

## Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, Negro Home Demonstration Agent

A joint meeting of the Home Demonstration County Council and Agricultural Advisory Committee will be held Saturday, February 1, at the Farm and Home Agents' office at 2:00 P. M. Goals and activities for the year will be made on home, farm and community improvement. All members of these councils are asked to be present.

were present.

### Eat A Square Meal Around Home

The right foods can make a difference in the way you look, feel and act. Do you raise all of the foods you possibly can on your farms? It's a proven fact that the people who have good food on hand—fresh, canned, frozen or stored—for the most part eat better foods more often than those who have to buy it. Now is the time to plan your garden. Decide what you will plant as well as where and when. Be sure to plan your garden large enough for daily needs and conserve for busy days and non-producing seasons. Are you raising small fruits, fruit trees, poultry, swine? Do you have a family milk cow? The farm agent and I will be very happy to work with you on producing your family food supply.

Our nutritionists have found that to be properly fed, we need every day, five servings of fruits and vegetables which include one green or yellow in color, one rich in vitamin C (as tomatoes, raw cabbage or citrus fruit) and three others (as potatoes, white beans, apples, etc); two or more servings of lean meat, fish, poultry or eggs; two to four cups of milk; and some enriched or whole grain bread or cereals. If you would raise all the food that you can on your farms you would certainly be healthier, wealthier and happier.

Be sure to get your orders in for strawberries and other small fruits right away.

Morris, Edenton; George Austin, Edenton; Miss Emma Simmons, Edenton; Harry Leary, Merry Hill; Mrs. Fannie Holley, Hertford; Earl Morris, Roper.

Patients discharged from the hospital during the same week were:

#### White

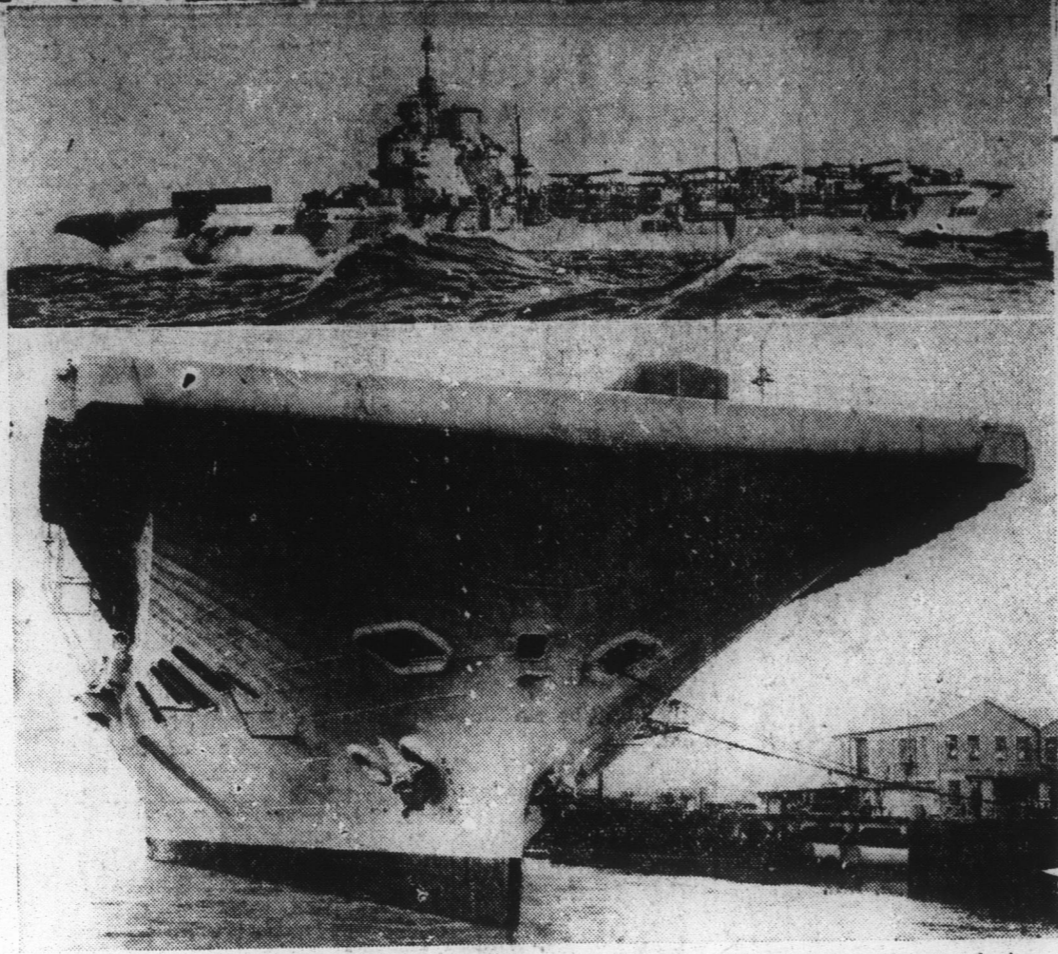
Mrs. Rosa Sanders, Hertford; Jerry Spruill, Roper; Noah Goodwin, Edenton; Lawrence T. Norman, Plymouth; John Rodgers, Plymouth; Willis Landing, Tyner; Mrs. Winnie Brickhouse, Columbia; Billy Ray White, Jr., Edenton; Mrs. Mabel Underwood, Edenton; Mrs. Vesta Davenport, Creswell; Mrs. Alma Wilkins, Edenton; Mrs. Bernie Liverman, Columbia; Mrs. Delores Wohlers, Edenton; Miss Brenda Mooney, Edenton; Merle Daniels, Edenton; Mrs. Evelyn Zedaker, Hertford; Miss Wanda Swanner, Edenton; William W. Spruill, Roper; Mrs. Martha Bass, Edenton; Mrs. Sabrah Spruill, Roper; Mrs. Marjorie Goldsmith, Edenton; Miss Inez Cahoon, Creswell; Mrs. Lillian Davis, Edenton; Mrs. Barbara Ann Bunch, Edenton; Mrs. Clarine Belch, Edenton; Mrs. Esther Barber, Roper; Mrs. Della Davis, Columbia.

