

OUTDOOR TIPS

from the Ancient Age Sportsman's Idea Exchange

Go Fly A Kite

Line twisted? Well, you can troll it behind a boat and the twist will unravel. You say you haven't got a boat? Go fly a kite. Tie your line to it with a swivel and the tension will take the twist out. You say the twist is all the rage now? Pal you're in the wrong section of the paper. Social events is where you belong . . . not sports.

Two Fixe Starters

Styrofoam burns hardy and starts easily. Makes good emergency logs. So do milk containers into which you've stuffed short ends of evergreens and allowed to dry out.

Trailer Heater

Simple but effective, that's the essence of a good tip. This one qualifies. Those cold days or nights heat your trailer or boat by turning a clay flower pot upside down over one of the burners. Radiates and conducts heat like it was designed for the job.

Deodorant Repellent

Empty bottles of the roll-on type of deodorant make good no-spill containers for insect repellent. Fill the tube, roll-on as needed.

Outboard Motor Stand

Salvage an old, but still-sturdy straight chair from the cellar or the city dump. Knock out the bottom and you've got a good

outboard motor stand. Lower unit goes through seat, motor hangs on chair back. And while we're on the subject, here's a clever idea to keep in mind when you store your motor for the winter: Empty tank, then add as much oil as the tank takes for proper gas-oil mixture. Swish oil around. It protects the tank during winter, and, come spring, just add the gas and you're ready to go.

Line Marker

Plenty of times, you'd have caught more fish if you'd marked your monofilament lines with nail polish every five feet. You'd have been able to tell at exactly what depth they were hitting. Not guesstimating.

Stick With The Ship

Best tip we can close with this month is an old one that stands perpetual repeating. Studies of hundreds of small boat accidents cause boating experts to advise in the advent of an upset STICK WITH THE BOAT. Leaving the security of even an overturned and sunk boat to strike out alone is an invitation to tragedy.

Try for a \$50 prize. Send your tip to the A. A. Contest, Sports Afield, 959 8th Ave., New York 19, N. Y.)

Health And Safety Tips

From The American Medical Association

BURSITIS

Sometimes it's "household knee". Or "policeman's heel." By any other name it's still bursitis, and it is one of mankind's more painful and disabling ailments.

Bursitis means inflammation of a lubricating sac about a joint. The sac, called a bursa, is sort of like a collapsed balloon with some fluid inside. It is located at various places in the body where joints or tissues touch and rub, and without cushioning there would be friction.

Bursitis can hit at many points in the body, but most of ten occurs in the shoulder, elbow or knee, says a recent publication of the American Academy of Orthopedic Surgeons. In almost every case bursitis follows unaccustomed strain or overuse of an extremity. By taking a little time to work up to your physical condition, and especially by working up the muscles that you plan to use in any repetitive motion outside your normal activity (strengthening your wrist and arm before you start painting your house, for instance), you can probably keep clear of this common and painful disease.

If you get bursitis, no one need urge that you see a doctor. The pain is so acute that you will be the first to seek relief.

In recent years science has learned much more about bursitis and there is much your doctor can do to relieve the pain and promote healing. One of the mainstays in treatment is aspirin. The newer cortisone-type drugs have been used with some success, and heat treatments and X-ray also have their place in bursitis therapy. In extreme cases surgery may be required. A treatment long used in this painful ailment is complete rest in bed. Anything that will lessen the chance of the afflicted joint being moved will ease the pain and speed healing.

Like any other bearings, your bursae stay trouble-free much longer if you warm them up slowly and let them get fully lubricated before you race your motor.



— IN — THE CHOWAN HERALD

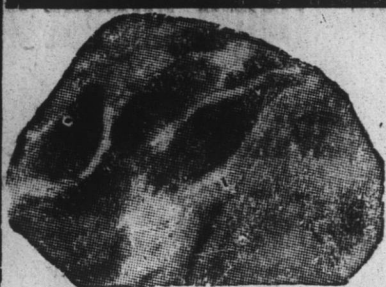
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Lean - Tasty
4-8 Lb. Average

SMOKED PICNICS
whole or half
LB. **33**

1/4 SLICED — Average Weight 3 Lbs.

