

TOWARIUNS FROM VEGETABLES

Leafy-green, and yellow vegetables are rich in vitamin A value, especially the dark green leafy kind and carrots. These vegetables provide worth-some calcium; cabbage, broccoli,

some calcium; cabbage, broccou, while amounts of riboflavin, iron, and Brussels sprouts give vitamin C.

Citrus fruits, and tomatoes are excellent sources of vitamin C. Cabbage, sailed greens, green peppers, turnips, strawberries, pineapple and cantaloupe are also good sources if eaten raw. If cooked briefly in a very little water, cabbage, broccoli, Brussels

flower, corn, cucumbers, onions, turnips, white cabbage, apples, peaches, berries, rhubarb.

Long interested in finding new interested in finding ne For Better Farming operations. For that reason, a definite agreement must be made as to how future income will be used. To give effect to these agreements, security will consist of a first morting.

Amount Depends Upon

ments may be made.

circumstances other written agree-

McMillen To Speak At Farm-Home Week

One of the featured speakers at this year's Farm and Home Week at State College, August 18-21, will be Wheeler McMillen editor-in-chief of Farm Journal and also the news magazine Pathfinder.

Millen will speak Tuesday eve sprouts, and greens are good sources ing. August 19, on a program sponsored by the Rural Church Institute.

Potatoes and sweet potatoes contain a number of nutrients. Because of the quantities in which they are eather. Will be furnished by the choir of the Beech Grove Methodist Church of the Beech Grove Methodist Church of

the quantities in which they are eaten, white potatoes can become quite important as a source of vitamin C.

Sweet potatoes are valuable for vitamin I.

Other vegetables and fruits, high in vitamins and minerals, which help toward a good diet are beets, cauliflower, corn, cucumbers, onions, turnips, white cabbage, apples, peaches, berries, rhubarb.

With the furnished by the choir of the Beech Grove Methodist Church of Craven County.

Long a prominent agricultural editor, McMillen is also well and widely known as a public speaker and his speeches have been widely reprinted. As an editor, his columns in the Farm Journal reach more than 2,860,000 farm families, and those in Pathfinder more than 1,200,000.

Long interested in finding new industrial uses for farm products.

ment purchased with loan funds, a committee on rural Scouting. For mortgage on other chattel property service to American boyhood he has dreamed for more than 100 years of that you own and depending on the received the highest awards of both cilities in the Tarheel State, but no the Boy Scouts and the Future Farmers of America. McMillen is a trustee

LONG CRISP GREEN

CUCUMBERS

3 for 25¢

A. 183

Philadelphia and Washington and lives near Hopewell, New Jersey.

Two new ocean shipping ports are to be formally dedicated in North Carolina this year—one at Morehead City on August 14, and the other at Wilmington on September 16. They represent an investment by the State of \$7,500,000.

Operated by the North Carolina Ports Authority, the two ports will provide industry in North Carolina cheaper freight rates to domestic and foreign ports. Both Wilmington and Morehead City have long been used

cilities in the Tarheel State, but no ers of America. McMillen is a trustee money was ever set aside in any Hymanson, will take notice that an of Rutgers, the State University of appreciable sum until the 1949 Gen-action entitled as above has been comeral Assembly voted without dissent menced in the Superior Court of Per-

CHAPPELL HILL WINS TWO
The Chappell Hill baseball team The Chappell Hill baseball team added two more victories to its season total last week-end, defeating Newland 5-4 on Saturday and 17-3 on Sunday. Bobby Chappell and Ted Chappell did the pitching for Chappell to the pitching for Chappell was the catcher. The team plays South Mills next Sunday.

The Chappell Hill baseball team ground that the plaintiff and defendant have lived separate and apart for more than two years next preceding the bringing of this action; and the defendant will further take notice that he is required to appear at the office of the Clerk of the Superior Court of Perquimans County. In the Court House in Hertford, N. C., within two

NOTICE-TO THE MAN WHO ENtered my shop Tuesday night. August 5th; please return my strong box. I know who you are as I saw you leaving. Mrs. Ellie Goodwin, Hertford, N. C. 1t

as well as other nearby states with FOR SALE—TWO USED ELECTRIC sonably priced. George Jackson's

Poultry Farm & Store, HertfordElizabeth City Highway.

