

Church Notices

St. Paul's Episcopal

Sunday:
10:00 a.m. Church School, Adult Bible Class
10:00 a.m. Teen-Age Bible Class in Parish House
11:00 a.m. Holy Communion, Sermon
Ushers: James P. Lumpkin, Collin McKinne
Acolytes: Pete Joyner, Joe Webb

Louisburg Methodist

Sunday:
9:45 a.m. Sunday School
11:00 a.m. "I Listen To The Agony of God"
4:30 p.m. Youth Choir
5:30 p.m. MYF
Monday:
8:00 p.m. Wesleyan Service Guild
Tuesday:
10:00 a.m. Evelyn Smithwick Circle
10:00 a.m. Ouida Furgurson Circle
8:00 p.m. Maude McKinne Circle
Wednesday:
3:45 p.m. Junior Choir
7:30 p.m. Commission on Education
7:30 p.m. Senior Choir
8:00 p.m. Mary Burt Person Circle
Thursday:
7:30 p.m. Boy Scouts of America

Louisburg Baptist

Sunday:
9:45 Church School, Mr. and Mrs. H. C. Mixon, Co-Superintendents
9:45-12 noon Nursery for pre-school children
11:00 The Church at Worship. Sermon subject, "Responsible Contentment." "Labor Day" will be the theme of the day.
Monday:
7:30 Royal Ambassadors
Charles Watkins and Bill Hill, Leaders.
7:30 Young Woman's Auxiliary
Wednesday:
7:00 Worship. We study "Other Denominations," Eastern Orthodox.
7:30 Senior Choir Rehearsal, Mrs. J. T. Ayscue, Director.
Each Sunday morning Radio Station WYRN broadcasts the Baptist Hour at 10 a.m.

St. Delight Baptist

Sunday:
10:00 a.m. Sunday School, Talmadge Best, Superintendent
11:00 a.m. Morning Worship, "The Sin of Omission"
7:00 p.m. Evening Worship. The Woman's Auxiliary in charge.
Wednesday:
8:00 p.m. The Hour of Power
You are cordially invited.

Favorite Pineapple Sandwich



A generous spoonful of fluffy pineapple dressing tops each of these beautiful open face chicken sandwiches. The salad, meat and bread combination makes this a hearty, refreshing meal. Provide knives and forks and big glasses of lemony iced tea. French or raisin bread are especially good choices for these sandwiches.

Canned pineapple shows up in many refreshing ways in summer menus. Keep a supply of unsweetened pineapple juice chilled for thirst quenching. Pineapple slices, chunks and tidbits are popular to combine with summer fruits for salads and desserts.

Royal Pineapple Casino Sandwich

- | | |
|---------------------------------------|---|
| 3/4 cup mayonnaise | Butter |
| 1/4 cup chili sauce | Western iceberg lettuce |
| 2 tablespoons chopped green onion | 12 thin firm tomato slices |
| 1/2 cup whipping cream | 6 large slices cooked chicken or turkey |
| 1 (8 3/4-ounce) can pineapple tidbits | 3 sliced hard cooked eggs |
| 6 slices French bread | Seasoned salt |
| | Pepper |

Combine mayonnaise, chili sauce and onion. Fold in stiffly beaten cream and drained pineapple. Toast and butter bread; arrange on individual plates. Top each slice with crisp lettuce, then 2 tomato slices, a chicken slice and 3 or 4 egg slices. Sprinkle lightly with seasoned salt and pepper. Spoon on pineapple dressing. Makes 6 servings.

Health And Beauty

The degree of peace and pleasantness that makes a family's dinner hour has long been regarded as an indication of the graciousness of the family's living.

A smart homemaker will do her best to overcome the pressure of the day and insure a relaxed mealtime atmosphere. When she does this she is doing much more than providing an appropriate prelude to a quiet evening, she is helping to build a line of defense against jangled nerves in family members. In the long run this is insurance against actual physical disease.

