

OUTDOOR TIPS

from the Ancient Age Sportsman's Idea Exchange

Fire Extinguisher
Baking soda puts out a fire fast. Fill a plastic bag and store in camp gear. The tent you save may be your own.

White Grubs Stay White
White grubs (like your wash) will stay whiter, brighter longer (instead of turning black in the water) if you put them in a container of white cornmeal the night before you go fishing.

Nailing The Big Ones
Got any old plugs that never seemed to do their share of catching fish? Raid your wife's nail polish and doctor them up with some horizontal red slashes. You might be surprised at the results.

Zip!
A pinch of graphite on your zippers keeps them working smoothly in all kinds of weather.

Clamp Cleaner
Take a board a foot wide and several feet long. Then take a battery clamp and drill a hole in the handle (often they come drilled). Screw clamp to board. Strong jaws of clamp hold fish's tail while you clean.

Outfoxed
If you ever see a fox in the field, but he doesn't see you, conceal yourself, then blow on the back of your hand to make a squeaking noise. Fox will think it's a meadow mouse and start stalking you. When he gets in range . . . POW!

Tablespoon Scaler
An oversized tablespoon big enough for your hand to get a grip on makes a fine fish scaler. Works best on small pan fish.

Plastic Bag Creel
If you're wading and don't want to be bothered with a creel.

Legal Notices

This is to notify the public that on September 9, 1964, I was discharged from Dorothea Dix Hospital.

This is to notify the public that on and after this date, October 20, 1964, I will not be responsible for any debts, contracts, or agreements contracted by anyone other than myself in person.

This is to notify all persons holding valid and legal claims against the estate of Joseph H. Ward shall present them to the undersigned on or before November 20, 1964, or this notice will be pleaded in bar of any recovery thereon. All persons indebted to the estate will please make immediate settlement.

This is to notify the public that I am no longer associated with Peoples Bank & Trust Co., and I will not be responsible for any business, contract, agreement, lawsuit, costs of court, etc., unless such business bears my seal and/or signature. This association was broken by the Sheriff of Chowan County on October 3, 1961 and has not and will not be resumed.

I have for immediate sale the following items:
- 1953 Oldsmobile, \$350.
- 1954 Chev. 1/2 Ton Pickup \$200.
- H-Farmall Tractor, cultivators, middle busters, stalk cutter and disc harrow — sold as a unit only, \$700.
- Tractor has been used very little since overhauled — has one new rear tire and tube.
- 10HP Johnson outboard motor, solid juniper boat, and trailer-motor is as good as new—sold as a unit only, \$325.
- Above items can be seen any time after 2 P. M. — Doctor's orders. No Phone Calls PLEASE
- Norfolk, Va. Lawyer retained Retainer paid.

JOSEPH H. WARD
Route 1
Edenton, N. C.
Oct. 22, 29, Nov. 5, 12, 19c



In North Carolina... at a picnic, beer is a natural

When you're relaxing at your favorite outdoor bummy spot with friends or family, and your thirst's whetted by fresh air and sunshine—what's the ideal time for a cool, refreshing glass of beer. In fact, you can name your recreation—swimming, hiking, or just watching TV—and chances are nothing in the world fits it quite as well as beer.

Your familiar glass of beer is also a pleasant reminder that we live in a land of personal freedom—and that our right to enjoy beer and ale, if we so desire, is just one, but an important one, of those freedoms.

In North Carolina, associate with the with relaxation
BREWERS ASSOCIATION, INC.
1000 North Carolina Building, Raleigh, North Carolina

Mayor Is Speaker At BPW Meeting

Points Out Improvements Made In Edenton

Mayor John A. Mitchener was the guest speaker at the meeting of the Edenton Business and Professional Women's Club on Thursday night of last week. Mayor Mitchener spoke briefly on the improvements to the town of Edenton during the past few years, including the new sewage disposal plant, the new Municipal Building, and the street improvements, as well as the municipal parking lot and many other items. He also pointed out various aspects of city government and how each member of the club could participate in helping to make our community and town a much better place in which to live.

Mrs. Lena Leary spoke very briefly in behalf of Mayor Mitchener and the members of the Town Council and praised them for the very fine work they have done.

