



## Baker-Tyndall Vows Spoken

Robin Marie Tyndall of Route 1, Deep Run, and Curtis Loftin Baker of Route 9, Kinston, were united in marriage at three o'clock Sunday, May 15, at Piney Grove Free Will Baptist Church in Albemarle. The Reverend N.B. Barrow of Snow Hill officiated at the double-ring ceremony.

The bride was given in marriage by her father. She is the daughter of Mr. and Mrs. William B. Tyndall of Route 1, Deep Run.

The groom is the son of Mrs. Frederick L. Baker Sr. of Route 9, Kinston, and the late Mr. Baker.

The bride wore a long white formal gown of polyester organza and Alencon lace. It was designed with an empire waistline, Alencon lace bodice accented with scattered seed pearls, a sheer neckline with Shiffli design center and a lace collar. Full sheer organza Bishop sleeves with a lace cap were bordered with floral lace cuffs. A full A-line organza skirt featured a V-front lace design with a wide floral lace border that flowed softly into a chapel-length train. The bridal headpiece was a rolled-brim horsehair bowler hat from which flowed double tiers of nylon illusion. The bride carried a cascade bouquet of lavender silk miniature carnations, lavender forget-me-nots, purple lilies, pink freshias, bridal babies'-breath sprinkled with ivy and showered with pink and lavender bridal ribbons.

Miss Dianne Howard of Kinston was the maid of honor. Bridesmaids were Miss Sheryl Murphy of Pink Hill, cousin of the bride; Miss Cindy Long of Maryland, cousin of the bride; and Miss Karen Davis of Seven Springs.

Flowergirl was Miss Andrea Fox of Deep Run.

The groom chose his brother, Freddie Baker of Kinston, to be his best man.

Ushers were Billy Tyndall, Bobby Tyndall and James Tyndall, all of Deep Run, and all brothers of the bride. Ringbearer was Robbie Daugherty of Kinston.

Nuptial music was presented by Mrs. Faye Loftin, aunt of the groom, organist, and Miss Lori Chadwick and Ricky Barwick, vocalists.

The wedding was directed by Mrs. N.B. Barrow of Snow Hill. Mrs. Donna Grady of Kinston, sister of the groom, presided at the register. Rice bags were distributed by Miss Cathy Tyndall and Miss Angela Davis.

The bride was graduated from South Lenoir High School and received her certificate in keypunch from Lenoir Community College in 1982, and is now employed by Neuse Sport Shop.

The bridegroom is a 1980 graduate of South Lenoir High School. He attended Electronics School and is now employed at Daugherty's Office Equipment.

After a wedding trip to unannounced points, the couple will reside at Route 3, LaGrange.

**Reception**  
A reception was held immediately after the ceremony.

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served by Mrs. Claude Davis, aunt of the groom. Mrs. Lynwood Earl Kaber, cousin of the groom, poured punch.

After rehearsal, a dinner was held at the Barbecue Lodge for members of the wedding party and out-of-town guests hosted by Mr. and Mrs. William B. Tyndall, parents of the bride. At this time the bride and groom presented their attendants with a gift.

A rehearsal party and dance was held at 'Duck's Party House,' hosted by Mr. and Mrs. Claude Davis, aunt and uncle of the groom, Mr. and Mrs. Lynwood Earl Baker of Dunn, and Mr. and Mrs. Arnold Connor III, cousins of the groom.

A bridesmaids' luncheon was given for the bride and her attendants on Saturday, May 14, by Mrs. Donna Grady, sister of the groom, at her home on Rhodes Avenue.

On May 1, an old-fashioned pounding and kitchen shower honoring the bride and groom was hosted by Miss Terry Jarman at her home on Route 9, Kinston. Other hostesses were Mesdames Hazel Jarman, Sharon Jones, Susie Bryant, Debbie Johnson, Jeannette Wasson, Rachel Daugherty, Libby Watson and Miss Wendy Rivenbark.

