

COLORED NEWS

Negro Home Demonstration News

By MRS. ANNIE S. CHARLTON, County Negro Home Economics Agent

The County Council of Home Demonstration Clubs will meet Friday, September 15, in our office at 1:30 P. M. Two officers from each club are asked to attend. This meeting is very important. Do make your plans now to be present so that each club will be represented.

September is Better Breakfast Month—an appropriate time to re-establish food breakfast eating habits for the youngsters in school and the entire family. Research has proved that the family will not only feel better but will perform better throughout the morning if each member starts the day with a good breakfast.

A good breakfast gives a good start for the day. You need three good meals every day. Breakfast should furnish one fourth to one third of the body's total needs for the day. Always include at least a fruit, cereal or bread and milk. Be sure to drink a glass of milk if you do not eat an egg or other protein food for breakfast. The more active one is the more breakfast should be eaten.

We are informed that only about half of the teen-aged girls eat an adequate breakfast, though they are growing more rapidly than at any time in their lives. Too often they snack instead of eating a good breakfast. During this Better Breakfast Month get in the habit of preparing and eating an adequate breakfast — then keep the habit each month of the year.

Breakfast Patterns

Light—

Fruit
Cereal with milk
and/or

Bread and Butter

Beverage

Medium—

Fruit
Cereal with Milk

or
Eggs and/or meat

Bread-Butter

Beverage

Heavy—

Fruit
Cereal with Milk
Eggs with Meat
Grits or Potatoes
Bread-Butter
Beverage

September Schedule

September 6: Center Hill Community at Community Building, 8:00 P. M.

September 7: Hudson Grove Community, Hall at 8:00 P. M.; Yeopim Community at St. John School, 8:00 P. M.

September 11: Paradise Road Community at office, 8:00 P. M.; YMW, Robin's Restaurant at 8:00 P. M.

September 12: Edenton HD Club, Mrs. Emily Brooks at 8:00 P. M.

September 14: Ryans Grove HD Club, Mrs. Tamar White at 7:00 P. M.; Ryans Grove Community, Ernest White, 8:00 P. M.

September 15: CTC Community 4-H Club, Canaan Temple at 8:00 P. M.

September 18: Paradise Road HD Club, Mrs. Lala Hall at 8:00 P. M.

September 19: Hudson Grove HD Club, hall, 2:30 P. M.; Virginia Fork Community.

September 20: Canaan Temple HD Club, Mrs. L. B. Coston at 2:30 P. M.

September 21: St. John HD with Mrs. Olivia Wiggins at 1:00 P. M.; Center Hill Community 4-H Club, Community Building at 8:00 P. M.

September 22: Triangle HD Club, Mrs. Evelyn Bond at 2:30 P. M.

September 25: Training meeting conducted by R. W. Long, Community Development Specialist, for members County Council of Community Development, office at 8:00 P. M.

September 26: Warren Grove HD Club, Mrs. Minnie Wilder at 2:30 P. M.; Virginia Fork HD, Mrs. Sarah Spivey at 8:00 P. M.; Warren Grove-Green Hall Community, Warren Grove Educational Building at 8:00 P. M.

September 27: Green Hall HD Club, Mrs. Cleo White, 2:30 P. M.

September 28: Center Hill HD Club, Community Building at 2:30 P. M.

Happiness is in the taste, and not in the things themselves; we are happy from possessing what we like, not from possessing what others like.
—La. Rochefoucauld.

AND THE BIBLE SAYS

"He causeth the Herb to grow for service of Man." (Genesis 1:29-30)

... And the leaf thereof shall be for medicine." (Ezekiel 47:12)

Herbs are mentioned in the Bible 37 times and are historically the oldest form of medicine. Today as in the past, herbs are the chief source of many of our wonder drugs.

Yes, herbs are nature's way to health and you can get them carefully blended together in the new medicine called INNER-MED, now being introduced at your neighborhood drug store. INNER-MED is a new mixture of over 20 of nature's herbs and other fine ingredients. INNER-MED has relieved many people who had never been really helped before by any medicine. One man recently stated that for 10 years he was troubled with stomach distress and was weak, felt worn out, and was terribly constipated. He had tried many medicines but with no results. Recently he started taking INNER-MED and says after only 2 days he started feeling better, system is regular, headaches due to constipation are gone. He eats without fear of indigestion for the first time in years, in fact he says he feels like an altogether different man. So don't go on suffering, go to your drug store today and get INNER-MED. Sold by all drug stores. —adv.

proval of the voters of said Town, at an election: \$543,000 of bonds for the purpose of enlarging and extending the sanitary sewer system maintained and operated by said Town, by constructing a new sewage disposal plant and interceptor sewers, pumping stations, sewer mains and other facilities needed to connect such plant with such sanitary sewer system and by acquiring the lands or rights in land and equipment needed therefor.