Mr. Mitchener also gave a few highlights of his recent visit abroad.

The Civil Affairs Committee was in charge of the program.



GRACEFUL STYLING — Fall evening collections feature gowns with long, flowing lines. This is a slender sheath with an over-skirt open in the front.

John Williams Dies After Long Illness

John Levi Williams, 75, died Friday morning shortly after 10 o'clock at his home on Court Street after an illness of 16 years. A native of Perquimans County, he was a son of James H. Williams and Harriet Ann Wingate Williams.

Surviving are his widow, Mrs. Minnie C. Williams; a son, Ralph A. Williams of Edenton; two daughters, Mrs. Neppie W. Briley of Edenton and Mrs. Sue Keller of Raleigh; four grandchildren and six great-grandchildren.

A funeral service was held Sunday afternoon at 3:30 o'clock at the Williford Funeral Home.

The Rev. Bob Ware, pastor of Immanuel Baptist Church, officiated and burial was in Beaver Hill Cemetery.

Pallbearers were Dallas Jethro, Sr., Dallas Jethro, Jr., William Brabble, Thomas Brabble, Bertram Byrum and William Davis.

Elementary School Lunch Room Menu

Menus at the Edenton Elementary School lunch room for the week of October 26-30 are as follows:

Monday: Weiners, school baked rolls, toss salad, butter, baked beans, banana pudding, milk.

Tuesday: Fried chicken, potato salad, green beans, school baked rolls, pineapple, milk, butter.

Wednesday: Spaghetti with meat balls, garden peas, school baked rolls, milk, apple sauce, butter.

Thursday: Roast turkey, giblet gravy, cranberry sauce, butter, milk, school baked rolls, creamed potatoes, turnip greens, apricots.

Friday: Fish sticks, cole slaw, blackeye peas, milk, cornbread, cherry pie, butter.

Health And Safety Tips

From The American Medical Association

RECREATION

Setting time aside for wholesome recreation is becoming increasingly important in leading a healthful and productive life.

For most people, the day's routine no longer includes vigorous physical activity or provides enough variety otherwise to break the monotony of daily living. The natural result of modern conveniences and increased automation is a sedentary existence.

Modern society has become what someone has called "flip-flopped." The executive now works long hours instead of the laborer. Yet, like everyone else, physicians, executives, and other professional people need the refreshment that enjoyable recreation offers.

Leisure time can be used to regain a healthy balance of suitable physical activity and relaxation. Whether through a trip to the opera or an hour or two of quiet fishing, the ability to "lose oneself" in some diversional recreation provides personal fulfillment and relief from life's tensions.

Recreation is personal; to be satisfying, the hobbies and other activities chosen should be meaningful to the individual. What may be enjoyable to one person may be boring to another. Fortunately, a wide variety of opportunities is available and every person should be able to find some that bring satisfaction. Interesting family activities, another important but often missing part of modern life, can evolve from personal recreation interests.

Whatever a person may choose

as hobbies, some physical recreation should be included daily. The health benefits from regular, suitable physical activity such as weight control, relief from stress, and a sense of well-being are now well established. On the other hand, the potential ill-effects of prolonged inactivity, such as obesity, metabolic disorders, loss of movement capacity, cannot be considered helpful for enjoyable living.

The broad benefits attributed to recreation are not automatic outcomes. Every activity carries some risk, whether from the nature of the activity itself or from the demands on the participant. One national survey showed 18,000 disabling golf injuries in 1962. Most of these were persons struck by golf balls. However, heat prostration accounted for 10 per cent and over-exertion another 7 per cent of the total. These statistics should not cause a rush to the golf cart, which produced 7 per cent of the casualties. Rather, golfers should respect the safeguards that judgment and conditioning will offer.

To capitalize on recreational opportunities: (1) Learn your capabilities and limitations through periodic medical examinations, and plan your activities accordingly. (2) Practice habits of healthful living faithfully in order to have the ability to do

effectively the things you must and want to do. (3) Understand the risks involved in your activities of choice, and the preventive measures to be followed.

Our own wisdom must be clear to open the eyes of others, else the blind will lead the blind and both shall fall.
—Mary Baker Eddy.

