



BROAD STREET BULLETIN

By **Kate**

This holiday eating has me all out of shape. So I've made resolutions, which sound just great; Until I see candy we received as a gift, Then "Powie" my intentions take a shift—'til tomorrow When the candy is gone and I'm too sick to eat, I'll return to my diet and eat only meat.

Most everyone I know declares they're going on a diet, now since the holidays are over. It sometimes takes a right long time, however, to catch up on all the goodies left over and since I can't waste food, I try to eat it up and, oh me! it's telling on my wardrobe. Fat and fifty? That's me!

The house seems so quiet since Christmas, but it's great to settle down in the old routine of two people. We did enjoy having all our company and we're so glad that they wanted to be here. I only wish they would have eaten more or taken it with them.

Did you receive a traditional holiday plant for Christmas? I just read some pointers about them which might prove helpful. The star shaped poinsettias, the floral symbols of the holiday season, thrive in a sunny place. The flowers should not touch a cold window pane and should be kept away from drafts and radiators. Room temperature should be between 65 and 70 degrees and the plant should be watered whenever the surface becomes dry. Whether your Christmas plant is green or blooming, it will be a festive reminder of a happy season.

I just read an article in the *Insiders* entitled "I'm Nervous," which amused me and I'll share a part of it with you. I'm nervous. All my friends are nervous. In fact this may be the most nervous New Year ever and I'll tell you why: (1) George Gallop says that church-going is down one per cent from last year and four per cent from 10 years ago. That's not good. (2) Brokers say the market is "nervous." That's Wall Street's response to nagging unknowns—the unknown of the hour being Vietnam. Even the Russians are nervous about Vietnam. (The Chinese aren't nervous, but their New Year is still a couple weeks off). (3) The American Telephone & Tele-

graph Company says that almost everyone in the world can now be disturbed by a ringing telephone. (4) This month the Institute of Life Insurance will sponsor an NBC network program called "Testing: Is Anybody Honest?" (5) New drugs are being introduced at rapid fire rate—tranquilizers are selling like mad. I'M NERVOUS!

If You Came Through Alive In '65—Be Sure You Don't Get In a Fix In '66.

And speaking of being nervous—it brings to mind that during the cold wintry weather, most of us would rather stay inside and that is good if we keep busy. But being shut in, gives more time for thinking and worrying, which is bound to make one nervous—so try to take a short walk each day, or write a long letter to a distant friend. Sometimes, when I can't get out, I get on a cooking spree, which ends up disastrously—we have to eat it!

Housekeeping Aids

Make a pin cushion by covering a wad of steel wool with a pretty fabric. Keeps needles and pins sharp and bright.

When a lamp bulb breaks in the socket, turn off the current. Now press a piece of soap in the broken end and turn left until the bulb leaves the socket.

To reclose a plastic bag of food, keep a package of pipe cleaners in the kitchen—wrap one around the opened end of the bag for a snug closure.

I've tried this idea and it proved out fine, so I'll pass it on:

If you've cooked too much and are tired of the same old warmed-overs, try fixing your own TV Dinners and freezing them. They'll keep for quite a while and some evening when you come home too tired to cook, allow yourself 30 minutes for thawing of one of these frozen dinners, then warm them again. Comes in handy lots of times.

Fashion Flashes:

Evening pants are popular and glamorous. Although hostess gowns are still very much in evidence, at home pants look newer and very different.

Polka dots, the perennial favorite, navy and white is seen again in beautiful silk ensembles.

Cruise cottons, featuring mad scrambles of patterns, colors and fabric textures, ride the crest of the fashion world. It's a brave new world for designers who have united bold pop art prints with stripes, squares, dots and large scale abstract prints.

Remember: Sufficient to the day is the evil thereof—Only Today Is Ours!

Lunch Room Menu

Menus at the John A. Holmes High School lunchroom for the week of January 10-14 are:

Monday: Meat loaf and gravy, buttered rice, green peas, hot biscuits, butter, apple sauce, milk.

Tuesday: Barbecue beef, cole slaw, buttered corn, rolls, peaches, orange juice, milk.

