

Notes Around Town

Miss Jackie White, daughter of Mr. and Mrs. Butch White, filmed a commercial for the Cystic Fibrosis Foundation that will be shown over WCTI-TV this week. She appeared with Steve Owens of WHIT radio station in New Bern.

Mrs. Randy Nobles has undergone surgery in Craven County Hospital.

Mr. Logan Donnell has been receiving treatment in Craven County Hospital.

Mrs. Reba Mitchell underwent surgery at Lenoir Memorial Hospital in Kinston on Monday.

Lisa Kay Morris underwent surgery at Lenoir Memorial Hospital on Wednesday.

Philip E. Morris continues to be an outpatient at Craven County Hospital. However, he is improving. He has had as out-of-town guest recently Rev. and

Mrs. Willie Stillely of Bridgeton, Mrs. Herman Boyd of Pitt County, Mrs. Ray Dail of Chicod, Judge and Adrian Snyder of Greenville, Dr. G. C. Najour and Dr. W. D. Hewitt of Kinston and Dr. W. C. Gray and A. C. Hardee of Greenville.

Mr. and Mrs. Robert Barrow and son, Wane, attended the East Carolina-Marshall football game in Greenville Saturday night.



Mr. & Mrs. Larry Davis

Davis' celebrate 50 years

by Mary Etta Sutton

Mr. and Mrs. Larry Davis of Asbury were honored with a reception in observance of their 50th wedding anniversary on Sunday, Nov. 19, at the home of Mr. and Mrs. Charles Conway.

Hostesses were Mr. and Mrs. L. C. Conway, Mr. and Mrs. Nat Powell, Jr. and Mr. and Mrs. Charles Conway. Mrs. Davis was presented a corsage of yellow mums by the hostesses and Mr. Davis

received a yellow mum boutonniere.

The 100 guests that called during the hours of 3 to 5 p.m. presented the honorees with many useful gifts.

Refreshments of a 3 tiered wedding cake topped with bells and the numeral "50", cookies, cheese biscuits, ham biscuits, chicken salad in patty shells, nuts, mints and fruit punch were served from a table

decorated with a beige lace cloth centered with an arrangement of yellow chrysanthemums flanked by lighted white tapers.

Mrs. J. W. Langston served cake and Mrs. J. S. Riggs, Jr. poured punch. Assisting were Miss Leslie Conway and Miss Natalie Faye Powell. L. C. Conway greeted the guests and Mrs. Nat Powell, Jr. presided over the guest book. Mrs. Jimmy Hancock accepted the gifts.

GET YOUR \$ WORTH
By SALLY and JIM ADAMS
CHEAP HEAT

A fireplace is a cheery thing on a cold winter's evening, but the sad truth is that it's inefficient — about 90 percent of the heat is lost up the chimney, taking with it warm air from the room. A fireplace can actually increase your overall heating costs.

Today a good many people are using an alternative — the old-fashioned wood-burning stove. Unlike a fireplace, a stove is 50 percent efficient, and with wise use will permit you to turn off the furnace for long periods.

What you have to determine is, will the cost of the stove and its installation, plus the cost of the wood you burn, add up to less than the cost of running your furnace? You can buy a stove for as little as \$100, but it may not be of solid, airtight construction. The stove and connecting pipes get very hot and the fire hazard is always there; you'll be wise to invest around \$300 for a well-made stove, have it installed by an expert and inspected by a local fire official. And

follow the manufacturer's recommendations for use and maintenance.

In some areas — particularly cities — seasoned hardwood (which is the best kind to burn) is so outrageously expensive that you save nothing. But there are ways to beat this problem. You can get wood for free. Get permission to collect dead trees and fell live ones in the national forests, and in many state and city parks (but not in state forests).

Sometimes you can take away the trees cut down by park and highway departments and by power companies. Pick up scrap lumber at building and demolition sites and at lumber yards.

Easy To Tell
It's easy to pick out the persons who haven't had much experience with civic committee work. They're the ones who always get to the meetings on time.

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Birthdays

November 25
Carthene Gurkin
John F. Buck
Alfred Hoell
Sandra Strickland
John A. Johnson
Paulette Smith
Rex Fillingame
Bessie Marie Harris

November 26
Laura Anne Gaskins
Tony Cheson
Brian Moser Ippock
Kathy Keane
Virgil Dudley
Debbie Nipper

November 27
Hazel Mills
Grace Elks
Greg Gehrig
Cathy Lynn Norman
Beth Johnson
Susan McLawhorn

November 28
Myrtle Morris
Diana Whitford
Eugelia Taylor
Jerome Kite
Lillian Gaskins
Sarah M. Edwards
Ricky Nipper

November 29
Ricky Forrest
Joey Dixon
Lester Waters
Jackie Anderson
David Whitford
Rev. Jim Alves
Stewart Sutton
Rob Heath

November 30
Maggie Morris
Betsy Gaskins
Bennie J. Wiggins
Glen Buck
Bill Henry Morris

December 1
Ruth N. Tully
Sharon Morris Bland
Deanna Haddock

Anniversaries

November 25
Mr. & Mrs. Clyde Gaskins
Mr. & Mrs. Irvin McGee
Mr. & Mrs. James Earl
McLawhorn

November 26
Mr. & Mrs. Dale Carpenter
Mr. & Mrs. Everett Eatmon

November 27
Mr. & Mrs. Earl Moore
Mr. & Mrs. Gilbert Whitford, Jr.

November 28
Mr. & Mrs. Robert Tripp
Mr. & Mrs. Haywood Toler

November 29
Mr. & Mrs. Clyde R. Gaskins

Social News

Edited by

Hilda Barrow

Call: 244-0780



MEDICINE CHEST

Sponsored by Mike Morton, R. Ph.

Should pregnant women drink coffee? — T.M.

A recently published study from the National Coffee Association shows that the equivalent of four cups of coffee daily can cause birth defects in rats. Similar studies detected other reproductive problems in mice and rabbits. According to Michael Jacobson, director of the Center For Science In The Public Interest: "There is ample evidence that caffeine interferes with mammalian reproduction and may cause birth defects, miscarriages and infertility in humans."

I've heard that part of the treatment for psoriasis sufferers is to go into a special closet. Can you tell me more about this? — B.H.

The closet is lined with ultraviolet lights and is called Houva-Lite. Studies indicate that this closet, when combined with a drug called 8 methoxypsoralen taken 2 to 3 hours prior to closet entry, clears up psoriasis in 85 percent of the cases.

Is skim milk a good substitute for human milk (or cow's milk) for infants? — C.M.

Because of its low cost, skim milk is attractive for stretching the food budget. Even when fortified with vitamins A and D, it does not meet current recommendations because of inadequate calories from fat, absent essential fatty acids, absent vitamin C, excessive protein, excessive electrolytes and absent vitamin E. When it comes to infant feeding, do not change anything without consulting with your physician.

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