

Retail Groups Form State Body

Coordinate Activities on Taxation, Legislation And Politics

Retail trade associations of North Carolina have combined in a potentially powerful central body that will coordinate their activities on taxation, legislation and politics where areas of general interest are shared by all the member organizations.

Thompson Greenwood of Raleigh, executive secretary of the North Carolina Merchants Association, is chairman of the new group, which is called the North Carolina Council of State Retail Associations.

The Council anticipates a membership of 20 retail and service organizations representing a total of about 30,000 firms dealing with the public at the retail level.

Executives at the meeting made it plain their combined group would oppose any new taxes that would fall on the public through retail firms.

They also indicated the Council and its membership would be politically active when the general interests of the group made such action needed and advisable. In addition, the Council plans to present a united front in lobbying in the General Assembly on legislation of mutual concern to the member associations and the public served by their retailers.

Fruit Tantalizers

With all the heavy, rich Christmas foods fruits certainly can be a welcome change and here are some new ideas on serving fruits. These Fruit 'N' Juice cocktails and finger fruits required no silver, fill the bill for fruit first in the living room!

Fruit and Juice Cocktails: Arrange several pieces of fruit in each fruit juice glass; then add juice to fill. Have a few toothpicks ready on the same tray for those who wish to spear their fruit.

Gingerale over seedless grapes
Cranberry juice cocktail over canned apricot chunks

Lemonade or limeade (use frozen concentrated) over orange sections and pineapple chunks

Cider over apple slices or canned pineapple

Pineapple juice over frozen strawberries (cut frozen into cubes)

Cranberry juice cocktail over orange sections, canned sliced peaches, or pineapple chunks.

Finger Fruits: Choose one or more American cheese.

Food Sense—Not Nonsense



Winds Blew Free—But Sailors Had No 'C'

Of those who sailed the high seas of old, it rarely could be said, "they never had it so good." Food supplies on voyages were limited and outbreaks of scurvy were common. Scurvy is now known to be caused by lack of vitamin C.

It was by chance that sailors discovered that citrus fruits could prevent scurvy. Science revealed that the anti-scurvy—antiscorbatic—properties were due to the acid—vitamin C—now known as ascorbic acid.

Although scurvy is rare in this country today, a lack of adequate amounts of ascorbic acid in the diet can be recognized. A shortage will result in weakened walls of the capillaries—those tiny blood vessels which form an amazing network in the body. Those who have mild shortages may bruise easily. Lack of energy, muddy complexions and slow healing of wounds are other indications of a deficiency. Scurvy in children is frequently diagnosed as infantile rheumatism. If a deficiency of vitamin C is not too advanced, it may be corrected by adequate amounts of the vitamin in the diet.

Because the body is limited in its ability to store vitamin C, this nutrient must be obtained daily. The easiest way to meet the daily C requirement is through a generous serving of citrus fruit at breakfast. In fact, a well planned breakfast will not only furnish vitamin C but will furnish significant portions of the other nutrients we require. Enriched or whole grain cereal or toast, an egg or serving of breakfast meat and a glass of milk supply the breakfast's share of proteins, B vitamins and minerals.

Daily use of canned or fresh tomatoes, or tomato juice is also a simple way to get one's vitamin C. Often overlooked as sources of this nutrient are potatoes, cabbage and green vegetables, especially if uncooked.

Although vitamin C is more readily destroyed by heat or exposure to air than other vitamins, it is not always lost in cooking; most of the original "C" is retained in the potato. Acid fruits, prepared and refrigerated overnight lose their vitamin by breakfast time.

of these for fruit hors d'oeuvres platter. They can pinch-hit for first or salad course.

Pineapple chunks on toothpicks, to dip into Mace topped sour cream or deviled ham 'n' cheese spread.

Apple or pear wedges, dipped into lemon juice, then topped with sharp cheese spread or mixture of Roquefort and cream cheese.

Pear wedges, dipped into lemon juice to dunk in cream cheese whipped with orange juice until fluffy.

Banana spears, dipped into lemon juice, then rolled in chopped nuts.

Prunes, stuffed with crunchy peanut butter.

Avocado cubes on toothpicks, dipped into lemon juice or tangy cocktail sauce to dunk in grated process American cheese.

CARD OF THANKS

I want to take this means to express my sincere thanks and appreciation to my friends and neighbors for their many deeds of kindness, words of sympathy, flowers and cards during the illness and death of my father, W. F. Byrum.

MRS. MAMIE BYRUM



TAYLOR THEATRE

EDENTON, N. C.

