

New Year's Resolution For Wives Help Husband's Heart

Women can play an important role in safeguarding the health and hearts of their husbands in the year ahead, according to Dr. John B. Hickam, Dr. Hickam, president of the North Carolina Heart Association.

Pointing out that the family breadwinner is more vulnerable to heart disease, Dr. Hickam today suggested that wives follow these seven New Year's resolutions to help their husbands to a happy and healthy 1956:

"1. Persuade my husband to stop worrying about 'symptoms' which may or may not indicate heart disease, and to clear away doubts by consulting a doctor;

"2. Serve food that will give proper nourishment without adding excess weight, remembering that overweight overworks the heart;

"3. See to it that he gets plenty of rest, to ease the workload on his heart;

"4. Encourage him to exercise regularly and moderately so that

he can keep physically fit;

"5. Get him to agree to take an adequate vacation, to quit going to the office on Sundays and holidays, and, if possible, to stop him from bringing work home at night;

"6. Do all within my power to let him enjoy peace of mind and to help him avoid tensions and anxieties; and

"7. I will set a good example by applying all these rules to myself, maintaining the good health and good spirits that are so vital to my job as homemaker."

For both husbands and wives, Dr. Hickam added this word of advice:

"Help fight heart disease by helping the Heart Fund. Remember that your contribution to the Heart Fund campaign, which will be conducted all over the nation during February, gives you an opportunity to invest in the hearts of those you love."

(These comments are based on International Uniform Lesson Outlines, copyrighted by the International Council of Religious Education, U.S.A., and used by permission).

TRY A WEEKLY CLASSIFIED

SUNDAY SCHOOL LESSON

Continued from Page 4

conviction—as the founder of their church.

Men have sometimes differed from this concept. Some have expressed a conviction in their faith of Jesus but a lack of faith in a specific church, or of churches. Henry James is said to have said to his brother: "I am willing to confess to the reality of God, but as for the church, it is a mere conventionality and I have no respect for it."

To which his brother replied: "Whoever confesses to the reality of God thereby confesses to the reality of the church, for ultimately God is the church." This is the simple way of saying, and believing, that Jesus is the foundation and the moving spirit of the church, and for all.

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CIRCLE TO MEET

The Della Shamburger Circle of the Hertford Methodist Church will meet Monday night, January 6 at 8 o'clock with Mrs. W. H. Pitt and Mrs. Oscar Newbold as co-hostesses.

CARD OF THANKS

The family of Thomas E. Raper wishes to express its heartfelt thanks and appreciation to friends and neighbors for cards, flowers, gifts and every other act of kindness shown us during the illness and death of our loved one.

—Mrs. T. E. Raper and Family.

CARD OF THANKS

We wish to express our sincere thanks and appreciation to the Hertford Fire Department, friends and neighbors for the help given us at the time fire destroyed the home of Malachi Dail. Also for visits, food and all other acts of kindness shown us. Your thoughtfulness will always be remembered.

Martha E. Pennington, sister
Nelle Stallings & Family, niece.

Classified - Legals

MAN OR WOMAN

National Firm needs an operator to service a Cigarette Machine route. Established. Part or full time will net you from \$200 to \$600 monthly. Dependability, Honesty and capital (secured)—\$1600 to \$2800 will qualify you for an interview. Please write to Sheridan Enterprises, 711 W. Lake St., 509 Calhoun Bldg., Minneapolis 8, Minn. 1tp

FOR SALE—COUNTRY LARD. See L. P. Chappell, Route 2, Belvidere, N. C. Jan. 3, 10, 17, 24

WANTED AT ONCE — RAW- Leigh Dealer in Perquimans County. Write Raleigh's, Dept. NCA-320-R, Richmond, Va. Jan 3, 10, 17, 24, 31

NOTICE OF ADMINISTRATION Having qualified as Executrix of the estate of J. E. Twine, deceased, late of Perquimans County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Belvidere, N. C., on or before the 27th day of December, 1956, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 27th day of December, 1957. MRS. LUCILLE S. TWINE, Executrix of J. E. Twine Jan 3, 10, 17, 24, 31, Feb 7

North Carolina, Perquimans County.

