

HEALTH AND SAFETY TIPS

START NOW TO PUT YOURSELF IN SHAPE
Your doctor recognizes the importance of exercise to health.

The American Medical Association points out that exercise, or lack of it, is often a significant factor in the control of obesity, diabetes, heart and circulatory problems, orthopedic distaste and emotional disorders.

Fitness developed through vigorous activity and exer-

challenge of unexpected demands. These might be running to catch a train, quickly climbing several flights of stairs, shoveling snow or jacking up the car to change a tire.

Can you go up several flights of stairs without severe discomfort, chest pain, or having to stop before you reach the top? You would expect to be puffing a little at the top, but this should subside soon if you are reasonably fit.

The best exercise is doing something physically active which you enjoy, with the exercise part secondary. If you enjoy swimming or tennis, or handball, these are excellent sports for exercising most of the body. Golf is good for the tired businessman. Most of us, however, find it difficult to exert the mental discipline to keep at a program of daily calisthenics purely for the sake of exercise.

If you have had little or no exercise for years, be cautious about plunging immediately into active sports. Work up to strenuous exercise gradually.

There are simple tests by which your doctor can determine the extent of your physical fitness. If you

Open confession is good for the soul.
—James Kelly.



ise can be preventive, as well as therapeutic, in nature.

In a positive sense, health includes abundant energy and vitality. A healthy person is physically fit when he can perform his daily work and tasks without undue fatigue, maintain adequate reserves of energy to enjoy recreational activities and leisure, and meet the

Hit the Dirt—Hometown Style



An Army National Guard automatic rifleman drops into firing position in a combat attack exercise. Land made available to Army Guard units by local and state authorities across the nation has played an important part in the development of the Guard's increased readiness status. Through weekend training, which in many states is taking the place of traditional armory drill nights, Army Guard units get outdoors into areas where there is the elbow room soldiers need in order to accomplish realistic training. Guard and active Army leaders believe that units which have emphasized outdoor, weekend training throughout the year, will be ready for more advanced training—even participation in Army maneuvers—during annual field training.

News From Chowan County

By Mrs. Roland Evans

Sympathy goes out to the Swain family. Carlton Goodwin's condition remains unchanged.

Mrs. Ada Byrum broke her arm and was in the hospital over the weekend. Mrs. Julie Sutton has been in the hospital.

Mrs. Ella Lamb is sick and has been in the hospital.

Mrs. Faye Copeland's father is in the hospital at Suffolk.

Jack White, son of Mr. and Mrs. Fred White, is ill in National Institute of Health at Bethesda, Md.

Mr. and Mrs. Johnnie Owens carried their baby to Chapel Hill for a check-up this week.

The Chowan High School Parent-Teacher Association met Monday night in the school auditorium at 8 o'clock. An exchange student was the speaker.

Evangelistic services began at Rocky Hock Baptist Church Monday night at 7:45 o'clock and will continue through Sunday night. Rev. Charles H. Jones, pastor of Kempsville

Baptist Church, Princess Anne Road, Virginia Beach, Va., is guest evangelist.

The Brownies, Junior and Cadet Girl Scouts of Edenton attended the regular 11 A. M. service at Edenton Methodist Church in a body on Sunday.

The Lewis family will appear in Edenton again April 6 at Ernest A. Swain Elementary School. Tickets are now on sale.

Mr. and Mrs. Fletcher Perry of Suffolk, Va., visited Mrs. Edith Perry and Mr. and Mrs. Roland Evans on Sunday.

Mrs. Martha Harrell was entertained at a surprise birthday party Tuesday night of last week by Mrs. Pete Dail at Mrs. Dail's home. The honoree received many nice gifts. Refreshments included a lovely birthday cake, punch, nuts and mints. Those attending were Mrs. Beulah Owens, Mrs. Ann Knox,

Mrs. Nina Baker, Mrs. Jerry Evans, Mrs. Agnes Copeland and baby, Reba Harrell, Mrs. Helen Spain, Mrs. Margaret White, Mrs. Louis Bunch, Mrs. Elton Bunch, Mrs. Marie Peele, Mrs. Mary Small, Mrs. Hilda Layton, Mrs. Gertrude Dail, Mrs. Martha Harrell, Jimmy, Tommy and Linda Dail. Mrs. Helen Spain poured punch. Mrs. Pete Dail cut the cake. Mrs. Jerry Evans led in games.

