

## Cold Water Dunking Can Be Costly

ALEXANDRIA, Va. — The weather may be warming, but warns the American Red Cross, early season boaters and fishermen should remember the waters of rivers, lakes and streams are still cold and dangerous if someone falls in.

"Many drowning deaths in April and May may be attributed to prolonged immersion in cold water and the inability of the victim to get out of the water quickly," said Cliff E. Lundberg, Eastern Area director of Red Cross safety programs. "Even expert swimmers can drown if they lose the ability to swim as the result of the cold water."

Lundberg stressed that fishermen should wear two or three suits of thermal underwear and other suitable clothing if there is a chance of cold water accident. He said wet suits such as the type worn by scuba divers are good in this situation. Those working or playing around water should know the basic water survival skills, he added. In most instances of swamping or capsizing, a person should hang on to the boat, but in cold water staying with the boat can be fatal if rescue is delayed. If a person falls into cold water he should not try to remove his clothing. In this case, clothing actually helps to retain warmth and provide buoyancy. Lundberg stressed that the most important thing a victim should do is get out of the water by swimming to the nearest point of safety, whether it is a boat or shore, using an armstroke that has an underwater recovery. Swim with or at right angles to the current for the nearest landing. "Fatal cooling occurs more readily in water than in air, because wetting rapidly decreases the insulating capacity of clothing. Loss of body heat in cold water occurs at two to four times the rate in air at the same temperature," noted Lundberg.

If possible, a victim taken from cold water should be warmed in water 106-110 degrees or wrapped in warm blankets. Do not place the victim close to a hot stove, a radiator or a heat lamp. Extra clothing may be added to warm a person, but keep him in a cool room. Hot fluids may be given as tolerated and medical help should be secured as soon as possible, the safety director concluded.

## Jr. Garden Club Plants A Tree

By Maru Amburn

The Eden Pine needles had an Arbor Day ceremony at the Barker House on Arbor Day, March 18.

First was the reading of Genesis 2:8, then we sang "America the Beautiful." Rev. E. L. Earnhardt said a prayer, then Melissa Amburn read a poem. Alison Jordan gave some facts of Arbor Day. After our ceremony we planted a crabapple tree. Al Phillips said a few meaningful words about Arbor Day.

The tree was bought by the Garden of Eden Garden Club. The crabapple was in their honor and it bears their flower.

**COURSE SLATED**

The Employment Security Commission announces openings for trainees for nurse assistant course to be given in Edenton. Applicants must be high school graduates or equivalent. Anyone interested please register at the local Employment Office at 709 North Broad Street immediately.

**Mistaken Identity**

First Glowworm—Boy! Do I feel stupid!

Second Glowworm—Why's that?

First Glowworm—I sat there for five minutes talking to that cigarette butt.

Your time is of no value to anyone but yourself; why not use it wisely?



LAND JUDGING—Shown above are members of the Chowan FFA Chapter and Albemarle FFA Federation Land Judging Contest held March 19 in Chowan County. Left to right are: Lloyd Bunch, chairman of the Albemarle District; E. S. White, chapter supervisor, and Thomas Asbell, Tony Bass, Larry Spivey and Charles Dall, team members. The event is sponsored by the Albemarle and Gates County Soil and Water Conservation Districts.



## BROAD STREET BULLETIN...

By Kate

How can I send a message  
To those who do not pray?  
You'll find your heart much lighter  
If one prayer you'll say today.

Help is yours for the asking,  
You'll find this message true;  
Prayer brings faith and hope for all,  
Just a little prayer from you.

The above is a tried and true recipe—so why not try it yourself?

Isn't this weather becoming more spring-like every day? As I walk in the yard each day, I see something new either in bloom or budding. It's a thrill to find it, which reminds me that Mrs. George Smith has returned to her home at Hayes after being away several weeks visiting friends and relatives in Roanoke and Florida. She tells me she thinks it's actually warmer and prettier here in Edenton than any place she visited. I'll surely say amen to that.

Nita and Dick Tarkington galavanted this weekend like two teenagers. They took off Saturday night and went to visit relatives in Baltimore for the weekend. They met up with some onery weather, too, but took it in their stride. Such a nice couple, Nita and Dick!

My telephone is such a comfort to me—brings me so many nice visits and conversation with friends. I was glad to hear Mary Surratt's voice today and to know that she's home and improving each day. Mrs. Ida Mae Roberson just called, too, and says she's on the up-grade. We women have a lot of fortitude.

I had an enjoyable visit from my close friends from Shiloh and Elizabeth City Tuesday, Mrs. C. T. Moore and Mrs. Sarah Allen. It's so nice to get together, to rehash good times in the past and to catch up on all the family news. I just love visitors.

Here's a recipe given to me this week by Julia Lupton. Sounds delicious!

