

## Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, County Negro Home Economics Agent

Home Demonstration Clubs and Community Organizations are enjoying picnics this month. August has always been a good month for family and community fellowship.

Most of these picnics are of the old fashioned kind—where the family brings a big basket filled with such foods as fried chicken, salads, home baked pies and cakes. For those groups that will make sandwiches for the crowd, here are a few points which might help.

Every sandwich starts with the bread, but in this day and age we have dozens of varieties to choose from—such as enriched which bread, cracked wheat, rye, fruit and nut breads, several kinds of rolls and buns. All these are just a few of the choices. The bread for sandwiches should be at least one day old.

The short cut to sandwich variety is the distinctive "spread". Start with an easy-spreading food—butter, cream cheese or mayonnaise. Brighten with seasonings and blend in the unexpected by way of spices, a zesty cheese, fruit juices, seafoods or condiments. Just a spread on the bread makes good eating or pair it with a compatible filling.

### Public Hearing For Municipal Building

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ing at the foot of Broad Street where the police station is now located.

This public hearing was called for Tuesday night, September 1, at 8 o'clock in the Municipal Building, at which time it is hoped any objections will be registered.

The idea of a new Municipal Building has been in the hopper for a number of years now and it was about agreed by the Councilmen to remodel the building housing the Police Department for use as a Municipal Building. However, with some objection being heard, the Councilmen are very anxious to feel the pulse of the general public, so that the hearing was called for September 1. The result of this hearing will, no doubt, have a great deal of bearing on the decision made by the Councilmen.

In view of the present filled condition of the trash pile, Elton Forehand, who was appointed to make an investigation, reported that he found a deal spot where the town could dispose of the garbage by the land fill method. The site is in the base property back of the house formerly occupied by Mr. and Mrs. C. Y. Parrish. He reported that it was cleared high land which provided adequate drainage and was easily accessible and just about two miles from town. Letters have already gone out in an effort to secure this tract of land for use in disposing of garbage. It was reported that a bulldozer, necessary for making trenches, could be purchased from government surplus stocks for maybe as low as \$100 or \$200. Just what will be done depends upon securing a lease for the plat of ground. It is generally known that the present trash pile is filled to the neck and has encroached on the creek which serves as an outlet for much of the town's water, so that something must be done in way of disposing of the town's garbage.

Herbert Small appeared at the meeting to complain about inadequate drainage on East King Street. Various remedies were advanced by Mr. Small and after an investigation was made by several members of Town Council, it was decided to con-

for a change. Some economical sandwich fillings are made from poultry, eggs, cheeses, cold cuts, weiners, roasts, ham, canned fish products and vegetables such as lettuce, tomato slices, green pepper rings and cucumbers. Some other sandwich foods are peanut butter, banana, fruit jams, dates and nuts.

Hilda Lee Jordan, a member of the Center Hill Community 4-H Club, attended the seventeenth annual 4-H Conservation Camp held at A. and T. College at Greensboro, August 3-7. The camp was conducted by the North Carolina Extension Service and made possible by the Federal Cartridge Corporation.

At the camp a study was made of our resources and the proper ways to conserve our soil, trees and animal life. On Tuesday the day was devoted to Soil and Water Conservation; Wednesday, Forestry Conservation; Thursday, Birds, Fur Bearing and Game Animals, and Friday, Wildlife Feeding. Class work was followed by field trips each day. Hilda will give a detailed report at Center Hill 4-H Club meeting August 20 at the Community Building at 8 P. M.

The M. G. Brown subdivision where a pumping station to lift sewage is a problem, again claimed some attention. A committee reported having met with the Board of Public Works regarding the town's facilities. It was pointed out that when the town constructs a sewage disposal system it will be necessary to have a pumping station in the vicinity of the Edenton Marina, and when this is done, it could handle the sewage from the Brown property. Ep Debnam, president of the Brown Company, was present at the meeting and agreed that it would not be advisable to install a temporary lift station at present if the town contemplates constructing a larger outlet that would probably serve the purpose better. Mr. Debnam agreed to furnish an overall plat of the Brown property and confer with an engineer relative to the plan for development.

