

Miss Mary Ruth Wilson Speaks On Importance of Balanced Diet

Miss Mary Ruth Wilson, home economist with Carolina Power and Light Co., was the guest speaker at the Beaufort Woman's Club meeting Thursday night at the Inlet Inn. Miss Wilson's subject was Diet.

Miss Wilson named the four things vital to our physical well-being and said that a family should be well fed and have variety in its diet. She named the Basic Eleven and said that it was necessary to eat some of each every day in order to grow healthfully.

Miss Wilson explained that to lose weight it is necessary to eat less calories without starving. She gave several pointers on how to reduce, which included don't skip meals and don't skimp on fruits, vegetables or proteins.

Menu planning does not have to be monotonous, she said, and new and varied foods should be tried. A successful meal should be nutritionally adequate and enjoyable, Miss Wilson concluded.

Mrs. Charles W. Davis presided at the meeting, which was opened with the collect by Miss Lena Duncan. Mrs. H. K. Stephenson, formerly of Foxboro, Mass., was welcomed as a new member.

Mrs. Davis gave a complete report on the recent state convention held in Charlotte.

Miss Duncan, chairman of the committee on international affairs presented three appeals. She said that members of the General Federation of Women's Clubs, who are behind the iron curtain are unable to pay their dues, and their membership will lapse if dues are not paid.

School children in Greece, according to Miss Duncan, need school kits and refugees in camps in the Middle East are in need of cotton and linen yard goods.

The club voted to give \$6 to the committee to be used for the above appeals.

Mrs. Graham Duncan mentioned the cause of the migrant workers. She said that a minister is supplied, but the workers will need health equipment and educational toys. Five dollars was voted by the club to be used in the migrant work.

The Nurses Club will receive \$5 from the Woman's Club toward the purchase of mattress covers.

It was announced that a picnic would be held Tuesday, June 3, at the home of Mrs. Neal Gilchrist. The meeting was changed from June 5. Each member is to bring an item of food.

Since this will be the last meeting this year, new officers will be installed.

At the close of the meeting, Mrs.

Davis, president, gave a summary of the club's work for the past two years. Portions of the summary follow:

The club contributed or collected \$233 for renovating the dressing rooms at the high school gym; collected \$211 for underprivileged children at Halloween trick or treat party last year, co-sponsored UNICEF drive with Methodist Youth this year and contributed \$100.

Two hundred pieces of clothing and articles of furniture were given to the needy; 41 gifts were distributed to aged and shut-ins at Christmas; \$25 donated each year to the Beaufort Cemetery Restoration Association.

Birthday remembrances were sent to correction schools for boys and girls; Teachers Day was observed both years with a tea for the local teachers; contributions were made to the Ten Penny Art Fund, Endowment Fund, Polio, Cancer and Hungarian Relief Funds.

Favors and a cash contribution were sent to the General Federation meeting; a donation was made to the Midora Sasaki Scholarship Fund; assisted a local high school girl in obtaining a college loan.

A club member chaperoned a group of high school students on a trip to Chapel Hill to participate in the International Relations Institute. The club has been represented at all state conventions, institutes and district meetings, one federation meeting, the leadership conference, a conference on fire prevention and the area program on highway safety.

Mrs. Graham Duncan, a club member, has been on the state board for two years. The Old Homes Tour was considered the most outstanding project of the past two years and another tour is being planned for June.

Duplicate Bridge Tourney Winners are Announced

Mrs. Floyd Chadwick and Mr. Dorsey Martin were first place winners, north-south, of the duplicate bridge tournament at the Inlet Inn Friday night. East-west winners were Mr. C. L. Beam and Mr. Jack Windley.

Other north-south winners were, second, Mrs. Joe House and Mrs. C. R. Wheatly Sr. and third, Mr. Ed Beall and Mr. E. A. Hesse. Second place, east-west, was won by Mrs. G. W. Duncan and Mrs. James Rumley and third place went to Mr. and Mrs. Charles Davis.

Beaufort Social News

Miss Ellen Bordeaux, Society Editor Phone 6-3244

Mr. and Mrs. Brooks Lytle arrived Sunday from Old Fort to spend a few days with Mrs. G. W. Duncan.

Mr. and Mrs. Gene Smith and two daughters spent the weekend in Raleigh, where they were guests of Mrs. Smith's mother.

Hobby Davis of State College, Raleigh, Mr. and Mrs. D. L. Jones and daughter, Gayle, and Miss Jan Davis of Warwick, Va., and Mrs. J. T. Walters and daughter, Frances, of LaGrange were weekend guests of their mother, Mrs. L. C. Davis.

