

Orange Juice Better Than Vitamin Pills

LAKELAND, Feb. 27.—(Special)—Orange juice and liver oil are better than vitamin pills and "shots" in treatment of most persons suffering from nutritional deficiencies, the Army's wartime nutrition director believes.

Dk. John Balow Youmans, dean of the University of Illinois College of Medicine, who during the war was director of the nutrition division in the preventive medicine service of the

Army surgeon general's office, told a group of doctors in Washington, D. C., recently that greater attention should be given to preventive measures and simple remedies in treating nutritional cases.

A Washington Evening Star reported that Dr. Youmans stressed the importance of a doctor training his patients to develop proper eating habits as a guard against recurrence of vitamin deficiencies, rather than seeking merely to provide temporary relief through use of concentrated vitamin prescriptions or intravenous injections.

The newspaper article, which

told of Dr. Youmans' address before doctors enrolled in George Washington University Medical School's postgraduate course on diseases of metabolism, said that the nutrition expert "acknowledged that artificial means should be employed where a change in dietary habits is impracticable."

While few Americans have so little food to eat that they are threatened with actual starvation, the doctor must be alert to detect symptoms of deficiency in specific vitamins, Dr. Youmans said.

President Ladd M. Spivey said that six new faculty members

THE SANFORD HERALD, SANFORD, FLORIDA.**Southern College To Begin Spring Term**

LAKELAND, Feb. 27.—(Special)—Florida Southern college will begin its spring term classes Monday with an influx of new students expected during the final registration periods this week.

Commencement exercises on May 21 climax Southern's 62nd year. Founder's Week, March 18-24, is the major campus event in advocating use of the proper vitamin-rich foods.

have been appointed for the spring term to permit offering a representative program of beginning courses for freshmen as well as some first term courses for upperclassmen in special fields.

The new instructors appointed are: Mrs. Janetta Anderson, business administration; Florence A. Banner, English; John C. Hare, social sciences; Mrs. Bert Black, oral speech; Chester R. Stave, history; and Rex C. Toothman, business administration.

Mid-term examinations for the spring term come April 14 with final examinations for a term to be held May 14. Underclassmen take their finals May 21-24.

Every coast town of Norway is on a fjord.

Carthage was founded by the Phoenicians about 815 B. C.

Legal Notice

IN THE CIRCUIT COURT OF THE NINTH JUDICIAL CIRCUIT IN AND FOR THE COUNTY OF SUMTER, STATE OF FLORIDA, IN CHANCERY.
ACTION FOR DIVORCE
GABRIELLE CATHERINE TERRA
CULLUM, Plaintiff.

NOTICE TO APPEAR
IN THE SAME OF THE STATE OF FLORIDA
THE GENEVIEVE CATHERINE TERRA CULLUM, whose place of residence is unknown.
You are hereby required to appear in the BUREAU OF COMPLAINTS filed by the Plaintiff against you in the above entitled cause on the 10th day of April, A. D. 1947. That the nature of this suit is for a divorce, alimony and support.

The Plaintiff is held to be lawfully designated as the newspaper in which this order shall be published once a week for two consecutive weeks.

WITNESS my hand and seal at Lakeland, Sumter County, Florida, this 10th day of February, A. D. 1947.

O. P. HENDRICK
 Clerk of the above styled Court
By O. E. HUST, D. C.

NOTE: It is hereby given that we are representing the Plaintiff in this case. Bring Plaintiff's complaint and that we intend to register and prosecute this action in the Circuit Court of Sumter County, Florida, and to check the circuit court calendar for the date of trial.

TRUMAN L. SHELDON, Attorney
for Plaintiff
February 10, 1947.

MARY ANN WARREN,
Administrator of the estate of
John Curtis Hart, deceased.

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Established in 1880
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BOLLAND L. DRAKE
GORDON DEAN
Managing Editors

SUBSCRIPTION RATES
Yearly in Advance:

Mr. Carter \$2.00
One Month \$0.50

Mr. Edwards \$0.50

Mr. Tamm \$0.50

Mr. Johnson \$0.50

Mr. Williams \$0.50

Mr. Thompson \$0.50

Mr. Edwards \$0.50

Mr. Johnson \$0.50

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Mr. Thompson \$0.50

THE SANFORD HERALD SANFORD, FLORIDA

Social And Personal Activities

—TELE. NO. 148

Social Calendar

FRIDAY

Colony Club will be open at 8:30 P. M.

MONDAY

The Women's Missionary Society of the First Baptist Church will observe the week of prayer with a meeting at 8:30 P. M. at the church Annex with Mrs. John Miller in charge.

