

Negro Home Demonstration News

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

This September is the Twelfth Anniversary of National Better Breakfast Month. A time to check on breakfast habits of all family members and to establish good breakfast habits. It is better to eat a good breakfast to start a good day.

What Is A Good Breakfast?

Feel "fit as a fiddle" from breakfast until lunch by eating a good substantial breakfast. Follow the 4-point breakfast idea, which includes fruit in some form, bread made from whole-grain or enriched flour; cereal or eggs, meat or fish; and milk, used to drink, on cereal, or in a cooked dish. A breakfast built around these foods, with other things you like added, gives you a good share of the vitamins, protein and calories you need daily.

A Basic Four-Point Breakfast should include:

Fruit—

Use a variety of fruits, featuring those that are in season. Good choices are: Oranges, Grapefruit, Apples, Dried Fruits, Frozen Citrus Juices, Canned Citrus Juices, Canned Tomato Juice, Various Fresh Fruits and Various Canned Fruits.

Breakfast is an ideal time to get important vitamins that we all need—especially the all-important vitamin C which can't be stored in the body and must be furnished each day. For that reason fruit holds first place in the breakfast menu.

Some of the fruits are outstanding as sources of vitamin C. Citrus fruits are rich in this vitamin. Half a glass or 4 ounces of orange or grapefruit juice (either fresh or canned)—or half a grapefruit—will go a long way toward providing the day's vitamin C needs. Fresh or canned tomatoes or tomato juice can also provide much vitamin C. They can be used for variety in providing vitamins. Remember, you need twice as much tomato juice as orange juice to get an equal amount of vitamin C.

Other fruits contain smaller amounts of this vitamin. If it's left to later meals it's difficult to get the amount needed.

Protein or Cereal or Both—

Vary the kind of cereal or protein and the style of preparation. There are many styles of cereal on the market. Protein, you know, includes meat, eggs, milk, fish and cheese.

Usually there's something hot in a good breakfast. A hot dish is cheering and tones up the digestive system. Cereals and protein foods are good "hot dishes" at breakfast. Serve eggs many ways—add some meat and a well-prepared hot cereal! A hot beverage is especially good as an "eye-opener".

Good choices are: Milk, Eggs, Cheese, Chicken, Ham, Sausage, Lean Bacon. Variety of cereals—ready to eat or cooked.

Breads and Butter—

Serve different kinds of bread, muffins and rolls with butter. Vary the topping for the toast and butter.

Good choices are: Toast—from a variety of breads, Muffins, Biscuits, Hot Cakes, package prepared or "home made," Waffles, Hot Rolls and Buns.

Milk and Beverage—

Serve milk as a beverage and on cereal. Coffee can be served in addition to adults.

Good choices of beverages are Milk, Hot Chocolate, Chocolate Milk, Coffee and Tea.

Meetings

September 6—Hudson Grove Community, Lodge Hall, 8 P. M.

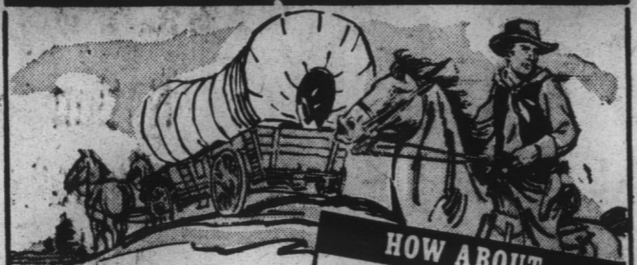
September 10—Paradise Road Community, St. Luke Church, 8 P. M.; YMW Club, Robin's Restaurant, 8 P. M.

September 11—Edenton HD, Mrs. Catherine Lewis, 8 P. M.

In all moral revolutions, from a lower to a higher condition of thought and action, Truth is in the minority and error has the majority.

—Mary Baker Eddy.

THAT'S A FACT

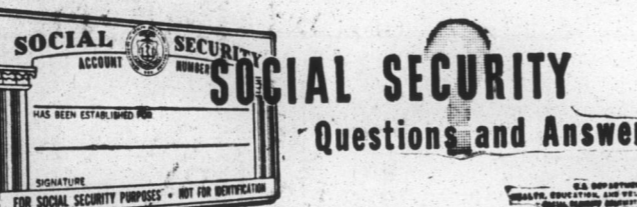


LAND HO!
20,000 LAND HUNGRY AMERICANS MASHED ALONG THE OKLAHOMA TERRITORY IN THE LAST FREE-FOR-ALL RUSH FOR GOVERNMENT LAND ON APRIL 22, 1889. WITHIN A FEW DAYS A CITY AROSE (GUTHRIE) AND A BANK WAS STARTED IN A TENT WITH CAPITAL OF \$50,000.