PORK LOIN lb. 65c

THE BEST MEAT IN TOWN!

SELECT — WESTERN

— LB. —

Beef Liver 29c

HARRELL'S — MAGNOLIA

— LB. —

Sliced Bacon 35c

BAKING OR STEWING
Fresh Killed — Small Type

HENS

3-4 LB. AVERAGE

lb. **19c**

RATH'S — ALL BEEF

FRANKS
lb. **49c**

10 L B Bag Charcoal Briquets 21.00

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BACK TO SCHOOL SPECIAL -- REG. 25c Notebook Paper 19c

Large Size — ECO — Our Own
DETERGENT
pkg. **25c**
Large Size Fab or Tide — 34c

80 Count Marcal
TABLE NAPKINS
pkg. **10c**

Way Pack — Sour
PICKLES
qt. **29c**

Mason — 12's
Fruit Jars
pints — \$1.19
quarts \$1.35

LINEN WHITE
BLEACH
QUART **10c**
NONE TO DEALERS

OUR OWN — FIRST CHOICE — 6 PACK ONLY
BISCUITS 6 cans 49c

Our Own — Guaranteed To Please . . .
ECO — DRIP OR REGULAR
COFFEE — 49c

Our Own — ECO
INSTANT
COFFEE
2-Oz. 27c 6-Oz. 63c 10-Oz. \$1.09

Almirate Flat
SARDINES
None To Dealers
can **10c**

Advertising Book Matches
LAMPS
YOUR CHOICE
box **10c** \$1.98

OUR OWN — ECO — TALL
EVAPORATED MILK 6 cans 75c

ORANGE - GRAPE — MADE-FRESH
DRINKS
1 quart, 1 pint & 9-oz. **29c**

20-GALLON GALVANIZED
GARBAGE CANS
each **\$2.19**

Ass'd. Flavors Old Va. 2-lb. jar
JELLY -- 39c
Empire Assorted Veg. Brushes 10c
Spring Type Mop Handles ea. 25c

Jiffy — Yellow, White, Choc.
CAKE MIX **10c**
2 1/2 CAROLINA 2 FOR
Peaches 49c

46-OZ. PINE CONE
TOMATO JUICE
can **23c**
NO. 2 GOLD BLOSSOM Sliced Pineapple
can **23c**

14-OZ. SNIDER'S CHILI
TOMATO CATSUP
2 botls. **35c**

PRINCESS CREME FILLED full 2 lbs.
COOKIES 39c

LYHAVEN MUSTARD full 19c

ECO — OUR OWN 3-lb. tin
Shortening . . . 71c

3-OZ. GOLD MEDAL bottle
IMITATION VANILLA . . . 7c

LARGE HEAD — ICEBERG
LETTUCE
2 head **29c**

FANCY — LOCAL 5 Lbs.
Sweet Potatoes 39c
FANCY GREEN — MOUNTAIN
CABBAGE lb. 5c
LARGE FANCY 4-lb. bag
Cooking Apples 39c

75-FT. WAX PAPER roll
Cut-Rite 19c

SOUTHERN — 26-OZ. 2 boxes
TABLE SALT 19c

FREE EXTRA 50 TOP VALUE STAMPS
With This Coupon And \$5.00 Or More Purchase!
NOT GOOD AFTER SAT. NIGHT, AUG. 25
P&Q Super Market

P&Q
6 cans **85c**

DUKE'S quart
Peanut Oil . . . 59c

MAISON ROYAL — PURE full 1/4 lb.
BLACK PEPPER 25c

6-OZ. S. S. STATE FROZEN
ORANGE JUICE

BUSH'S TALL can
Spaghetti AND SAUCE 9c

NO. 1 TALL — PHILLIPS can
TOMATO SOUP 10c

12-OZ. B&K can
Corned Beef . . 39c

12-OZ. RED BIRD can
Lunch Meat . . 35c

3/4-OZ. DERBY'S can
POTTED MEAT 9c

OUR OWN — CAMELLIA Pint
Mayonnaise . . . 29c
Salad Dressing 25c
Sandwich Spread 29c

Samovar VODKA

100 PROOF



\$4.00 per qt.

\$2.50 per pint

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