There will be a donkey ball game in Perquimans High School gymnasium at an early date.

The Chowan Hospital Auxiliary met Monday at 10 A. M. at St. Paul's Parish House.

Spec. 4 Emmett Parker Jones, Jr., of the U. S. Army has been assigned to overseas duty in Vietnam.

Mr. and Mrs. Roland Evans visited the Outer Banks Sunday afternoon.

THE HERALD LEGAL ADVERTISING

Administrator's Notice

Having qualified as Administrator of the estate of Roland L. Ashley, late of Chowan County, North Carolina, this is to notify all persons holding claims against the estate of said deceased to present them to the undersigned on or before the 7th day of September, 1968, or this notice will be pleaded in bar of any recovery thereon. All persons indebted to said estate will please make immediate payment.

This 1st day of March, 1968.
THURMAN L. ASHLEY, Administrator of the Estate of Roland L. Ashley, Deceased.
Merrill Evans, Jr., Attorney at Law, P. O. Box 74, Edenton, N. C. 27932
Mar 7 14 21 28c

Administrator's Notice

Having qualified as Administrator of the estate of Mary B. Brinkley, late of Chowan County, North Carolina, this is to notify all persons holding claims against the estate of said deceased to present them to the undersigned on or before the 15th day of August, 1968, or this notice will be pleaded in bar of any recovery thereon. All persons indebted to said estate will please make immediate payment.

This 8th day of February, 1968.
MERRILL EVANS, JR., Administrator of the Estate of Mary B. Brinkley, Deceased.
Feb 15 22 29 Mar 7

EXECUTOR'S NOTICE

Having qualified as Executor of the estate of W. B. Hassell, late of Chowan County, North Carolina, this is to notify all persons holding claims against the estate of said deceased to present them to the undersigned on or before the 29th day of August, 1968, or this notice will be pleaded in bar of any recovery thereon. All persons indebted to said estate will please make immediate payment.

This 29th day of February, 1968.
ALICE M. PARKS, Executor of the Estate of W. B. Hassell, Deceased.
Feb 28 Mar 7 14 21

EXECUTOR'S NOTICE

Having qualified as Executor of the estate of Allie G. Forehand, late of Chowan County, North Carolina, this is to notify all persons holding claims against the estate of said deceased to present them to the undersigned on or before the 16th day of June, 1968, or this notice will be pleaded in bar of any recovery thereon. All persons indebted to said estate will please make immediate payment.

This 16th day of February, 1968.
JOSEPH M. THORUD, CORINNE F. THORUD, Executors of the Estate of

No Speed Limit
A golf ball leaves the club head at about 135 miles an hour—about half as fast as the golfer leaves his office.

Allie G. Forehand, Deceased.

Feb 22 29 Mar 7 14c

Administrator's Notice

Having qualified as Administrator of the estate of William Edward Barrow, late of Chowan County, North Carolina, this is to notify all persons holding claims against the estate of said deceased to present them to the undersigned on or before the 22nd day of August, 1968, or this notice will be pleaded in bar of any recovery thereon. All

Administrator's Notice

Having qualified as Administrator, c.t.a.,d.b.n., of the estate of Herbert C. Brinkley, late of Chowan County, North Carolina, this is to notify all per-

persons indebted to said estate will please make immediate payment.

This 15th day of February, 1968.

JACK H. BARROW, Administrator of the Estate of William Edward Barrow, Deceased.
Feb 22 29 Mar 7 14c

Administrator's Notice

Having qualified as Administrator, c.t.a.,d.b.n., of the estate of Herbert C. Brinkley, late of Chowan County, North Carolina, this is to notify all per-

sons holding claims against the estate of said deceased to present them to the undersigned on or before the 15th day of August, 1968, or this notice will be pleaded in bar of any recovery thereon. All persons indebted to said estate will please make immediate payment.

This 8th day of February, 1968.