HOW ABOUT...
...BUYING A \$50.00 SAVINGS BOND (THE MOST POPULAR SIZE) NEXT PAYDAY? THE COST IS ONLY \$37.50!

MOTTO
"THE MOTTO, 'E PLURIBUS UNUM' (ONE FROM MANY) WAS SUGGESTED BY BENJAMIN FRANKLIN, THOMAS JEFFERSON AND JOHN ADAMS."

YOU AND FREEDOM
FREEDOM WILL ALWAYS NEED BRAVE MEN TO DEFEND AND PRESERVE IT. YOU CAN DO YOUR SHARE TOWARD DEFENDING FREEDOM BY BUYING U.S. SAVINGS BONDS TODAY!



George Dietrich, field representative of the Social Security Administration, is in Edenton every Thursday at the North Carolina Employment Security Commission office on North Broad Street.

Mr. Icen, E. Wilson, District Manager, Greenville Social Security Office, gave a tip today on how people who plan to retire can get their first social security checks without any delays.

"Inquire before you retire is a good rule to remember," he said. Whether you've decided to retire or not, you should visit the social security office three months before you reach retirement age. "We won't tell you whether you should retire," he explained, "but we will tell you when to apply for social security."

By checking with the social security office three months before you retire, you can help speed your first check, he said. The social security representative will help you in claiming benefits for yourself and your family. He'll help you get whatever proofs are needed to complete your application. For example, Mr. Wilson said, you'll probably need to prove your age. The office can tell you whether any of the documents you have

Absent-Minded
The absent-minded professor who had been attending a lecture all the evening, returned home very late and was rather muddled. On entering his bedroom, he thought he heard someone move under the bed. "Who's under there?" he called out. "No one," replied the burglar. "Funny," replied the professor; "I could have sworn I heard someone there. Good night."

Hospital Patients

Visiting hours: 10-11 A. M.; 2-4 and 6-8 P. M. Children under 12 are not permitted to visit patients.

Patients admitted to Chowan Hospital during the week of August 27-September 3 were as follows:

White
Mrs. Elsie (Peggy) Ward, Harold C. Leake, Mrs. Eugenia R. Babylon, Mrs. Sallie Davis, Mrs. Lillian Perry, Miss Sally Hare, Mrs. Inez Moran, Mrs. Martha Sawyer, Mrs. Ina Elliott, Mrs. Sharon Tetterton, Mrs. Dora Ward, Mrs. Isa G. Tucker, Mrs. Lloyd Evans, Mrs. Eunice Lippam, Allen Bunch, Carlton Nixon, Jasper Holmes, Mrs. Minnie Ward, Edward J. Walton, Mrs. Elizabeth Aronowiz, Miss Elizabeth Howell, Mrs. Mable Spruill, Mrs. Mary Alice Martin, Madie Bass, Marvin West.

Colored
Miss Sadie Elizabeth Ferebee, Mrs. Sarah Capehart, Mrs. Irene G. Nixon, Reginald Hunter, Mrs. Mary Louise Brown, Joe Harrell, Mrs. Hattie Johnson, Mrs. Minnie Chesson.

Patients discharged from the hospital during the same period were as follows:

White
John Presley, Mrs. Alpine Chappell, Robert Mills, Mrs. Betty Domecq and infant son, Roy Bradshaw, Mrs. Norma Griffin, Alfred Sawyer, Mrs. Eva Tyn-dall, Mrs. Hannah Ward, Clay Stallings, Mrs. Elsie (Peggy) Ward, Harold C. Leake, Mrs. Sallie Davis, Miss Sally Hare, Mrs. Inez Moran, Mrs. Martha Sawyer, Mrs. Ina Elliott, Mrs. Dora Ward, Mrs. Isa G. Tucker, Allen Bunch, Jasper Holmes, Carlton Nixon.

