

School menus for Sept. 25-29

The following breakfast and lunch menus have been announced for the Perquimans County Schools the week of Sept. 25-29. Breakfast menus are for grades K-8 only.

HERTFORD GRAMMAR

PERQUIMANS CENTRAL PERQUIMANS UNION
Mon. Sept. 25

French Toast
Chilled Pears
Milk

Pork Barbecue on School Baked Bun
French Fries
Cole Slaw
Milk

Tues. Sept. 26
Biscuit Yumbo (Ham & Cheese)
Fruit Punch
Milk

Tuna Salad on Lettuce
One-Half Boiled Egg
Sliced Tomatoes
Pickle Slices
Green Peas
Crackers
Milk

Wed. Sept. 27
Mixed Fruit Cup
Cheese Toast
Milk

Sloppy Joe on School Baked Bun
Lettuce & Dressing
Corn on Cob
Milk

Thur. Sept. 28
Assorted Cereal
Banana
Milk

Pork Chopped
Whipped Potatoes
Green Peas
School Baked Rolls
Milk

Fri. Sept. 29
Danish Pastry
Boiled Egg
Orange Juice
Milk

Named to Ford society

Ford Division of the Ford Motor Company recently announced that Allen Winslow has attained membership in the Ford Society of Professional Sales Counselors for 1978. Society membership can only be attained by those Ford salesmen who display outstanding sales achievement during the calendar year. Winslow is employed with Winslow-Blanchard Motor Co. in Hertford and has been a member of their sales staff since 1970.

COUNCIL ON AGING
The September meeting of the Albemarle Advisory Council on Aging will be held at 2 p.m. on Thursday, Sept. 21 at the Edenton Municipal Building in Edenton.

Letters From Our Readers:

Editor's Mailbag



Write-in candidate requests letters

TO THE EDITOR:

As write-in candidate for the U.S. Senate, I'm asking the wage earners of North Carolina to write and question me regarding any subject they want answered by me.

I will personally answer each letter that is signed and contains a stamped, self-addressed return envelope.

Please ask the question you feel is of importance to you. Listed are areas I feel are being neglected by our elected lawmaker: income taxes; social security; private property rights; rights of veterans, retirees, and active military; and reducing federal control over North Carolina educational, city, county, and state functions.

Please mail letters to: Sherwood for U.S. Senate, 281 Dug Hill Road, Tryon, NC 28782.

WILLIAM I. "BILL" SHERWOOD
Write-In Candidate for U.S. Senate

Weight control program outlined

Overweightness should be of concern to many people in Perquimans County. About 35 percent of men and 40 percent of women 40 years of age weigh 20 percent or more than recommended.

To help these adults, the Perquimans County Extension Service will start a weight control program

called "Slim Chance in a Fat World" on Oct. 27.

The program is for adults 18 years of age and older and will be held every Friday at 7:30 p.m. for six weeks. Meetings will be at the Perquimans County Office Building in Hertford according to Mrs. M.B. Taylor, Extension Home Economist.

She says, "No health problem related to nutrition is of more interest or importance to the general public than weight control. Thin is in! The masculine ideal is the muscular model — a trim body with good muscle development and no extra fat. Women want a slim body — many times to the point of being skinny.

In the weight control program, participants will learn to lose weight safely through eating well-balanced meals but fewer calories.

For more information on the weight control program, interested persons should write the Perquimans County Extension Office at P.O. Box 87, Hertford, NC 27944, or call Mrs. M.B. Taylor at 426-7697.

Taking a look backward

SEPTEMBER 1940
By VIRGINIA WHITE
TRANSEAU

FOUR SEASONS OPEN TO HUNTSMEN ON TRADITIONAL THANKSGIVING MORNING: To those whose feet yearn for the fields and woods and whose trigger-fingers itch for the feel of a trusty 20-gauge, on Thanksgiving morn comes the glad news that quail, turkey, grouse and rabbit will be in season for hunters on traditional Thanksgiving Day. The State Game and Inland Fisheries Division announced it Tuesday. The dove season will run through Nov. 30.

SERGEANT SUTTON HOME FROM CHINA FIRST TIME IN OVER TWO YEARS: Sergeant Ernest Sutton of the United States Marine Corps, son of Mr. and Mrs. C.E. Sutton of the New Hope Community, and schoolmate of many local boys in '36 and '37, arrived back in town Friday afternoon for a month's furlough. Since he left here in February of 1938, Sutton has spent 15 months in Shanghai and 13 months before that in the Philippines. He was given an immediate greeting by many friends as it is the first time he has been here since joining the Marine Corps. He came across the Pacific Ocean from China on a Navy transport, climbed on a train in San Francisco and came east. Ten of the 30 days were used up getting home. He will board his ship at Portsmouth in about 20

days from the time of his arrival here. **WINNIE WINSLOW TO WED THOMAS RIDDICK:** Mr. and Mrs. A.N. Winslow of Whiteston today announced the engagement

and approaching marriage of their daughter, Winnie Evans, to Thomas Riddick of Gatesville. The wedding will take place during the early part of October.

BIRTH ANNOUNCEMENT: Mr. and Mrs. McCoy Phisic near Cross Roads announce the birth of a son on Monday, Sept. 23.

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OUTSIDE COUNTY 8.50

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Your Pharmacist Charles Woodard Says

When's a cold not a cold?

