

About Your Home

By FRANCES BELL

Enough organic matter in soil is an important part of gardening. To keep the organic matter of the soil at a high level is one of the main reasons farmers rotate their crops.

Although adding organic matter to soil is no cure-all, it does open up heavy soils and increases the water holding capacity of sandy soil. It also contains a small amount of plant food and helps release plant nutrients into available forms.

Small gardeners cannot practice crop rotation. Usually they do not have access to the main source of organic matter on farms—the manure pile. However, it is fairly easy to keep soil in good condition with a couple of compost heaps.

Composting materials may be kept in a pile in an out-of-the-way corner of the garden. Into them place all kinds of grass clippings, leaves and weeds that have not formed seeds. This material should be placed in layers about six inches thick and covered with a thin layer of top soil. It is a good idea to sprinkle each layer of plant material with complete plant food.

Alternate layers of vegetable material and soil can be built up to a height of three to four feet. Each layer should be soaked with water and the top of the heap should be divided to catch the rain.

WHITE HAT NEWS

William Umphlett, son of Mr. and Mrs. Seth Umphlett is home on leave.

Mrs. J. B. Eure and Mrs. Horace Miller visited Mr. and Mrs. Leroy Dail at their home near Elizabeth City on Wednesday.

Mrs. J. D. Yeates spent Monday in Elizabeth City visiting friends.

Mr. and Mrs. Horace Miller had as their guests Tuesday, Mr. and Mrs. Walker Perry and children, Misses Grace Sullivan and Anne Cobb of Elizabeth City, Mr. and Mrs. Leroy Dail and Mr. and Mrs. Herman Caddy.

Mrs. J. B. Eure spent the weekend in Moyock with Mr. and Mrs. Luther Umphlett.

Raymond Eure went to see relatives in Virginia on Sunday.

Mr. and Mrs. Clyde Small, Jr., and daughter, Connie, spent Sunday with Mrs. Small's parents, Mr. and Mrs. J. B. Eure.

FOR SALE



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Mrs. J. P. White.

Mr. and Mrs. Jim Williams of Roanoke Rapids visited Mrs. Williams' parents, Mr. and Mrs. Seth Umphlett, on Sunday.

Those visiting in the home of Mr. and Mrs. Urie Caddy this week were: Mrs. J. B. Eure, Mrs. Anderson Sawyer, Mrs. Herman Caddy, Mrs. Marvin Caddy, Mr. and Mrs. Henry Mathews, Mrs. Elbert and Adron Jordan, Quinton Hurdle, Mrs. Baker Wood, Miss Elizabeth Wood, Mrs. Lizzie Gray of Suffolk, Va., and Miss Gladys Umphlett.

RECITAL CONDUCTED

Mrs. I. C. Yagel presented her piano pupils at a recital on last Tuesday at the Agricultural Building. Those taking part on the program were Jean Edwards, Alice Jean Jackson, Billy Yagel, Welly White, Virginia Gay, Ann Thatch, Peggy Harrell, Mary Frances Eure, Carolyn Eure, Ann Bray and Reba Yagel.

Two prizes were given among the pupils for a game played similar to bingo using musical selections. Peggy Harrell and Mary Frances Eure were the winners.

During the intermission Mrs. W. E. White gave two readings, impersonating Back Seat Driver and The Picture Cow.

Health and Beauty

By Dr. Sophia Brunson

The Heart in Strenuous Times
Since the first article was written concerning the many sudden deaths, at a comparatively early age, many more have joined the vast army of the



SERVICEMAN

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Ask a serviceman what a long distance call means to him. Ask a businessman how he appreciates this speedy service. Yet it actually costs very little. And rates are even lower after 6 P.M. and on Sunday. So whenever you want your message to get there fastest, think of long distance first.



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dead.

A great enemy to health is hurry—racing against time, trying to crowd more activities into a day than can be accomplished without constant hurry. This upsets the temper and the nerves. It is conducive to fatigue, irritation and nervousness.