Mr. and Mrs. Robert L. Russell, Mrs. L. C. Turnage and Mrs. Dean Chatlos were in Durham over the weekend. They were called there by the death of Mrs. Chatlos' uncle, Mr. Roland H. Hill.

George Martin, a student at the University of North Carolina at Chapel Hill, spent the weekend at home with his family.

Dr. and Mrs. W. E. Adair Jr. and daughters, Rosemary and Ann, and Miss Pat Turlington, all of Erwin, spent the weekend with Dr. Adair's mother, Mrs. W. E. Adair.

Mr. Ivey Mason Jr. of Wake Forest College, Winston-Salem, spent the weekend here with his family. He had as his guest Miss Doris Haynes of Winston-Salem.

Mrs. G. W. Duncan will attend the wedding of Mr. Jack Young in Kannapolis Sunday. Mr. Young is the son of a former pastor of Ann Street Methodist Church, the Rev. J. D. Young.

Miss Winkie Willis, East Carolina College, was home for the weekend with her mother, Mrs. Martin Willis.

Mrs. Charles Cheek and Mrs. James Potter are spending today in Goldsboro.

Sammy Magill, a student at East Carolina College, was home for the weekend.

Charles R. Parkin and Jimmy Parkin were home for the weekend from East Carolina College, Greenville, with their father, Mr. Herbert Parkin, and Mrs. Jimmy Parkin.

Mr. Walter Moore and son, Richard, of Philadelphia, Pa., arrived home over the weekend to spend

ten days with Mrs. Moore and family. Walker Moore, a student at East Carolina College, was also home for the weekend.

Mr. and Mrs. Seldon Delamar and Mr. and Mrs. George Hunt of Wilmington and Miss Cora Delamar of Raleigh visited their brother, Mr. W. T. Delamar, and Mrs. Delamar Sunday.

School Lunch Menus Listed

Beaufort School
Today: Vegetable beef soup, meat salad sandwich, peanut butter sandwich, crackers, milk, cookies.

Wednesday: Corned beef hash, pineapple cheese salad, field peas, bread and butter, milk, chocolate cake.

Thursday: Baked ham, steamed cabbage, potato salad, bread and butter, milk, peaches.

Friday: Hamburgers on buns, slaw, onions, mustard, pimento cheese sandwich, potato sticks, milk, fig bar.

Smyrna School
Today: Sliced luncheon, potato salad, cole slaw, peaches, bread and milk.

Tomorrow: Spaghetti and meat balls, sliced cheese, green peas, apple sauce cake, bread and milk.

Thursday: Weiners, lima beans, cole slaw, onions, chocolate cookies, hot biscuits and milk.

Friday: Tuna fish salad on lettuce, potato sticks, sliced tomato, orange-pineapple jello, bread and milk.

Miss Elizabeth Edwards Announces Attendants

Miss Elizabeth Edwards, who will marry Y. Z. Newberry III of Morehead City, has announced the attendants for her wedding, which will be June 7 in the Baptist Church.

Miss Carole Hagan of Rocky Mount will attend the bride as maid of honor. The Misses Jackie Young, Nancy Longest, Frances Bell and Ann Lewis of Beaufort will be bridesmaids. Little Miss Mary Jane Moran will serve as flower girl.

David Newberry will attend his brother as best man. Ushers will be Sherrill Norman, Jack Edwards and Gordon Patrick of Morehead City and Bruce Edwards Jr. and Julius Dunn of Beaufort.

In May Court



Miss Jean Pittman, above, has been selected as one of ten attendants to the May Queen at Sacred Heart College, Belmont. The May Day activities are being held today at the college.

Miss Pittman, daughter of Mr. and Mrs. O. C. Pittman of Merimont, graduated in 1956 from Beaufort High School as valedictorian. During her two years at Sacred Heart she has been a member of the student council, has made the dean's list each grading period and is now serving as president of the Literary Society and co-editor of the college newspaper.

Miss Pittman will graduate from Sacred Heart this year with an AS degree. She will continue her work toward a degree as medical technician at Spartanburg General Hospital, Spartanburg, S. C.

Policeman Gets Trapped In Escape-Proof Cruiser

Lebanon, Ky. (AP) — The screened-in back seat of the city's police cruiser must be escape proof.

Patrolman James Violette and Dorsey Shouse, owner of a machine shop, climbed into the cage and made several adjustments—and discovered they were trapped.

There was no way to remove the screen from the rear and the back doors had no inside handles. A passer-by finally heard their shouts and released them.

Hits Parked Car

Tommie Lee Vinston, Morehead City, backed his car from a driveway in the 2100 block of Bay Street and hit a parked car on the street. Police Sgt. W. J. Condie investigated the accident and estimated damage at less than \$100 for both vehicles. The accident occurred at 2:10 p.m. Saturday.

