

Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, Home Economics Extension Agent, Negro Work

A training meeting on "How To Can Fruits and Tomatoes" will be held April 12 for home demonstration canning project leaders and community 4-H canning leaders. The meeting will be held at 111 East Carteret Street at 1:30 P. M.

During the month of March, training meetings were held on canning low acid vegetables (pressure canner) in each home demonstration club meeting. These training meetings were open to non-members. This month canning project leaders and/or Miss Nesmith will conduct the lesson demonstration in each club to teach recommended steps in canning fruits and tomatoes. This work is our goal to have homemakers know and follow recommended canning methods and to can enough fruits and vegetables for the family for non-productive months. Non-members are asked to attend these meetings.

It is true that our emphasis is on canning foods, since this is our most economical method of conserving food. We do have a few families in each community with freezers and I am sure this information prepared by Miss Nita Orr, Extension Food Conservation Specialist (frozen foods) on "Making a Freezing Plan", will be most helpful.

"You know how it is with 'hit or miss' things. Sometimes they hit and sometimes they miss. This is why it is better to have a food freezing plan than to freeze food in a hit or miss fashion.

If you freeze your food by a plan, chances are your family will eat better than if you fill your freezer the hit or miss way. Let's take corn, for example. How much corn do you want to freeze this year? How do you know how much you want to freeze? If your family enjoys corn twice a week, plan to freeze enough to serve twice a week except when you can get fresh corn at a reasonable price—unless you want to buy a part of it already frozen.

In North Carolina we can usually get good fresh corn for about 16 weeks out of 52. That leaves 36 weeks to depend on frozen corn. (It may be more or less time with you. You may prefer to eat frozen corn than to buy it fresh when you don't have corn in your own garden—or you may want to do without corn for a while.)

Anyway, decide on how often you want to serve frozen corn, then calculate the amount it takes to serve your family. Multiply the amount the family will eat at one time by the number of times you plan to serve it and add some extra for visitors. It's just that simple. You likely won't use it exactly according to schedule, but it is far more satisfactory than freezing in hit or miss fashion.

You will find a guide helpful for all of the foods you freeze.

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Hospital Patients

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

Patients at Chowan Hospital for the week of April 1-8 were as follows:

Admissions

White—Mrs. Julia Furlough, Mrs. Julia Harrell, Mrs. Edith Bouton, Mrs. Annie Knox, Mrs. Lillie Davenport, Mrs. Faye Copeland, Mrs. Mary N. Hopkins, Mrs. Rosa Boyce, Miss Martha Saunders, Mrs. Mary Marie Spruill, Mrs. Gladys Ward, Mrs. Louise Love, Mrs. Willie Mae Overton, Sharlie T. McCotter, Snowden Calvin Mills, Isaac Riggs, Lloyd Chenoweth, Milton Martin, Roland Ashley, Andrew Wompler, Jr., Sam Thomas Alexander, J. C. Hendrix, Gilbert Moore, Dottie W. Wheeler, John Presley, Charley Umphlett.

Colored—Mrs. Caroline Treadwell, Mrs. Martha Foreman, Mrs. Patricia Harrell, Mrs. Georgia Mae Coefield, Mrs. Rosa Z. Madrey, Seaton Owens, Theodore Belote, Ernest Elton Gilliam, Mrs. Eula Rebecca Franklin.

Discharges

White—Mrs. Agnes West, Mrs. Elizabeth Williams, Mrs. Esther Crabtree, Mrs. Julia Furlough, Mrs. Annie Knox, Mrs. Faye Copeland, Mrs. Mary N. Hopkins, Mrs. Rosa Boyce, Mrs. Mary Marie Spruill, Mrs. Gladys Ward, Sam Thomas Alexander, J. C. Hendrix, John Presley, Paul H.

Leary, William Harmon West. Colored—Miss Doris Spruill, Miss Betty Jean Bond, Mrs. Caroline Treadwell, Mrs. Eula Rebecca Franklin, Mrs. Martha Foreman, Mrs. Patricia Harrell, Dorsey Welch, Joel Godwin Baker, Vernon Brickhouse, David Earl Harrell.

Birch

White—Mr. and Mrs. Woodrow Winston Ward, a son; Mr. and Mrs. Melvin Ray Copeland, a daughter; Mr. and Mrs. Oley Lee Moore, a son; Mr. and Mrs. Charles Douglas Spruill, a son.

Colored—Mr. and Mrs. James Harrell, Jr., a son; Mr. and Mrs. Erselle Franklin, a son; Mr. and Mrs. Otis Grant Williams, a son.

SUNDAY SCHOOL LESSON

Continued from Page 7—Section 2

asked, Exactly what happened? Was it a physical event? Or was it a spiritual Resurrection? In a fundamental sense the mode of the Resurrection cannot be stated. The early church was aware of this difficulty. The New Testament describes Jesus' Resurrection in two ways. This Jesus who was resurrected, recognized, and talked with was the pre-Crucifixion Jesus. And yet he wasn't "physical" in the ordinary sense. He could appear and disappear; he could walk into locked rooms; and he even remained unknown sometimes, as

on the road to Emmaus (Luke 24:16). Paul described the condition of Resurrection as a "spiritual body". The two words, spirit and body, indicate contradictory categories. But then the Resurrection does not fit into ordinary categories. One can therefore appreciate the dilemma of the disciples. The Resurrection is beyond the dimensions of our usual areas of knowledge. Yet—the One who was crucified has been raised. Sin and death have been defeated. Jesus is alive. God has triumphed!