W C D J

1000 Watts 1260

— PRESENTS — CAROLINA FOOTBALL Schedule Of Games University Of North Carolina

Oct. 24—South Carolina	Home
Oct. 31—Georgia	Away
Nov. 7—Clemson	Away
Nov. 14—Virginia	Away
Nov. 21—Duke	Home

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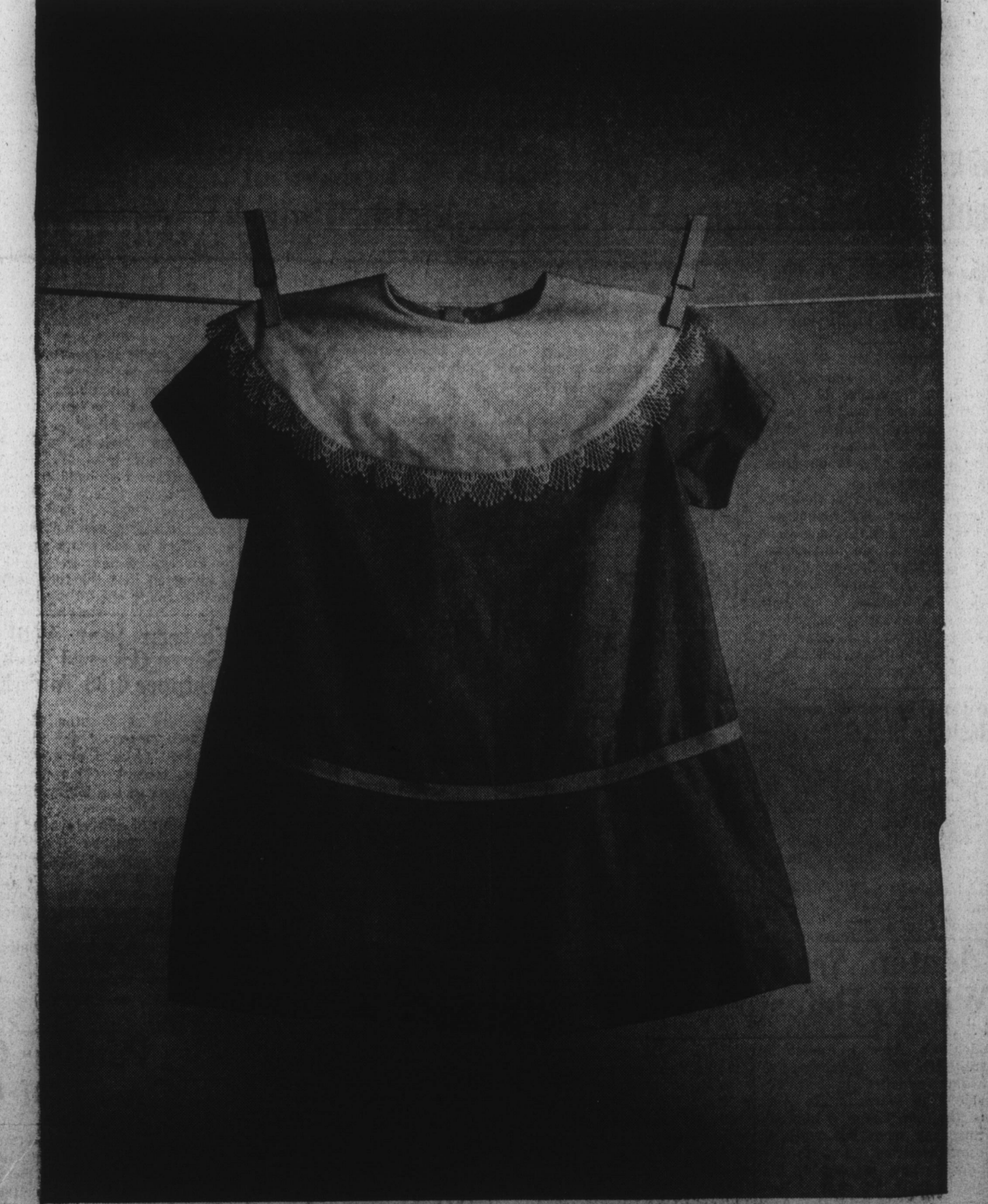
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