In sad and loving memory of our husband and father, Thomas D. Ward, who left us three years ago today. brooders. 500-chick capacity. Rea-

North Carolina's Governor W. Kerr FOR SALE GOOD SQUIRREL DOG Fade and slowly sink away, two years old. See Floyd Barnes, 1 Willow Street, Hertford, N. C. 1t

The above named defendant, Sam

ground that the plaintiff and defer House in Hertford, N. C., within twenty days after the 5th day of Septem ber, 1952, and answer demur or otherwise plead to the complaint in said action, or the plaintiff will apply to the Court in term time for the relief demanded in the complaint.

This August 4th, 1952. W. H. PUTT. Clerk Superior Court. C. R. Holmes, Attorney.

aug8,15,22,29

IN MEMORIAM

August 4, 1952. Day and night we watched him

We'll no more hear his footsteps Nor meet him at the door, For he has gone away and left us To return no more.

Why he was taken from us We cannot understand, But God needed a shining angel To complete His holy land.

A wonderful husband, father and aid One who was better was never made, A wonderful worker, so loyal and true among its 170 members to spend \$7, quimans County, North Carolina, by A wonderful worker, so loyal and true 500,000 for development of the two the plaintiff to secure an absolute divorce from the defendant on the HIS WIFE AND CHILDREN.

LAMB LEG ROAST

FULLY TRIMMED

LAMB RIB CHOPS

FLANK ON

BREAST O' LAMB

WESTERN BEEF-BLADE SQUARE CUT

CHUCKROAST

U.S. 6000 59¢ U.S. CHOICE 63¢

DELICIOUS 7 INCH CUT

PLATE BONE IN

STEWING BEEF

ROAST

69¢ " alona 73¢

_ 29€

69¢

U. S. CHOICE

U. S. CHOICE

U. S. CHOICE

Needs For Planned Operations

equipment.

To be eligible for an operating loan an applicant must be a citizen of the United States, have had satisfactory farm experience or training, and can-not obtain needed credit from any other established source in the com-munity at reasonable rates and terms and if the major portion of income will be derived from farming and the major part of time will be spent in carrying on farming operations; and one owns or can rent on reasonable terms a family-type farm suitable for the training operations planned to

"Loan funds may be used to enable you and your family to carry out planned farm and home operations." says E. F. Morgan, County Supervissays E. F. Morgan, County Supervis-or. "When necessary loan funds may be used to purchase farm and home equipment, livestock, feed, seed, lime and fertilizer; to pay family living expenses, including medical care; and to pay other necessary farm and home operating expenses. Loan funds may also be used to enable you to join with two or more other farmers to buy or obtain the use of such items as or obtain the use of such items as high-grade sires or heavy equipment which you could not afford to own for individual use.

The amount of your loan will depend upon your needs as determined by your plan of operation. However, the most that you can borrow at any one time is \$7,000.00 and your total outstanding credit debt for operating loans cannot exceed \$10,000.00. The interest is 5 per cent per year on the unpaid balance. Loan funds advanced to meet operating expenses during a crop year will be repaid when that ar's income is received, however, loan funds advanced for such things as the purchase of dairy cows, and other breeding animals, as well as farm equipment, and to carry on basic soil building and conservation prac-tices will be repaid as rapidly as pos-sible but in no case may the loan run for more than 7 years.
"Loans are made with the expec-

Do You Remember?

When W. R. Shannonhouse kept When W. R. Shannonhouse kept store in an old frame building with a front porch, on the site where J. Broughton & Bros. brick store now stands. And Mr. Shannonhouse would tell Mr. Babb, who clerked for him, to give his customer, Mr. Brown, a stick of candy or a ginger snap, as Mr. Brown was a mighty fine man.

When J. R. Jackson ran a store on the site where the bank is now

When C. W. Morgan ran the "fanciest" store in town, and carried a lot of 10 cent glassware, and also dry goods, notions and groceries. George Burgess was his clerk.

When Daughtery and McMullan kept atore in a frame building on the alto where J. C. Blanchard and Co., 's store is now situated.

When the first drug store in Hertford was opened where the State Theatre is now located.

When Dr. Nowitzky came to Hertford on court days and stood on a stack of dry goods boxes and sold patent modicines and performed

BIRTH ANNOUNCEMENT



SWEET WHITE SEEDLESS

LARGE CRISP CALIF. ICEBERG

head 15¢

LARGE GREEN PASCAL

25¢