PAGE SIX_B

A. A. S.

HIDAN HILL ANNID SALD DI BY AND PS

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

The American Medical snow or jacking up the car Association points out that to change a tire. exercise, . or lack of it, is

orders. Fitness developed through but this should subside

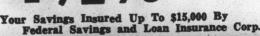


cise can be preventive, as well as therapeutic, in na-

In a positive sense, immediately into active health includes abundant sports. Work up to strenenergy and vitality. A uous exercise gradually. healthy person is physically fit when he can per- which your doctor can deform his daily work and termine the extent of your tasks without undue fa- physical fitness. If you tigue, maintain adequate

reserves of energy to enjoy recreational activities for the soul.

and leisure, and meet the **ON SAVINGS**





... 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

challenge of unex demands. These might be Your doctor recognizes running to catch a train, quickly climbing several flights of stairs, shoveling

Can you go up several often a significant factor flights of stairs without in the control of obesity, severe discomfort, chest diabetes, heart and circu- pain, or having to stop belatory problems, orthopedic fore you reach the top? distase and emotional dis- You would expect to be puffing a little at the top,

vigorous activity and exer- soon if you are reasonably fit.

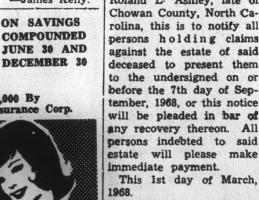
The best exercise 1s doing something physically active which you enjoy, with the exercise part secondary. If you enjoy swimming or tennis, or handball, these are excellent sports for exercising most of the body. Golf is good for the tired businessman. Most of us, however, find it difficult to exert the 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

There are simple tests by

Open confession is good

-James Kelly.



THURMAN L. ASHLEY, Administrator of the Estate of Roland L. Ashley,

Merrill Evans, Jr., Attorney at Law,

Mar 7 14 21 28c

Administrator's Notice ministrator 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

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 develop-ment 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 mancuvers—during annual field training.

THE HERALD LEGAL ADVERTISING

Administrator's Notice Having qualified as Ad-

ministrator of the estate of Roland L. Ashley, late of

Administrator's Notice Having qualified as Adrolina, this is to notify all persons holding claims ministrator of the estate of Administrator of the Es- pleaded in bar of any re-William Edward Barrow, against the estate of said deceased to present them North Carolina, this is to to the undersigned on or before the 7th day of Sep- notify all persons holding tember, 1968, or this notice claims against the estate of will be pleaded in bar of said deceased to present any recovery thereon. All persons indebted to said estate will please make

ceased.

Deceased. P. O. Box 74, Edenton, N. C. 27932

Having qualified as Ad-

Allie G. Forehand, De- persons indebted to said sons holding claims against Feb 22 29 Mar 7 14c mediate payment.

ary, 1968. JACK H. BARROW. late of Chowan County, Barrow, Deceased.

Administrator's Notice them to the undersigned on ministrator. c.t.a.,d.b.n., of

estate will please make im- the estate of said deceased This 15th day of Febru- dersigned on or before the

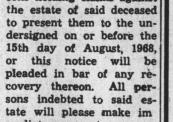
Feb 22 29 Mar 7 14c

Having qualified as Ad- ary, 1968.

August, 1968, or this notice Brinkley, late of Chowan will be pleaded in bar of County, North Carolina, any recovery thereon. All this is to notify all per-

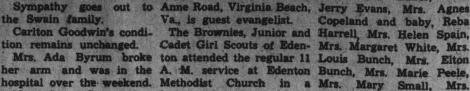
tate of William Edward covery thereon. All per-

or before the 22nd day of the estate of Herbert C. Administrator, c.t.a.,d.b,n., C. Feb 15 22 29 Mar 7



mediate payment. This 8th day of Febru-

MERRILL EVANS, JR., of the Estate of Herbert Brinkley, Deceased.



Mrs. Julie Sutton has been in the hospital. Mrs. Ella Lamb is sick

Mrs. Faye Copeland's ets are now on sale. father is in the hospital at Perry of Suffolk, Va., vis- led in games

National Institute of ans on Sunday.

Mr. and Mrs. Johnnie entertained at a surprise The Chowan Hospital Owens carried their baby birthday party Tuesday Auxiliary met Monday at to Chapel Hill for a check- night of last week by Mrs. 10 A. M. at St. Paul's Parup this week.

The Chowan High School Parent-Teacher Association ed many nice gifts. Re- Jones, Jr., of the U. S. met Monday night in the freshments included a love- Army has been assigned to school auditorium at 8 ly birthday cake, punch, overseas duty in Vietnam. c'clock. An exchange stu- nuts and mints.. Those at- Mr. and Mrs. Roland Evdent was the speaker.

gan at Rocky Hock Bap-

tist Church Monday night continue through Sunday Jones, pastor of Kempsville

NOVE

pital.

Chowan 120)11 LA MERSECTION STR Baptist Church, Princ ess Mrs. Sympathy goes out to Anne Road, Virginia Beach, Jerry Evans, Mrs. Agnes the Swain family. Va., is guest evangelist. Copeland and baby, Reba Carlton Goodwin's condi-tion remains unchanged. Cadet Girl Scouts of Eden-Mrs. Margaret White, Mrs.