MERRILL EVANS, JR., Administrator, c.t.a.,d.b.n., of the Estate of Herbert C. Brinkley, Deceased.
Feb 15 22 29 Mar 7

4 1/2%

ON SAVINGS COMPOUNDED JUNE 30 AND DECEMBER 30

Your Savings Insured Up To \$15,000 By Federal Savings and Loan Insurance Corp.



A down payment savings account here... the first step toward debt-free home ownership!

EVEN if you're not ready to buy a home, you still should visit the helpful folks in our savings department.

They'll show you how to build a down payment fund quickly and easily—through regular savings plus our generous earnings!

Take that important first step today—through our front door!

4 1/2% per year
Current rate

Save by the 10th - Earn from the 1st
Edenton Savings & Loan Assn.

A Safe Place To Save Since 1905

322 S. Broad St. Edenton, N. C.

HOMES FOR SALE!

Two-story, frame dwelling: living room, kitchen, three bedrooms, central hot air heat, storage building. Located 204 West Church Street.

Central oil heat, central air conditioning, three bedroom brick-veneer home with large den with raised fireplace, two baths, floored attic, built-in kitchen including dishwasher, wall to wall carpeting. Located 1 1/2 miles north of Edenton on U. S. 17.

One and one-half story, brick-veneer, four-bedroom house with oil central heat, range and oven, wall to wall carpeting, 15 x 33 ft. den. Located 5 Westover Heights.

Two-story, frame, five bedrooms, two baths, den, carpeting in living room and den. Located 356 South Oakum Street.

Two-bedroom, brick-veneer home with electric heat. Cyclone fence, carport, on the water. Lot 1, Block 107, Cape Colony.

Two-story, five bedroom, frame dwelling with central gas heat, large porches, fireplace, over 3000 square ft. living area. Conveniently located 501 North Broad Street.

Twiddy Ins. & Real Est. Co., Inc.

108 E. King Street Edenton, N. C. Telephone 425-2162

SALE

Open Friday Nights til 6:30!

Special... Linoleum Rugs, size 9x12 Assorted Floral and Kitchen Patterns only \$3.99

FLORAL PRINTED Foam Filled Bed Pillows \$1.00	Bath Sets RUG & LID COVER 100% French Super Crimp Rayon Assorted Colors \$2.56	WEINDI Pinch Pleat Drapes Prints, Plains - 48x63 \$2.99	Door Mirror FULL LENGTH Reg. \$2.99 WOOD FRAME \$2.44	Homeowner's Whe'lbarrow LARGE SIZE \$7.44	Asst. Designs TV Tables ROSES LOW PRICE 99c
Patio Table Large Size ROSES LOW PRICE 99c	Paint Roller & Tray Set Only 74c	Paint Brushes SUPER VALUE 3 On Card; Reg. \$1.57 only 99c	Wood Step Ladder 5-FT. SIZE \$4.44	FIRE-KING Casserole Assortment Copper Tint Ovenware Bake, Serve, Store, Re-heat 68c	Shag Rug French Super Crimp Rayon, Size 24 by 48 Double Coated Skid- Resistant Back; Beautiful Colors to Choose from. \$2.99
Linoleum Mats SIZE 3 x 6 Assorted Patterns \$1.00	STOR-ALL Chest Underbed and Closet Large and Roomy; Plastic Handles; Wood Grain Finish Board \$1.94	G-E Steam & Dry Iron IRONS ALL FABRICS \$8.69	G-E Vacuum Cleaner WITH ALL ACCESSORIES \$32.47	20-GALLON Galvanized Garbage Can \$1.99	CORONET Gard. Hose 1/2" x 50' 3-Yr. Guarantee \$1.67
CAPE COD Fence 3-FT. SECTIONS 29c	FOLDING Fence 18" High; 16' Long Plastic Over Steel 97c	Lawn Mower Briggs & Stratton 3 HP Engine Recoil Starter \$39.99	Sponge Mop Zinc Plated Steel Frame with wood handle; large sponge. only 84c	Aluminum Folding Cot ROSES LOW PRICE \$6.44	Fold 'N' Beds SIZE 24x74 1 1/2" Foam Mattress \$10.88

You'll Find What You're Looking for
at **ROSES** Matter of Fact, We'll Help You