Stuffed up, runny noses and red, puffy eyes don't always indicate a cold. Indeed, such symptoms may mean a nasal allergy.

Learn to tell the difference. Allergies usually cause persistent nose itching and thin, watery discharges as opposed to thicker nasal discharges from a head cold. Allergy symptoms often vary during the day becoming noticeably worse outdoors, whereas colds remain more constant. Finally, coughing, fever, and sore throats rarely accompany allergy attacks as in colds or upper respiratory infections. Consult your personal pharmacist for over-the-counter relief of colds and allergies.

Charles Woodard
Prescription Specialist

Woodard's Pharmacy
Dial 426-5527 Hertford, N.C.

Library update

By WAYNE HENRITZ
Perquimans County Librarian

ONGOING EVENTS

Bookmobile: The bookmobile will be operating in the Bethel and Harvey's Neck sections of Perquimans County this Friday, Sept. 22.

Story Hour: The story hour for preschoolers, ages 3-5, continues on Fridays from 10-11 a.m.

NEW BOOKS

Till Death Us Do Part by Vincent Bugliosi, author of Helter Skelter, is a true story about murders in California in 1966 and how the crimes are linked together.

Summer Lightning by Judith Richards is about life in Florida's migrant labor camps just before World War II.

Summer of the Spanish Woman by Catherine Gaskin is a novel about an Irish woman forced from Ireland to Spain by a forbidden affair.

Why Can't We Have a Baby by Alber Decker examines the causes and cures for childlessness.

The Sinking Executive by Adam Hall is the eighth in the Quiller spy series.

The Ludendorff Pirates by John Shanner is a novel about a British commando team's attempt to hijack a German battleship.

Side Effects by Mel Silverstein is about the love between a doctor and the woman who comes to him for a masectomy.

Prize Stories 1978, The O. Henry Awards is a collection of the year's best short stories.

The White Dragon by Anne McCaffrey is part of a science fiction trilogy about men and their dragons.

Celebrations by Arnold Adoff is a collection of poems by a number of black poets.

Warwyck's Woman by Rosalind Laker is a novel about a man who buys an English wife and gets more than he bargained for.

The Duchess of Vidal by Dawn Lindsey is about an English governess who marries a Duke who then becomes suspicious about her past.

SCUPPERNON GRAPES

Pick Your Own

PERRY'S FARM

NEAR HERTFORD

9-5 MONDAY-SATURDAY
CLOSED SUNDAY

30¢ Per Pound — Bring Containers

Follow Grubb Street Extended on highway to Tyner. Go 5 miles. Turn right and follow signs.

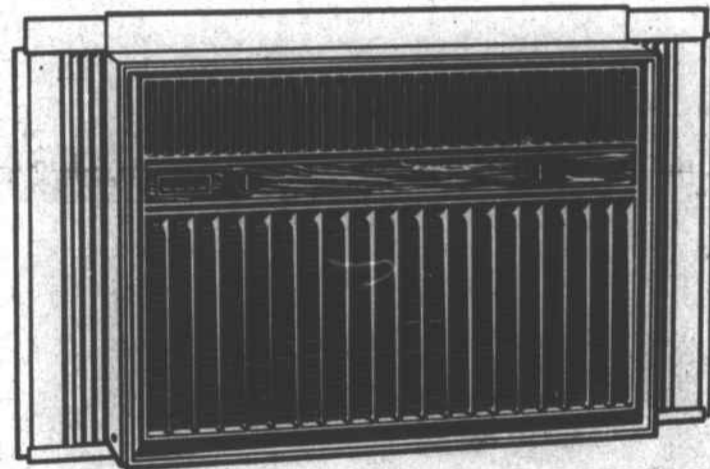
MOOREWHITE PRIMER
Benjamin Moore & Co.

13⁵⁰ GAL.

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ALLEN WINSLOW - WAYNE WINSLOW

USED CARS	CHECK THESE A-1'S	USED TRUCKS
77 Ford LTD, 4-Dr., V8, AT, AC, VT	74 Chev., 4-dr., V8, AT, AC, PS	77 Ford F150, V8, AT, PS, LB
77 Mustang II, 4 cyl., AT	74 Pontiac, Wagon, V8, AT, PS, AC	76 Ford F100, V8, AT, PS, LB
77 Ford LTD II, V8, AT, PS, AC	74 Capri, 2-dr., 4-cyl., 4-spd.	76 Chev. C10, 4x4, V8, AT, PS, LB
76 Mustang II, 4-cyl., AT	73 Ford Mustang, 2-dr., V8, AT, PS	75 Ford F150, V8, AT, LB
76 Ford Granada, 4-dr., 6-cyl., AT, PS, AC	73 Pinto wagon, 4-cyl., AT, AC	75 Ford F250, V8, AT, LB, PS
76 Ford Elite, V8, AT, PS, AC	71 Pont., 4-dr., V8, AT, AC, VT	74 Ford Supercab, V8, AT, PS
74 Mustang-II, 2-dr., 4-cyl., AT	69 Mustang, V8, AT, PS	74 Ford F100, V8, AT, PS, LB
		74 Ford F-350, V8, 4 Spd. PS
		74 Ford F-100, 6-cyl., SS, LB
		73 Ford F100, V8, AT, PS, AC
		73 Ford F-250, V8, LB, SS
		73 Ford F100, V8, ST, LB, PS
		72 Chev. C-10, V8, ST, LB

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