Many accidents are caused by hurry. Sometimes a few moments of extra indulgence in bed starts the day off wrong. The breakfast is gulped down and the person rushes off to the place of business. He does not notice the car in front or that is coming, or the careless child or pedestrian until there is a scream and a sickening thud. Then a life is crushed out followed by a life-long regret. Constant hurry causes strain and anxiety as well as unhappiness.

Why the hurry? Is it to bring material success? You think that money will give you happiness. But does it? The constant rush overtakes the heart. Some day irreparable damage announces itself by an intolerable heart pain or some other dangerous symptom that proclaims that your days of health are ended—maybe that you haven't long to live.

When you were well, you abused your health. You paid no attention to

the laws of hygiene. You smoked constantly. "Oh, yes," you boasted, "I took a drink of liquor." But like it. Now the doctor says that I must live very carefully if I want to prolong my life. Smoking must be cut down. Liquor will do me no good and late hours must be avoided. I wish that I had thought about all this before this disease fastened itself upon me. Now I have discovered that love, honor, wealth, nor power, can give the heart one clear hour.

"If health is gone so timely wise
With health all thought of pleasure flies."

The states are planning to spend immense sums of money to take care of the sick, disabled and mentally ill. They want more doctors, nurses and institutions to take care of all these people. Instead of placing all the emphasis on taking care of sick people, would it not be well to begin by educating people to take care of their health so that they would not lose it in the first place?

Teach children that tobacco and alcohol are poisonous—that God punishes those who abuse and flout His laws. Nature makes them sick. It is a law more rigid than that of the Medes and Persians. You cannot abuse and

disorder the laws that God wrote in letters of light upon your flesh before any more than you can break the laws that He wrote upon the two tablets of stone, and not suffer the consequences—which are suffering and death.

Chauffeur's Licenses Expire On June 30

An estimated 48,000 persons who drive motor vehicles for hire began applying for their new chauffeur's licenses on May 14. Present chauffeur's licenses expire on June 30.

This year is the last in which chauffeurs will be required to obtain renewals of licenses during the latter part of May and in June. In the future, licenses of drivers of for hire vehicles will expire on the birthday of the applicant in the year following the year of issuance, provided the applicant has held his license for six months.

WHO KNOWS?

1. When did Russia join in the war against Japan?
2. Name the Foreign Minister of

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- Answers:
1. On Aug. 8, 1945.
 2. Robert Schuman.
 3. It is always celebrated on the first Sunday after the first full moon following the Vernal Equinox.
 4. Brazil, Ecuador and Colombia.
 5. The United States, followed by Venezuela and Russia.
 6. Defense Production Administration.

THE ANSWERS

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TAYLOR THEATRE

EDENTON, N. C.
Week Day Shows Continuous From 2:30
Saturday Continuous From 1:30
Sunday 2:15, 4:15 and 9:15

Thursday and Friday, May 17-18—
Tyrone Power and Susan Hayward in "RAWHIDE"

Saturday, May 19—
Johnny Weissmuller and Buster Crabbe in "CAPTIVE GIRL"

Sunday and Monday, May 20-21—
Gregory Peck and Barbara Payton in "ONLY THE VALIANT"

Tuesday and Wednesday, May 22-23—
Lanale - Gary Gray in "THE PAINTED HILLS"

EDEN THEATRE

EDENTON, N. C.

Friday and Saturday, May 18-19—
Dana Andrews and Richard Conte in "SALERNO BEACHHEAD"

Hi-Way 17 Drive-In Theatre
Two Shows Each Night
In-Car Speakers
Modern Rest Rooms. Snack Bar
Admission 40c
Children Under 12 Free In Cars

Friday and Saturday, May 18-19—
Gregory Peck and Helen Westcott in "THE GUNFIGHTER"

Sunday, May 20—
Eleanor Powell and Dennis O'Keefe in "SENSATIONS"

Monday and Tuesday, May 21-22—
Audie Murphy and Gale Storm in "THE KID FROM TEXAS"

Wednesday and Thursday, May 23-24—
Betty Grable and Dan Dailey in "MY BLUE HEAVEN"

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