This notice was first published on the 31st day of August, 1961. Any citizen or taxpayer objecting to the issuance of any or all of said bonds may file with the Local Government Commission a verified statement setting forth his objections as provided in Section 159-7.1 of the General Statutes of North Carolina, in which event he shall also file a copy of such statement with the undersigned, at any time within ten days from and after such first publication. A copy of this notice must be attached to the statement so filed. Objections set forth in said statement shall be for consideration by said Commission in its determination of whether or not it may hold a public hearing as provided by law on the matter of issuance of said bonds.

Legal Notices

NOTICE!
This is to notify the public that on and after this date, August 30, 1961, I will not be responsible for any debts contracted by anyone other than myself in person.

CLARICE S. HOBOWSKY,
Edenton, N. C., and Norfolk, Va.

NOTICE OF INTENTION TO APPLY TO THE LOCAL GOVERNMENT COMMISSION FOR APPROVAL OF BONDS

NOTICE is hereby given of intention of the undersigned to file application with the Local Government Commission, Raleigh, North Carolina, for its approval of the issuance of the following proposed bonds of the TOWN OF EDENTON, which bonds shall be subject to ap-

proval of the voters of said Town, at an election: \$543,000 of bonds for the purpose of enlarging and extending the sanitary sewer system maintained and operated by said Town, by constructing a new sewage disposal plant and interceptor sewers, pumping stations, sewer mains and other facilities needed to connect such plant with such sanitary sewer system and by acquiring the lands or rights in land and equipment needed therefor. This notice was first published on the 31st day of August, 1961. Any citizen or taxpayer objecting to the issuance of any or all of said bonds may file with the Local Government Commission a verified statement setting forth his objections as provided in Section 159-7.1 of the General Statutes of North Carolina, in which event he shall also file a copy of such statement with the undersigned, at any time within ten days from and after such first publication. A copy of this notice must be attached to the statement so filed. Objections set forth in said statement shall be for consideration by said Commission in its determination of whether or not it may hold a public hearing as provided by law on the matter of issuance of said bonds.

Invitation for Bids No. BMC-3 PERQUIMANS COUNTY DRAINAGE DISTRICT NO. 4

Clerk of Court's Office
County Courthouse
Hertford, North Carolina
August 25, 1961.

NOTICE TO PROSPECTIVE BIDDERS—CONSTRUCTION

Sealed bids, in single copy will be received in the Clerk of Court's office, County Courthouse, Hertford, North Carolina, until 2:00 P. M., EST, September 14, 1961, and then be publicly opened and read for installation of surface inlets, culverts, shaping and grading of spoil, seedbed preparation and seeding, culvert headwalls, and project signs. This work is located in the Burnt Mill Creek Watershed, Chowan and Perquimans Counties, North Caro-

lina. The estimated quantities of the major items of work are: Surface Inlets 45 each; Culverts 9 each; Culvert Headwalls 4 each; Spoil Shaping and Grading 17.4 acres; Land Preparation and Seeding 16.7 acres; Construction of signs (2 each) 1 job. All Bids must be accompanied by bid bond, certified check, cashier's check, money order, or cash in an amount not less than 20 percent (20%) of the amount bid.

The successful bidder will be required to execute a formal contract and furnish performance and payment bonds in amounts of 100% and 50% respectively of the total amount of the contract.

A contract will not be awarded to a firm in which any official of the sponsoring local organizations, the contracting local organization, or any member of his immediate family has direct or indirect interest in the pecuniary profits or contracts of such firm.

All work shall be completed within 40 calendar days after the date of receipt of notice to proceed.

Arrangements to inspect the site may be made by contacting I. S. Blanchard, Contracting Officer, Route 2, Edenton North Carolina (Phone 2833).

Complete assembly of the invitation for bids may be obtained from the contracting officer.