A miscellaneous shower was given on April 22 by Mrs. Helen Murphy and Miss Bobbie Murphy of Pink Hill at the home of the bride's mother, Mrs. William B. Tyndall of Route 1, Deep Run.

in the church fellowship hall hosted by Mr. and Mrs. Charles Phillips Sr., aunt and uncle of the groom; Mr. and Mrs. Charles Phillips Jr. and Stevie Phillips, cousins of the groom. Mrs. Charles Phillips Jr. made the cake, which was



**JAMES SPRUNT TECHNICAL COLLEGE** officials met in Raleigh recently for their annual convention with 58 institutions represented. Their convention meets to elect officers, and an executive committee, and conduct the annual business of the association. Additionally, they are afforded first-hand information about legislative matters.

Present for the breakfast were: first row, left to right: Helen Boyette, Representative Wendell H. Murphy, Board chairman Jimmy Strickland and Amos Brinson. Rear, Alex Brown, Edd Monk, William E. Craft, Charlie Albertson, Jack Williams and JSTC president, Dr. Carl D. Price.

## Diet And Arthritis

If you or someone you know has arthritis, keep this in mind: diet won't cure it.

Unfortunately, there are many arthritis sufferers who do waste money on food and food supplements hoping for a miracle. But lecithin, honey, alfalfa and extra vitamins will not relieve the symptoms of this painful disease.

Now it is possible to think that relief from arthritis is linked to a dietary change, but there is no evidence that food can treat or cure arthritis.

This does not mean that good nutrition is not important. A nutritionally balanced diet can benefit anyone's health and muscle tone. And weight control is important, too.

Physicians sometimes prescribe a weight-loss program for patients with some types of arthritis. Losing weight won't cure the disease but it can relieve some of the strain on inflamed joints.

On the other side of the coin, arthritis sufferers who are underweight may need

extra nourishment to avoid fatigue and to increase resistance to disease.

### DRAMA AT FRIENDSHIP CHURCH

The Evangelists drama team from Free Will Baptist Bible College in Nashville, Tenn., will present a service of drama Friday, June 3 at 7:30 p.m. at the Friendship Free Will Baptist Church, one mile west of Pink Hill. Rev. Gerald Caraway is the pastor of the church.

## Thought For Food

By John Ramirez  
Executive Chef

Today let's make crepes —

Fortunately it is no more difficult to pronounce than it is to make crepes. The word 'crepes' (rhymes with 'preps') is French and sounds just right with Crepe Suzette. But thin pancakes are wraparounds for morsels of meats and sweets in a good many other countries, so you can call them crepes (rhymes with 'drapes') if you prefer. Elegant restaurants have long had a monopoly on crepes. Not any longer, though! Now it's your turn to discover just how easy these tender, thin pancakes with delicious fillings and savory sauces are to make and serve. In no time you will be able to duplicate many of the crepe masterpieces that famous chefs prepare, and much, much more. . .

Crepe creations fit a multitude of serving situations. One time, make them small for party appetizers. Another time, plan two regulars as a satisfying entree. Choose as a flaming desert for a grand finale to an elegant dinner, or simply stack crepes with sliced fruit between the layers as a snack. Serve them

wrapped around ice cream or layered with cream cheese.

The delicate pancake batter is a smooth mixture of flour, eggs, milk, salt and cooking oil. You can also concoct intriguing variations with additional ingredients such as cornmeal, whole wheat flour, or cocoa that complement special fillings.

For hundreds of years crepes have been made in six-inch skillets. This is still the utensil many cooks prefer. However, the new inverted electric crepe pans are excellent, and deserve credit for generating much of today's interest in crepes.

This piece of equipment has literally turned the art of crepe-making upside down! Both pans make thin, tender crepes. To make crepes in a skillet, you pour and cook the batter on the inside of the pan. To make crepes in an inverted pan, you simply dip the bottom of the electric pan in the batter, turn upside down and cook.

