

"Save Your Vision Week" Is Observed

Dr. A. F. Downum Gives Seven Tips For Better Sight

With this week designated as "Save Your Vision Week," by the N. C. State Optometric Society, Dr. A. F. Downum, local optometrist, advances seven tips for better sight in school. "Of course," said Dr. Downum, "one of the best signs of visual difficulties can be found on the report card. If grades are lower in subjects requiring the most reading, it's a pretty sure sign that an eye doctor should be consulted."

But to help make certain that no visual troubles develop these are the seven rules to follow:

- (1) Read with a clear, good light falling from above your shoulder, (2) Hold your book about 14 inches from your eyes, (3) Always read with your head up, (4) Keep your books clean; a soiled page is hard to read, (5) Avoid books printed indistinctly in small type, or on glossy paper, and (7) If your eyes ache, or you have trouble seeing things, have your eyes examined.

"Today's school child must read 15 times more than in 1900," said Dr. Downum, "and over 80 per cent of the reading, writing and other school achievement is dependent upon the child's ability to see properly."

Edenton Jr.-Sr. Menu

Following are the menus at the Edenton Junior-Senior High School for the week beginning March 15:

Monday—Vegetable soup, sandwiches, carrots, crackers, milk, cup cakes.

Tuesday—Hamburgers, mashed potatoes, gravy, green limas, beets, rolls, butter, milk.

Wednesday—Beef stew with potatoes, glazed carrots, string beans.

rolls, butter, lime jello, cake, milk.
Thursday—Wieners, buttered potatoes, turnip salad, pickle relish, bread, butter, milk, peanut butter cookies.
Friday—Salmon croquettes, black-eyed peas, cole slaw, corn bread, milk, lemon custard.

Classified Ads

EASE THROAT! BUY SOOTHING, sanitizing, OLAG Tooth Paste at the drug store.

WANTED TO BUY—CLEAN RAGS must be free of buttons and pins, no scraps or woollens. Will pay 10c per pound. The Chowan Herald.

FOR SALE—ONE HIDEAWAY BED, one 48-inch rollaway bed with spring and mattress, one treadle type Singer Sewing Machine, one table radio. Will sell all for \$175 or best offer. Can be bought separately if desired. Write B.H. Colonial Motor Court. 1tc.

SPINET PIANO. THIS BEAUTIFUL little piano is located in the Hobbsville community. Good reliable person may have same with small down payment with several months to pay balance. For information write F. B. Merritt, Route 4, Salisbury, N. C. Mar11,18,25pd

MAN OR WOMAN TO TAKE OVER route of established Watkins customers in the city of Edenton. Earnings unlimited. No investment necessary. We will help you get started. Write J. R. Watkins Co., Dept. S-3, Richmond, Va. Mar11,18,25, Apr1pd

10 DAY SALE! AAA HAMPSHIRE Reds, R. I. Reds, Barred Rocks, White Rocks, Wyandottes, Rock-Red Crosses, Wyand-Rock Crosses as hatched. \$11.95 per 100. Heavy Breed Cockerels \$6.95 per 100 (positively no Leghorns). Write for low prices on Pullets. 12 Pekin Ducklings \$4.75. 15 Broadbreasted Turkey Poults \$12.00 C.O.D. 100% Live Delivery Guaranteed. 100% 19-C, Norfolk, Va. Phone 29040. tfe

Bloodtested. RUBY CHICKS, Dept. FOR SALE—SPOTTED POLAND China Boars, weighing about 150 pounds. See L. E. Twine, Tyner, N. C. Mar11,18p

WANTED—WHY WORRY ABOUT Athlete's Foot, Boils, Burns, Itch, Eczema, Impetigo, Pimples, Psoriasis, Ringworm or any known skin disease. Ask your druggist about V-J-O. Feb20,1955pd

SINGER SEWING MACHINES—New Singer machines may be purchased for as low as \$94.50. Budget terms. Liberal trade-ins. Singer Sewing Machine Center, 605 East Main Street, Elizabeth City, N. C., phone 4306. Nov5thc

SEWING MACHINE REPAIRS—on all makes. Free estimates in advance. We will loan you a machine while yours is being repaired. Singer Sewing Center, 605 East Main Street, Elizabeth City, N. C., phone 4306. Nov7thc

WANTED—MAN WITH CAR FOR local route work. 60 stops daily. Pays \$82 up weekly. Fuller Brush Co., Phone Greenville 5879 from 7 to 9 P. M. tfe

FOR RENT—TWO-BEDROOM large country home. Unfurnished, electric, large lawn, plenty of shade, large porch. Eight miles from town on hard surface road three quarters of a mile from Tyner. Near churches, school, post office and shopping district. Apply Andrew Ward's place, home of Parker Monds, or write W. E. Monds, 2910 North Boulevard, Tampa, Fla. Mar4,11,18c

FOR RENT—FURNISHED APARTMENT. 4 rooms and bath. 3 blocks to business section. Call 79-J. Mar11,18pd

FOR RENT—THREE-ROOM FURNISHED apartment, private bath, private entrance, downstairs, located in Hertford. Apply Mrs. Shannonhouse at Belk-Tyler's, Edenton. 1tp.