The regular monthly meeting of the Ladies Auxiliary of the Holy Cross Episcopal Church will be held on the 23rd at the Parish House at 8:30 P. M. for the purpose of securing articles for the "Treasure Shop" sale.

Gathering of the Women's Board of Christian Service of the First Methodist Church will meet at 8:30 P. M. as follows:

Mrs. Hill, 310 Magnolia Avenue, No. 2

Mr. & Mrs. G. K. McPhee, Jr., 298

South Main Street, No. 2 with Mrs. W. E. Bradford, 500 Magnolia Avenue, No. 1 with Mrs. W. M. Head, No. 1 with Mrs. V. T. Thomas, 216 Main Avenue, No. 6 with Mrs. C. L. Powell, 2178 Palmetto Avenue, No. 7 with Mrs. John E. Higginbotham, 212 South Tuckerswood Street, Business Women's with Mrs. Frank Macmillan, Smith and Park Avenue, 2100 P. M.; Young, McFadden with Mrs. E. L. Campbell, 212 Carolina Drive, 8:30 P. M. The E. W. A. circuit of the First Christian Church will hold a meeting at 8:30 P. M. at the home of Mrs. O. T. Pearson at the Park Apartments.

Teen Talk

AP Newsfeatures

Dear Julie,

Do you think there is a trend back to the long-hair look? Some of the kids are getting sort of pale-faced again with Beechaven, Bach and Tschakowsky, but I don't think they will ditch completely their headphones.

Anyhow, do-nut is an interesting language whether it is long hair or short hair.

Somewhat the whole world can really tick through music even if its people squeak about international problems. Eddy Gilmore of the Moscow AP bureau says that some of the most powerful pieces of American propaganda in Russia are phonograph records played over the Soviet radio. Russians, it seems, are now great admirers of Benny Goodman, Woody Herman, Frank Sinatra and Gene Autry, as well as Roseland, Rose Stevens and musical Americans. Gilmore says the Russians also love what they call "yefabong."

By the way, speaking of music, do you know of any left-handed violinists, besides Johnny Long? Johnny almost didn't play the fiddle at all after his right hand was bitten by ants on his North Carolina farm but he restringed the violin "backwards" and learned to play it with his left hand.

The kids in New York are in a state of delirium. It seems the new "Society" (St. James' branch) opening a social and recreation lounge for teenagers isn't that far from the heart of the here-told-and-told-in that they just couldn't wait to be steady customers. The bookstores are bright green, Venetian blinds are red-taped. Yellow chairs settees and cases of daffodils complete the showy. The library installed a soundproof room and the kids can play the radio . . . until Richard opens the door.

Speaking of poor ol' Richard, do you know why he can't get the door open? They say he's a Harvard man and he doesn't understand a Yale lock.

The South Side Parent Teachers Association will meet at 8:00 P. M. in the school auditorium. This meeting is for mothers of pupils also.

Massachusetts purchased \$1,000,000 worth of bonds in 1946 for \$5.854.

TUESDAY

The Seminole High School P. T. A. will hold its monthly meeting at 8:30 P. M. when election of officers will be held. All parents are urged to attend.

The P. T. A. study group will hold its second meeting at the Seminole High School at 2:00 P. M.

The regular Board Meeting of the Woman's Club will be held at 10:00 A. M. at the club house.

WEDNESDAY

The Women's Missionary Society of the First Baptist Church will hold its observance of the Week of Prayer at 8:30 P. M. during the regular prayer meeting hour. The Brotherhood, C. K. Davis, chairman, will have charge of the meeting.

The regular business meeting of the Woman's Club will be held at the club house for the purpose of electing officers. This meeting is open to members only. A luncheon will be held at 12:30 o'clock. For luncheon reservations telephone Mrs. George E. Wells or Mrs. R. W. Goodspeed.

THURSDAY

The Seminole Rebekah Lodge No. 48 will have their regular meeting at 8:00 P. M. All members and visiting Rebekahs are urged to attend.

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AVIATION BALL

(INFORMAL)

IN HONOR OF CONTESTANTS OF THE SOUTHEASTERN SOARING CONTEST**SATURDAY NITE -- DINNER FROM 5****DANCING FROM 9 P. M.****FEATURING KENNY KAY'S BAND****OLLOW THE AIR-CON TO THE MAIN HANGAR****Sanford Municipal Airport****100% GUARANTEED****ALL DAY****ALL NIGHT****Jaycees Honor Pilots With Dinner At Inn**

Contestants for the Southeastern States Glider Contest who have arrived in Sanford were entertained on Thursday night with an informal dinner at the Mayfair Inn by a Junior Chamber of Commerce committee. Dinner was served at 7:00 o'clock in the main dining room of the inn at a long table covered with a white cloth down the length of which were arrangements of gladioli.