What exactly does the Resurrection mean for us? Two points should be made here. In one sense the Resurrection is of the present, in another sense the Resurrection is the future.

The Resurrection is of the present in the sense that when a person accepts Jesus as Lord he enters a new life. The Gospel of John, we must remember, speaks of "eternal life" as a quality of life which man can experience now, in the present. The Resurrection, indeed, is of the present in the sense that right now, at this moment, we can be born anew and live in the awareness that God has overcome death and has given us newness of life in every day. And what we experience in part now will be completed later. In this sense the Resurrection is of the future. We do know newness of life now, but we shall know it in even greater fullness when physical death is actually passed through and we dwell in the presence of God in a more intelli-

mate way.

In last week's lesson we spoke of the identification of the believer with the death of Christ. We must be crucified to the old man, to our old self-love. But beyond the Good Friday experience is Easter. And the believer is now identified with the life of Christ. For the one who lives within the life of Christ, physical death is no longer frightening. Death has been overcome by God, and now we live in Him.

This is the Easter message: God reigns—even over death and beyond death, and in him is the fullness of life.

(These comments are based on outlines of the International Sunday School Lessons, copy righted by the International Council of Religious Education, and used by permission.)

Wilmington Homes Opened For Tour

"Remembrance of Things Past" is the order of the day when the third annual historical tour of Wilmington's houses opens Saturday, April 20, at 10 A. M.

Meeting at Thalian Hall, groups will leave at five-minute intervals until 11:00. The afternoon tour which will assemble at First Presbyterian Church starts at 2:00, with doors being open until 3:00. On Sunday afternoon, April 21, the tour will begin at Thalian Hall at 2:00 also. Proceeds will be used to pre-

serve historic buildings, and erect markers designating old homes. Sponsored by the Lowe-Cape Fear Historical Society, and under the direction of R. V. Asbury, Jr., the tours will feature gracious homes and public buildings dating from 1772-1860.

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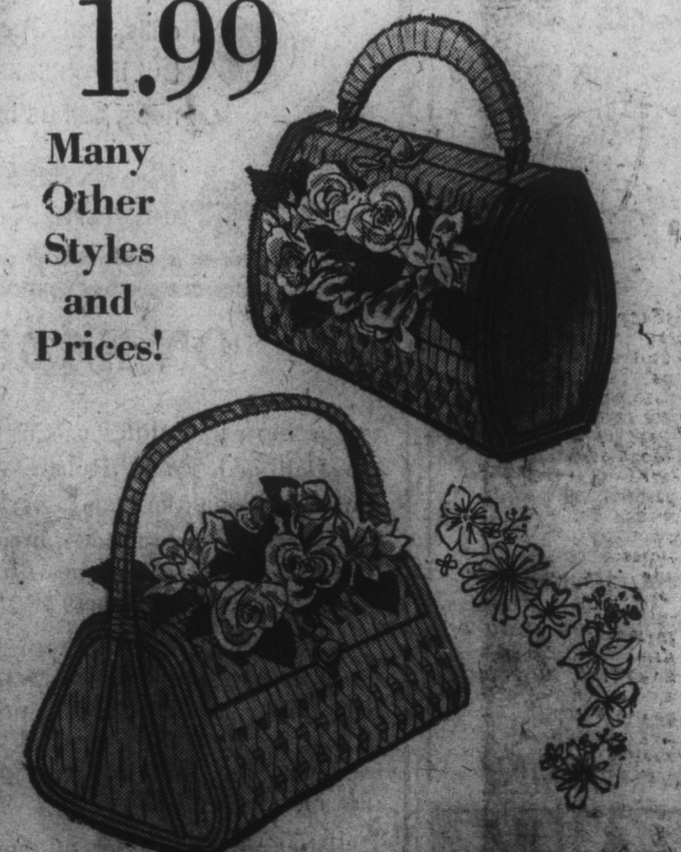


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Heart Facts

Question—Are heart attacks really sudden?

Answer—No. Heart attacks result from a long-time process, and are usually preceded by warnings. Your physician is familiar with the usual warnings of a threatening heart attack. If you feel unwell—and suspect your heart—consult your physician at once.

Aces Lose First Conference Game

Panthers of Plymouth Trip Local Outfit By Score of 9 to 2

By KEN D. HOPKINS
Plymouth High School, paced by righthander Ray Nobles' two-hit pitching, assisted with some balance hitting and Edenton errors, handed the Aces their first setback, in conference play after copping two straight wins, 9-2.

The Panthers chased southpaw Dave Holton in only one-third inning as they tallied three runs off him. Plymouth recorded four singles and a walk off Holton to hand him the loss. Terry Wheeler came in and retired the side on strikeouts.

The Panthers had another big inning in the fifth on three consecutive singles, two errors and a walk. They also scored one apiece in the third and fourth innings.

The Aces scored in the fourth frame on a walk to Jack Britt, an error and a triple by catcher Bill Bass. It was Bass' first hit of the season, this being a dismal year thus far for him, since he was the Aces' leading hitter last year.

Nobles went the distance for Plymouth as he gave up a single to Ken Williams and Bass' triple. He fanned six and pitched very well to pick up the triumph.

Sophomore Bobby Hall and freshman Mike Colombo paced the Panthers' hitting with three hits apiece.

The Aces next game will be a strong Hertford outfit today in Hertford in another Albemarle Conference battle.