April 6 at Ernest A. Swain and Linda Dail. Mrs. Hel-Elementary School. Tick- en Spain poured punch. and has been in the hos-

Suffolk. Jack White, son of Mr. ited Mrs. Edith Perry and There will be a donkey and Mrs. Fred White, is ill Mr. and Mrs. Roland Ev- ball game in Perquimans

Health at Bethesda, Md. Mrs. Martha Harrell was an early date.

at 7:45 o'clock and will night. Rev. Charles H.

Nina Baker, Mrs. body on Sunday. The Lewis family will rude Dail, Mrs. Martha appear in Edenton again Harrell, Jimmy, Tommy Mrs. Pete Dail cut the Mr. and Mrs. Fletcher cake. Mrs. Jerry Evans

County

High School gymtorium at

Pete Dail at Mrs. Dail's ish House.

home. The honoree receiv- Spec, 4 Emmett Parker tending were Mrs. Beulah ans visited the Outer

Evangelistic services be- Owens, Mrs. Ann Knox, Banks Sunday afternoon.



this Easter. **TELEPHONE 482-3117 FOR YOUR** SPRING HAIR-DO ANNE S. JENKINS At

CAMILLA DRIVER Your SYLVIA WILEY Service



THE CHOWAN HERALD, EDENTON, NORTH CAROLINA, THURSDAY, MARCH 14, 1998.

| savings plus our generous earnings! Take that important first step today- through our front door! 1/2%Current rate Save by the 10th - Earn from the 1st Edenton Savings & Loan Assn. | will be pleaded in bar of any recovery thereon. All persons indebted to said estate will please make immediate payment. This 8th day of Febru- ary, 1968. MERRILL EVANS, JR., Administrator of the Es- tate of Mary B. Brinkley, | Foam Filled ed Pillows \$1.00 | Bath Sets RUG & LID COVER 100% French Super Crimp Rayon Assorted Colors \$2.56 | 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 | and the second |
|--|--|--|---|---|---|--|---|
| A Safe Place To Save Since 1905 322 S. Broad St:- Edenton, N. C. HOMES FOR SALE! | Having qualified as Exe- cutor of the estate of W. B. Hassell, 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 un- dersigned on or before the 29th day of August, 1968, | Patio Table Large Size Dises low price 99c | & Tray Set | Paint Brushes SUPER VALUE 3 On Card; Reg. \$1.57 Only 999c | Wood Step Ladder 5-FT. SIZE \$4.44 | Assortment | Shag Rug French Super Crimp Rayon, Size 24 by 48 Double Coated Skid- Resistant Back; Beau- tiful Colors to Choose from. \$2.99 |
| Two-story, frame dwelling: living room, kitch- en, three bedrooms, central hot air heat, storage building. Located 204 West Church Street. | I debted to sold estate mill | | HIS SALE ON erial Nev | LY! w Spring Dr | ess Prints | And Solid 4 y | ards \$1.00 |
| 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 carpet- ing. Located 1½ miles north of Edenton on U. S. 17. One and one-half story, brick-veneer, four-bed- room house with-oil central heat, range and oven, wall to wall carpeting, 15 x 33 ft. den. Located | ary, 1968. ALICE M. PARKS, Executor of the Estate of W. B. Hassell. Deceased. Feb 28 Mar 7 14 21 EXECUTORS' NOTICE Having qualified as Exe- cutors of the estate of Allie G. Forehand, late of Cho- wan County, North Caro- | Linoleum Mats SIZE 3 x 6 soorted Patterns \$1.00 | STOR-ALL Chest Underbed and Closet Large and Roomy; Plastic Handles; Wood Grain Filter Board \$1.94 | G-E Steam & Dry Iron HRONS ALL VED FABRICS \$8.69 | G-E Vacuum Cleaner MITH ALL ACCESSORIES \$32.47 | 20-GALLON Galvanized Garbage Can \$1.99 | CORONET Gard. Hose ^{3/4} " x 50' 8-Yr. Guarantee \$1.67 |
| 5 Westover Heights. Two-story, frame, five bedrooms, two baths, den, carpeting in living room and den. Located 550-South Oakum Street. -Two-bedroom, brick-veneer home with electric heat. Cyclone fence, carport, on the water. Lot 1, Block 107, Cape Colony. | before the 16th day of June, 1968, or this notice | CAPE COD Fence PT. SECTIONS 29c | POLDING Fence 18" High; 10' Long Plastic Over Steel 97c | Lawn Mower Briggs & Stration & HP Engine Recoil Starter \$39.99 | Zinc Fisted Steel Frame with wood | Aluminum Folding Cot EOSES LOW PRICE \$6.44 | Fold 'N' Beds SIZE MTM 155" Form Mattrees \$10.88 |
| Two-story; five bedroom, frame dwelling with central gas heat, large porches, fireplace, over 3000 aguare ft. living area. Conveniently located 501 North Broad Street. Twitty ins. & Real Est, Co., inc. 100 E Hing Street EDENTON, NORTH CAROLINA | B BARRENT IN THE PARTY IN ALL THE PARTY PARTY AND A PARTY PARTY AND A PARTY AN | | | What Y Matter of | | | |