PAGE FOUR\_B

## THE CHOWAN HERALD, EDENTON, NORTH CAROLINA, THURSDAY, DECEMBER 26, 1968.



LOOK WHAT HAS HAPPENED TO COOKWARE COLLECTORS of fine cookware can match high-fashion aluminum cookware to fit any kitchen decor. The line makes a practical, elegant Many new colors have been added. Christmas gift.

**Hunting Material** 

The Soph-How do you

The Soph-Thanks, I'm

## **Probably So**

"That's funny," said the dentist who had been drill- pronounce your name, sir? ing and drilling and drill- The New Professor-My "You said this tooth name is Ticklefeathering. had never been filled and pronounced just as it is yet there are flakes of spelled. gold on the point of my

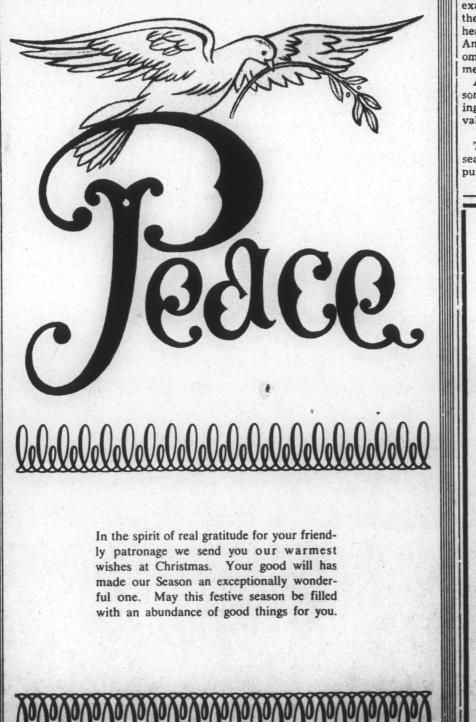
chairman of a class comdrill." "I knew it! I knew it!" mittee on yells, and I'm groaned the patient. "You looking for something that have struck my gold belt sounds ridiculous to put into a new one. buckle."



May we extend cordial greetings and good wishes for your health, happiness and prosperity in the months to come.







Leary Bros. Storage Co.

EDENTON, N. C.



THE GREEKS HAD A being.

WORD FOR IT The individual who lets The longer I work in the field of mental health the more I become convinced of the importance of maintaining balance in our lives. The Greeks, you is asking for trouble. will remember, referred to this as the Golden Mean.

The man or woman who exaggerates one important area of life to the detriment of others is almost assuredly going to suffer in peace of mind and wellshe has launched her child-

Banks Awarded comes a widow.

Grant For Stud

a grant from the N. C. and living becomes pur- pensive. Academy of Science for poseless. the support of under-grad-

Beatty, chairman of the not only cut corners but Department of Biology at also legalities. the college.

Banks is the fifth Livingstone student in as many years to receive a grant from the academy. Two other students, Wilgood mental health. liam Grant and James

Gavin, III, are studying toward the doctorate degrees at North Carolina State and Emory Universities, respectively, under Danforth and National Science Foundation fellowships. Louise Luckey and Earl Horton are ding biological research in laboratories in North Carolina and New York. Banks is concerned with

a "chromotographic characterization of the acids athours of sound sleep. tached to the anthocyanin pigments in petunia violacea" and will work directly under the supervision of Prof. Beatty.

> laxation and rewarding costs too much to continufamily interaction. But we ally ignore. mental health? Are you a balanced per- had not been produced.

## Byrum Returns Aboard Carrier

Class Jesse L. Byrum, Jr.,

USN, son of Mr. and Mrs.

Jesse L. Byrum, Sr., Route

1, Tyner, N. C., and hus-

Mattie M. Newby, Route 1,

Hertford, N. C., has re-

erica after completing an

around the world cruise-

that started last April 30.

month cruise was inter-

rupted by a tour of duty

with the United States

Seventh Fleet in the Gulf

**Colors Changing** 

Cookware Image

NEW YORK - There's

good news for husbands

who would like to give

their wives cookware for

Christmas but are hesitant

because they think it lacks

Cookware doesn't lack

Today's pots and pans

are no longer a necessary

evil that must be hidden

before dinner guests an

rive. Cookware designers

unsightly kitchen drudges

into attractive and functional utensils that can sit

with pride at any dinner

Color has come into

cookware in a big way.

Today, high-fashion alum-

inum cookware compares

in decorative value with

any kind of home furnish-

prompted manufacturers to

add a pineapple hue to

called pimento, avocado

Other colors include or-

ange blaze, turquoise, cop-

pertone, desert sand, danc-

ing flame, harvest gold,

various reds and blues,

charcoal grey, apple green

Those who have most to

will find the most

-Samuel Smiles.

