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Happiness is hard to keep Unless you hold it tight You can have it in the morning Yet it can be gone by night.

Happiness is something earned It can't be bought or sold Yet pursuit is not the answer That's a wild goose chase I'm told.

**BROAD STREET** 

BULLETIN

Kate

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Happiness is loving And being loved each day Happiness is in giving A smile along the way.

we caught 'em this past Saturday on a pier at Nags Head and that's no "Fish Story." Nice-sized spots must have been traveling in large schools, as everyone on the pier caught them. In a few hours we had enough for ourselves and to share with others who especially like salt water fisn. However, now I know why the fish jump about on the hook while you're trying to get him off. If it hurts his mouth like it hurt my hands several times, no wonder he struggles. Our "Fish Story" Monday was quite different however. Try as we might we caught just TWO fish all afternoon. You can't win 'em all!

Since the cost of living these days is so high, here are a few tips on how to save and supplement the family income. For mother-become a baby sitter. If you've young children in your home, one more won't make a difference. If you have a talent for dressmaking or knitting—put it to work. For Father: Do you have any special skill? Put it to work in the eveningslike playing a musical instrument in a small band, teaching music, etc. Mother-don't go overboard on convenience foods, TV dinners, etc. It's always cheaper to buy fresh vegetables and fruits in season. Watch out for items which tend to add dollars to grocery bills. A damp sponge will take the place of many paper towels and napkins. Take advantage of super market specials. Father - be wary of interest charges on installment purchases. Learn to Do - It - Yourself Man. Keep track of how much unessential driving you doyou'll save on gas and the exercise will do you good. Children have a part in money-watching, too. Learn, crisp. to take care of your clothes and your toys. Buy fewer can be repointed and used

down on the sweets and af-

pier.

Two at a time, that's how | ter school treats. Get an afternoon school job. Dieting housewives will soon be able to get an imitation mayonnaise, only several calories to a teaspoon. Mayo 7, cost 49c a pint, won't separate or curdle and tastes just like the real thing - according to the In-Another new item siders. soon to be on the market is the vacuum cleaner that's also a hassock and can be stored right in your living room. Here is a recipe for deli-

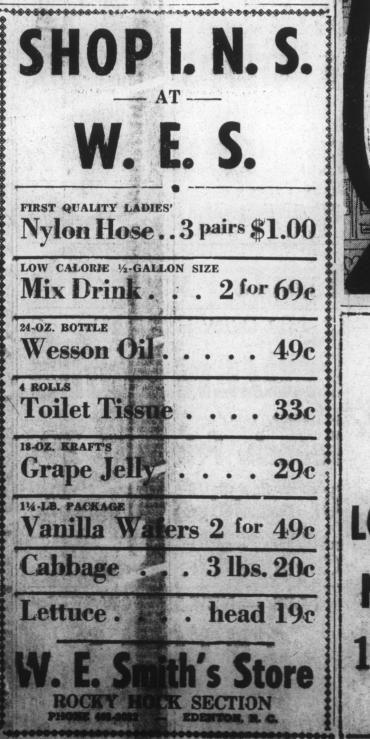
cious date and nut cookies. given to me by Mary Alice Jordan. They're easy to make and there'll be calls for more:

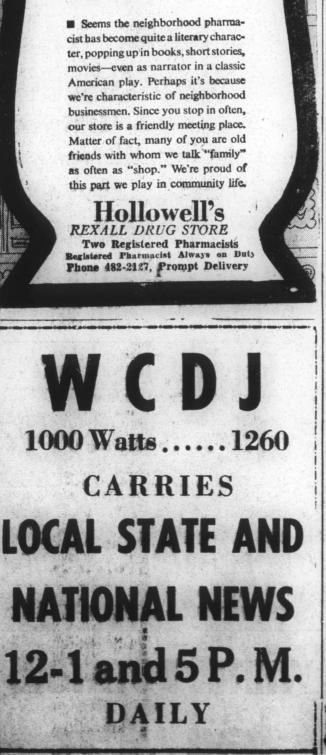
stick butter. 8 ounces chopped dates. 2/3 cup sugar. 11/2 cups rice krispies. 1 cup chopped nuts. teaspoon vanilla. Melt butter, then mix with dates and sugar and bring to boil. Cook 8 minutes, remove from heat and press lightly in buttered pan. Cool, cut into squares and dust with powdered sugar.

**Glimpses**: Teacher and children playing Farmer In The Dell on the school grounds. I remember Farmer In The Dell -MANY years ago. A group of prominent citizens enjoying a fish fry at caught their fish. Sure had an inviting aroma. A grocery cart carrying fishing equipment out on the

Here's How: Sportsmen: If fresh caught fish are rubbed with vinegar, they will be much easier to scale. A discarded toothbrush makes a handy cleaner for air-conditioner grills. After lettuce is rinsed, put in front of a fan, just be-fore serving. This absorbs water droplets and keeps it A discarded medicine chest

comics and make greater use as a decorative kitchen of the public library. Cut spice rack. If more than one child





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