A hearing was held relative to zoning plans for the area annexed north of Edenton. The Zoning Commission at a meeting recommended the following zoning:

On the east side, continue as industry to the north side of the Deese dwelling, then R-7 to the south side of the E. J. Boyce line, then business to the northern limits.

On the west side, continue as industry to the south Haskett line, then R-7 to the south side of the Edenton Development Company property, then heavy industry to the northern limits.

A number of interested property owners attended the meeting, who stated they did not have time to consider the recommendations, so that Mayor Ouis Mitchener agreed to have States.

The Court House in Eastville, Va., on U. S. 17, the Ocean Highway, holds the oldest continuous court records in the United States.

## Bruce White, Jr., Completes Training At Lackland AFB



Airman Bruce N. White, Jr., son of Mrs. Edith Bufflap, has completed his initial course of Air Force basic military training at Lackland Air Force Base in Texas. He has been selected to attend the technical school for air policemen at Lackland AFB.

Airman White is a graduate of Edenton Junior-Senior High School, where he was an outstanding football player, and also attended Chowan College.

Basic airmen at Lackland are selected for specialized training at technical schools on the basis of their interests and aptitudes. They are reassigned to the school after four weeks of basic, and are given additional military basic training along with the technical subjects.

The Zoning Commission meet with property owners in the near future to further consider the proposed plans.

During the meeting the recommendations of the town's engineer were presented relative to resurfacing and repairing streets. It was agreed to use approximately \$26,000 of the Powell Bill money to do as much of this work as can be done for that amount. This will leave approximately \$13,000 in reserve for any emergency. The first work to be done will be resurfacing Oakum Street.

Bids on insurance for the town were opened. However, R. Elton Forehand, one of the Councilmen and an insurance agent, asked that his bid be withdrawn.

The low bidders were: Workmen's liability, Nationwide Insurance Company, \$2,579.51; comprehensive automobile liability, Twiddy Insurance & Real Estate Company, \$694.12; comprehensive general liability, Twiddy Insurance & Real Estate Company, \$844.

Chief of Police George I. Dail reported that he has had a number of complaints about speeding on Oakum Street between Church Street and U. S. 17. After discussing the situation the Councilmen agreed to adopt an ordinance calling for a 25 miles per hour speed limit instead of 35 miles at present.

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IT'S TOO LATE—Mr. and Mrs. Elmer Sawyer, of London, Ky., tearfully watch the sheet-draped body of their only child being placed in an ambulance to be taken to a funeral parlor.

Mrs. Sawyer said she kept putting off polio shots for the child, Diane, 2, until she was stricken with the disease. Diane died two months later of infantile paralysis.

## Health For All

Jack Spratt, Mrs. Spratt and Fat

We're willing to bet that Jack Spratt, who ate no fat, outlived his wife, who, if you remember, ate no lean. While they both licked the plate clean, Jack no doubt kept his boyish figure, staved off arteriosclerosis, and avoided a heart attack. Mother Goose doesn't say, but Mrs. Spratt was probably overweight and may very well have had a fatal heart seizure when she was comparatively young.

Jack wasn't so very smart in avoiding fats completely—but he was smarter than the missus. Actually, the whole story about fats in the diet isn't known yet. But the evidence seems to point to time for a change in the American diet.

The change should be one of balance, shifting from hard fats of animal origin to cooking oils of vegetable origin, from whole milk to skimmed milk (at least for grownups), from fatty cheeses to cottage cheese, from rich gravies and ice cream to plain, simpler food.

High-fat diets, doctors say, increase the danger of blood clots, the commonest cause of heart attacks. We know about this partly from observing diabetics. In the days before the use of insulin, when overeating was frequent among diabetics, hardening of the arteries was common even among diabetic children.