Week Day Shows Continuous

From 3:30

Saturday Continuous From 1:30

Sunday 2:15, 4:15 and 8:45

ANDREW HAWKINS

Thursday December 24—

Sterling Hayden and Ann Sheridan in

"TAKE ME TO TOWN"

W. H. GARDNER

Friday and Saturday, December 25-26—

Doris Day and Howard Keel in

"CALAMITY JANE"

CLARINE LAMB

Sunday and Monday, December 27-28—

Bob Hope and Rosemary Clooney in

"HERE COME THE GIRLS"

WORTH LAYTON

Tuesday and Wednesday, December 29-30—

Double Feature

Elroy Hirsch in

"CRAZYLEGS"

—also—

Liz Taylor in

"THE GIRL WHO HAD EVERYTHING"

CARL KEETER

EDEN THEATRE

Friday and Saturday, December 25-26—

The Bowery Boys in

"PRIVATE EYES"

ANNETTE OLIVER

Note: If your name appears in this ad, bring it to the Taylor Theatre box office and receive a free pass to see one of the pictures



Here's our own special greeting to you as you observe

this greatest of all Holidays. May it be one of true

happiness for you and those about you. You have been

very liberal with your friendships and patronage and

we are truly grateful. Merry Christmas!

WESTERN AUTO ASSOCIATES STORE

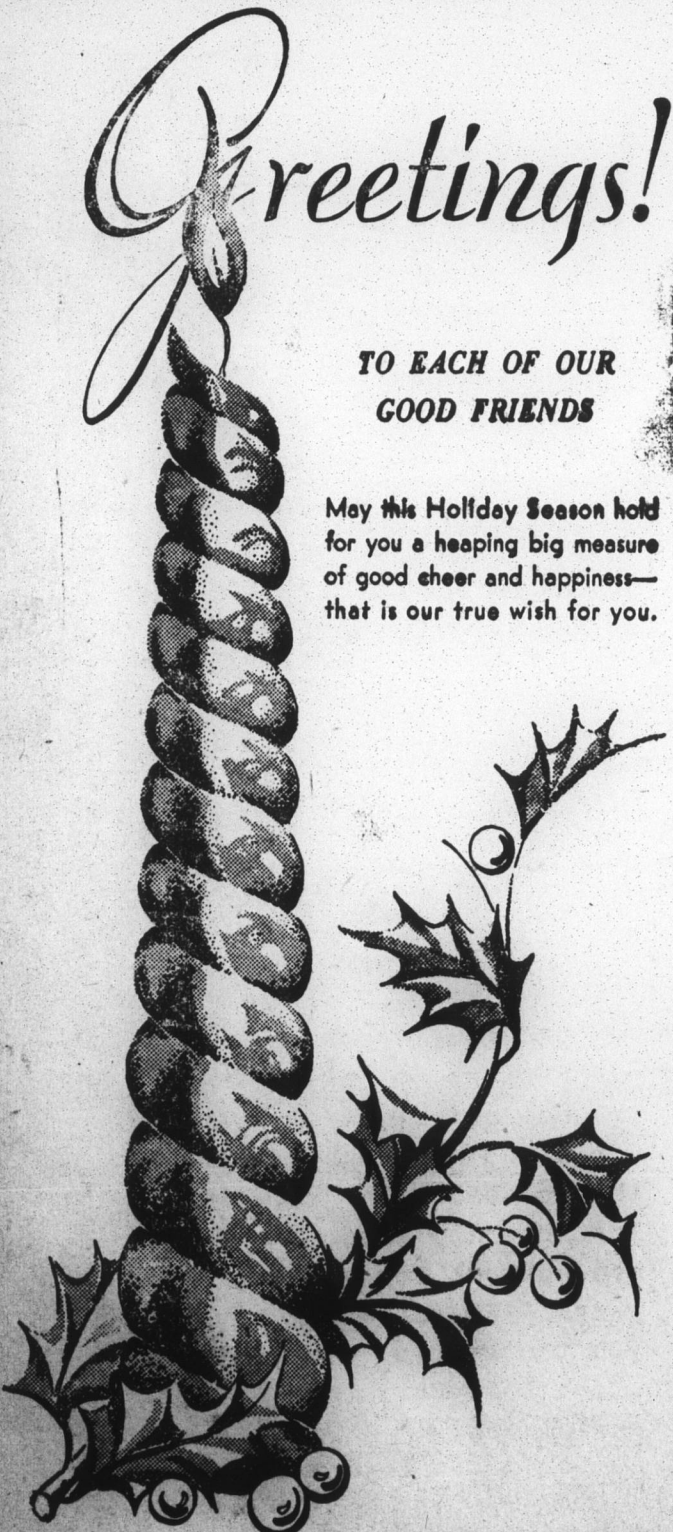
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WESTERN GAS SERVICE

Greetings!