#### Negro

Mrs. Eloise Basnight, Columbia; Mrs. Clara Simons, Edenton; Mrs. Rosa Lee Jordan, Hobbville; Weldon Lamb, Edenton; Miss Emma Simmons, Edenton; George Austin, Edenton; Mrs. Elnora Bond, Edenton; Mrs. Lillie Davis, Roper.

#### Births

Births during the same week were: Lieut. and Mrs. Donovan F. Wohlers, Edenton, a daughter; Sgt. and Mrs. Edwin L. Zedaker, Hertford, a daughter; Sgt. and Mrs. Earl Goldsmith, Edenton, a



**ANOTHER LIFE FOR THE H.M.S. VICTORIOUS**—When she was riding the seas during World War II, above, decks lined with old-fashioned biplanes, Britain's H.M.S. Victorious was recognized as a feared mauler of the seas. A splendid battle record included action in the Atlantic and Pacific theaters. Bombed off Okinawa, she was rebuilt. Now, below, the carrier is being hailed as the world's most modern as she awaits sea trials at Portsmouth, England. The scarred veteran has undergone a modernization program which began in 1950. It now has angled flight decks, steam catapults and the new mirror landing system. Capable of handling the latest and heaviest planes in the fleet air arm, the ship is fitted with an air purification system in case of radioactive fallout in a nuclear attack.

daughter; Mr. and Mrs. Ralph Bunch, Edenton, a son; Mr. and Mrs. Edgar Barber, Roper, a son. Visiting ministers for the week of January 27 - February 2 are: White, the Rev. R. O. Denton; Negro, the Rev. E. E. Williams.

### 20 YEARS AGO

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ed lifting a ban on shad and herring fishing in local waters.

Dr. F. H. Garriss, county health officer, announced a series of lectures for high school students on the rudiments of health but more specifically dealing with venereal diseases.

About 30 boys reported for football practice in anticipation of a game between two teams, calling themselves Pitt and Duke.

The Chowan County Council of Farm Women held its first meeting of the year at the home of Mrs. R. H. Hollowell.

Ruth Goodwin, eight-year-old daughter of Mr. and Mrs. Earl Goodwin, underwent an operation in the Norfolk General Hospital for appendicitis.

An appeal was received from President Franklin Roosevelt for financial contributions to relieve the suffering in China which was occasioned by a war there.

The Rev. C. A. Ashley was the principal speaker at the U.D.C. meeting celebrating Robert E. Lee's birthday.

Mrs. W. J. Daniels had an arm broken when she fell at the Bap-

### Hospital Patients

Visiting Hours: 10 to 11 A. M., 2 to 4 P. M., and 6 to 8 P. M. Children Under 12 Years of Age Not Permitted To Visit Patients.

Patients admitted to Chowan Hospital during the week of January 20-26 were:

#### White

Willis Landing, Tyner; Mrs. Winnie Brickhouse, Columbia; Billy Ray White, Jr., Edenton; Mrs. Mabel Underwood, Edenton; Mrs. Vesta Davenport, Creswell; Mrs. Alma Wilkins, Edenton; Mrs. Bernie Liverman, Columbia; Mrs. Delores Wohlers, Edenton; Miss Brenda Mooney, Edenton; Merle Daniels, Edenton; Mrs. Evelyn Zedaker, Hertford; Miss Wanda Swanner, Edenton; William W. Spruill, Roper; Mrs. Martha Bass, Edenton; Mrs. Sabrah Spruill, Roper; Mrs. Marjorie Goldsmith, Edenton; Miss Inez Cahoon, Creswell; Mrs. Lillian Davis, Edenton; Mrs. Barbara Ann Bunch, Edenton; Mrs. Clarine Belch, Edenton; Mrs. Esther Barber, Roper; Mrs. Della Davis, Columbia.