NOTICE The undersigned having qualified as administratrix cum testamento annexo of the estate of Adeline Raper Coffield, late of Perquimans County, this is to notify all persons having claims against said estate to present them to the undersigned at Lowland, North Carolina, or to her attorney, Robert G. Bowers, Box 228, Bayboro, North Carolina, duly verified, on or before the 27th day of December, 1956, or this notice will be pleaded in bar of their recovery.

All persons indebted to the said estate will please make immediate payment to the undersigned. This 27th day of December, 1957.

RUBY S. SADLER, Administratrix c.t.a. Lowland, North Carolina Robert G. Bowers, Attorney-at-Law Jan 3, 10, 17, 24, 31, Feb 7

NOTICE OF ADMINISTRATION Having qualified as Executrix of the estate of T. J. Bass, deceased, late of Perquimans County, North Carolina, this is to no-

NOTICE OF ADMINISTRATION Having qualified as Administrator of the estate of Elmer P. Roberson, deceased, late of Perquimans County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Route 1, Box 217, Hertford, N. C., on or before the 25th day of November, 1956, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 29th day of November, 1957. Mrs. Lillian W. Leary and John B. Webb, Jr., Executors of T. J. Bass Dec 6, 13, 20, 27, Jan 3, 10

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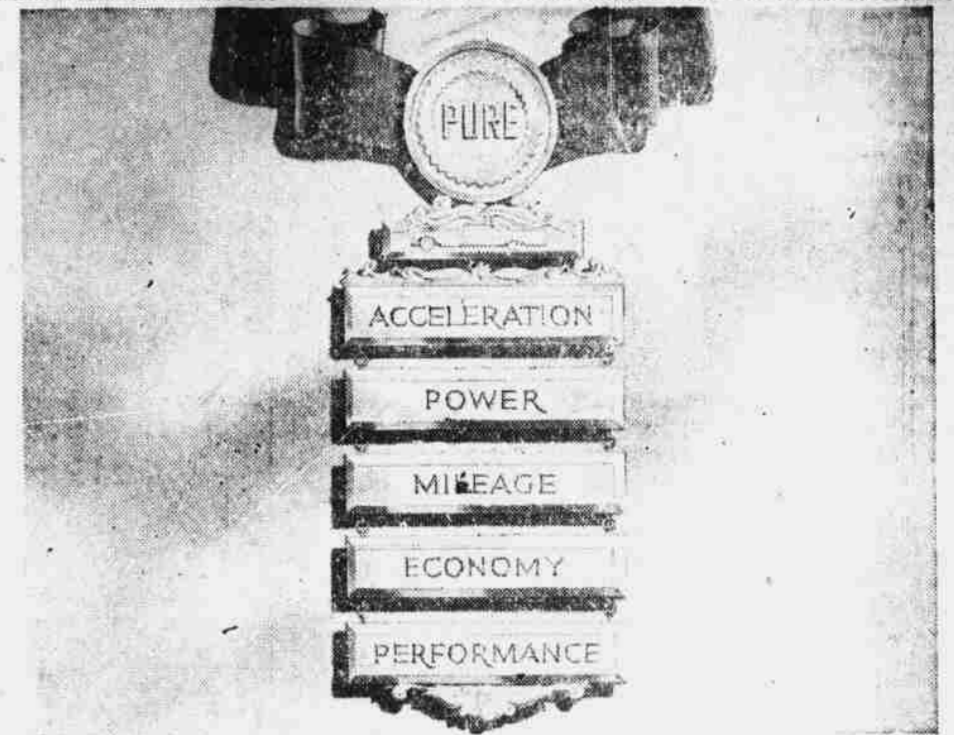
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NOTICE OF ADMINISTRATION Having qualified as Administrator of the estate of Elmer P. Roberson, deceased, late of Perquimans County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Route 1, Box 217, Hertford, N. C., on or before the 25th day of November, 1956, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

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please make immediate payment. This 25th day of November, 1957. EDGAR W. ROBERSON, Administrator of Elmer P. Roberson Nov 29, Dec 6, 13, 20, 27, Jan 3



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NOTICE!

