

The Year Of The Snake

To The Editor:

There was a song that was popular in the 1940s. It goes like this: **Now there are germs of every kind in any food that you can find—either in the market or upon the billow path. People die from drinking whiskey; drinking water is also risky, and it is often times a bad mistake to breathe the air.**

Chew a cheesy midnight rabbit and a grave you may inhabit. Oh, to eat it all is such an awful game!

Mrs. Limer helped me find a fantastic book at our local library. It is Nutrition Almanac by Nutrition Search, Inc.

Facts:
1. Do you have trouble sleeping? Cut down on caffeine and try hot milk. It contains tryptophan (nature's tranquilizer). Heating breaks it up for better absorption.

2. Do you have a lot of winter colds? Use vitamin C and garlic. Garlic was used in World War II when antibiotics were scarce. It contains one-fourth the properties of penicillin. Raw potato, raw green peppers, and citrus fruits are excellent sources of vitamin C.

3. Do you want a basic food that is economical and nutritious? Try sweet potatoes. They contain almost every known vitamin and mineral.

4. What do you do about ulcers? First of all—see your doctor! Ulcers are painful and can become life-threatening. However, you can help the doctor by eating right. Raw cabbage juice and sauerkraut contains Vitamin U which can help heal some duodenal ulcers. The entire state

of health is a factor and you should use this information only with your doctor's approval.

5. Have you ever heard of Vitamin B12? I hadn't. It is called orotic acid and is found in root vegetables. Don't throw that sour milk away. Add a small amount to corn bread or to a bowl of soup. It also contains Vitamin 13.

6. Are you jumpy-nervous? Cut down on caffeine and alcohol. Drink warm milk and eat a tablespoon of molasses every day. Molasses is good for the nervous system. It contains Vitamin B1, B2, B6, inositol, etc.

7. Do you like eggs? Eggs are great. They contain vitamins, biotin, choline (Vitamin K). Vitamin K helps form blood clots if a person is injured.

8. Do you want to prevent high cholesterol? Eat yogurt, onions, and garlic.

Remember: many foods can interfere with each other and with prescription drugs. For example tea decreases the effectiveness of iron.

Remember: a little learning is a dangerous thing. Never treat yourself for symptoms. Many diseases are life-threatening and require a doctor's care. Always see your doctor before beginning a new diet.

If friends make fun of your new interest in health—tell them to go suck a lemon. You'll be doing them a favor. Lemons contain bioflavonoids (Vitamin P). Bioflavonoids are essential for the proper absorption of Vitamin C.

1989 is the time of the snake. Eat and drink with caution—and happy new year!

LINDA KNIGHT
Warrenton

Warren Woman Receives Second Copyright Notice

A Warren County woman has received her second copyright registration number for an original musical composition.

Ms. Thurletta M. Brown received notification from the Office of Copyrights in Washington, D.C. only two days before the premier performance of "At Christmastide" on Christmas Eve at Emmanuel Episcopal Church in Warrenton. "I had submitted the application and fee in October and had been hoping against hope that the anthem would 'really exist' before we performed it," Brown said.

The Christmas Eve performance featured the solo voices of Arthur Williams, Sam Massey and Alan Floyd, all members of the Emmanuel Episcopal Church Chancel Choir. The foundation for the anthem was provided by the combined voices from the choirs of Emmanuel, Warrenton Baptist and Wesley Memorial United Methodist churches. Brass fanfares for the anthem were provided by Rudy Harper of Raleigh. "It took 24 long-distance calls to find him, but we did," Brown said.

Voices and organ were united again on Christmas morning for a second performance of "At Christmastide" during the community service held at 11 at Wesley Memorial Methodist

Church. "It was at the end of that performance that I knew that the song was real and that there might be a market for it among other choir directors," Brown said.

Ms. Brown is the daughter of Mr. and Mrs. Thurston T. Brown of Warrenton. Her first copyrighted anthem, "Go With God," was performed last January during the farewell service of Fr. Henry Presler, former rector of Emmanuel, All Saints' and the Chapel of the Good Shepherd here.