Negro  
Mrs. Blanch Williams, Windsor; Weldon Lamb, Edenton; Elijah

### Edenton Teams Easily Defeated By Williamston

By BILL GOODWIN  
Williamston's Green Wave completely scalped the Edenton Aces 60-38 and the Acelets 60-32 in games played in Edenton Tuesday night.

Big Gaylord Perry put in 38 points for Williamston and 6-foot 3-inch Abe Corey scored 17. Williamston led all the way. Billy Cook Griffin scored 24 points for the Aces in his best effort this season. Henry Overton got 8 points, Jack Bunch 4 and Billy Wilkins 2.

Williamston led all the way in the girls' game, too. Faye Abernathy put in 26 points for the Green Wave, Beth Spivey got 16 and Clara Reese with 12 led the scoring.

Sara Relfe Smith got 12 points to lead the Acelets, Frances Swain and Ruth Stokely got 6 each, Linda Spencer 5 and Imogene Rogerson 3.

The Aces will journey to Tarboro on Friday night and will go to Plymouth next Tuesday.

An added attraction at the home games is a rock-n-roll band composed of Billy Cates, Bud Skiles, Eddie George and Ashby Tarkington. There's never a dull moment any more.

### Mrs. O. C. Long, Jr. District V. President

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Mrs. C. W. Overman, district and county music chairman, announced that a music school will be held in Hertford, February 4.

She urged good attendance from Chowan County and asked each club to contribute to the music fund.

Clubs were requested to have a representative at the Hospital Auxiliary meeting each month.

and to have a report given at their club.

Health leaders in each club will conduct the cancer drive in the county area in April.

The home agent, Miss Mairied Morris, presented a very informative program on "Good Meals," stressing the nutritional values and eye-appeal of good meal planning. A filmstrip was shown and discussed with the group.

Rocky Hock Club was hostess to the Council this month, with Mrs. Henry Bunch and Mrs. Tommy Leary as chairmen.

### IN BEAUTY CONTEST

At a basketball game in Murfreesboro Saturday night, Feb-

ruary 1, between Chowan College and Campbell College, a girl from this section will be named this year's "Chowan High School Basketball Queen."

Among the contestants will be Ruth Jackson Stokely of Edenton.

### BIRTH ANNOUNCEMENT

Lieut. and Mrs. Roger Millett announce the birth of an 8-pound 5-ounce daughter, Stephanie, born at Onslow Hospital at Jacksonville, N. C. Mrs. Millett is the former Miss Dolly Kehayes, daughter of Mayor and Mrs. Ernest P. Kehayes.

## Excellent Opportunity To Own A Home in the Country PERFECT FOR RETIREMENT

- 6 1/5 Acres of Good Truck Crop Land
- 7-room Bungalow
- Excellent Drinking Water
- Chicken Lay House (chickens included in sale)
- Brooder House
- Barn, Smokehouse, Workshop
- Plenty of Fruit-Bearing Trees

— CONTACT —

## R. Elton Forehand

PHONE 3314

EDENTON

### Ricks Jewelers Move To Hertford

Ricks Jewelers, who have occupied the building next to The Chowan Herald for about three years, moved Tuesday of this week. The concern moved to Hertford, where it will be located in the old Hertford Bank building.

We see eye to eye and know as we are known, reciprocate kindness and work wisely, in proportion as we love.

—Mary Baker Eddy.

Chief of Police announced that 10 arrests were made for failure of dog owners to purchase dog licenses.

Coach David Holton announced that tennis would be added to the athletic program at Edenton High School.

William Adams was injured in an automobile wreck near Belvidere.

The A. S. Bush store at Cross Roads was entered and about \$150 worth of merchandise stolen.

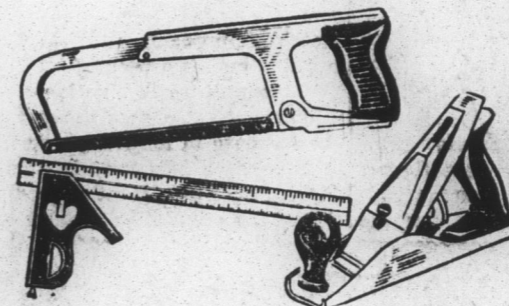
## Champion Bourbon by Schenley



\$2.85 Pint \$4.45 Fifth

8 Years Old Straight Bourbon Whiskey

### BILL DING Says:



You can depend upon the accuracy of our Hand Tools... All are precision-made to assure you of an excellent job. See 'em this week.

We have a wonderful selection of Builders' Hardware... locks, hinges, etc. You're sure to find something to fit the style of your home. Come in and look around.

See us for ideas, plans and materials for your DO-IT-YOURSELF projects... We have a large selection of Handyman Plans -- free for the asking!

## FREE PARKING

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