

Health And Safety Tips

WALK EXTRA MILE TO LOSE WEIGHT

Want to lose 10 pounds the next year? One way you can do it is to walk an extra mile every day.

The American Medical Association's home health

book, Today's Health Guide, reports that a walk of just an extra mile per day for 36 days is a "simple, pleasant device for shedding an extra pound of fat." In a year this would mount up to about 10 pounds. The extra mile means just that—a mile of walking in addition to the customary walking you now do each day.

Once regarded as a major factor in losing weight, physical activity was lat-



Fifteen cases were not pressed in Chowan County District Court here Tuesday when the warrants were returned unserved. All had been charged with failing to list their property for taxes.

Notations on the warrants showed that some were found to be deceased and others were living outside Chowan County.

Judge W. S. Privott presided over the court session and the docket was prosecuted by Solicitor Wilton Walker. The following cases were tried:

Percy Lee Arthur Foxwell, Sr., failure to comply with a former order of the court, continued under former order.

William Spruill, bastardy, six months, suspended upon payment of costs and \$5 per week for support.

William Kerry Tripp, bastardy, six months, suspended upon payment of costs and \$10 per week support.

Edward Hall, larceny and receiving, 18 months, suspended and placed on probation for three years upon payment of \$50 fine and costs and \$50 to Carroll Perry.

James Arthur Harris, discharge firearms in public, 30 days, suspended upon payment of costs.

Walter Welch, simple assault, 30 days, suspended upon payment of costs.

Kelly White, assault on a female, eight months, suspended upon payment of \$10 fine and costs.

Curtis Davis, traffic violation, 10 days, suspended upon payment of \$10 fine and costs.

Rhodes Bond, driving drunk, guilty to reckless driving, 60 days, suspended upon payment of \$35 fine and costs.

Luther Thomas Copeland, receiving stolen property, not guilty.

Ronald Lee Mitchell, larceny, six months, suspended and placed on probation for two years upon payment of \$25 fine and costs.

William Douglas, traffic violation, \$10 wine and costs.

Definition

The neck—something you won't get in trouble with if you don't stick it out.

er accorded less importance. It was realized that considerable effort was required to shed even one pound of extra tissue. Would-be reducers found comfort in some expert opinion that calories expended through exercise would be immediately replaced, due to an automatic increase in appetite.

Fortunately for fitness as well as for fatness, exercise has been restored to grace and enjoys respectability. Exercise helps expend calories; within the usual range of activity, it need not stimulate appetite excessively. The energy output required to offset a pound of fat is approximately 3,500 calories, but the weight need not be lost all at once.

Instead of the exhausting, often impossible, 36-mile hike within a span of hours, a walk of just one extra mile a day for 36 days will get rid of that extra pound. Weight gain usually is relatively slow, and the extra mile will— for most of us—help keep our weight down to a reasonable figure.

Exercise also furthers physical, mental, psychological, and social fitness. It provides an outlet for emotional tensions, promotes self-confidence, wholesome social activity, and good sportsmanship. It enhances the sense of general well-being that enables us to confront and master a reducing regimen.

To be effective for both weight reduction and for general physical conditioning, exercise must be a regular part of your way of life, and not something that is overdone spasmodically.

So, if you want to lose 10 pounds in the next year, just arrange to walk that extra mile today.

FOR SALE

204 Second Street. Three bedroom brick home. In excellent condition. 1 1/2 baths. Ready for immediate occupancy.

Beautiful waterfront property. Montpelier Acres. 170-foot water frontage on Albemarle Sound.

10 Westover Heights. Three bedroom brick home. Wall-to-wall carpet. Appliances included.

112 East Queen Street. Two-story frame home. Four bedrooms; 1 1/2 baths; convenient location.

Three bedroom home in the country on nine acres of land. Easy commuting distance of Edenton.

Lot 100 x 200. U. S. 17 North, in growing residential section. Approximately three miles from Edenton.

210 South Oakum Street. Two-story frame house. Panelled den. Ready for occupancy.

210 North Broad Street. House and corner lot. Zoned residential or commercial.

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810 Johnston Street. Three bedroom home. Asbestos shingles. Fenced in yard.

R. Elton Forehand Agency

407 South Broad Street
Phone 482-3314

EASTER FEAST

FOR A PERFECT CANNED HAM **Armour's Star** **3-LB tin \$2.69** **FRYERS** **FOOD SHOP HERE** **N.C. FRESH WHOLE lb.**

LEG - O FRESH FROZEN HALF OR WHOLE **LAMB lb. 69c** **Chub's Delicious Barbecue** **1-1/2 cup 99c lb.**

Armour's Star - Young Hen **TURKEYS** **8-12 lb. Average LB. 33c** **LUNDY'S TRAY PAC SLICED BACON** **1-LB. PKG. 53c** **COUNTRY STYLE Link Sausage lb. 49c** **WHOLE SHOULDER LAMB lb. 49c**

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Egg Coloring Sets **ASSORTED 15c** **FLOWERS... Always Appreciated** **Assorted Easter Spray Vases \$1.98**

Mrs. Filbert's **OLEO 4 LBS \$1.00** **HALL'S GIANT PULLMAN** **Bread 2 loaves 49c** **S&H COUPON** **50 Free Stamps... With \$10.00 OR MORE PURCHASE** **Thurs.-Fri.-Sat. Limit - 1 To Family Super P&Q Market**

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Sunbeam - Cooked **ROLLS 2 Pkgs. 12's 29c**