

Woman's Club Holds Meeting

At the September meeting of the Edenton Woman's Club the membership voted to disburse the \$12,000. they made on the 1981 Biennial Pilgrimage to the following Historic Sites in Edenton. The Cupola House Association received \$4,000. for restoration and purchase venetian blinds for the windows.

The Iredell House Association received \$2,500 to purchase a bed and accessories. The Edenton Historical Commission received \$4,000 to do restoration work in the Barker House and restore pictures of Martha and George Washington, that are hanging in the foyer of the Barker House. They also received a check for \$1,000 to start the endowment fund for the newly formed Edenton Historical Commission Foundation, Inc. If anyone is interested in this Foundation they may contact George Alma

Byrum at 482-2131. The Club also put \$500 into an account that keeps the historical markers in front of the homes in repair. The 1981 Biennial Pilgrimage was another great success and the Edenton Woman's Club is very appreciative of all the help they received in making it so.

Card Of Thanks

The family of John Thomas Nixon would like to thank each and everyone for the cards, flowers, food and prayers during the death of our loved one. A special thank you to the Edenton-Chowan Rescue Squad for acting so swiftly and to the Emergency Room staff of Chowan Hospital and Dr. Lane for the attention given to Johnny.

May God bless all of you for your kindness.

David T. Nixon & Entire Nixon Family
Pd.



NEWLY FORMED — Mrs. Carole C. Davenport, Chairman of the 1981 Edenton Biennial Pilgrimage presents Mr. George Alma Bryum, Chairman of the Edenton Historical Commission a check for \$1,000. to start the newly formed Edenton Historical Commission Foundation, Inc.

For And About Women

September 17, 1981 THE CHOWAN HERALD Page 3-A

Tucker To Be Keynote Speaker

Marcia Tucker, director and founder of New York's New Museum, will be the keynote speaker for an artists symposium on October 21, according to Gay Hertzman, acting director of the N. C. Museum of Art. Ms. Tucker will address the interdependence of artist and art museums. Responding will be a 12-member panel of artists, craftsmen, educators and museum personnel.

The symposium, co-sponsored by the N. C. Museum of Art and the N. C. Art Society, will be held in lieu of the 1981 Artist Exhibition.

According to Mrs. Hertzman, "The commitment of museum personnel and floor space to preparations for the move to our new building makes it impossible for us to hold the exhibition this year."

(The museum's new home is under construction on Blue Ridge Road at the western edge of Raleigh. It will be dedicated May 28 and opened to the public next year.)

"Instead, we will re-examine the ways in which the museum and artist can help each other," she continues. "We want to take a good look at how we can best fulfill one of our fundamental responsibilities, that of serving the artist of North Carolina."

Art Society president Mrs. James B. Turner, Jr. called the symposium "a valuable forum for communication between the state's artist and the professional staff of the museum which will increase the strength and relevancy of the competition when it is resumed in 1982."

Before starting the New Museum, Ms. Tucker was curator of painting and sculpture at the Whitney Museum of American Art in New York and was an editorial assistant for Art News. She received her bachelors degree from Connecticut College, New London and her masters from the Institute of Fine Arts, New York University. She also studied at the Ecole de Louvre, Paris.

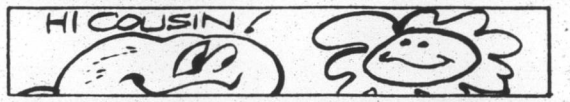
An open forum in the afternoon will give artist the opportunity to direct questions to the speaker and panelists and to comment on the issues under discussion. The panelists will be painter Peter Plagens, chairman of the UNC-Chapel Hill art faculty; painter Ted Potter, director

of the Southeastern Center for Contemporary Art, Winston-Salem; Silvia Heyden, a weaver from Durham; painter Herb Jackson, art department chairman at Davison College; photographer Charlie Springman, development and finance director for The Arts, Education and American, Inc., New York; painter Robin Lehrer, a North Carolinian now working in New York; Austin Lowrey, associate professor of design at N. C. State University, sculptor Jim Gallucci of the UNC-Greensboro art faculty; painter Maud Gatewood, Yanceyville, NC; painter Clarence Morgan of the East Carolina University art faculty; potter and former Penland School of Crafts teacher Tom Soumalainen, Walnut Cove, NC; and glassblower and former Penland teacher William Bernstein, Burnsville, NC.

