Growers in the 31 counties produced approximately 75,000 bushels of pure seed oats last year.

Harnett County, with 11 growers, led the list of those producing certified wheat seed, Sampson, Hoke, Scotland, Robeson and Gaston followed in order.

Certified seed growers throughout the State have followed recommendations of the N. C. Agricultural Experiment Station. They prepared good seed beds, planted certified treated seed and seeded on time.

They are familiar with the advantage of using adequate fertilizer at seeding time and also the necessity of top dressing the grain on time.

Wheat varieties grown by the certified growers were leap, fulcaster, carala hardired and redhart.

The varieties of oats were letoria, lee, lemont, stanton, fulgrain and victor-grain. Sunrise is the most popular variety of barley, despite its susceptibility to smut, because of its high yield and attractive beardless head.

A list of the certified grain producers can be procured from the Agricultural Editor, State College, Raleigh, N. C.

ENTERTAIN AT CAKE-CUTTING

Mr. and Mrs. Julian Long entertained at a cake-cutting at their home Saturday night following the rehearsal for Miss Evelyn Long, who was married Sunday to Elliott Layden. The dining room table was covered with a cut work linen cloth, white candles and a two-tiered wedding cake topped with a bride and groom.

Mrs. Irvin Long greeted the guests at the door. Miss Eunice Long cut the cake. Ice cream, cake and mints were served.

Chance To Vent His Rage
Husband (tripping over loose carpet)—"I shall lose my temper with this confounded carpet in a minute."
Wife—"That's right, dear, do. Then take a stick and give it a jolly good hiding out on the lawn."

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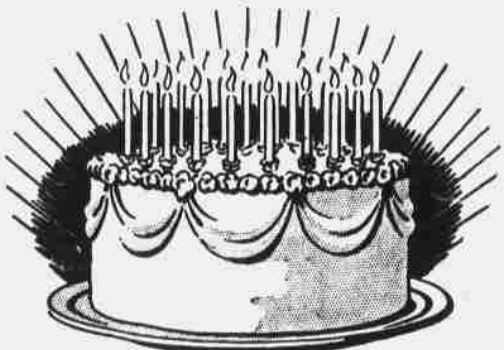
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