Aug 31, Sept 7

EXECUTRIX NOTICE

Having qualified as Executrix of the estate of John A. Bunch, deceased, late of Chowan County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Edenton, North Carolina, on or before the 31st day of August, 1962, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will

please make immediate payment.

This August 31, 1961.
MRS. JOHN A. BUNCH,
Executrix of
John A. Bunch.
Aug 31, Sept 7, 14, 21, 28, Oct 5

ADMINISTRATRIX NOTICE
Having qualified as Administratrix of the estate of Bettie H. Watford, deceased, late of Chowan County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Edenton, North Carolina, on or before the 25th day of August, 1962, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This August 25, 1961.
W. S. PRIVOTT,
Administratrix of
Est. of Bettie H. Watford
Aug 31, Sept 7, 14, 21, 28, Oct 5

ADMINISTRATRIX NOTICE
Having qualified as Administratrix of the estate of Harold E. Shore, deceased, late of Ocean-side, California, this is to notify all persons having claims against the estate of said deceased to present them to the undersigned within one year from date of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

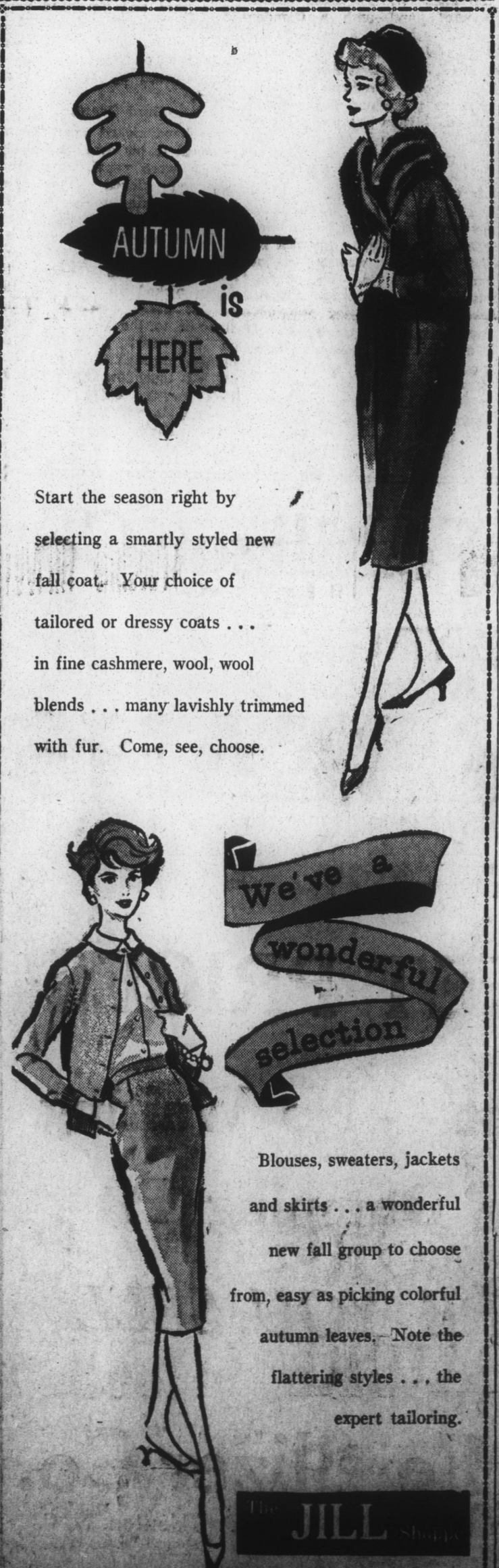
This 22nd day of August, 1961.
MRS. FRANCES B. SHORE,
Administratrix of
Harold E. Shore Est.
Aug 24, 31, Sept 7, 14, 21, 28

Aug 31, Sept 7

PENNIES A DAY KEEP THE PESTS AWAY
ants • rats • mice
silverfish
roaches
call **Orkin**
for the sake of your home



KICK OFF YOUR SAVINGS PROGRAM



AUTUMN is HERE

Start the season right by selecting a smartly styled new fall coat. Your choice of tailored or dressy coats . . . in fine cashmere, wool, wool blends . . . many lavishly trimmed with fur. Come, see, choose.

We've a wonderful selection

Blouses, sweaters, jackets and skirts . . . a wonderful new fall group to choose from, easy as picking colorful autumn leaves. Note the flattering styles . . . the expert tailoring.