Some doctors have said that studies indicate that almost half of those people seeking medical attention are suffering from ailments brought on by prolonged emotional stress. Long lasting and concentrated doses of worry, anxiety, or fear can knock the body's chemistry so out of kilter that illness may result. One outstanding authority on stress has pointed out that all disease stems from it. Although this view is still in the highly controversial class, a

definite link between sickness and stress—whether physical, emotional, or a combination of both is now generally accepted in medical fields.

The emotional stress that gets people down is the kind that makes it difficult or nearly impossible to relax. Intense and persistent anger, frustration or worry kept bottled up, can threaten health. Emotional tension one is aware of, even when it is unpleasant, can be useful if it leads to efforts to solve problems at hand.

You do have less free-wheeling surplus energy if you are over 35. You have slowed up a little and you may as well face it. Generalizations of course don't always apply. One person of 45 can have more energy left than an average 20-year old to begin with. Another may have less at 50 than a 70-year old. It depends on the person. Studies show that it is possible to compensate for the slight drop in energy by more know-how and experience. You make fewer wasted motions, you put more value on your time. For you, time seems to be rushing by faster than it did.

It is true that faster-living organisms, like a fly, think a day is much longer than does a slower-living mechanism, like an elephant. To the hopped-up insect, a day seems plenty long for a lifetime. He buzzes around thinking he has eons to waste.

After your metabolism rate drops, your time sense speeds up, and a day seems shorter to you and tomorrow is always upon you. It is hard to get as much done in a day as you did before, and you may have the feeling that you never complete your job. The trick is to know that this is natural, and not to expect quite as much of yourself as you did a few years ago.

Rushing yourself past your energy may be alright once in a great while, but a steady diet of this treatment, and your body will pay.

The middle years should be a period of inventiveness when a man is best able to try out new and original ideas.

Try to relax and be yourself. Do some of the things you have wanted to do, but never had the nerve or the time.

No Mathematician

Little Johnny's father found him shaking his pet rabbit and demanding, "Five and five, how much is that?"

"What's the meaning of this?"

"My teacher says that rabbits multiply rapidly, but this dumb bunny can't even add.

Full House

Judge - What possible excuse can you give for acquitting the murderer?
Jury Foreman - Insanity, your honor.
Judge - What, all twelve of you?

Local Bank Sets Campaign

What is believed to be one of the most unique public relations programs ever conducted by an eastern North Carolina bank commenced Monday of this week when Waccamaw Bank and Trust Company, presently operating in 15 towns, launched a so-called "Red Carpet Reception" campaign to tie in with its 40th anniversary celebration.

Actual red carpets are being rolled out from the doors of all bank offices, across sidewalks to curbs; while inside each bank red carpets sym-

bolizing welcome to customers crisscross lobbies where Waccamaw customers walk to transact business. A special red, gold and black insignia with a crown symbolizing the "customer is king" is used decoratively in the red carpets.

Coincident with beginning of its Red Carpet Reception campaign, the Waccamaw bank has adopted a new slogan - "Serving Southeastern North Carolina's Land of Gold Opportunity." Lawrence R. Bowers, Waccamaw president, said "we consider this particularly

meaningful as we are making every effort possible to encourage and augment the influx of new industry, new business and prosperity which at long last this section of the State is experiencing. We believe the southeastern part of our State, in comparison to the Piedmont and the Mountains, is the new land of "Golden Opportunity" in the old North State."

At the same time, the bank is adopting a "Big W" design created by a nationally known designer to symbolize its name, along with a modern rendering of "Chief Waccamaw," long the bank's familiar trademark. Research is

being done to revive the legends of the Waccamaw Indian tribe and Lake Waccamaw, from which the bank took its name 40 years ago.

Presently Waccamaw operates in: Beulaville, Chadbourne, Chiquapin, Clarkton, Fairmont, Kenansville, Lake Waccamaw, Louisburg, Lumberton, Riegelwood, Rose Hill, Shallotte, Southport, Tabor City and Whiteville.

The Louisburg office on Bickett Blvd. is managed by James R. Grady.

The dictator states must laugh at the way democracies broadcast their differences of opinion.

