Page 2

Thursday, February 20, 1969

A Sweet Bill Of Fare

Engagements Announced

14



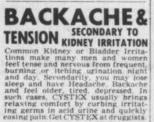
BETTIE LAVENDER

Mrs. Joseph W. Mann announces the engagement of her great-niece, Miss Bettie Lavender, to Mr. Stephen Wright Williams of Milwaukee, Wisconsin. Miss Lavender is the daughter of Mr. Paul W. Lavender of St. Paul, Minnesota, and the late Mrs. Betsy S. Lavender, of Louisburg, N. C. A May 24th wedding is planned

Full House

A world traveler was seek ing new excitement, so he entered a travel agency and asked to have passage booked to the moon. The ticketseller went along with the gag and said, "I can't help you. All flights have been canceled." "How come?" asked the astonished man. "Bad.

weather?" "No," replied the agent, "it's just that the moon is full tonight."



WORTH

Little Johnny was second

in his class. Top place was held by a girl. "Surely, son," said his father, "you are not going to let yourself be beaten by a mere girl." "Well you see Dad" "Well, you see, Dad," Johnny explained soberly,

"girls aren't nearly as mere as they used to be."



MARTHA STALLINGS

Mr. and Mrs. Arthur Cleveland Stallings, Sr., of Route 2, Spring Hope, announce the engagement of their daughter, Martha Ida, to Thomas Michael Bass, son of Mr. and Mrs. Ernest Dagma Bass of Route 2, Nashville. A May 24th wedding is planned at Cypress Chapel Baptist Church, Spring Hope, N. C.

Deaths

MRS. LILLIE D. SHEARIN

Mrs. Lillie Delbridge Shea-

Surviving are 3 daughters,

Mrs. Wilbur Vaughan of Cas-

talia; 3 sons, James H. of Roanoke Rapids, Harry N.

and William (Bill) of Rt. 2,

Louisburg; one sister, Mrs. Ruth Jones, of Roanoke

Rapids; 28 grandchildren, 36

great grandchildren and 2 great great grandchildren.

MRS. MELBA P. ANDREWS

for Mrs. Melba Parker An-

drews, who died Monday,

were conducted Wednesday at 11 a.m. at the Zebulon

Methodist Church by the Rev. R. S. Broadie. Mrs. An-

drews, whose husband is an

employe of The News and Observer, worked in the Zeb-

ulon Town office for several

Surviving are her husband, H. V. Andrews, Jr.; a son, Henry V. Andrews, III; her

mother, Mrs. Ethel C. Parker, all of Zebulon; a brother, C.

E. Parker of Stanhope; five

sisters, Mrs. Hildreth Crowder and Mrs. Janie Stephenson,

both of Raleigh, Mrs. Hazel

years

Zebulon - Funeral services

Mulligan

Did you hear about the golfer who was playing a short hole? Taking a full swing, he fairly clobbered the ball. It hit a tree, bounced off and hit another tree, then it rin, 77, of Vaughan, N. C. passed away Wednesday. Funeral services will be held ricocheted on to a rock and finally landed on the green, about three inches from the

hole "Oh, rats," exclaimed the disgusted golfer. "Why didn't I hit it just a little harder?"

Health And Beauty

Many well-meaning par-ents seek to help their children about tests by "hounding" them into studying. This does not mean that you should not encourage your children to make good grades and to take an interest in the important courses they are taking.

THE FRANKLIN TIMES

Instead of repeated hounding and nagging, try telling your child at every opportunity how much his studying and learning now will mean to him later., Tell him you know that he can make good marks if he applies himself. Grade school is the time

for your children to learn to apply themselves to consistent study-to earn to dig, if necessary. If the normal child makes an effort to keep up with his studies, there will be no dread of examinations at the term's end, even for tough subjects.

The mental and physical health of your child can be greatly affected by the wrong study habits. There are students who let bad grades and worry over tests lead to jitters characterized by sleepless-ness, dilated pupils, excessive perspiration, loss of appetite, and other usual symptoms of siutational anxiety.

Adjusting to the pressure and demands of school life is one of the first important steps along life's way for many children. By the time they reach school age they have usually made their adjustment to group activity. In a marked way their personali-ties are cast. In school they make the first necessary ad justment to applying them-selves to work of a demanding mental nature. Although it may all seem very simple to

a 25 or 30 year old parent-it is not simple to the child. It is new and hard, and the child can benefit from all the con-

structive help from parents that is possible.

