

Lunch Menus For Sept. 2-5

CENTRAL & UNION	Apricots
Monday:	Milk
Holiday	Plates:
Tuesday:	Monday:
Fishwich	Holiday
Tarter Sauce	Tuesday:
French Fries	Pork Pattie-Bun
Coleslaw	Glazed Apples & Sweet
Milk	Potatoes
Wednesday:	Buttered String Beans
Beef Stew	Milk
Carrots & Potatoes	Wednesday:
Green Peas	Country Style Steak
Applesauce	Mashed Potatoes-Gravy
Cornbread	Buttered Peas
Milk	Rolls
Thursday:	Milk
Baked Beans-Franks	Thursday:
Coleslaw	Fish Portions
Glazed Apples	Macaroni & Cheese
Hot Rolls	Lima Beans
Milk	Coleslaw
Friday:	Corn Sticks
Country Style Steak	Pineapple Slices
Green Beans	Milk
Whipped Potatoes	Friday:
Cornbread	Hot Dog-Roll
Purple Plums	Peas & Carrots
Milk	French Fries
PERQUIMANS COUNTY HIGH SCHOOL BOXES	Orange Juice
Monday:	Milk
Holiday	HERTFORD GRAMMAR
Tuesday:	Monday:
Pork Pattie-Buns	Holiday
Glazed Apples & Sweet	Tuesday:
Potatoes	Hot Dog-Roll
Bittered String Bean	French Fries
Milk	Orange Juice
Wednesday:	Chocolate Pudding
Fish Sandwich	Milk
French Fries	Wednesday:
Coleslaw	Toasted Cheese & Bologna-
Pineapple Slices	Bun
Milk	Peas & Carrots
Thursday:	Strawberries-Topping
Hamburger-Bun	Milk
Buttered Peas	Thursday:
Sliced Tomatoes	Breaded Fish Portions
1/2 Pear	Buttered White Potatoes
Milk	String Beans
Friday:	Cornbread
Spiced Ham Sandwich	Lemon Pudding
1/2 Peanut Butter Sandwich	Milk
Health Salad	Friday:
	Beef Stew
	Carrots & Potatoes
	Mixed Fruit Cup
	Milk



BOTTLE-MAKING — Last Thursday, county 4-H Club members participated in a session on making antique bottles. The arts and crafts session was part of the Food & Fun Good Nutrition Camp jointly sponsored by the Homemakers Extension Office and the Economic Resource Center.



NUTRITION CAMP HELPERS — Some of those aiding in the Food & Fun Good Nutrition Camp were (l. to r.) Maria Bryant, Community Service Worker with the E.I.C.; William Bowser, antique bottle-making instructor and Mrs. M. B. Taylor, Home Extension Agent. (Newbern photos)

Food & Fun Camp

The Perquimans County 4-H Food and Fun Good Nutrition Day Camp was declared a success by Mrs. M.B. Taylor, Home Economics Extension Agent. The camp opened August 20, and terminated on August 21. The two day camp was held at the Economic Resource Center, in Hertford and was sponsored by the Agricultural Extension Service and the Economic Resource Center.

The theme for the camp was Food Makes the Difference. The camp opened with special greetings by Mrs. W.O. Harvey, Coordinator for Economic Resource Center. The following classes were offered: Craft, Tie Dying, Foods and Nutrition, Recreation, and Table Setting and Service. The classes began each day at 10 a.m. and ended at 3 p.m.

The classes were Antiqued Bottles Demonstration and Workshop by William Bowser, Elizabeth City State University and Economic Resource Center; Tie Dying Demonstration by William Simon, Out Reached Worker; Table Setting and Service, and Foods and Nutrition by Mrs. M.B. Taylor, Home Economics Extension Agent; Mrs. Earlene Sellars, 4-H Club Leader, and Mrs. Marie Bryant, Outreached Worker were in charge of the recreation. Mrs. Monica Applegate and Mr. William assisted with the transportation.

An assembly program was held each day. There were 37 participants in the 4-H Food and Fun Good Nutrition Day Camp.

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Taking A Look Backward

AUGUST 1937
By VIRGINIA WHITE TRANSEAU

LUCIUS BLANCHARD JOINS WEEKLY STAFF: Lucius Blanchard recently joined the advertising staff of the Perquimans Weekly as Assistant to the Advertising Manager, Hector Lupton. Mr. Blanchard, who is a Hertford boy, has had considerable experience in the newspaper work, having for the past several months been employed as bureau manager of the Daily Independent in Hertford, and for two years prior to that time was employed in the same capacity for the Daily Advance.

PLAN START NEW HOPE COMMUNITY HOUSE OCT. 1: Construction on the New Hope Community House, the first of two community buildings which are to be erected in Perquimans County, is to begin about October 1. Farmers of the communities who are furnishing the timber for the rough material to be used in the frame work of the buildings are now getting out logs which will be sawed for this purpose. Already ceiling and shingles have been delivered by the WPA on the site recently purchased at New Hope.

