

**News About Clubs
in Chowan County**
By MAIDRED MORRIS
Home Demonstration Agent

March is "Egg Month" and we should try to add more eggs in our diet.

Spring is the traditional time to go on a diet. Back in the good old days, it was sulphur and molasses. Now in every popular magazine you read a different theory about what you should eat.

But one thing that all the scientists and nutritionists agree upon is that we all should eat a properly balanced diet, not too much and not too little. To a man they all agree that we should eat better breakfasts. Breakfasts that contain a fair share of our day's ration of protein. Complete protein, such as we find in Nature's little masterpiece—The Egg.

So, if you want to feel better and look better, whether you

want to shed a few pounds or add a few curves, the Poultry and Egg National Board reminds you to start the day right with a proper breakfast of fruit, eggs, toast and milk, with tea or coffee if you wish. Breakfast built around eggs is recommended as a "tone-up" for health any time, but particularly at this end-of-winter season. Besides it's both the flush production season and National Egg Month—an excellent time to enjoy the abundance of high quality eggs.

Do you have a finicky eater in your house? A small child who must be tempted? Here are a couple of suggestions from the Poultry and Egg National Board to make it easier for you to get your child to eat that egg a day which nutritionists say the small child should have. The suggestions are timely, for this is National Egg Month.

Beat the egg with a little milk and then whip, with butter, into a hot mashed potato. Little chil-

ren love it. Used as a border around other vegetables or meal or arranged in mounds, then oven-browned to a golden color, this is known on the finest tables as Duchess Potatoes.

Pound for pound eggs are one of the best protein buys in the market. A dozen large eggs must weigh at least 24 ounces (a pound and a half), according to the United States Department of Agriculture. The protein of eggs is so superior that it is used by scientists as a standard to measure the proteins from other sources. Eggs contain vitamin A, which makes us see well, the vitamin B complex, which puts nerve in our nerves, and Vitamin D and phosphorous which team up with calcium to build sturdy bones and teeth.

Eggs excel among foods because they can be cooked so many ways, so quickly and tastily, and they are low in calories and high in appetite satisfaction. This is a real boon to the many people who are dieting (as so many are this spring) because eggs are both good eating and good nutrition. . . . and a top value in today's market, according to the Poultry and Egg National Board, the non-profit, consumer-education, organization of the nation's poultry industry.

SUNDAY SCHOOL LESSON

Continued from Page 4—Section 2
missions includes more than financial support. BUT, IT DOES INCLUDE FINANCIAL SUPPORT. We tend to support the missionary program of the church with pennies. Let us hope that we do not conceive our duty to be so small. It is, indeed, a shame that the church has within it many fine men and women who are called to mission work, but who cannot go because funds are not available. Our support may lag through ignorance. Some may even not be completely committed to the missionary enterprise.

Paul was proud of his gospel—

not ashamed of it. He knew in this gospel there was more power than there was in Rome. This gospel was the power of God for the salvation of men (Romans 1: 16). We should be proud, as Paul was proud, of our precious heritage. And we should be proud to do our part, no matter how small, in passing this heritage on to the far-flung outposts of the world. Few of us will ever have an opportunity to go into a foreign field and work as missionaries for the church; but we can participate in this great field, by supporting, both financially and spiritually, those who have found missionary work to be their calling in life. If we cannot, as a congregation, support an American on the foreign field, we may find it within our means to help a lay national preacher or a student nurse. There is a great demand in the world today for both of these.

The missionary of the twentieth century needs many more skills than did his forebearers, in other ages and times. We need more men like the great Albert Schweitzer. In this present generation we have a vast potential for the spreading of the Lord's work in foreign fields. Let us not deny those who are gifted for this work, depriving them of our support and faith in them because of a lack of understanding on our part of the importance of our support.