New Beverage Bonus For Summer



Like Orangeade? Love leisure? Then you'll welcome two new mixes in envelopes that make this refreshing beverage in an instant. Called Twist Imitation Orangeade Mix, there are two versions of the new mix. Each type is pre-sweetened, so there's no sugar to add. Simply combine mix with water and ice cubes to make one quart. Each type contains Vitamin C, yet here's the difference: the pre-sweetened sugar free imitation orangeade mix makes a fresh-tasting low-calorie beverage containing only 5 calories per 8-ounce serving! Here's an example:

Low-Calorie Orange Blossom
1 envelope pre-sweetened sugar free imitation orangeade mix
1/3 tray ice cubes
1 bottle (1 pt. 12 oz.) club soda
Empty orangeade mix into pitcher. Add ice and club soda. Stir until mix is dissolved. Makes about 1 quart or 4 servings.

Questionable

U. S. O. Director - Young lady, I'm afraid you won't do.
Young Lady - Won't do what?

True

"Do you permit your wife to have her own way?"
"No, she has it without my permission."

Walker, Brodie Speak Vows At Walnut Grove

Miss Virginia Dell Brodie and James Walker, Jr. were married Saturday, August 27, in the Walnut Grove Baptist Church, Louisburg. The Rev. S. G. Dunston officiated at the ceremony.

The bride is the daughter of Mr. and Mrs. Willie Brodie of Louisburg and the bridegroom, the son of the late Mr. James E. Walker and Mrs. Eleanor Walker of Wilmington, N. C.

Maid of honor was Miss Kathleen M. Perry of Louisburg. Bridesmaids were Mrs. Louise Rogers and Miss Donna Bridges, both of New Jersey. The little Misses Miltrene and Angela Brodie, sisters of the bride, were flower girls. All of the attendants wore gowns of pale yellow satin. Each carried a long stem yellow rose and wore a petal head-piece with circular veiling attached, designed by Mrs. Edna Fogg of Louisburg.

Best man was Norwood Brodie of Durham, N. C. Ushers were Warren Massenburt of Louisburg, Earl Davis of Franklinton, and Robert Brodie of Durham, N. C.

The bride wore a floor length white satin sequenced gown. Her head piece of pearls held the shoulder length veil of French illusion. She carried a white Bible topped with a white orchid.

The ringbearer was Warren Price of New Jersey.

The bride's mother wore a yellow crepe dress with matching accessories and a corsage of white orchid.

The parents of the bride were hosts for a reception at their home following the ceremony. The wedding was directed by Mrs. V. R. Le-



MRS. JAMES WALKER, JR.

vister of Louisburg. The guest soloist was Mrs. Edith Anderson, and pianist, Mrs. S. R. Massenburt.

After a brief honeymoon, the couple will reside in Enfield, N. C.

The bride is a graduate of Riverside High School, Louis-

burg, N. C. She attended Shaw University in Raleigh and is presently employed at the Zollieville Rest Home, Louisburg, N. C.

The groom is a licensed mortician and presently employed in Enfield, N. C.

FRYERS

28¢

GRADE A WHOLE

LARGE BAKING HENS 39¢ Lb.

STEAKS

SIRLOIN CUBE 89¢ Lb.

T-BONE LARGE Lb. 95¢

PORK CHOPS CENTER CUTS 89¢ Lb.

END CUTS 59¢ Lb.

CHUCK ROAST Lb. 49¢

EATWELL MACKEREL 4 TALL CANS 98¢

BLUE PLATE APPLE JELLY 2 18 Oz. Jars 49¢

HUNT'S PEACHES 3 Lg. Cans 89¢

BANANAS 10¢ Lb

PEACHES BY THE POUND OR BUSHEL

FRANKS 3 Lbs. \$1.23

BOLOGNA 3 Lbs. \$1.23

SLICED COUNTRY HAM Lb. \$1.15

TRYON BACON 69¢ Lb.

BORDEN'S BISCUITS 6 CANS 49¢

BLUE PLATE SALAD DRESSING FULL QUART 45¢

PERT TISSUE 4 ROLL Pkg. 29¢

WHERE YOUR FOOD

MidWay

FOOD STORE

DOLLAR BUYS MORE