

Engagements Announced



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.



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.

Health And Beauty

Many well-meaning parents 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.

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 sleeplessness, dilated pupils, excessive perspiration, loss of appetite, and other usual symptoms of situational 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 personalities are cast. In school they make the first necessary adjustment to applying themselves 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. However, 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 normal life at home and at their jobs.

Doctors agree that the 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.

A Sweet Bill Of Fare



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 Mince Cake (Makes one 9-inch cake)

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| 1 cup (2 sticks) Danish flavor margarine | 1/2 teaspoon baking powder |
| 1 cup sugar | 1/4 cup brandy |
| 1 egg | 1/4 cup heavy cream |
| 2 cups sifted all-purpose flour | 1 (9-oz.) package Non-such condensed mince-meat, crumbled |
| 1 teaspoon nutmeg | 2 tablespoons flour |
| 1/2 teaspoon salt | |

In a large-size mixing bowl, cream margarine and sugar together. 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 flour. Mix until mince-meat is well separated and thoroughly dredged with flour mixture. Fold into batter. Spoon into a greased and waxed-paper-lined 9-inch tube pan. Bake in a slow (325 F.) oven, 1 hour and 25 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.

Full House

A world traveler was seeking new excitement, so he entered a travel agency and asked to have passage booked to the moon. The ticket seller 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."

Announcement

(Frk. B.W.) If you have a child, or know a child, who will be six years old on or before October 15, 1969 and who lives in the Franklinton Township School District, please send the following information to the Franklinton High School before Feb. 28, 1969: Child's name, birthday, parent's name, address and telephone number. This information can be called in to 494-2332.

Deaths

MRS. LILLIE D. SHEARIN

Mrs. Lillie Delbridge Shearin, 77, of Vaughan, N. C. passed away Wednesday, Friday at 3 p.m. from the Vaughan Baptist Church with pastor, Rev. Joe Riggan conducting. Burial will follow in the Greenwood Cemetery near Macon.

Surviving are 3 daughters, Mrs. Lucille Zornes of Richmond, Va., Mrs. Ellis Vaughan of Wake Forest, Mrs. Wilbur Vaughan of Castalia; 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

Zebulon - Funeral services for Mrs. Melba Parker Andrews, who died Monday, were conducted Wednesday at 11 a.m. at the Zebulon Methodist Church by the Rev. R. S. Broadie. Mrs. Andrews, whose husband is an employe of The News and Observer, worked in the Zebulon Town office for several years.

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

MRS. MINNIE FAULKNER PERNELL

Mrs. Minnie Faulkner Pernell, 64, of Rt. 2, Warrenton passed away at Wake Memorial Hospital last Wednesday. Funeral services were conducted from the Mt. Grove Baptist Church last Friday at 2:00 p.m. with the Rev. Lester Sargent officiating. Burial followed in the Pernell family cemetery.

Surviving are her husband, Howard L. Pernell; 3 daughters, Mrs. Newell Faulkner of Rt. 2, Louisburg, Mrs. Erelene 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 operator 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 Wilder Eaton will be held in the Franklinton Masonic Hall Monday, February 24, at 8:30 p.m. The public is invited.

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 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?"

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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," Johnny explained soberly, "girls aren't nearly as mere as they used to be."

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