

Calories Topic At Chowan Home Demonstration Meetings

Calories count in weight control. True or false? This was one of a series of questions on Food Facts and False Claims asked by agricultural and home economics agents at February meetings of Chowan Home Demonstration Clubs. The statement is true. Calories do count. A person consumes more calories than he uses, the excess is stored in body fat.

A logical question asked by many club members was, "How many calories should I eat?" But this is a question with almost as many answers as questioners. The number of calories used daily depends upon a person's sex, age, weight, and physical activities. To maintain his present weight a man 35-55 years old, of average height, weighing around 155 pounds, moderately active, will use about 2,600 calories a day. A younger man would use more, an older man less. A

more active man more, a less active man, fewer calories. An average height, moderately active woman that age who weighs around 125 pounds would use approximately 2,000 calories a day. To lose weight, a person should eat fewer calories than he is using. In this case the body will use stored fat, resulting in a weight loss. However, before joining "the Lunch Bunch" or starting any drastic diet, a medical check-up is in order. These crash diets do not supply the food nutrients needed to maintain good health over an extended period of time. They should be followed only as recommended by a physician.

For those with a minor weight problem, C. W. Overman suggested a pushing exercise, that is, push away from the table before eating that extra helping.

March 2-12 is National Peanut Week. This notice

may not seem related to talks on calorie counting, but weight watchers now can nibble on peanuts from which more than half the calories have been removed. The first low-calorie peanuts are being introduced in stores following the adoption of a process that "squeezes" the peanuts, then restores them to normal size and shape.

In this process, the calorie content of peanuts is reduced by placing shelled peanuts in a hydraulic press and squeezing out much of the peanut's natural oil, which contains most of the calories. The peanuts retain their original flavor and high-protein content, according to the USDA. They have a lighter color than conventional peanuts, are slightly less salty and have a distinct crunchy texture. Incidentally, our Edenton peanut facilities are among those working on this process.

LISTINGS NEEDED

- 3-BEDROOM HOUSE: dining room; located one mile from city limits on US 17 south. With apartment behind home. A real buy!
 - DUPLEX: 3 bedrooms in each. On US 17 north.
 - 2 ACRE LOT: wooded; located on US 17 north.
 - 3-BEDROOM HOME: located East Eden Street.
- We have a list of prospects in hand but more property listings are needed immediately.
- If you want to sell your property, list it right away with

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Open Letters

from T. B. WILLIFORD

Dear friends,

It has been our privilege to serve members of nearly all religions. Some require specific rituals as part of the funeral service. We are well aware of those requirements and meticulously fulfill them.

We are also most willing to comply with personal variations in the conduct of the funeral service.

Respectfully,

T.B. Williford

WILLIFORD FUNERAL HOME
EDENTON, N. C.

Being courteous may require a little extra time but, in the long run, it often saves time.

CROSSWORD

ACROSS

- Kitchen implements
- Carries lightly
- Example
- Run away to
- Asian goat antelope
- Having the flavor of peppermint
- Hospital division
- Health resort
- Selenium (sym.)
- Transport
- Long, loose overcoat
- Rattle-snake
- Short sock
- Antarctic explorer
- Exist
- Affirmative votes
- Hawaiian bird
- Alpha, etc.
- Lift
- Turkish city
- More strange
- Fling
- Culture media
- Otherwise

DOWN

- Gloss
- Norse god
- Canvas shelter
- Weaver's reeds
- Pin
- Below (naut.)
- Law of Moses (var.)
- Meager
- Mothers
- Senior
- Doughy cement
- Entire
- Vex
- Churn
- Egyptian earth-god (var.)
- Attempt
- Beverage
- Ancient Hebrew fathers
- Tease (colloq.)
- Wanderers
- Workers
- Young hog
- Terminal appendage
- Girl's name (poss.)
- Border
- Girl's name (poss.)
- Era

ANSWER

| | | | | | | | |
|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
| 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
| 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 |

decided by the Congress in joint session, with each Senator and Representative having one vote. This would eliminate the inequity of permitting each state delegation—no matter how large or small—to cast a single vote in contests which would now be thrown into the House.