Americans have become very health conscious. This is a wonderful thing. Rare is the citizen who does not know something about proper diet, the importance of vitamins and minerals, and in general a few rules of maintaining good health

After age forty we become increasingly concerned with our hearts. This applies to both men and women. How-ever, many doctors tell us, unless we have a history of heart trouble, we should not become overly conscious of our heart.

The very first thing to keep in mind is to never attempt to diagnose or treat a possible heart attack.

If you feel any symptoms of chest pain, constriction, sweating and nausea--lie down at once and call a doctor. Never take a laxative or an antacid.

There is no evidence that manual work or mental work leaves you prone to heart disease

There is no positive proof that cholesterol is responsible for heart disease. Eat a balanced diet--but one that your family doctor approves of. It is important to keep your weight normal.

Don't worry yourself sick that a heart attack may mean permanent invalidism. Many cardiacs can return to a nor mal life at home and at their jobs

Doctors agree that he best way to maintain heart and circulatory health is to make sure you get adequate sleep, a balanced diet and enough exercise.

Patronize TIMES Adv.

From the Borden Kitchen comes this proud pound cake made with pungent mince meat, spiced with nutmeg and spiked with brandy. On cold and frosty evenings, it tastes even better toasted.

Sweet Minee Cake (Makes one 9-juch cak (-inch cake) 1 2 teaspoon baking powder
1 4 cup brandy
1/4 cup heavy cream
1 (9-02.) package None-Such condensed mince meat, crumbled
2 tablesmoons flour 1 cup (2 sticks) Danish flavor margarine flavor margarine i cup sugar i eggs 2 cups sifted all-purpose flour 1 tenspoon nutmeg 1 2 tenspoon salt 2 tablespoons flour

I 2 tenspoon sait In a large-size mixing bowl, cream margarine and sugar to-gether. Add eggs, one at a time; beat well after each addition. Sift dry ingredients together. Combine brandy and heavy cream. Add dry ingredients and brandy-cream mixture alternately to margarine mixture, beginning and ending with dry ingredients. In a small-size mixing bowl, combine crumbled mince meat and four. Mix until mince meat is well separated and thoroughly dredged with flour mixture. Fold into hatter. Spoon into a greased and waxed-paper lined 9-inch tube pan. Bake in a slow (325°F.) oven, I hour and 20 minutes, or until cake is golden brown and springs back when touched lightly with fingers. Cool in pan 10 minutes. Turn cake out of pan. Remove paper, Cool.

Half-Witted

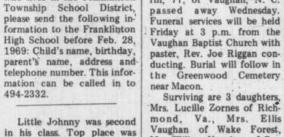
A college football player, extremely dumb, surprised everyone when he passed all his work, including a special exam in chemistry. Asked about it, his chemistry prof. said, "I decided I'd let him pass if he answered 50 per cent of the questions correctly. "I asked him two ques-

tions. One he answered wrong; and one, right, so I let him pass. The first was, 'What color is blue vitriol?' He answered, 'pink,' and that time he was wrong. The other was, 'How do you make sul-furic acid?' He answered that he didn't know. That time he was right."



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Announcement

child, or know a child, who

will be six years old on or

before October 15, 1969 and

who lives in the Franklinton

(Frk. B.W.) If you have a



Snyder of Lexington, Mrs. Geralding Collins of Franklinton, and Mrs. Vivian Beddingfield of Zebulon.

MRS. MINNIE FAULKNER

Mrs. Minnie Faulkner Per-nell, 64, of Rt. 2, Warrenton passed away at Wake Me-morial Hospital last Wednes-day. Funeral services were conducted from the Mt. Grove Baptist Church last Friday at 2:00 p.m. with the Rev. Lester Sargent officiat-ing. Burial followed in the Pernell family cemetery. Surviving are, her husband, Howard L. Pernell; 3 daugh-ters, Mrs. Newell Faulkner of Rt. 2, Louisburg, Mrs. Ere-lene Barger Anaheim, Calif. and Mrs. Rachel Debnam of Raleigh; one son, Billie Pernell of Warrenton; one sister, Mrs. Ben Harris of Rt. 3, Louisburg. She was owner and opera-tor of Pernell's Gro. Store near the home. She was also the member of Mt. Grove **Baptist** Church.

Memorial Service

(Frk. B.W.) A memorial service for Mrs. Eleanor Wilservice for Mrs. Eleanor wil-der Eaton will be held in the Franklinton Masonic Hall Monday, February 24, at 8:30 p.m. The public is in-

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