

Heart Check-up Is Painless And Simple

Heart Association Official Urges Precautionary Examinations

What is a Heart Examination? If more people know that it is a painless and relatively simple procedure, they would pay more attention to the advisability of having regular precautionary check-ups, says Dr. John G. Smith of Rocky Mount, vice-president of the North Carolina Heart Association.

There are many different forms of heart disease, Dr. Smith pointed out. "The ability of the physician to recognize and diagnose these conditions represents one of the great achievements of medical science," he explains. "Today there are few areas of medicine in which diagnosis can be made more accurately than in the field of heart and blood vessel disorders."

Two points which are being stressed by the Heart Association in its educational program, Dr. Smith says, are the following:

"It is now possible to detect most heart ailments accurately and early in their course. This is of great importance because the earlier they are diagnosed, the more effective will treatment be."

"Age-old misconceptions about the heart and 'symptoms' of heart disease have caused much unnecessary fear and worry. The simplest way to avoid needless anxiety—and to protect your heart—is to arrange with your physician for regular health and heart check-ups."

Edenton Jr.-Sr. Menu

Menus at the Edenton Junior-Senior High School for the week beginning Monday, March 1, will be as follows:

Monday—Hamburgers, buttered potatoes, green beans, carrot sticks, bread, butter, milk, grapefruit.

Tuesday—Vegetable soup, sandwiches, celery, crackers, bread, butter, milk, cake.

Wednesday—Tuna salad on lettuce, garden peas, potato chips, crackers, bread, butter, milk, jello with fruit.

Thursday—Chopped weiners in pork and beans, tossed salad, carrot strips, rolls, butter, peanut butter cookies, milk.

Friday—Beef pan pie with vegetables, stewed corn, string beans, rolls, butter, milk, peaches.

METHODIST SOCIETY MEETS

The Women's Society of Christian Service met Wednesday night of last week at the home of Mrs. J. Edwin Buflap, when 21 members were present. Mrs. G. A. Helms, president, presided over the meeting with a program, "Methodists Helping Rural Negroes," presented by Miss Mamie Hogg, with Mrs. Herman White, Mrs. W. C. Moore and Mrs. Helms participating. Miss Aurelia Layden opened the meeting with prayer.

During the evening tributes were paid to the memories of George Washington, Abraham Lincoln and Robert E. Lee, who were born in February.

At the close of the meeting refreshments were served by Mrs. Buflap, assisted by Miss Mamie Hogg.

OPENS BARBER SHOP

Allison J. (Shorty) Minshew has opened a barber shop at 923 North Broad Street. For many years he has been connected with E. J. Ward's barber shop.

GUILD MEETS MARCH 2

The Wesleyan Service Guild of the Edenton Methodist Church will meet Tuesday night, March 2, at 8 o'clock, at the home of Mrs. Ervin Griffin in Westover Heights.

John Deere Dealer Host To Farmers



A tense moment from the film "Mr. Christmas," feature of the John Deere Day program to be held for farmers and their families in the Edenton Elementary School auditorium tonight (Thursday) at 8 o'clock. The entertainment is sponsored by Hobbs Implement Company, local John Deere dealers. The program will include five color films and valuable attendance prizes will be awarded. There is no charge for admission.

Good Teeth—For You, Your Child Your Community

By ERNEST A. BRANCH, D.D.S.

The Council on Dental Health of the North Carolina Dental Society is sponsoring this series of articles on Dental Health. The writer, Dr. Ernest A. Branch, is the Director of the Division of Oral Hygiene of the North Carolina State Board of Health.

They Can Be Permanent—It's All Up To You

Our authority on such matters defines the word, permanent, thus: continuing or enduring in the same place, state, or the like, without marked change; not subject to alteration; lasting; abiding.

The second teeth have been named "permanent" advisedly for they can and should be "lasting" and "abiding." It is all up to you. A sad commentary on the situation is the fact that we consider as extremely healthy and fortunate the individual who still has his "own" teeth at the age of fifty.

Last week we attempted to show the importance of caring for those first four permanent teeth, the six year molars. Today we want to reinforce this and put in a word for the other twenty-eight permanent teeth: incisors, cuspids, bicuspid, and molars. They are all important and have their own functions. The central and lateral incisors, in the center front of the mouth, are used to cut food; the cuspids, eye teeth in everyday parlance, at the corners of the

mouth, are needed to tear food; the bicuspid, just back of the cuspids, assist in tearing and crushing food; while the molars do the grinding.