**Frozen Pineapple Salad**  
2 pkgs. (3 oz. each) cream cheese.  
½ cup mayonnaise.  
¼ cup sugar.  
¼ cup finely cut crystallized ginger.  
1 cup miniature marshmallows.  
½ cup chopped pecans or walnuts.  
1 can (8 oz.) crushed pineapple, drained.  
2/3 cup evaporated milk.  
2 teaspoons lemon juice.

Let cream cheese soften at room temperature. In a medium size mixing bowl blend mayonnaise, sugar and ginger with softened cream cheese. Stir in marshmallows, nuts and drained crushed pineapple. Pour evaporated milk into an ice cube tray and chill until it is partially frozen. Empty icy evaporated milk into a small bowl of electric mixer and beat until stiff. Add lemon juice and beat very stiff. Fold in cream cheese mixture lightly but thoroughly. Line a small loaf pan with plastic wrap. Turn salad mixture into pan. Cover tightly with plastic wrap, freeze over night. When ready to serve, turn out on serving platter, remove plastic wrap and garnish with maraschino cherries if desired. Makes eight servings.

### A Few Hints

Keep a pair of long socks in your car's glove compartment to slip over your hands, cuffs and sleeves if and when you have to change a tire.

A little baking soda and water on a cloth will remove coffee stain from plastic cups. For indigestion, try a spot of oil of peppermint on a tea bag in boiling water.

### Coincidental

America is building bigger and faster cars and is also constructing new and more modern hospitals.

—Democrat, Davenport, Ia.

## From The Chowan Herald Kitchen

Continued from Page 3

**Auiche Au Jambon**  
1 pkg. (10 oz.) frozen patty shells, thawed.  
1½ cups diced cooked ham.  
6 eggs, beaten.  
¾ cup milk.  
1 teaspoon dry mustard.  
½ teaspoon hot pepper sauce.  
¼ teaspoon mace.

Thaw patty shells in refrigerator several hours or over night. Always keep them cool to the touch; do not allow to reach room temperature. Pre-heat oven to 450 degrees. Lay the six thawed patty shells side by side on lightly floured pastry cloth. Using a rolling pin covered with a stockinet, roll to a 12-inch circle. Fit into a 10-inch pie plate or other baking dish. Scatter ham over bottom of unbaked shell. Lightly beat eggs with milk, mustard, hot pepper sauce and mace. Pour into pie shell. Place in oven and immediately reduce heat to 400 degrees. Bake 30 to 40 minutes or until puffed and brown. Garnish with water-cress. Serves six to eight.

**Parsley Caper Sauce**  
1 pkg. (2 oz.) white sauce mix.  
¾ cup chopped parsley.

## Dr. W. S. Griffin Dies In Florida

FORT PIERCE, Fla.—Dr. Wallace Story Griffin, 64, a retired Edenton, N. C., dentist, died March 12 in a local hospital after a short illness.

A native of Edenton, he was the husband of Mrs. Hazel Bennett Griffin and a son of the late Dr. and Mrs. E. J. Griffin.

His widow is his only survivor.

He was a member of the Edenton Baptist Church, a past president and district governor of Lions International, a past master of Unanimity Lodge No. 7, A. F. & A.M.; a former member of the Edenton Board of Public Works and was active in other phases of community activities and was well known among the state's dental groups.

A funeral service was held March 13 at 2 P. M. in the Story family cemetery at Eure, N. C.

Twiford's Funeral Home at Gatesville, N. C., had charge.

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1 tablespoon drained capers.  
½ teaspoon salt.  
Prepare the white sauce mix according to directions increasing water to 1½ cups. Just before serving, stir in chopped parsley, drained capers and salt. Makes 1½ cups.

While oranges are at their best make up a batch of Orange Banana Bread. Slice it thin and spread it with softened cream cheese to munch with a cup of spiced tea.

**Orange Banana Bread**  
1 medium orange, unpeeled.  
1 small banana.  
½ cup nonfat milk.  
1 tablespoon melted butter or margarine.  
2 cups sifted flour.  
2/3 cup sugar.  
2 teaspoons baking powder.  
1 teaspoon soda.  
½ teaspoon salt.  
2 egg whites.

Trim and discard thin slice from both ends of orange; cut in half lengthwise. With a shallow "V" shaped cut remove white center core. Cut into chunks. Whirl in covered electric blender to yield two-thirds cup puree. (Or put through food chopper). Slice banana into puree mixture; whirl in blender until banana is thoroughly mashed. In large mixing bowl, stir together milk and melted butter. Sift together dry ingredients; add to milk all at once along with orange and banana puree. Stir until batter is thoroughly blended. In small mixer bowl, beat egg whites until stiff, but not dry. Stir and partially fold beaten whites thoroughly into batter; do not underblend. Pour into greased loaf pan and bake at 325 degrees for 55 to 60 minutes or until done. Let stand in pan five minutes before turning out onto wire rack for complete cooling. If you're counting calories, one slice equals 75.

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