The body manufactures cholesterol—which has been linked to hardened arteries and heart disease—from fats of animal origin, called saturated fats. You can't and shouldn't avoid animal fats completely, but if you're a housewife, try cooking oils of vegetable origin, containing unsaturated fats, like corn, cottonseed, peanut and olive oils.

Americans used to get an estimated 30 per cent of their daily calories in fats; now they get 40 per cent from fats. A reduction to 25 per cent—half animal fat and half vegetable oils—would be smart. You don't have to give up milk and meat and eggs altogether. But you and

your family will be healthier if you cut down on the fats—and you'll stay lean, too!

## Chowan Group At Hertford SCD Meet

Quarterly meeting of the Board of Supervisors of the Albemarle SCD met in Hertford, Wednesday, August 12, at 10 A. M. This meeting was the annual field day meeting with a tour of Perquimans County that afternoon. Perquimans County district supervisors were in charge of the tour.

Two 4-H teams from Chowan County performed for the district supervisors. Johnny Winborne and Scott Ober gave a demonstration on farm pond management. Leon Evans and Joe Nixon demonstrated the proper way to set trees. Both of these teams were in the recent 4-H State contest at Raleigh.

Attending from Chowan County besides the 4-H teams were Chairman L. C. Bunch, Joe Webb, Jr., and H. F. Byrum, district supervisors; James H. Griffin and George Conner, SCS; George Lewis, Peoples Bank and Trust Co., and Harry Venters, Assistant County Agent.

## MARINE DISCHARGED

Marine Sergeant Edward P. Forman has returned to his home at Fox Lake, Ill., after four years of active duty with the Corps. He joined the Marines in July, 1955, after graduating from Grant Community High School. During his service in the Marine Corps he has been stationed in Okinawa, China, Japan, Thailand, Guam and Tibet. He was discharged from Camp Jejeune, N. C.

Sgt. Forman's wife is the former Miss Donna Fitchell, daughter of Mrs. Ruby Mitchell of Edenton, who awaited his return with his parents, Mr. and Mrs. Joseph Carley, at Fox Lake, Ill.

## Boomerang!

"Did you give your wife that lecture on economy you talked about?"  
"Yes."  
"Any results?"  
"I've got to give up smoking."

## SURPRISE PARTY

A surprise birthday party was given in honor of Mrs. R. L. Williams, Sr., on her 64th birthday at her home Sunday. A delicious buffet luncheon was served the guests who attended which included four generations, together with a few other friends.

Those who attended the party were Mr. and Mrs. V. E. Tynch, Mr. and Mrs. R. L. Williams, Jr., and children, Mr. and Mrs. Guy Toppin and two daughters, Mr. and Mrs. Thomas Perry, all of Edenton; Mr. and Mrs. Harvey Porter and children of Norfolk; Mr. and Mrs. Harvey Wright and son of Portsmouth, Va.; Mr. and Mrs. R. M. Hassell and two sons of Montgomery, Ala.; Mrs. Vience Sherman and son of Georgia; Mrs. Will

Hassell and granddaughter and Mrs. Nixon of Edenton.

The oldest Debtor's Prison in the United States stands at Eastville, Va., on the Ocean Highway, popular North-South route from New York to Florida.

## LEGAL NOTICES

### EXECUTOR'S NOTICE

Having qualified as executor of the estate of Elbert K. White, deceased, late of Chowan County, North Carolina, this is to notify all persons having claims against the estate of said deceased to present them to the undersigned within one year from date of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 13th day of August, 1959.  
HERMAN WHITE,  
Executor of Elbert K. White Estate.

Aug 13, 20, 27, Sept 3, 10, 17, 24

## FOR RENT

ONE NICE APARTMENT . . . Three bedrooms. Apartment located at Pine Grove Terrace. \$40.00 month.

CONTACT —

A. E. DeBlois

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