FOR RENT—2-BEDROOM HOUSE completely furnished on Base road. Inquire of Mr. Hall, 29 Westover Heights, phone 576-J. 1tc

JUST RECEIVED—NEW SHIPMENT of plants for dish gardens. Also potted plants, cut flowers for all occasions. Martha's Flower Shop. Phone 598-W, night and Sunday 120-W-2. 1tc

FOR SALE—2 LOTS IN WESTOVER Heights. See or phone T. B. Smith, 386-J-2. 1tp

WANTED—A GOOD RELIABLE man to supply customers with Rawleigh Products. Write Rawleigh's, Dept. NCC-310-127, Richmond, Va. 1tpd.

FOR RENT—FURNISHED 4-ROOM upstairs apartment with private bath. 219 East Queen Street. Phone 199-J. 1tc

FOR SALE REASONABLY. ELECTRIC cook stove, oil burner and hot water heater and television table. Make an offer. Dr. W. S. Griffin. 1tc.

FOR RENT—4-ROOM HOUSE 9 miles from Edenton. Furnished. Garage, electric lights, good location. Available April 1st. Call 408-W or see Mrs. Hattie Farmer 912 North Broad Street. 1tc

BUY COLONIAL MEATS WITH A MONEY-BACK GUARANTEE!
Colonial's Budget Beef - US Good Round or Rib

STEAKS LB. 59

Natur-Tender US Choice Round or Rib STEAKS lb 69¢
BUDGET BEEF US GOOD
SIRLOIN STEAKS LB. 69¢
Natur-Tender US Choice SIRLOIN STEAKS lb. 79¢
BUDGET BEEF US GOOD PORTERHOUSE, CLUB OR
T-BONE STEAKS LB. 69¢
Natur-Tender US Choice T-BONE STEAKS lb 79¢
BELTSVILLE WHITE - 4-8 LB. AVERAGE WEIGHT
TURKEYS LB. 59¢



COMPARE THESE PRICES ON COLONIAL'S JUICY TENDER STEAKS

Frozen Foods
MORTON'S FROZEN DELICIOUS TURKEY, BEEF OR
CHICKEN PIES . 3 8-Oz. Pies \$1.00
SPECIAL LOW PRICE—TENDER FRESH FROZEN
EVERGREEN PEAS 2 10-Oz. Pkgs. 33c
SPECIAL LOW PRICE—CRYSTAL FROZEN SLICED
STRAWBERRIES . . . 12-Oz. Pkg. 29c
MINUTE MAID FROZEN CONCENTRATED
ORANGE JUICE . . 3 6-Oz. Cans 45c

Dairy Foods
ARMOUR'S PURE CREAMERY BUTTER
CLOVERBLOOM . . . 1/2-Lb. Patty 39c
COLONIAL'S PICK OF THE NEST—LARGE
GRADE A EGGS . . . Doz. 59c
NEW YORK STATE EXTRA SHARP
AGED CHEESE 8-Oz. Wedge 37c
FRESH FLAVORED BLUE BONNET COLORED
MARGARINE Lb. 30c

HERE'S PROOF YOUR DOLLARS BUY MORE AT COLONIAL!
Lowest Price in Years! US NO1 WHITE
POTATOES
US NO1 YELLOW
ONIONS

Your Choice } **50 lb BAG 89¢**

SAVE DURING COLONIAL'S BIG DOLLAR SALE

CS EVAP. MILK . . . 8 Tall Cans \$1.00

ANOTHER DOLLAR SALE SPECIAL—MAINE
SARDINES PACKED IN OIL . . . 12 No. 1/4 Cans \$1.00

DELICIOUS READY TO FRY—GORTON'S
CODFISH CAKES . . 5 10-Oz. Cans \$1.00

LOOK AT THIS VALUE ON REDGATE
TOMATO JUICE . . 10 No. 2 Cans \$1.00

GRANULATED SUGAR 10 lbs \$1.00

Starkist Green Label CHUNK TUNA 3 No. 1/4 Cans \$1.00

CHEESE STRATA



WANT TO SELL?
— CONTACT —
ROBERT (Bob) SHEA, Auctioneer
Edenton — Phone 795-J-2
LEGION HUT — LOCATED ON EDENTON-WINDSOR HIGHWAY

For Mother's Day
REMEMBER HER WITH A FINE PORTRAIT...

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\$2.30 FIVE



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