When asked "what's next?" Brown replied that a period of rest from composition was in order. "With Easter staring me in the face already and no recovery time from the rigors of Christmas falling on Sunday last year, there will probably be no more bursts of creative musical energy until after the spring thaw!"

A class of drugs found to aid muscular dystrophic chickens "may lead to the development of safe, effective therapies for humans," according to a neuromuscular disorder specialist at the University of California, Davis.

A group of drugs known as glucocorticoids administered to genetically dystrophic chickens increased their muscle function and slowed progression of the disease.

At N.C. Museum Of History

'First Family Fashions' Going On Display

From silks and satins to brocades and lace—inaugural gowns worn by North Carolina's first ladies reflect the styles of their times.

Twenty-five gowns worn by governors' families during the last two centuries will be on display in the new exhibit, "First Family Fashions," opening at the N.C. Museum of History Tuesday, Jan. 10.

Every four years as North Carolinians inaugurate their governor, part of the festivity is the traditional inaugural ball. In this quadrennial exhibit, North Carolinians can see gowns worn by governors' wives, varied in style and fabric, but each distinctive.

From the oldest—an 1810 Empire style—to the newest—a 1985 red Thai silk—the 25 gowns reflect fashion trends of their periods. Visitors will see the Empire gown of gold silk damask with plaid trim, thought to have been worn by Sarah Herritage Caswell or one of her daughters. Her husband, Richard Caswell was the first governor of the state of North Carolina, during the years 1776-1780 and 1784-1787.

For the inauguration, Eleanor Kearny Carr, wife of Elias Carr, governor, 1893-97, wore a two-piece ribbed silk and brown velvet gown with leg-o'-mutton sleeves, trimmed with lace and beads. She was the first to live in the present Executive Mansion for a full four-year term.

Annie Burgin Craig, wife of Locke Craig, governor, 1913-17, chose a gown of white chiffon with chenille embroidery and white crystal beading for the ball. Called a "liberated woman" in her time, Annie Craig had a fine sense of humor to brighten the days of World War I.

First of the first ladies to enjoy a profession, Fannie Yarborough Bickett, wife of Thomas Walter Bickett, was committed to social work before and after her husband's term as governor, 1917-21.

Helping people was her first love. Fannie studied law at Wake Forest University and passed the state bar exam when she was in her 60s. She was the first woman to serve as president of the N.C. Railroad Company.

For the 1917 inauguration Mrs. Bickett wore a gown of black satin and chiffon with beaded trim.

Other first ladies have espoused various causes during and after their tenure in the Executive Mansion. Fay Webb Gardner, who lived in the mansion 1929-33, was known as one of the most charming first ladies to occupy the mansion—brightening the scene during the first years of the Great Depression.

In her hometown of Shelby, she was active in women's clubs, the Red Cross and the Daughters of the American Revolution. She also was part of the Washington social scene when her husband, O. Max Gardner, was undersecretary of the treasury and ambassador to the Court of St. James. Her inaugural ball gown was of white velvet with sunburst of rhinestones and fishtail train.

More recent first ladies have distinguished themselves in many ways. During the World War II years, Alice Willson Broughton entertained service men and women in the mansion along with such notables as Lily Pons and Katharine Hepburn. Other guests included her children's pets—a goat and an alligator.

Her inaugural gown was white chiffon trimmed with rhinestones. She was the wife of Joseph Melville Broughton, governor, 1941-45.

Between 1965-69, Jeanelle Coulter Moore was known for her campaign to keep North Carolina beautiful. She was founder and remains active today in the Executive Mansion Fine Arts Committee, which supervises the acquisition of fine North Carolina furnishings and accessories for the mansion.

Her inaugural ball gown was embroidered white satin brocade with a white peau de soie coat with mink collar and rhinestone clip. The coat was designed and made by Alda Crowe of Lincolnton.

Jessie Rae Osborne Scott spent her wedding night in the Executive Mansion as guest of her parents-in-law, Gov. and Mrs. Kerr Scott, and returned 20 years later as First Lady. She supervised the beautification of the mansion grounds. Today she is an active volunteer with the National Cancer Society on the national level while holding a full-time job in state government. Her husband, Robert W. Scott, served 1969-73.