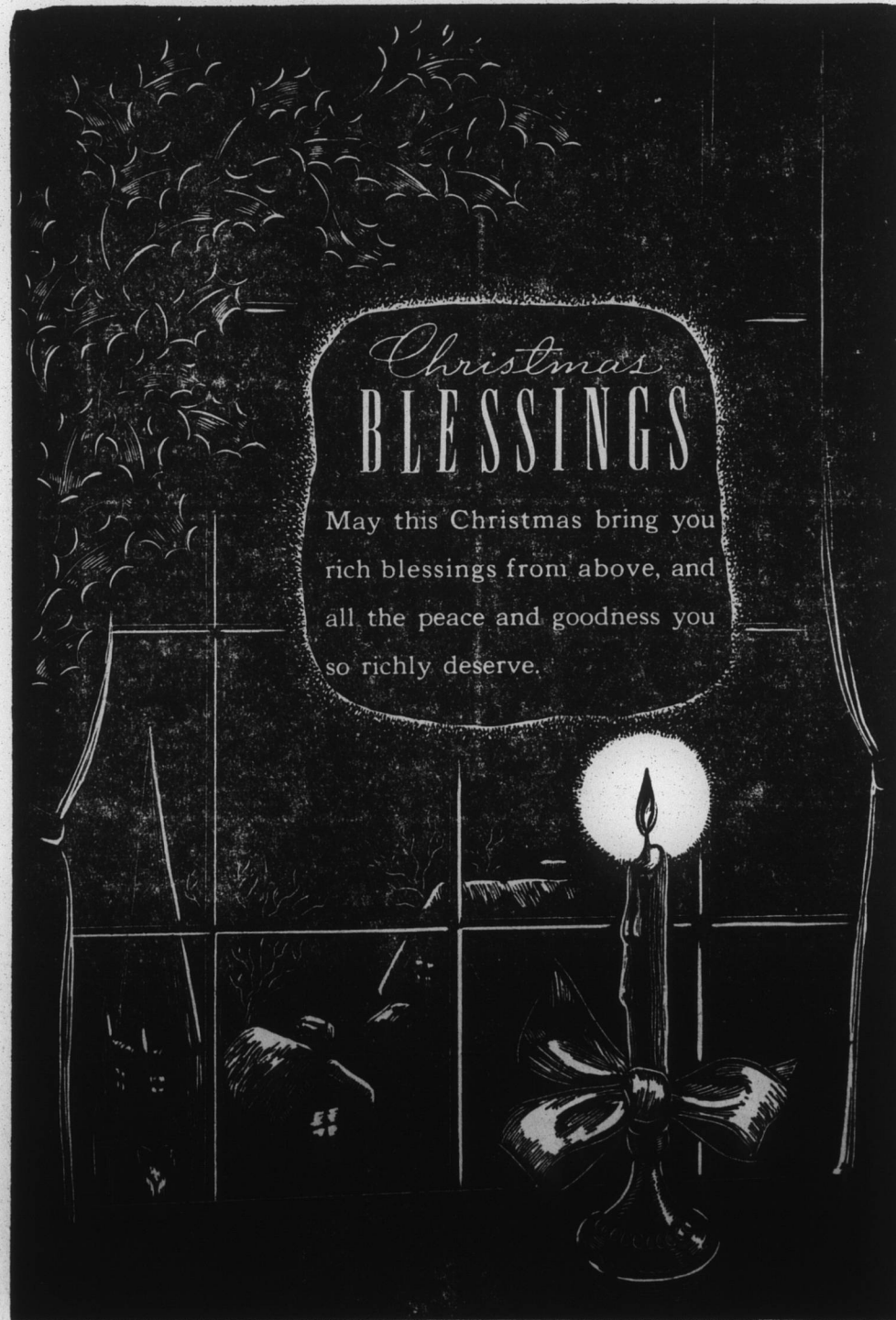
TO EACH OF OUR GOOD FRIENDS

May this Holiday Season hold for you a heaping big measure of good cheer and happiness—that is our true wish for you.



THE TRIANGLE LUNCH ROOM

EDENTON, N. C.



THE BETTY SHOPPE

EDENTON, NORTH CAROLINA