Start your Account Now!

Don't "boot" your chance to enjoy all the worthwhile things a savings account can bring! START NOW—save money for any opportunity or emergency that might come up in the future. You'll be glad you did!

THE PEOPLES BANK AND TRUST COMPANY

SOIL CONSERVATION NEWS

By JAMES H. GRIFFIN, Soil Conservationist

District Fish Fry

District supervisors of the Albemarle Soil Conservation District (Chowan, Perquimans, Pasquotank, Camden and Currituck Counties) are having a fish fry at Camp Perry (Boy Scout Camp) in Perquimans County, Saturday, September 9, from 4 P. M. to 7 P. M. Tickets are \$1.00 per plate. Music will be furnished by a group from Currituck County. Plates may be taken home or eaten at the site. Tables will be available.

This is a fund-raising project for your Soil Conservation District. It will also be a family-fun outing. Support your District and enjoy a good fish fry along with your friends.

Tickets are available from District Supervisors L. C. Bunch, H. F. Byrum, J. A. Webb, Jr., George Winslow, Joe Nowell, Jr., J. A. Bray, W. G. Stevens, H. A. Leary, Frank Sawyer, Jr., Ralph Powels, M. E. Doney and Manly West, A. B. Etheridge, M. K. Berry and H. J. Banks.

U.S.D.A. Radiological Monitoring Program

A radiological monitoring station has been set up in the Soil Conservation Service Work Unit Office in Edenton. Instruments for carrying out this program were furnished SCS personnel at the training school August 28-30 at Raleigh.

SCS personnel attending the training school were James A. Griffin and George A. Conner. Other personnel in the work unit office will be trained in using the instruments and in operating the monitoring station.

People need the facts of atomic warfare and how to protect themselves. As you know, food and water will be the crucial items for survival, especially food.

A radiological monitoring station will furnish information on local conditions as to food contamination and atomic fallout.

ASC Election

Be sure to vote in the ASC Community Committeemen election September 11, 1961. Polls will be open from 8 A. M. until 8 P. M. Polling places in Chowan County are ASCS Office, Geneva Cafe, store, East Smith's store, M & B Service

Center, H. R. Peele's store and J. R. Briggs' store. Anyone eligible to participate in any program administered by ASC committeemen can vote. Be sure to vote, it's America's privilege.

ACP

Farmers who have cost-share assistance approved for drainage or erosion control practices this fall are expected to contact the local SCS office for an appointment for technical assistance in carrying out their conservation practices. SCS personnel will not look you up because they are busy. Assist us by coming by and scheduling a time for technical assistance.

Conservation Farm Plans

The best way to get conservation practices on your farm is to plan for them. Your local soil conservation district offers this service to you . . .

First, the needs of your farm are determined. Next, you decide when and how much of a conservation practice you are going to apply. As a cooperater, the necessary technical assistance is furnished you to carry out your soil and water conservation plan.

D. G. Welch, Tyner, is starting on preparing his conservation farm plan Wednesday, September 6th. Soil Conservation Service will work with Mr. Welch in preparing his conservation farm plan.

Lunch Room Menu

Menus at John A. Holmes High School lunch room for the week of September 11-15 will be as follows:

Monday: Ravioli, green string beans, peach pie, milk, creamed potatoes, biscuits, butter.

Tuesday: Grilled lunch meat, succotash, gingerbread, butter, buttered potatoes, bread, milk.

Wednesday: Fried chicken, garden peas, ice cream, potato salad, milk, hot rolls, butter.

Thursday: Meat loaf, turnip greens, apple sauce, milk, hot biscuits, creamed potatoes and gravy, butter.

Friday: Sliced cornbeef, corn, steamed cabbage, bread, butter, milk.

Straight Kentucky Bourbon



\$4.45 4/5 QT. \$2.80 PINT

The Whiskey with Age in its Flavor
STRAIGHT KENTUCKY BOURBON

Ancient Age

Straight Bourbon Whiskey
Carefully distilled according to the finest old traditions.

DISTILLED & BOTTLED BY
ANCIENT AGE DISTILLING CO.
FRANKFORT, KENTUCKY

STRAIGHT KENTUCKY BOURBON WHISKEY, 86 PROOF
ANCIENT AGE DISTILLING CO., FRANKFORT, KY.