-

do and are willing to

and white and black.

and nutmeg.

The craze for color has

changed them from

glamor.

have

table

glamor anymore.

The seven and one-half

C. W. Overman, County Extension chairman, emphasizes the importance of planning but cautions against unrealistic plans. Quit looking for the miracle prescriptions to produce 200 bushels of corn or 4,000 pounds of tobacco if only half these yields is

**Agent Stresses** 

**Planning Ahead** 

the best record for the his work become the cen- farm. Instead, concentrate ter of living, who ignores on building soil fertility his need for revitalizing and study the other replay, recuperative rest and quirements of the plant. loving family relationships High fertility is good business for any crop and the The woman who mar- Soil Testing Division of the tyrizes herself by devoting North Carolina Department her entire energy and of Agriculture is always working-day to her family ready to suggest the need-

is limiting the scope of her ed plant nutrients to establife and may well encount- lish good fertility levels in er difficult problems when your soil. An orderly planning proren from the home or be- cess helps to identify the

weak links in any program. The first and very im-So, too, the play and rest areas of living may be portant step is the selection of a rotation or cropexaggerated to the detriment of well-being. We ping system that makes all know playboys who are each acre produce the Kenneth Banks, a Liv- interested only in the stim- greatest income. Idle land ingstone College senior ulations and pleasures of is a production factor sitfrom Edenton, has received life. Eventually, these pale ting in the shade-it's ex-

Second, maintain high fertility levels. Keep an And there are those who up-to-date inventory of the uate research with antho- are interested only in get- fertility levels and lime cyanin pigments in the pe- ting by with as little ef- needs by a systematic tunia. The announcement fort, and as much ease, as schedule of soil testing. Inwas made today by O. K. possible. Frequently, they structions, sampling supplies and the test itself are offered without charge by

The full life, the enrich- the Soil Testing Division. ed life requires adequate Use all the fertilizer which measures of all these ele- research has shown the ments. But they must be crops can possibly use. kept in equilibrium for This is one of the cheapest forms of crop insurance ings gift. The parent and spouse available.

who doesn't get enough Third, plant the very sleep affects not only his best seed obtainable of the own well-being but that of right variety at the right their line. They are also his immediate family also, time in the right amounts coming out with colors Often we become irritable, to use all the sunshine, washort-tempered, demanding ter and nutrients available when we don't rest suffi- to each acre of space. In ciently. We become hard many cases these are satto get along with. Our isfied only by a break with memory isn't as efficient traditional methods.

Fourth, control weeds, as it should be. We become nervous and easily insects and diseases and upset. Women, especially, adapt all cultural practices seemingly need those eight to fit the needs of the plant rather than the ma-

Yes, for our own mental chine or other. extraneous health and the mental factors. Planting, cultiva- work, health of our families each tion and harvesting equipof us needs engrossing ment that is not adapted work, adequate fun and re- or is improperly adjusted

exaggerate any of these at Fifth, harvest, store, marthe cost of our mental ket or use all the prohealth. How about you? ducts of the land. Grain Any exaggerations? Any losses from the combine or omissions? How's your unused pasture crops are more epensive than if they

sonality? Are you help- In summary, Mr. Over-

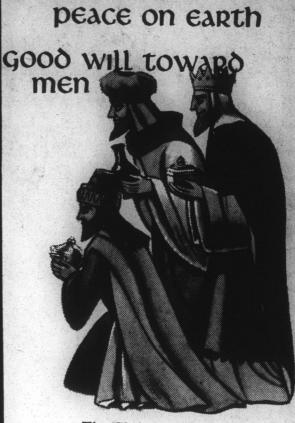
NORFOLK, Va. - Avia- of Tonkin. The America brief port calls at Subic tion Boatswain's Mate First spent four 30-day combat Bay in the Philippines and periods conducting flight Yokosuka, Japan, the comoperations against enemy bat operations took place forces.

During these periods, band of the former Miss planes from the 78,000-ton

from May 31 until October

29. aircraft carrier flew daily journey had the America turned to the United missions disrupting supply visiting the Philippines, States aboard the attack lines from North Vietnam Australia, New Zealand and aircraft carrier USS Am- into the south. Except for Brazil,

The homeward bound



The Christmas story, as marvelous and as significant as ever, brings us again to the realization of our many blessings. May you have your full measure during the Christmas season.

**Edenton Savings & Loan Assn.** 

A MOTORIAN

DIAL 482-3711



