We soon may be eating more processed vegetables than fresh

Farm Facts

Firemen Called Three Edenton Police Make Times During August 50 Arrests In August

ports that during August Eden- ports that Edenton police made ton firemen were called but a total of 50 arrests during Authree times, twice in Edenton gust, of whom 46 were found and once out of town. For the guilty as charged. The arrests Edenton fires the firemen were included 22 white males, three out 45 minutes and an hour and white females, 20 colored males 40 minutes out of town. They and five colored females. were on the air 10 seconds in Fines amounted to \$210 and

men traveled one mile and six was turned back to the town in miles out of town. No hose was way of officers' fees. laid in Edenton but 450 feet was used out of town.

men responded and 20 for the accidents investigated, nine funout of town fire. Property in-volved in Edenton was estimated tended, 21 doors found unlocked, at \$4,700 and \$1,500 out of town. one fire call answered, 1,324 No damage was reported in town traffic citations issued, 19 lights but out of town it was \$1,500 at reported out and 17 house checks a tobacco barn on Clarence Lup- made. ton's farm. Insurance in town The police made 935 radio

During the month the fire- onds. men held one fire drill, answered two still alarms, answered two rescue calls and refilled two hustles as he waits. fire extinguishers.

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Fire Chief W. J. Yates re Chief of Police Leo LaVoie re-

both Edenton and out of town. costs \$402.75 for a total of For the Edenton fires the fire- \$612.75. Of this amount \$221.25

Activities during the month included 59 calls answered and In Edenton 25 volunteer fire- investigated, nine automobile

was \$3,500 and none out of calls and were on the air one hour, 22 minutes and five sec-

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-Thomas Edison.

Health And Safety Tips

Medical Association

FOOTBALL

males are tossing and kicking for the B-team players. Pade and running with footballs, all that slip out of place leave kneed the way from the eight-year-olds and shoulders unprotected. in the backyard to junior and senior high and college teams to the big bruisers of the professional leagues.

Football is a rough contact serious injuries. sport and inevitably will produce its full quota of bumps and bruises, strains and sprains, cuts and gashes. Most of these aren't these safeguards are observed. If serious and the lads concerned most of his playing is done on are back in the game shortly.

Careful coaching enables the players to perform better and thus become less prone to injury. Most of the regular school teams have proper coaching today, and the coaches are more than ever before alert to methods of safeguarding their players from injury.

Good officiating makes for better games and also helps to protect players. Officials in the organized schoolboy and college leagues must meet careful stand ards. Proper equipment and facilities also are important to reduce injuries. Schools sometimes fall down in this respect by us-Football time is here again. ing worn and decrepit equip-All over the land American ment for practice sessions and

> Good medical care, with physician in attendance for practice drills and games, is a final major factor in cutting down or

If your boy is playing with an A thorough physical examination is highly important for the parents' responsibility to see a vacant lot in the afternoons



alent). The most striking change in the ten-year period was in the increased popularity of frozen vegetables. Use of frozen vegetables, excluding potatoes, increased from 4 per capita content of total vegetable consumption to about 8 per cent, stable, at around 200 pounds and all major frozen vegetables remained and all major frozen vegetables. and all major frozen vege- a year.

Per capita consumption of processed vegetables (on a fresh equivalent basis) may exceed consumption of fresh vegetables in 1961, the U. S. Department of Agriculture sectors.

Department of Agriculture notes.

Consumption of processed vegetables has been rising in the past few years and that if fresh vegetables has been falling. Fresh vegetable consumption fell off 15 per cent from 1947-49 through 1957-59. Ute of processed vegetables increased 25 per cent.

Consumption of canned

Consumption of canned vegetables increased 13 percent and that of frozen vegetables more than doubled. Per

capita consumption of fresh vegetables totaled about 101

pourds in 1960 and that of processed vegetables was

about 99 pounds (fresh equiv-

From The American

boys preparing to go out for that the player has good equipfootball. Take your boy to the ment and that he quits before family doctor and ask him to becoming too tired. make certain that the lad has no physical conditions that should be noted before he begins the rigorous training and hard knocks of the game.

Proper ruysical conditioning hardens the body and increases resistance to fatigue. thus help ing to prevent injury. A minimum of three weeks of conditioning are recommended prior to the first game of the season. Coaches and doctors are alert to the fact that many injuries occur when the player is tiring and thus less alert. The coaches are quick to make substitutions when a player begins to slow

rant. President Herbert Hollo- B. Hoskins. well, Jr., urges a 100 per cent attendance.

VFW MEETS TUESDAY

large attendance.

ATTEND DAR MEETING

district director, presiding. Oth-sie Byrum led in prayer. The president, Arlyn Dail; secretary,

Edenton's Lions Club will meet meeting were Mrs. A. B. Har- present. Two more, Douglas er, Judie Leake; song leaders, Monday night, October 1, at 7 less, Sr., Mrs. J. L. Pettus, Mrs. and Roger Smith, were welcom- Jerry Byrum and Harolyn Leake. o'clock at the Edenton Restau- John M. Bond and Mrs. George ed to the club.

William H. Coffield, Jr., Post met Tuesday night in the Ryland ior 4-H Clubs have a booth to-No. 9280, Veterans of Foreign Community Building with Carole gether. Five members were ask-Wars, will meet Tuesday night, and Durwood Copeland hostess- ed to help out. They were Pau-October 2, at 8 o'clock. Com- es. The meeting was called to line Byrum, Lois Chappell, Judie mander Hallett Chesson requests order by the president, Judie Leake, Durwood Copeland, Cur-Leake, and all stood and said tis Bunch and Arlyn Dail. Harthe 4-H pledge and the pledge ry Venters gave some suggestto the flag. Carole Copeland ions on a booth. A District Meeting of the led in singing "Tell Me The The club elected new officers DAR was held in Goldsboro Story of Jesus." Harolyn Leake for the next year. They are: Tuesday with Mrs. Wood Privott, read the Scripture and Mrs. Jes- President, Pauline Byrum; vice

ers from Edenton attending the roll was called with 10 members retary, Carole Copeland; report-

the new business was to have punch. RYLAND 4-H CLUB ELECTS a booth at the Chowan County NEW OFFICERS FOR YEAR Fair. A motion was made and The Ryland Senior 4-H Club passed that the Junior and Sen-

Durwood Copeland; assistant sec-

The hostesses served potato There was no old business and chips, bacon thins, cookies and



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a year to pick up from major highways alone. Remember, every litter bit hurts when it hits the beach. Every litter bit helps when it hits the litter basket.



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