The permanent teeth begin to form at birth. They grow and develop under the baby teeth they are to replace. The six year molars begin to form even before birth. Usually all of the twenty baby teeth have been replaced by permanent teeth by the time a child is twelve years old. In addition, there are twelve molars in the permanent set: four first, or six year, molars; four second molars which erupt between the ages of 11 to 13; and four third molars, or wisdom teeth.

It will be seen, then, that the permanent teeth are developing and growing over a long period of years, from birth to at least 16 or 17 years of age. For these teeth to be healthy they must be built well. To be built well they must have the right materials. The right materials must be supplied by the diet. This will be another story.

Well built permanent teeth deserve good care. Brushing the teeth as soon as possible after eating, exercising self-control and moderation in the eating of sweets, and paying regular visits to the dentist are good dental health habits. They should be acquired early in life if the permanent teeth are to "endure in the same state, place, or the like, without marked change. It is all up to you."

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Miss Mary Berryman Weds Lieut. Woolery

Wedding Solemnized In Baptist Church Thursday, February 18th

The wedding of Miss Mary Berryman to Lieutenant Dean Woolery took place Thursday, February 18, in the Edenton Baptist Church with the Rev. R. N. Carroll officiating.

Miss Agnes Chappell, the church organist, played the wedding music. The bride, given in marriage by her father, wore a suit of medium blue with matching hat. She carried a bouquet of white roses and feathered carnations.

The bridegroom had as his best man Lieutenant William Martin.

Following the ceremony the bride and bridegroom greeted the guests, then left for a trip to the mountains of North Carolina.

Mrs. Woolery graduated from Mars Hill College, and Medical College of Virginia School of Nursing.

Lieutenant Woolery is the son of Mr. and Mrs. Woolery of Woodbridge, Calif. He is now stationed at the Marine Air Station in Edenton.

ah White, Miss Zene Elliott, Mrs. Audrey Nixon and baby girl, Miss Martha Jean Evans, Master Joseph Harrell, Mrs. Mabel Evans, Joe Swain, Mrs. Lula Jordan, Mrs. Katherine Riddick and baby girl, Mrs. Rita Bestick and baby boy.

Colored—Thelma Vaughan, Mammie Williams, Kattie Hawkins Savage, Libby Irene Billups and baby boy, Marie Dillard and baby girl, Madie Boyce and baby boy.

Patients discharged during the same week were:

White—Master Stephen Woodley, Mrs. Eva Ward, Joseph Nowell, Mrs. Josephine Powell, Mrs. Doris Lane and baby girl, Mrs. Sarah Hudson, Mrs. Mary Cayton, Mrs. Annie Lane, Mrs. Madge Bunch and baby boy, Betty Jean Lee, Mack Kennedy, Sidney Smith, Mrs. Mary Phelps, Master Russell Hurdle, Elva Tolley, Mrs. Sarah White, Mrs. Essie Parks, John Small, Joe Keeter, Mrs. Helen Sutton and baby boy, Mrs. Rachel Hughes, Mrs. Eva Ward and baby girl, Noah Felton.

Negro—Marge Jennett, Mildred White, Madie Boyce and baby boy,

Kattie Hawkins Savage. Visiting ministers for the week of February 2-28 are: White, the Rev. John A. Beshel; colored, the Rev. C. H. Johnson.

Community Auctions Each Friday Night

A community auction sale is scheduled to be held at the American Legion hut every Friday night at 8 o'clock when furniture, clothing, tools, hardware, household items, farm equipment and many other items will be sold to the highest bidder.

Robert (Bob) Shea is the auctioneer.

ENGAGEMENT ANNOUNCED

Mrs. Dora S. Snell of Creswell announces the engagement of her daughter, Ramona Joyce, to Joseph Bennie Twine, son of Mr. and Mrs. J. M. Twine of Windsor. The wedding will take place Sunday, March 21, at Phillip Church of Christ in Creswell at 4 o'clock in the afternoon.

Hospital Patients

Patients admitted to Chowan Hospital during the week February 15-21 were:

White—Mrs. Doris Lane and baby girl, Elisha Modlin, Master Stephen Woodley, Mrs. Eva Ward, Mrs. Mary Sawyer, Mrs. Essie Parks, Betty Jean Lee, Sidney Smith, Mrs. Mary Phelps, Joe Keeter, Mrs. Bertha Thompson, Mrs. Eva Ward and baby girl, Mrs. Helen Sutton and baby boy, Mrs. Sar-

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SPECIAL NOTICE

Effective Saturday, February 27, our Salesroom and Parts Department will remain open until 5:30 P. M., each Saturday. Our Service Department will continue to close at 12:30 P. M., each Saturday.

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