Third, like the President's recommendation, it would abolish the Electoral College as a useless appendage to our governmental structure. Legally, the elector is morally bound to carry out pro-forma functions as a party delegate. This produces a strange paradox in a nation governed by written law. An amendment should clarify the procedure.

The constitutional need is well known. What is important is that the system be corrected before it permits a serious problem to arise in some future election.

Taylor Theatre
EDENTON, N. C.

Thursday, Friday, and Saturday, March 10-11-12
Robert Vaughn Senta Berger and David McCallum in "THE SPY WITH MY FACE" METROCOLOR

Sunday, Monday and Tuesday, March 13-14-15
Doris Day and Rod Taylor in "DO NOT DISTURB" CINEMASCOPE AND COLOR

Wednesday and Thursday, March 16-17
Sophia Loren in "JUDITH" CINEMASCOPE AND COLOR

Starting March 18
Walt Disney's "THAT DARN CAT"

BIBLE VERSE

"Bear ye one another's burdens, and so fulfill the law of Christ."

- Who was the author of this advice?
- To whom was he writing at the time?
- How can one obey the command?
- Where may these words be found?

Answers To Bible Verse

- Faith the Apostle.
- The Christians living in Galatia.
- By being forgiving and helpful to one's fellowmen.
- Galatians 6:2.

There are three sureties of happiness: good habits, amiability and forbearance.
—Welch Proverb.

MASONS MEET TONIGHT
R. T. Pickler, master of Unanimity Lodge No. 7, A. F. & A. M., announces that a stated communication of the lodge will be held tonight (Thursday) at 8 o'clock. The first degree will be conferred upon a candidate, so that a large attendance is requested.

NO LIONS MEETING
Edenton Lions Club will not meet Monday night due to members attending an anniversary meeting in Elizabeth City.

For **COLDS** take **666**

Where was I until Two?

He was looking over the comic greeting cards at Mitchener's — time passes quickly. You, too, will find wonderful greeting cards at Mitchener's to read—and to send.

MITCHENER'S PHARMACY

EDENTON, N. C. 482-3711

SENATOR SAM ERVIN SAYS

WASHINGTON — Constitutional problems seldom make the headlines, but they do determine how well we are governed. The electoral system of choosing a President and Vice President has been with us since 1787. In the years since then, it has proved a source of controversy, and has triggered about as many debates as any other sustained issue before the Congress.

Basically, the system was founded on a false premise that a few men called "electors" would choose our chief executive officers. The system has never worked as planned. After Washington's administration, political parties arose, and outmoded the plan. Custom has altered some of the electoral system mechanisms, but the antiquated procedure continues to this day.

The problem is a current one. The President has sent a recommendation to Congress for a constitutional amendment to provide that each presidential elector be required to vote for the party candidates proposed by the party which nominated him. Since only eight electors have defected in 43 presidential elections, and no defection has ever altered the result, it hardly seems worth the effort to amend the constitution to accomplish so little.

What is needed is an overhaul of the whole electoral process. This would make the amendatory procedure worthwhile. Last week I joined Senators Sparkman, Saltonstall and Dodd in sponsoring a joint resolution to abolish the Electoral College and institute a proportional method of casting electoral votes.

Governmental reform has been spurred by recent Supreme Court decisions which have drastically altered representation in state legislative bodies. Indeed, the one-man, one-vote decrees of the courts have also reapportioned House seats in Congress. Irrespective of the merits of such court decisions, attention has been focused on the antiquated electoral system which many in Congress have long sought to correct.

The proposal which I have joined in sponsoring would accomplish needed changes while avoiding the pitfalls inherent in each of the other resolutions that have been introduced.

First, it would abolish the unit-rule system by counting electoral votes. The system, which completely disfranchises those who do not

MR. PEOPLES SAYS:

WE OLD-TIMERS REMEMBER WHEN THE ONLY FALL-OUT WE WORRIED ABOUT WAS OUR HAIR

In these precarious times, more than ever, expert advice is needed to protect your estate for your loved ones. Our experienced trust officers work with your attorney, accountant and life underwriter to provide financial security to your beneficiaries. Investigate our Trust Department now.

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