



BROAD STREET BULLETIN

- by -
Kate

I'm still a "resident" in Albemarle Hospital, Elizabeth City, but unable to write material for this column. However, I've recovered enough to be able to scan over, read and greatly appreciate the many, many beautiful flowers, cards, and letters sent to me. In one of the letters was the following poem, which somewhat fits into the situation I've been in. Here 'tis:

TO ALL GOLDEN AGERS . . . I AIN'T DEAD YET!

My hair is white and I'm almost blind,
The days of my youth are far behind,
My neck's so stiff, can't turn my head,
Can't hear half that's being said,
My legs are wobbly, can hardly walk,
But glory be, I can surely talk.
And this is the message I want you to get:
I'm still a-kicking—and I ain't dead yet.

My joints are stiff, won't move in their sockets,
And nary a dime is left in my pockets.
So maybe you think I'm a total wreck;
(To tell the truth, I look like heck),
But I still have loads of fun
And my heart with joy is over-run.
I've lots of friends, so kind and sweet
And many more I never meet.
Oh, this is a wonderful world of ours,
Shade and sunshine and beautiful flowers,
So you can just take it from me, you bet,
I'm glad I'm living—and I ain't dead yet!

I've got corns on my feet and in-grown nails,
And do they hurt? Here language fails;
To tell you my troubles would take too long,
If I tried, you sure would give me the gong.
I go to church and Sunday School, too,
For I love the Story that is ever new,
And when I reach the end of my row,
I hope to my Heavenly Home I'll go;
If you listen closely, I'm apt to say
Then when I leave my house of clay,
"Well, folks, I've left you, but don't forget,
"I've just passed on but—I ain't dead yet."

Health And Safety Tips

NEW SUPERSTITIONS STILL POPPING UP

Old superstitions, unlike old soldiers, do not fade away. They are replaced by new superstitions and new misconceptions, says Today's Health Guide, the American Medical Association's manual of health information for the American family.

This is particularly true of superstitions and misconceptions about health. New scientific advances and discoveries breed a whole new crop of health superstitions.

Some of the new ones cataloged in the health book are:

Today, we have the mistaken idea that necessary and harmless chemicals used in processing food-stuffs may cause mysterious diseases like cancer. (They won't).

We see people afraid to cook with aluminum utensils for fear of poisoning

the food. (They will not). We observe people who refuse to wear glasses, and others who shun much-needed hearing aids. (Both are completely accepted by society today).

People oppose fluoridation of public water supplies because the same chemical has also been used for poisoning rats, overlooking the fact that the whole difference lies in the matter of dosage. (Fluoridated water is completely safe).

Many people blame climatic changes on the atomic bomb; past generations attributed such changes to artillery fire, to the use of radio and television. (The bomb has not changed climate).

Countless mothers live in fear for their children's lives because a heart murmur had been reported. Although murmurs should be checked by a physician, most heart murmurs are harmless.

FRYERS

FRESH PICNIC PORK ROAST — LB. — 35c	Luter's All Meat Franks 49c	1-lb. cello	WHOLE FRYER 29^c ★ PER LB.
LUTER'S WHOLE PORK LOINS L 59c B	Chatham Pure Pork SAUSAGE 1-lb. Roll 39c	Full Cut Chuck Roast lb. 49c	
Luter's "AA" Sliced Bacon 1-lb. pkg. 59c	Shoulder - Choice Beef Roast lb. 57c	Full Cut Chuck Beef Roast lb. 49c	PRICES IN THIS AD ARE EFFECTIVE THRU SATURDAY, MARCH 2.

ROASTS

STEAKS	REDEEM THIS VALUABLE ^{3x} COUPON LIMIT: 1 TO FAMILY. EXPIRES 3/2/68	Swift's Premium BEEF
Bone-in Chuck lb. 49c	\$5.00	CHUCK BLADE — LB. — 39^c
Boneless Chuck lb. 69c	IN EXTRA GREEN STAMPS WITH \$10.00 OR MORE PURCHASE AND THIS COUPON. P&Q SUPER MARKET. Good Thurs. - Fri. - Sat.	Fresh Ground Beef lb. 49c
		TURKEY LEGS L 33c B

303 CANS DEL MONTE FRUIT COCKTAIL can 29c (REG. 33c)	Giant 20-Oz. Bottle NEW FAMILY SIZE 33c (REG. 39c) VALUE	TURKEY THIGHS L 39c B	TURKEY GIZZARDS L 29c B
MAXWELL HOUSE COFFEE! 1-lb. Bag 69c (SPECIAL PRICE)	SWIFT'S Luncheon Meat PREM 12-OZ. CAN 49c (REG. 59c) PRICE	46-oz. DelMonte Pineapple-Grapefruit DRINK THIS WEEK 27c (REG. 35c) VALUE	Del Monte TUNA C AN 29c
		Del Monte SWEET PEAS No. 303 Cans 47c (NO LIMIT AT P&Q!)	

10c P&Q 10c THIS COUPON WORTH IN TRADE 10c On Purchase Of 4 8-oz. Cans Tidewater Herring Roe Good Only At 10c P&Q 10c	20c P&Q 20c THIS COUPON WORTH IN TRADE 20c On Purchase Of 1 - Wizard (Reg. 59c) Deodorant Good Only At 20c P&Q 20c	VIVA TOWELS Big Roll 7c OFF MARCH 14, 1968 - ONE TO FAMILY LIMIT EXPIRATION DATE	5c P&Q 5c THIS COUPON WORTH IN TRADE 5c On Purchase Of 1 - 18-oz. Old Va. Grape Jelly Good Only At 5c P&Q 5c	10c P&Q 10c THIS COUPON WORTH IN TRADE 10c On Purchase Of 1 - 23-oz. Bunker Hill Beef Stew Good Only At 10c P&Q 10c
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CHECK THESE USED CAR BUYS

- 1967 Fiat 1100R 4-door Sedan
Radio and heater.
- 1967 Rambler American
- 1966 Rambler American Sta. Wagon
Automatic transmission, radio, heater
- 1965 Rambler American
Automatic transmission, radio, heater.
- 1965 Rambler American Sta. Wagon
Radio and heater.
- 1964 Rambler Classic Sta. Wagon
Automatic transmission, radio, heater.
- 1964 Ford 4-door Sedan
Automatic transmission, radio, heater
- 1963 Comet - Radio, Heater
- 1962 Ford Station Wagon
Air Conditioned, auto. trans., radio, heater
- 1962 Ford Fairlane
Automatic transmission, radio, heater.

Edenton Motor Co.

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License No. 1616

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WHITE - YELLOW - DEVIL - LEMON

Cake Mix

3 pkg. 87^c

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WHY PAY MORE?

EGGS

Large Grade "A" Dozen Carton **43^c**

Double Stamps Every Tuesday

U. S. No. 1 - "A" Size Maine - White

POTATOES

20 lb. bag **59c**

Golden Ripe

BANANAS

doz. **10c**

FROZEN FOOD

NO LIMIT AT P&Q

IDA VALLEY BRAND French Fry Potatoes 2-lb Bag **25c**

ALL FLAVORS — HI-Q BRAND

Ice Milk full half gal. **39c**

MORTON'S — JUST SLICE AND SERVE

Cream Pies 3 FOR **89c**

Open Saturday Night Until 8

P&Q

DISCOUNT

PRODUCE

PA. RED OR GOLDEN U. S. GRADE — FANCY

Delicious Apples L **15c**
B

Extra Fancy - Florida Temple Oranges doz. **39c**