Guests who attended were Mr. and Mrs. Fritz Compton, Mr. and Mrs. John Ollier, Mr. and Mrs. Steve Bennis, Mr. and Mrs. John Robinson, Alex Dwyer, Kurt Rosner, Paul Tunland and their parents Mr. and Mrs. Tunland. Jaycees who were present were Jack Ratigan, Ray Slaton, Richard Kibbey and Guy Allen.

Beauty Notes

By BETTY CLARKE

AP Newsfeatures Beauty Editor

Mom probably doesn't relish being put in the "older woman" category. But when a comparison is made with the peach bloom complexion of the younger set, Mom must be considered as just the "schoolgirl" stage.

If Mom wants to fool herself into believing that she has the smooth problem of beauty care that her daughter has, she does herself an injustice. Because she can look mighty and sweet and younger than her years if only she will remember that she is no longer Queen of the May or the Ice Carnival Cutie, but has reached a point in life where her beauty is measured by graciousness and charm.

Loveliness should be her keynotes of beauty. And it should result from the meticulous care she takes of her skin, hair, nails and figure and not from a smattering of good from the ranges, pot which covers wrinkles and lines only too briefly.

A beauty program for Mother is essential to her happiness and good health as well as to her looks.

Mom may have used soap and water all of her life, but the moment she notices that her skin is dry-chapped and blotchy for no apparent reason, she'd better start oiling her face. One woman's remedy, for wrinkles and other little lines which start to crease their way into the face is a face lotion made of a teaspoonful of borax acid mixed with a pint of good quality white vinegar. She applies this lotion twice daily with brisk massage.

When a woman reaches 40 she must keep in mind that she can no longer wear a Juvenile bikini. Long flowing dresses, exaggerated bands and feather cuffs must be passed in favor of well-knit, well-cut clothing that are becoming to the mature.

The woman who wants to look some status and still be chic

should be sure to have a good

make-up.

NOTICE

A luncheon meeting will be held by the Woman's club on Wednesday at 12:30 o'clock for the purpose of electing officers.

The sponsor for the meeting will be Mrs. Charles E. Gunz of the Fine Arts Department and hostesses will be Mrs. George E. Wells, Mrs. R. W. Goodspeed, Mrs. E. A. Montford, Mrs. J. A. Young and Mrs. J. E. Baker.

This meeting is open to members only. For reservations telephone Mrs. Wells or Mrs. Goodspeed.

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teesses will be Mrs. George E.

Fed Cagers Advance To Semi-Finals In Lakeland Meet

Seminole High Tops
Favored Planters
To Secure Berth
In State Tourney

LAKELAND, Feb. 28—(Special)—The Seminole High School Celery Feds tripped the third seeded Plant City Planters in the Group Two Class A basketball tournament here last night. By defeating the Planters the Feds advanced to the semi-finals and secured the right to participate in the State Class A tourney to be played in Tampa next week.

Chef Fred Ganas' Feds played a marvelous defensive contest and silenced the big scoring guns of the Planters and allowed them but 20 points while the Feds were racking up 11 field goals and two free throws for 24 points.

Randy Willis Anderson paced the Fed attack by tallying 11 points. Harold Kastner added six, Clarence Grantham added six and Lloyd Swain sank a free throw.

Lakeland's fourth seeded Dreadnoughts defeated Mainland High of Daytona in the opening contest, and in the third tilt Orlando copped a hard fought tilt from the Jefferson Dragons of Tampa.

The semi-final contests slated for tonight lists Sanford against the Orlando Tigers at 7:30 P.M. to-night, while the top rated Seminole High of Tampa will meet Lakeland at 8:50 o'clock.

SPORTS ODDITY

By Associated Press

William Louis West played end on the University of California football team in 1917. He was forced to leave school without completing either his athletic or academic careers. West vowed that one day he would return to Berkeley to finish what he started in 1917. At Atlanta in the summer of 1936, West, at the age of 46, announced his intentions to re-enroll at California and turn out for football. No one took him seriously. When the Golden Bears began practice the following September, the 216-pound, middle-aged athlete was on hand. His hopes, however, were short lived. The many veterans injured his knee during a calisthenic drill and his football days were definitely over.

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