Each little pancake is made from about two tablespoons of batter cooked in or on the pan of your choice. A little practice with either pan

will make you an expert. And, don't worry if there's an occasional break or if a bubble leaves a tiny hole while the crepe is cooking. Simply patch it with a little of the batter and continue cooking a few seconds longer until the patch is sealed. There is no need to brown the other side of the crepe if you make a point of spooning the filling on the unbrowned side. This way when you roll up the crepe, the unbrowned side will be well hidden inside.

Some chefs insist that the secret to tender no-stick crepes is to let the batter stand two or three hours before using. This chef does not believe in this secret. Granted, the batter is important, but success really depends on a well-seasoned skillet (or pans with no-stick surfaces) that is heated to the right temperature.

Crepe combinations come in unbelievable variety. In fact, you can chop or slice almost any cooked meat, vegetable or fruit and roll it inside a crepe. This applies to many good leftovers such as turkey.

No rule says that you have to make crepes the same day you plan to use them. In fact, you can do them a day, a week, or months in advance. Or make them without a special occasion in mind and store them in the freezer to whisk out for impromptu company. Just remember, any filling mixture that will freeze alone can be rolled in a crepe and frozen complete.

In another column, I will give you two of my favorite sure-fire crepe recipes!  
Bon Appetit!

## Graduation Favorites



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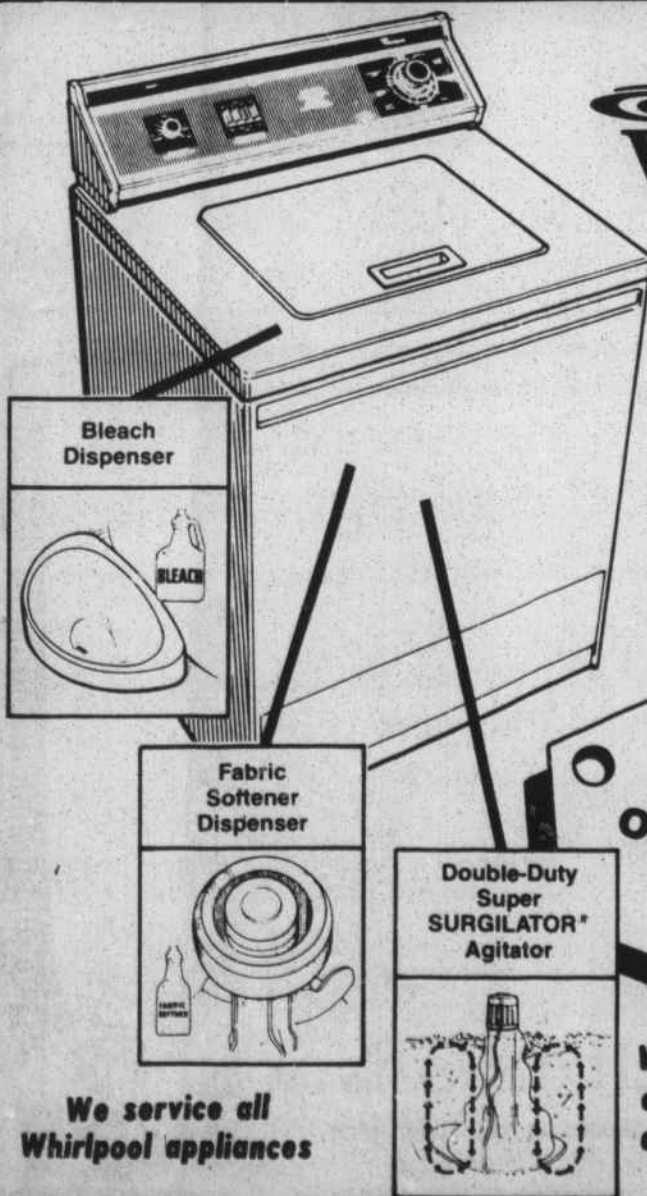
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