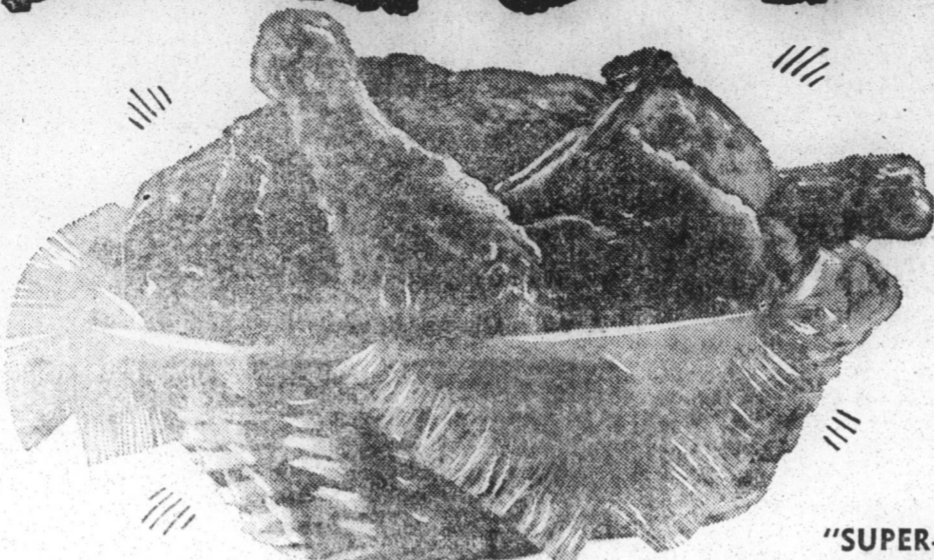
Wednesday: Fried chicken, candied yams, snap beans, hot rolls, butter, jello, milk.

Thursday: Hamburgers, hamburger rolls, lima beans, potato chips, pickles, apricot, milk.

Friday: Fish sticks, buttered potatoes, blackeye peas, corn bread, chocolate cake, milk.

STOCK YOUR FREEZER—"SUPER-RIGHT" QUALITY FRESH

FRYERS



WHOLE FRYER

★ LB.

26¢

"SUPER-RIGHT" FRESH PAN-READY CUT-UP FRYERS

lb. 30¢

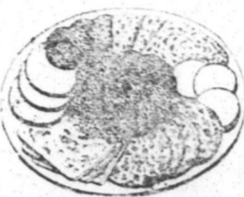
• IMPERIAL BRAND FROZEN BEEF

DINNER STEAKS 20-Oz. Pkg. **79c**

• IMPERIAL BRAND FROZEN BEEF

RIB EYE STEAKS 5-Oz. Pkg. **39c**

"SUPER-RIGHT" FAMOUS QUALITY SLICED



COLD CUTS

• PICKLE LOAF
• LUNCHEON MEAT 6-Oz. Pkg.
• LIVER LOAF
• COOKED SALAMI

29¢

ALLGOOD SLICED BACON

1-Lb. Pkg. **79c** 2-Lb. Pkg. **\$1.57**

• "SUPER-RIGHT" FAMOUS QUALITY ALL MEAT

FRANKS

1-LB. PKG. **49c**



CAP'N JOHN'S FROZEN

FILLET OF FLOUNDER 1-Lb. Pkg. **49c** FILLET OF OCEAN PERCH 1-Lb. Pkg. **39c** FLOUNDER FISH DINNER 10-Oz. Pkg. **39c**

PASTEURIZED PROCESSED - MEL-O-BIT SLICED AMERICAN, PIMIENTO, OR SWISS

CHEESE 2 6-OZ. PKS. 45¢

• MARVEL BRAND—SPECIALLY PRICED

ICE CREAM 2 Half Gallon Ctns. **95c**

• A&P CONCENTRATED FROZEN FLORIDA ORANGE JUICE 6 6-Oz. Cans In A Ctn. **95c**

• REGULAR OR LOW CALORIE

YUKON CLUB 15 12-Fl. Oz. Cans **\$1.00**

• YELLOW CLING HALVES
A&P PEACHES 1-Lb. Cans **35c**

• 10-Cents Off Label—ANN PAGE STRAWBERRY PRESERVES 2 Lb. Jar **75c**

• WHITE HOUSE EVAPORATED

MILK 6 13-Fl. Oz. Cans In A Ctn. **79c**

• NUTLEY BRAND
Margarine 3 1-Lb. Pkgs. **49c**

• OUTSTANDING VALUE! ROYALTY BRAND SLICED OR CRUSHED

PINEAPPLE 4 1-LB. 4-OZ. CANS 89¢

• ANN PAGE CONDENSED

• U.S. NO. 1 ALL PURPOSE RUSSET
POTATOES 10 Lb. Bag **59c**

• JUICY, WHITE MEAT
GRAPEFRUIT 8 Lb. Bag **59c**

• SWEET N' JUICY FLORIDA
ORANGES 8 Lb. Bag **49c**

TOMATO SOUP

RICE 3 10 1/2-Oz. Cans **40c**

• JANE PARKER VALUE PRICED!

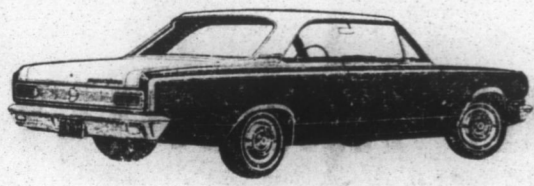
ANGEL FOOD CAKE

NO LIMIT ON PURCHASES! 1-Lb. 1-Oz. Ring **39c**

• IDEAL FOR SALADS, SANDWICHES, OR PUDDINGS - FIRM, RIPE, GOLDEN

BANANAS PER LB. 10¢

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