Cold Water Dunking Can Be Costly

ALEXANDRIA, Va. - The are good in this situation. and fishermen should re- skills, he added. In most inmember the waters of rivers, stances of swamping or cap-lakes and streams are still sizing, a person should hang cold and dangerous if some- on to the boat, but in cold grees or wrapped in warm one falls in.

inability of the victim to get this case, clothing actually out of the water quickly," helps to retain warmth and said Cliff E. Lundberg, East-provide buoyancy. Lundberg ern Area director of Red stressed that the most im
Cross safety programs. "Even portant thing a victim should be secured as soon as possible, the safety director." expert swimmers can drown do is get out of the water by possible, the safety director if they lose the shility to swimming to the persect concluded. they lose the ability to swimming to the nearest swim as the result of the point of safety, whether it is cold water."

Landberg stressed that armstroke that has an underfishermen should wear two water recovery. Swim with, Plants A Tree or three suits of thermal un- or at right angles to the curderwear and other suitable rent for the nearest landing. clothing if there is a chance "Fatal cooling occurs more of cold water accident. He readily in water than in air, an Arbor Day ceremony at said wet suits such as the because wetting rapidly de-

Thought

we are all mutually accountable to others.

ally affected by our actions.

actions fail to involve others.

things that count.

In our society today, the same as since time began-

We can scarcely do anything that doesn't involve

The ancient story of the men at sea in a boat, and

one of them began to bore a hole in the bottom of the

vessel. On being remonstrated with, he answered: "I

am only boring under my own seat." "Yes," said his

fellow passengers, "but when the sea rushes in we

shall all be drowned with you." So it is! Few of our

We help as well as we hinder. The good in the

world is most always brought about through the ac-

tions of people. Someone said: "We do good to an-

other mostly in minute particles." Then it is the little

OUR THOUGHT TO REMEMBER: "Every day we

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make our offerings-one way or the other."

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others. Our friends, our families-or someone is usu-

weather may be warming, Those working or playing body heat in cold water ocbut, warns the American Red around water should know curs at two to four times the Cross, early season boaters the basic water survival perature," noted Lumberg

water staying with the boat grees or wrapped in warm "Many drowning deaths in can be fatal if rescue is de-April and May may be at-layed. If a person falls into tributed to prolonged immer-cold water he should not try sion in cold water and the to remove his clothing. In

a boat or shore, using an Jr. Garden Club

By Maru Amburn

The Eden Pineneedles had type worn by scuba divers creases the insulating capa- the Barker House on Arbor Day, March 18.

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

COURSE SLATED

The Employment Security Commission announces openings for trainees for nurse assistant course to be given in Edenton. Applicants must be equivalent. Anyone interest- it yourself? ed please register at the local Employment Office at Isn't this weather becoming 709 North Broad Street im- more spring-like every day? mediately.

Mistaken Identity feel stupid! Second Glowworm - Why's

First Glowworm - I sat First Glowworm — I sat notice at the state of the state o ing to that cigarette butt.

to anyone but yourself; why ally warmer and prettier here tea bag in boiling water.

To

Choose

From

Edenton, N. C.



LAND JUDGING-Shown above are members of the Chowan FFA Chapter land judging team as they receive their Lightly beat eggs with milk, check for second place winner in the six-county Albemarle mustard, hot pepper sauce from both ends of orange; counting calories, one slice restriction. FFA Federation Land Judging Contest held March 19 in and mace. Pour into pie Chowan County. Left to right are: Lloyd Bunch, chairman shell. Place in oven and imof the Albemarle District; E. S. White, chapter supervisor, mediately reduce heat to 400 and Thomas Asbell, Tony Bass, Larry Spivey and Charles First was the reading of Dall, team members. The event is sponsored by the Albe-Genesis 2:8, then we sang marle and Gates County Soil and Water Conservation Dis-"America the Beautiful." tricts.

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.

A Few Hints

Coincidental

-Democrat, Davenport, Ia.

The above is a tried and nish with maraschino cherries high school graduates or true recipe—so why not try if desired. Makes eight servE. J. Griffin. ings.