Obituaries

MRS. ELIZABETH TAYLOR

Mrs. Elizabeth Taylor, 82, of Sea Level died in the Sea Level Community Hospital Saturday evening. She was a daughter of the late Tilmon and Matilda Satter Taylor of Sea Level.

Funeral services were held at the Sea Level Free Will Baptist Church yesterday with the Rev. T. C. Smith officiating, assisted by the Rev. L. A. Lewis of Atlantic. Burial was in the Styron Cemetery. Mrs. Taylor is survived by two daughters, Mrs. William Lloyd and Mrs. Eull Taylor; one son, Tilmon A. Taylor; one brother, Maltby Taylor, all of Sea Level; and eight grandchildren.

CHARLIE T. GARNER

Charlie Thomas Garner, 63, of route 2 Newport died Sunday at his home. He was a veteran of World War I and a member of the Morehead City American Legion Post.

Funeral services will be conducted from the home at Mill Creek today at 2:30 with the Rev. Earl Reece of the Missionary Baptist Church officiating. Burial will be in the Cedar Grove Cemetery.

Mr. Garner is survived by his wife, Mrs. Willie Adams Garner; one daughter, Mrs. Fred Bohmuller; four sons, Gordon, Jack, and Joe, all of Newport, and Robert S. of the US Navy in Japan; and three grandchildren.

MISS MARIETTA HEWITT

Miss Marietta Hewitt of 422 S. Front St., Wilmington, died at her home Saturday after a lengthy illness. She was born in Newport, the daughter of the late Thomas and Abigail Mann Hewitt, and was a member of Grace Methodist Church, Wilmington.

Funeral services were conducted yesterday morning in Wilmington. Graveside services and burial were held yesterday afternoon at the Mann family cemetery, Newport, by the Rev. Ralph Fleming, pastor of the St. James Methodist Church, Newport.

Surviving are two sisters, Mrs. J. E. Morton of Rocky Mount and Miss Lucille Hewitt of Wilmington; one brother, Thomas Jr. Hewitt of Wilmington; and several nieces and nephews.

MRS. ELLA L. GARNER

Mrs. Ella L. Garner, 91, of Newport died Thursday at the home of her daughter, Mrs. W. R. Mann. Funeral services were conducted at the Primitive Baptist Church Friday by Elder Arthur Young and Elder W. A. Walton. Burial was in the family cemetery near Newport.

Surviving are four daughters, Mrs. W. R. Mann, Mrs. A. M. Garner and Mrs. M. B. McCain, all

Hospital Sets Open House Hours

The Morehead City Hospital will observe National Hospital Week this week with open house from 2 to 5 p.m. Friday.

Townpeople and county residents are invited to go through the hospital. Refreshments will be served.

"We had only about 65 people at open house last year," David Willis, administrator, said. "We'd certainly like to see more this year."

The theme of hospital week is "Careers in Hospitals." High school students, especially, will be welcomed at the open house and given an opportunity to survey the careers open to them in the hospital field.

of Newport, and Mrs. H. E. Mann of Zebulon; two sons, Luther and Johnny Garner of Newport; one half-brother, David Gould of Morehead City; 15 grandchildren and 21 great-grandchildren.

MRS. BETTY H. JONES

Mrs. Frederick W. Jones, 29, of Kinston died Friday morning in a Burlington hospital. Funeral services and burial were held in Siler City Sunday afternoon.

Mrs. Jones is survived by her husband, Frederick W. Jones; one daughter, Patricia Ann, both of the home; and her father, Mr. Ernest E. Harris of Burlington.

Mrs. Jones' husband is the son of Mr. and Mrs. Ray Jones, former residents of Morehead City, and he is the nephew of Mrs. G. H. Jackson. His mother was a teacher at Morehead City School.

MRS. SUDIE CUTHRELL

Mrs. Sudie Cuthrell died yesterday morning at the home of her daughter, Mrs. Preston Graham.

Funeral arrangements were incomplete and survivors were not known by the funeral directors at press time yesterday.

Plentl-Murphy

Mr. and Mrs. Clayton Murphy announce the engagement of their daughter, Janice, to Wallace Bedford Plentl of Killen, Tex., son of Mr. and Mrs. Homer Otis Plentl. The wedding is planned for June 6 in Washington, D. C.

Russells Creek Circle Meets on Thursday Night

The Russells Creek Free Will Baptist Circle met at the home of Mrs. Fred Worthington Thursday evening.

During the business session the ways and means committee suggested ways to raise money. The hostess served assorted cookies, candies and iced drinks.

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