Teen Topics



IN NEW BERN TODAY -

This year, when you mail your out of town Christmas cards, take the trouble to write a little personal note on each one of them. An inexpensive greeting, with a message added in your own handwriting, will be appreciated more than a high priced card that has only your signature.

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from

Jim O'Daniei Pharmacist

Persons allergic to insect bites should avoid perfumes, hair sprays, and suntan lotions which attract insects. Wear shoes, long trousers, and long sleeves - avoid flower prints that attract bees. Keep picnic food covered until the moment it is served. Any person with a known allergic reaction should carry prescribed drugs for his immediate use.

health is precious... ici us help protect yours



Unfortunately, people young and old have gotten away from writing letters, and for this reason your holiday note will. be doubly welcome. There's really no secret to writing interesting letters. Talk on paper just as you would in face to face

Don't ramble. The most boring person in the world is the one who talks all around a subject, and never gets to the point. Or if he or she does finally get to the point, has by that time lost your attention.

conversation.

Keep in mind the famous person who, when writing a friend, said, "If I had more time I would have written a shorter letter." Don't expect lengthiness to offset dullness. It never does. Be sure that you choose things to write about that you know the recipient of the letter will find interesting.

Don't start off your letter by making excuses for not communicating earlier. This will give the impression that you consider it a disagreeable chore, to be put off as long as possibly can. Don't

For Top Tunes by **Your Favorite** Recording Stars YOUR TEEN-AGE

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Looking Glass -

(Continued from page 1)

expressions and reactions of our people at the center those few moments after our men first set foot on the moon back in July," he says. Some 10,-000 workers are employed in the two-square-mile Spacecraft Center. Over half of these are employed by private

Bob, the son of Mr. and Mrs. Earl F. Ernul of New Bern, is a long way from home, but he can count on Southern cooking. He married the former Judy Phifer, daughter of the W. C. Phifers of Albemarle. They have an infant daughter, Christy, and Ernul's only regret is that he doesn't get much time to spend with wife and baby.

Bob and Judy met at Langley Field in Virginia, when she landed a secretarial position with the NASA branch there. In fact, their romance started the first day she was on the job. They were married in Albemarle in 1963. She was a secretary - stenographer for NASA for nine years, before and after their wedding.

Ernul has an aeronautical engineering degree from N.C. State, and did graduate work at the University of Houston.

elaborate on your ailments. unless you've been hospitalized with something serious. Few care to receive medical reports each time they hear from an acquaintance.

Think of something to say besides the state of the weather when you write, unless there's been a hurricane, a tornado, or an unseasonably heavy snow. That friend of yours, quite some distance away, can't be expected to get excited over your announcement that it has been hot or cold where you happen to be. Everybody everywhere experiences routine weather changes, according to

Leftovers from Holiday Turkey **Can Have Appeal**

With turkey in such good supply, chances are you'll be treating your family to a traditional roast turkey dinner at Thanksgiving time.

But after the turkey feast is over, and the dressing, cranberry sauce and carcass are safely stored in separate containers in the refrigerator, you will have the dilemma of what to do with the leftover turkey.

With a little know-how, turkey leftovers can still have holiday glamour the second goround.

USDA's Consumer and Marketing Service suggests using turkey scraps in simple-tomake Creamed Turkey, and serving it on rice, which is al-

so in abundant supply.

CREAMED TURKEY 1/4 cup fat (margarine or butter), 1/4 cup flour, 3 cups fluid milk, 2 cups cooked turkey, cut into small pleces and salt and pepper to taste, l cup cooked or canned peas, if

you like. Measure fat, put in a pan, and melt over medium heat. Measure flour and stir into fat. Measure milk and slowly stir into flour and fat mixture. Cook and stir over medium heat. Continue stirring to prevent sticking and keep smooth. Cook until thickened, about 3 minutes. Combine the cream sauce with turkey, salt, pepper, and peas, if you like. Place over low heat until turkey and peas are hot. Stir often. Makes six servings, about 2/3 cups each.

Pretty Scales

Sardines are descaled before they are canned. These scales are used to make artificial pearls, cosmetics, lacquers and many other products.

Top Ten Tunes In New Bern This Week

- 1. Come Together -- Beatles. 2. Smile A Little Smile For
- Me--Flying Machine. 3. Take A Lettter to Maria
- -- R. B. Greaves.
- 4. Wedding Bell Blues -- Fifth Dimension.
- 5. Suspicious Minds--Elvis Presley.
- Baby It's You--Smith. You've Lost That Lovin' Feeling--Dionne Warwick.
- 8. And When I Dle--Blood, Sweat and Tears.
- 9. Try A Little Kindness--Glenn Campbell.
- 10. Fortunate Son -- Creedence Clearwater Revival.
- (This week's Mirror pickfor a future spot in the Top Ten is Mel and Tim's "Backfield In Motion).

CRAVEN COUNTY'S COUNTRY AND WESTERN **FAVORITES**

- 1. Okie From Muskogee--Merle Haggard.
- 2. Groovy Grubworm--Harvey Wilcox and the Oakles. 3. Try A Little Kindness--
- Glenn Campbell. 4. Back In The Arms of Love
- --Jack Greene. 5. The Ways to Love a Man -- Tammy Wynette.
- 6. To See My Angel Cry--Conway Twitty.
- 7. Since I Met You Baby--Sonny James
- 8. She Even Woke Me Up To Say Goodbye--Jerry Lee Lewis.
- 9. Haunted House--Compton Bros.
- 10. I'd Rather Be Gone--Hank Williams.

(This week's Mirror pick for a future spot in the Top Ten is David Houston's "Baby Baby").

The two most important muscles which operate without the direction of the brain are the heart and the tongue.

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