As I walk in the yard each day, I see something new in your car's glove compart- past president and district First Glowworm-Boy! Do either in bloom or budding. ment to slip over your hands, governor of Lions Interna-It's a thrill to find it, which cuffs and sleeves if and tional, a past master of Unareminds me that Mrs. George when you have to change a nimity Lodge No. 7, A. F. & Smith has returned to her tire.

A.M.; a former member of home at Hayes after being A little baking soda and friends and relatives in Ro- coffee stain from plastic cups. other phases of community anoke and Florida. She For indigestion, try a spot Your time is of no value tells me she thinks its actu- of oil of peppermint on a

in Edenton than any place

she visited. I'll surely say

amen to that,

Nita and Dick Tarkington and faster cars and is also Twiford's Funeral Home at galavanted this weekend like constructing new and more two teenagers. They took off modern hospitals. 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 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 for-

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 Lupon. Sounds delicious!

Frozen Pineapple Salad 2 pkgs. (3 oz. each) cream

1/2 cup mayonnaise. 1/4 cup sugar.

apple, drained.

1/4 cup finely cut crystallized ginger. 1 cup miniature marshmal-

1/2 cup chopped pecans or

walnuts. 1 can (8 oz.) crushed pine-

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. 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 gar-

Continued from Page 3

Auiche Au Jambon 1 pkg. (10 oz.) frozen patty shells, thawed.

11/2 cups diced cooked ham. 6 eggs, beaten.

% cup milk. 1 teaspoon dry mustard.

½ teaspoon hot pepper

1/4 teaspoon mace. 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. degrees. Bake 30 to 40 minutes or until puffed and brown. Garnish with water-

cress. Serves six to eight. Parsley Caper Sauce makes this quiche a real company bruncheon dish.

Parsley Caper Sauce 1 pkg. (2 oz.) white sauce

1/4 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.

His widow is his only survivor.

He was a member of the Keep a pair of long socks Edenton Baptist Church, a the Edenton Board of Public Works and was active in among the state's denta

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

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The Chowan Herald

1 tablespoon drained cap- a shallow "V" shaped cut re-

Orange Banana Bread 1 small banana.

1/2 cup nonfat milk. or margarine. 2 cups sifted flour.

2/3 cup sugar. 1 teaspoon soda,

½ teaspoon salt.

cut in half lengthwise. With equals 75.

move white center core. Cut into chunks. Whirl in cov-Prepare the white sauce ered electric blender to yield mix according to directions two-thirds cup puree. (Or increasing water to 11/2 cups. put through food chopper). Just before serving, stir in Slice banana into puree mixchopped parsley, drained cap- ture; whirl in blender until ers and salt. Makes 11/2 cups. banana is thoroughly mash-While oranges are at their ed. In large mixing bowl, best make up a batch of Or- stir together milk and meltange Banana Bread. Slice it ed butter. Sift together dry Thaw patty shalls in re- thin and spread it with soft- ingredients; add to milk all frigerator several hours or ened cream cheese to munch at once along with orange with a cup of spiced tea. and banana puree. Stir until batter is thoroughly; 1 medium orange, unpeeled. blended. In small mixer bowl, beat egg whites until stiff, but not dry. Stir and 1 tablespoon melted butter partially fold beaten whites thoroughly into batter; do not underblend. Pour into greased loaf pan and bake at 325 2 teaspoons baking powder. degrees for 55 to 60 minutes or until done. Let stand in pan five minutes before turning out onto wire rack for



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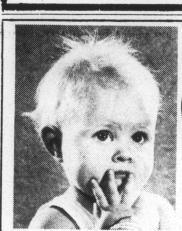
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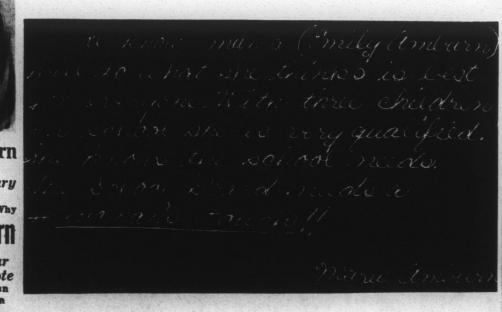
EDENTON, N. C.



Maru Amburn 6th Grade Swain Elementary School Is But One Reason Why

Is Seeking Your Support and Vote For Edenton-Chowan Board of Education First Township Democratic Primary

May 2nd



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