For her inaugural ball gown, she chose a white and blue silk shantung trimmed with pearls and rhinestones, also designed and made by Ms. Crowe.

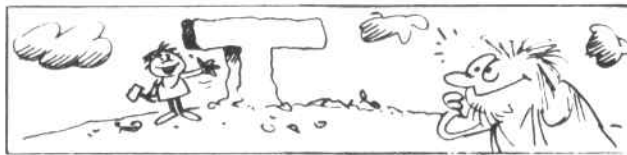
Patricia Ann Hollingsworth Holshouser, wife of James E. Holshouser, Jr., governor, 1973-77, chose a silver metallic brocade gown with princess lines and matching coat. She was the youngest first lady and her husband was this century's youngest governor. The couple were the first Republicans to occupy the governor's mansion this century.

From an historical standpoint, Mrs. Holshouser considers her participation in saving the present mansion as the home of the governor, (rather than construction of another) her greatest contribution as First Lady. The family moved out of the mansion and returned after the renovation.

From a human standpoint, Mrs. Holshouser considers her efforts with mental health, the handicapped and the March of Dimes campaign among the top achievements while serving as First Lady.

Dorothy Ann McAulay Martin's first inaugural gown and matching coat were of red Thai silk, with neckline bordered with organza puffs and bell-shaped skirt, designed by Dennis Toney of Doncaster, Inc., Rutherfordton. A sketch and description of her new gown will be part of the exhibit.

Mrs. Martin devotes a large portion of her time to North Carolina's children and families and promoting the safety, health and well-being of the state's children. She has served as chairman of the Governor's Commission on Child Victimization and is an active participating member of the Governor's Council on Alcohol and Drug Abuse Among Children and Youth. She also served as chairman of the Governor's Commission for the Family.



The letter T is the second most frequently used letter in books, newspapers and other printed material in English.

Advertisement For Secretary

Warren County is accepting applications for the position of Secretary to the Warren County Sheriff's Department. Applicants should be experienced in typing, general office work, and must possess the ability to work efficiently with the public. Qualifications include two or more years of formal business training. Appropriate experience may be considered in lieu of education. Salary range up to \$12,732 per annum. Applications may be obtained at the Office of the County Manager, 130 N. Main Street (Taylor Building), Room 3, P.O. Box 619, Warrenton, NC 27589. Deadline for submission of applications is January 16, 1989.

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Jan. 4, 11-c



This time-worn photograph of Eleanor Kearny Carr shows the gown she wore for the ball preceding the inauguration of her husband, Elias Carr, who served as governor from 1893-1897. Mrs. Carr was a native of Warren County, daughter of William Ketchen Kearny and Maria Alston Kearny. Her gown is a two-piece taupe ribbed silk and brown velvet with leg-o'-mutton sleeves, trimmed with lace and beads.

"First Family Fashions" will be on display six months, through June 11, 1989. Betty Tyson, museum associate curator, explained that display time must be limited to preserve the fragile fabrics.

During the past year, museum textile conservator Anne Tyrrell and her assistant, Maria Miller, have prepared the dresses for exhibit. "Usually much conservation work must be done," Ms. Tyrrell said. She custom fits each mannequin to conform to the exact measurements of each gown.

The "First Family Fashions" exhibition gives a tiny glimpse into the lives of those who have presided at governors' residences for the past two centuries, Ms. Tyson said. Visitors may view the museum exhibit and then visit the Executive Mansion to see where first ladies have lived since 1891 (located just across the street; visiting hours observed and reservations are necessary—call 919-733-3456).

Admission to "First Family Fashion" exhibition is free. The Museum of History, an agency of the Department of Cultural Resources, is located at 109 E. Jones St., in downtown Raleigh. The museum is open Tuesday through Saturday, 9 a.m.-5 p.m.; Sunday, 1-6 p.m. Closed Mondays. For details, call the museum at 919-733-3894.

NOTICE

The Coordinating Council for Senior Citizens of Warren County has an opening for a full-time Vista Volunteer Worker at the Senior Center. The Volunteer will be responsible for recruiting, training and supervising volunteers to work with the older population in housing.

For additional information or to make application call 257-3111 between 8:30 a.m. and 5:00 p.m. Monday through Friday.

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