Colored
Mrs. Sarah Capehart, Mrs. Irene G. Nixon.

Births
Births occurring at Chowan Hospital during the same period were:

White
Mr. and Mrs. Milton Martin of Edenton, a son.

Colored
Mr. and Mrs. Walter Brown of Edenton, a son; and Mr. and Mrs. William Johnson of Edenton, a daughter.

1961 ACCIDENT FACTS

Jan	2
Feb	3
Mar	10
Apr	17
May	24
Jun	29
Jul	26
Aug	23
Sep	30

Another in a series of articles in which the North Carolina Department of Motor Vehicles explores some of the significant facts behind last year's traffic accident toll.

The State Department of Motor Vehicles reminds drivers that what you don't see can hurt you! In a special study of last year's 60,844 highway accidents, the vehicles agency revealed that 107 death-dealing mishaps were attributed to vision obstruction. In 41 of the cases windshields were obscured by rain, snow, fog, sleet, etc., and in 66 cases the driver's vision was obscured by buildings, signs, bushes, crops, embankments, parked cars, etc. Vision, or lack of it, was not indicated in the rest of the line-up. In all there were 1,061 death-dealing mishaps in which 1,254 persons died.

Not There!
Far out in the Texas desert was a little gas station with this sign on it:
"Don't ask us for information. If we know anything we would not be here."

Producers Of Turkeys Cut Back Production

Turkey producers in North Carolina are raising an estimated 2,345,000 turkeys this year. The estimate represents a 15 per cent decrease from the state's all-time high number of 2,770,000 raised in 1961, but it is

still the second highest of record. Production of heavy breeds is estimated at 2,337,000 birds as compared with 2,754,000 produced last year. Light breeds, not very popular in this state, are estimated at 8,000—only a half of those raised last year.

TRY A HERALD CLASSIFIED

On Monday, September 10th you are invited to attend our **DISPLAY SALE** for Men and Ladies' Tailored-To-Measure Clothes **Imperial Tailoring Co.**

DAVE KRAMER will be here to show you hundreds of beautiful new Fall and Winter fabrics and to take your measurements.

CUTHRELL DEPT. STORE
EDENTON, N. C.

BLUE CROSS | BLUE SHIELD

STUDENT CERTIFICATE

HOSPITAL CARE ASSOCIATION
DURHAM, NORTH CAROLINA

Blue Cross-Blue Shield Hospital Care Association Durham, North Carolina

Please send me information on the Blue Cross-Blue Shield STUDENT CERTIFICATE

Name Age

Address

City State

48

A NEW DIMENSION IN FLOOR HEATING COMFORT

Big super heating performance in a COMPACT CABINET!

With exclusive **GUINUED SUPER FLOOR HEAT**

Naturally, its a patented **SIEGLER OIL HOME HEATER**

sweeten' low! Only 33" high yet it heats like magic!

Inner HEAT TUBES Capture hottest heat—Built-in BLOWER Guides it over floors.

HEAT GUIDING OUTLETS Just pull and turn to guide the Super Floor Heat.

PLUS!

- patented SIEGLERMATIC DRAFT
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- GENUINE PORCELAIN ENAMEL FINISH

SIEGLER GIVES YOU MORE AND HOTTER HEAT OVER YOUR FLOORS!

see this new **CONSOLE SIEGLER** that *pays for itself with the fuel it saves!*

Quinn Furniture Company
OF EDENTON, INC.
Phone 2425 "Home of Quality Furniture" Edenton

SEAGRAM'S V.O. IMPORTED CANADIAN WHISKY

\$5.75 4/5 Qt.
\$3.60 Pint

SEAGRAM DISTILLERS COMPANY, N. Y. C. 80 PROOF, A BLEND...SIX YEARS OLD.

Lower Costs

"I've used a Lilliston for three years now, and total repair costs have been \$16.00."

We could multiply that comment a thousand times and it would still hold true.

Let's face it—any time you run a piece of equipment, there are going to be maintenance costs. Anything with moving parts is bound to show wear and tear—some sooner, some later.

But a healthy machine, if we may use that term, is something all of us want. One that will go and go and go again, make you money year after year, without costly, time-consuming down-time.

That's a Lilliston for you. For fifty years now, this company has been famous for the durability of its implements. Every part, every link, every bolt and nut has been tested again and again for lasting power.

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