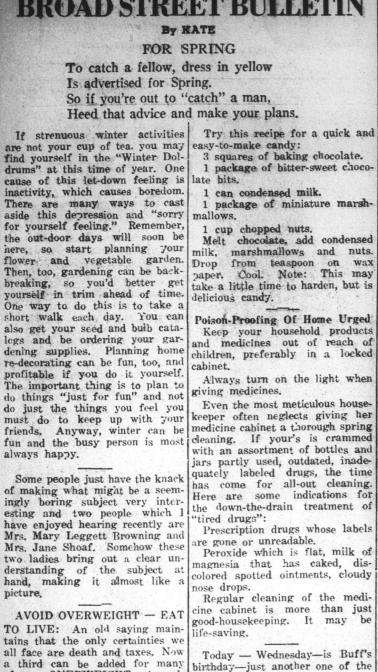
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THE CHOWAN HERALD, EDENTON, NORTH CARO, INA, THURSDAY, FEBRUARY 25, 1965



a third can be added for many of us: OVERWEIGHT. According to estimates-more than one in eight of us are overweight. weighing between 10 and 20 per cent more than is healthy. Apart from being an aesthetic problem, overweight can lead to serious medical problems. For instance, Heart Trouble, high blood pressure, hardening of the arteries, diabetes-all seem to be related to overweight, although scientists are not certain why. So if you want to live ionger, watch your weight and do something about it!

It's good to know about so many new innovations in furni-ture and decorations for the home even the thought of "re-doing" a room can keep us from being too bored these pre-spring days. The new decorated window shades for instance, offer a striped elegance or a flower garden to be rolled up or down at will. The use of living plants in decorating can give color and enchantment to most any room. For example, let the Philodendron drip from a shelf in the hallway, or a bracket in the bathroom. Above all, don't be afraid of color. It is one of the most important features of any room setting.

on Friday morning. The first and second place ountv winners will enter their posters in the overall Albemarle District contest to be held in Elizabeth City on Friday, March 5, along with the county winners from Perquimans, Pasquotank; Camden and Currituck Counties. The contest is sponsored in the Albemarle District each year in an attempt to inform our younger generation on the importance of conservation. Interest and enthusiasm among the students continues to increase each year. Art Sale Scheduled At Elizabeth City

great men born in February!

Conservationist

Judges Posters

grade students each year.

been taught in each class.

mittee.



Did You Know That-Ordinary clip-type clothespins make good paper clips. For the busy housekeeper who is apt to mislay clippings from this and that, or to keep bills and letters from being scattered try using this simple method of using a clothespin to hold them together. Someone told me recently that Glasswax is good for cleaning

pewter. Bathe nylon hose in borax to keep them from becoming limp Use several tablespoons of borax in a basin of warm water. Gently dip hose and the dirt will float away.

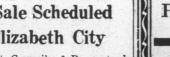
Put your pie pan on a cookie sheet when baking. This makes for easier handling and keeps the crust and meringue intact.

Here's a breakfast quickie made from left-over biscuits: Solit the children's Home Society. biscuits, butter and sprinkle with Artists wishing to submit paintcinnamon sugar or spread with ings, drawings and ceramics for orange marmalade. Toast spread the sale should contact Mrs. B. T. side up under the broller until Lewis, 338-8092 or Mrs. Henry the biscuits are all bubbly and Powell, 482-3136 in Edenton about entries and commissions. golden.

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thoades Authentic Reproductions Furniture Repairing, Upholstering and Refinishing **Re-Caning and Rush Bottoms** FREE ESTIMATES

ton, N. C.



The Art Council of Pasquotank County and the Junior Women's Club are holding an art sale on March 12 and 13 at the Women's