Beginning January first, all Tax Listers of Perquimans County, North Carolina, will sit at the following places and on the dates mentioned below for the purpose of listing your PROPERTY TAXES for the year 1958:

List In January and Save the Penalty

- Belvidere Township**
MRS. T. C. PERRY, List Taker
Jan. 8 to 4 P. M. Lassell Chappell Store, Chapel Hill
Jan. 14, 16 to 4 P. M. R. M. Baker Store, Whiteston
All Other Days During January at Home.
- Bethel Township**
JULIAN LONG, List Taker
Jan. 4, 18, 25 J. W. Gatling Store, Bethel
Jan. 11 Court House, Hertford
Jan. 15, 22, 29 J. W. Gatling Store, at Night
All Other Days During January at Home.
- Hertford Township**
PERCY ROGERSON, List Taker
Jan. 2, 3, 4 Court House, Hertford
Jan. 8, 10, 11 Court House, Hertford
Jan. 13, 15, 17, 18, 20 Court House, Hertford
Jan. 22 through 31 Court House, Hertford
- New Hope Township**
CARSON SPIVEY, List Taker
Jan. 4, 11, 18, 25 Post Office, New Hope
Jan. 15, 22 Turner's Store
Jan. 24, 31 New Hope
All Other Days During January at Home.
- Parkville Township**
MRS. BELLE PROCTOR, List Taker
Jan. 4, 10, 11, 17 Fred's Store, Winfall
Jan. 18, 24, 25, 31 Fred's Store, Winfall
Jan. 14, 21 Towe's Store, Chapanoke
All Other Days During January at Home.

Sec. 901 (G.S. 105-307) Duty to list; Penalty for failure: It shall be the duty of every person, firm, or corporation, in whose name any property or poll is to be listed under the terms of this sub-chapter, to list said property or poll with the proper list taker, or supervisor, within the time allowed by law, on a list setting forth the information required by this sub-chapter. In addition to all other penalties prescribed by law, any person, firm or corporation whose duty it shall be to list any poll or property, real or personal, who willfully fails or refuses to list the same within the time allowed by law, or who removes or conceals property for the purpose of evading taxation, shall be guilty of a misdemeanor punishable by a fine not to exceed fifty dollars (\$50.00) or imprisonment not to exceed thirty days; and any person, firm or corporation aiding or abetting the removal or concealment of property for the purpose of evading taxation shall be guilty of a misdemeanor punishable by a fine not to exceed fifty dollars (\$50.00) or imprisonment not to exceed thirty days. The failure to list shall be prima facie evidence that such failure was willful. (1957, c 848).

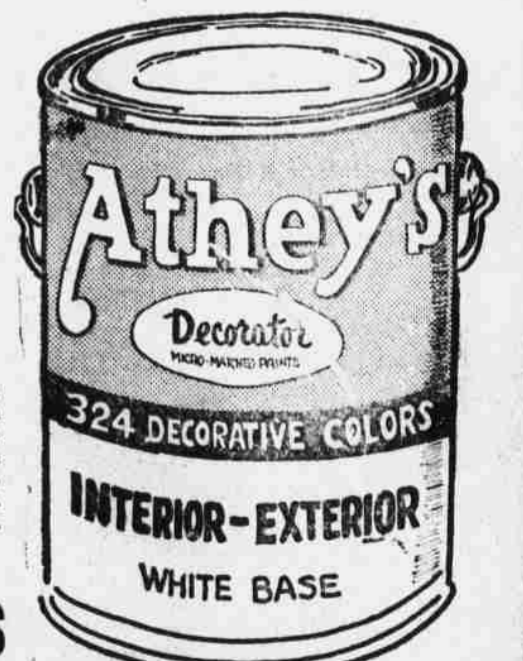
JULIAN C. POWELL, Tax Supervisor PERQUIMANS COUNTY, NORTH CAROLINA



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