Science has shrunk our earth until our world is a neighborhood. The Christian Church must make it a brotherhood, also. If we are Christians, we cannot eat cake when our brother has no bread. We cannot feel really free as long as our brothers are imprisoned or are living in modern slavery. A Christian CARES about what happens to every other person, and his faith DEMANDS that he be concerned. This is one world, and it cannot be separated into two parts—"home" and "abroad". It is not a case of doing for our own or for others. One faith compels us to do both. Our greatest concern should center upon whether we can do more, and if we are doing it in time.

Marines Lose Out In Basketball Tourney Played In Georgia

The NAAS All Star Basketball team had two bad nights and dropped both games they played on their recent trip to Albany, Georgia, for the Invitational Tournament there.

The first game was dropped to Graham AFB by three points, 51-48. Don Holman was Edenton's leading scorer with 13 points and 6-ft. 2-in. Dave Fenty turned in an outstanding job of rebounding despite the height advantage of the Graham squad who have two men 6-ft. 4-in. and one 6-ft. 3-in. The All Stars were as cold as ice and had a very bad night on the foul line.

Edenton lost the second game by only four points to the host team, the Marine Corps Supply Center, 66-62. Walt Stephenson won game scoring honors in this one with 21 points. Holman and Chuck Bates also hit for double figures with 13 and 11 points respectively for the All Stars. With the exception of Stephenson, the team's shooting was way off again. Fenty again controlled both backboards despite the efforts of 6-ft. 5-in. Jack Connelly. Connelly led MCSC with 16 points as their guards had a red-hot night from outside against the All Stars' zone defense.

Fenty received some votes for

the tournament's most valuable player award despite an exceptional performance by Fort Stewart's Chester Webb, who scored 99 points in three games. Since Fort Stewart won first place in the tournament, Webb won the most valuable player award.

Fort Stewart, MCSC and Graham AFB all played seasons of 25 or more games and this contributed to Edenton's lack of success.

STATIONED IN EDENTON

Second Lieutenant Walter D. Pannell recently arrived at Marine Aircraft Group 14 from Quantico, Va. He is presently assigned duties as the Assistant Material Officer of Headquarters and Maintenance Squadron 14, replacing First Lieutenant W. A. Holmes.

A FORT BRAGG

Army Sgt. George O. Hassell recently assigned to the 285th Field Artillery Observation Battalion at Fort Bragg.

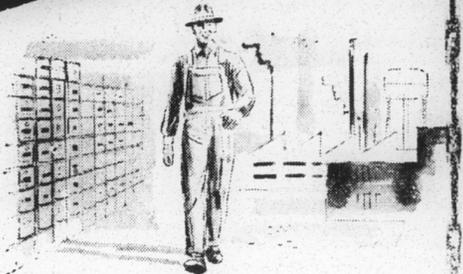
Sergeant Hassell, son of Mrs. Myrtle M. Hassell of Edenton, is a radar mechanic in the battalion's Battery C. He entered the Army in March, 1953, and was last stationed at Fort Sill, Okla.

The 23-year-old soldier attended Manteo High School and was formerly employed by Ellington Plumbing & Heating, Norfolk, Va.

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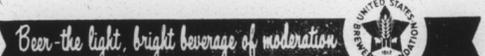
NORTH CAROLINA
FACES A CHALLENGING FUTURE



North Carolina has a larger farm population than any other state (1.4 million), and ranks 2nd in actual number of farms. It is within this area of our population and land that there lies a very great potential for future development through not only better farming methods, but through industrial growth and local food processing activities.

It is also an interesting fact that in those counties where both farming and industry are most successful, the people subscribe to the "legal control" system of the sale of beer and ale because it has proven to be in the best interests of enlightened and law-abiding communities.

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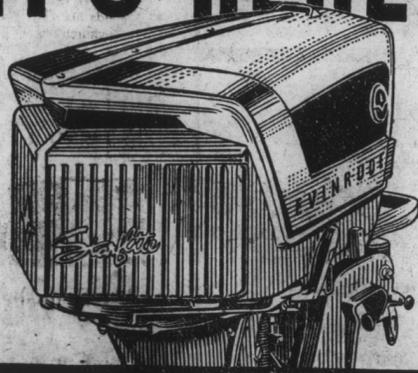


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