A letter describing the symposium and its purposes has been sent from the Art Society president and the museum acting director to all artist on the NCAE mailing list. A brochure on the symposium will be sent in late summer.



CONSTITUTION WEEK IS PROCLAIMED — Sadie Hoskins, left, looks on as Mayor Roy Harrell signs the document proclaiming the week of Sept. 17 through Sept. 23 as Constitution Week in Edenton. Mrs. Hoskins is the Chairman of the Constitution Week for the Edenton Tea Party Chapter of the DAR.



Close cousins from the flower and vegetable gardens are the sweet potato and the morning glory.



INSIGHT INTO EYESIGHT

DR. A. F. DOWNUM, JR.
—OPTOMETRIST—

CAN YOU "OVERUSE" EYES?

Can you harm your eyes by using them too much? The answer is "No". Eyes don't wear out. You do not damage the eyes by excessive use even though there is discomfort from strain or fatigue.

There are elderly persons who have little else to do but read or watch television, but who deny themselves such pleasures in order to "save" their eyes - for fear they will "wear them out" and lose their sight. They are frightened by the symptoms of eye strain which are normal with excessive use and which cause discomfort but no physical damage.

The eyes are made to be used at all ages. With rare exceptions, you need have no

qualms about using your eyes as much as you wish. As long as your eyes are open they are working. They won't deteriorate from use, no matter how much use they get. Barring accident or disease, the eyes will last a lifetime. If you do get eyestrain or fatigue, it is probably not from visual overactivity but rather that you do not have proper corrective lenses.

In the interest of better vision from the office of:
A.F. Downum, Jr., O.D.
103 W. Edenton Street
EDENTON
482-3218

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Tips To Help You



If gas prices get to be too much for you, there may be another way to get where you're going at less cost than if you drove. Last year, 374 million passengers traveled in low-cost comfort to nearly 15,000 destinations by the most fuel-efficient transportation available... intercity bus.



Travelers who take a charter bus or a tour, will often find that their bus ticket covers more than just the trip. It can include pre-arranged hotel accommodations, meals, admissions and sightseeing for the whole family.

Freezing Fruit With Non-Caloric Sweeteners

You may use a non-caloric sweetener to freeze all fruits except peaches and strawberries. They freeze best with an artificial syrup.

If using a non-caloric sweetener, Dr. Nadine Tope, extension food conservation specialist at North Carolina State University, suggests adding the sweetener to water or fruit juice, following the recommendations on the package label.

Mix non-caloric sweetener and fruit well. Pack fruit into container. Seal and freeze.

Dr. Tope recommends using a no-calorie syrup for peaches and strawberries.

To make the syrup, add two level teaspoons of powdered pectin to one quart cool water. Warm the mixture to the simmering point, stirring constantly. Then cool.

Following package directions, add ascorbic acid or an ascorbic acid mixture to the quart of artificial syrup. At this point, you may sweeten the syrup with a non-caloric sweetener or leave it plain.

Slice peaches or strawberries into the container; cover immediately with the no-calorie syrup. Leave a half-inch headspace. Seal cartons and freeze.

Views On Dental Health



Richard N. Hines, Jr.
D.D.S., Fellow of
The Academy of
General Dentistry

TEETH ON TOP OF TEETH — OVERDENTURES

There is a new way to make dentures which vastly improves the retention of dental plates and has become a boon to denture wearers. Hopeless teeth are no longer extracted. Instead, root canal treatment is performed, then the teeth are cut down to the level of the gumline. The roots of the teeth remain imbedded in the jawbone and the presence of these roots prevents the bone under the gums from shrinking. This preserves the ridges and gives good retention and support for the dentures. Another method is to cement metal studs on top of the embedded roots. The studs protrude 1/4 inch. Corresponding snaps are

fastened to the denture. All the individual needs to do is to snap the denture onto the studs and there are no more worries about slipping dentures. An overdenture can give you a more natural feel than a conventional denture because your own natural root tips transfer tactile sensations directly into your bone. That makes the overdenture feel more "real."

A public service with the aim of promoting better dental health environment. From the office of: RICHARD HINES, JR., D.D.S., 437 South Broad St., Edenton. Phone: 482-2776.

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