

BROAD STREET BULLETIN

By KATE

FOR SPRING

To catch a fellow, dress in yellow
Is advertised for Spring.
So if you're out to "catch" a man,
Heed that advice and make your plans.

If strenuous winter activities are not your cup of tea, you may find yourself in the "Winter Dol-drums" at this time of year. One cause of this let-down feeling is inactivity, which causes boredom. There are many ways to cast aside this depression and "sorry for yourself feeling." Remember, the out-door days will soon be here, so start planning your flower and vegetable garden. Then, too, gardening can be back-breaking, so you'd better get yourself in trim ahead of time. One way to do this is to take a short walk each day. You can also get your seed and bulb catalogs and be ordering your gardening supplies. Planning home re-decorating can be fun, too, and profitable if you do it yourself. The important thing is to plan to do things "just for fun" and not do just the things you feel you must do to keep up with your friends. Anyway, winter can be fun and the busy person is most always happy.

Some people just have the knack of making what might be a seemingly boring subject very interesting and two people which I have enjoyed hearing recently are Mrs. Mary Leggett Browning and Mrs. Jane Shoaf. Somehow these two ladies bring out a clear understanding of the subject at hand, making it almost like a picture.

AVOID OVERWEIGHT — EAT TO LIVE: An old saying maintains that the only certainties we all face are death and taxes. Now 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 longer, watch your weight and do something about it!

It's good to know about so many new innovations in furniture 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 drape 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.

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: Split the biscuits, butter and sprinkle with cinnamon sugar or spread with orange marmalade. Toast spread side up under the broiler until the biscuits are all bubbly and golden.

Try this recipe for a quick and easy-to-make candy:
3 squares of baking chocolate.
1 package of bitter-sweet chocolate bits.
1 can condensed milk.
1 package of miniature marshmallows.
1 cup chopped nuts.
Melt chocolate, add condensed milk, marshmallows and nuts. Drop from teaspoon on wax paper. Cool. Note: This may take a little time to harden, but is delicious candy.

Poison-Proofing Of Home Urged
Keep your household products and medicines out of reach of children, preferably in a locked cabinet.

Always turn on the light when giving medicines.

Even the most meticulous house-keeper often neglects giving her medicine cabinet a thorough spring cleaning. If yours is crammed with an assortment of bottles and jars partly used, outdated, inadequately labeled drugs, the time has come for all-out cleaning. Here are some indications for the down-the-drain treatment of "tired drugs":

Prescription drugs whose labels are gone or unreadable.
Peroxide which is flat, milk of magnesia that has caked, discolored spotted ointments, cloudy nose drops.

Regular cleaning of the medicine cabinet is more than just good-housekeeping. It may be life-saving.

Today — Wednesday—is Buff's birthday—just another one of the great men born in February!

Conservationist Judges Posters

The Chowan County conservation poster contest was held today (Thursday) at the Edenton Elementary School Library at 1 p. m., according to Joe Webb, Jr., chairman of the contest committee.

The local soil and water conservation district supervisors, L. C. Bunch, Joe Webb, Jr., and H. Fahey Byrum, sponsor the event for the fourth, fifth and sixth grade students each year.

Each student will enter his individual poster in the contest. A special unit on conservation has been taught in each class.

Prizes of \$5 and \$3 will be presented the first and second place winners respectively in each grade. Each room winner will be presented a \$1 prize for their achievement. The prizes will be presented to the winners at chapel on Friday morning.

The first and second place county 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

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 Club on Church Street in Elizabeth City. Proceeds will go to the Children's Home Society.

Artists wishing to submit paintings, drawings and ceramics for the sale should contact Mrs. B. T. Lewis, 338-8092 or Mrs. Henry Powell, 482-3136 in Edenton about entries and commissions.

CHOICE — HEAVY CORN-FED BEEF

STEAKS

Choice Heavy Corn-Fed Beef BONELESS TOP ROUND BOTTOM ROUND **79¢**
Steak, lb. 85¢

Choice Heavy Corn-Fed Beef BONELESS RUMP
Roast, lb. 79¢ PER. LB.

GWALTNEY'S CYPRESS

SLICED BACON

lb. **39¢**

CHOICE FRESHLY GROUND

BEEF

LB. **39¢**

FRYERS

WHOLE — LB. — **25¢**
Grade "A"

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ARMOUR STAR — CHUCK BIFresh Lean — Western

STEAKS

CHOICE — HEAVY CORN-FED T-BONE STEAKS . . . lb. **85¢** CLUB **79¢**
CHOICE — HEAVY CORN-FED SIRLOIN STEAKS . . . lb. **85¢** LB. **79¢**

ARAPAHOE PURE

PORK SAUSAGE

1-lb roll **29¢**

STORE SLICED

Boiled Ham

6-OZ. PKG. **43¢**

SWIFT'S **VEAL SALE!**

PREMIUM CHOICE VEAL

Chuck **49¢** | Shoulder **59¢**
Roast **49¢** | Chops **59¢**

CHOICE VEAL

Shoulder **59¢** | Rib **49¢**
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IN DAIRY CASE! **TROPICANA Orange - Supreme DRINK** Quart Glass **29¢**

FULL QUART — CAMELLIA **Liquid Dish DETERGENT** FULL QUART Reg. 69¢ **39¢**

PARTY BRAND **CAKE MIX** DEVIL FOOD — YELLOW OR WHITE **10¢**

PARTY BRAND, CHOC. - WHITE **CAKE FROSTING** **10¢**

CAMELLIA BRAND **Sandwich SPREAD** Full Pint **29¢**

ECO BRAND **INSTANT COFFEE** 2-OZ. Jar **33¢**

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Powder Detergent pkg. **25¢**

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EASY MONDAY **LIQUID STARCH** qt. **15¢**

Peter Paul Reg. 10c Bars Mounds — or — Alm'd Joy CANDY 7 for **49¢**

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CAMELLIA, MAPLE **Pancake SYRUP** LARGE 24-OZ. BOT. **55¢**

U. S. — NO. 1 — MAINE **WHITE POTATOES** 10-lb. bag **69¢**

1-LB. SUNSHINE **Krispy Crackers** pkg. 31¢

12-OZ. N.E.C. **Vanilla Wafers** pkg. 37¢

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Edenton N. C.

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