HERTFORD FOLKS ENJOY VISIT OF BIG JIM FARLEY: Postmaster General James A. Farley, who visited Hertford on Tuesday while enroute to the big celebration on Roanoke Island on Wednesday, making stops at

Roberson's Drug Store and also at the State Theatre, made a big hit with the local folks to whom he was introduced by W.T. Culpepper and with whom he engaged in friendly conversation. Mr. Culpepper, postmaster of Elizabeth City and owner of the State Theatre in Hertford, went to Fayetteville, where the Postmaster General made an address on Monday night, and returned with him to Elizabeth City where Mr. Farley remained until the arrival of President Roosevelt's special train on Wednesday morning, when the entire party embarked on the Coast Guard cutter for Roanoke Island.

CHANGE IN SERVICE STATION MANAGE- MENT: Heywood Butler, a former resident of Hertford for several years has lived at Wilson, has recently moved to Hertford and has taken over the management of the Texaco Service Station, with Heywood Divers as assistant. Mr. Butler is the youngest son of the Rev. A.A. Butler, of Hertford. Paul Green, who recently managed this service station has returned to Gatesville, his former home.

PLYMOUTH MILL BUYS WOOD FROM PARKVILLE MAN: O.D. Layden, Parkville Township farmer, is cutting out the first

carload of pulp wood from Perquimans for the new pulp wood plant at Plymouth. The pulp mill will buy any green pine timber measuring from 4 to 12 inches, in diameter.

FRANK BROWN IMPROVES: Frank Picard, the young son of Mr. and Mrs. W.T. Brown, who has been sick since shortly after school closed, for most of the time confined to his bed, is very much improved and his many friends rejoiced to see him downtown on Monday morning. While still unable to get about much, because of the effects of an acute attack of inflammatory rheumatism, it is believed he is well on the road to recovery.

Students Enter UNC-CH

The following students from Perquimans County are entering the University of North Carolina at Chapel Hill for the first time this month: Carolyn S. Covert of Rt. 1; Freda G. Nelson, daughter of Mr. and Mrs. Carl S. Godwin of Rt. 2; Winston Earl Lane III, son of Mr. and Mrs. Winston E. Lane Jr. of Rt. 1; Betty

Murray, daughter of Mr. and Mrs. Charles F. Murray of 210 Market St.; Jackie E. Overton, daughter of Margaret B. Overton of Rt. 3; Margie Rogerson, daughter of Mr. and Mrs. William L. Rogerson of Rt.

3; and Ruth Ward, daughter of Mr. and Mrs. W. Jarvis Ward of 211 N. Church St. Ms. Nelson, Ms. Murray and Ms. Rogerson will be entering as juniors; Ms. Covert as a sophomore and the remaining are freshmen students.

The Perquimans Weekly

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Charles Woodard's PHARMACY NEWS

Hey! Didn't you forget something?

Now that summer is nearly spent, many of our readers can readily name that one item they forgot to take on their vacations — a first-aid kit.

Many people never think about first-aid until the need arises. It may be too late now, but it's never too late or too early to prepare for vacation emergencies. First-aid kits are needed year 'round whether you're hiking, camping, boating, biking, driving or just tinkering in the yard.

Your pharmacist is the man to see about making up the right kind of kit for you. We'll see to it that you're well prepared to handle any kind of small emergency.

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Reader's Forum:

Food For Thought

TO THE EDITOR:

The following letter to Ann Landers appeared in last week's papers. I think it has a lot of food for thought for all of us since small businesses have been and are the backbone of our nations.

The letter and her answer is as follows:

"Dear Ann Landers:

I'd like to ask the American people a few questions. It's a matter of economic survival to me as well as millions of other "little people" who have small stores.

Who do you ask to cash your checks? Who do you ask for credit when things are tight? Who do you ask to take ads for your organizations, yearbooks, and programs? Who do you ask for contributions for your church suppers and raffles? Who do you call after hours when you need a special item? Who do you ask to put up your posters for special events?

It's your local, hometown small businessman. After all, he's your friend and your neighbor.

But when you want to make a purchase, how often do you drive past his place of business and go to a giant store thinking you might save a few cents, without giving your local merchant a chance or even comparing his prices?

We are competitive with the biggest stores price-wise and our services are often better. But we can't survive much longer. When we go, you'll miss us. — Too Many to Name

Dear Too Many:

Your letter reflects one of the major social and economic problems of our times. It's becoming more and more difficult for the small, independent businessman to survive. I wish I knew the answer.

Signed: Ann Landers

Thank you for printing this.

BETTY SWINDELL
HERTFORD, N.C.

THE UNITED STATES POSTAL SERVICE

Announces An Examination For Substitute Rural Carrier Of Record At The **HERTFORD POST OFFICE** N. C.

Examination To Be Given At **Elizabeth City, N. C.**

Opening Date Aug. 25th, 1975
Closing Date Sept. 8th, 1975

All Qualified Applicants Will Receive Consideration Without Regard To Race, Color, National Origin, Sex, Political Affiliations, Or Any Other Non-Merit Factor.

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