

School Lunch Room Menus

Menus at the lunch rooms of Chowan County schools for May 18-22 will be as follows:

White Oak Consolidated School
Monday — Franks on bun, mustard and catsup, French fries, mixed vegetables, peanut butter cookies, milk.
Tuesday — Spaghetti and meat balls, green beans, chilled mixed fruit, devil food cake, rolls with butter, milk.
Wednesday — Oven fried chicken, potato salad, English peas, jello, rolls with butter, milk.
Thursday — Ocean perch fillet, buttered corn, cole slaw, corn bread squares, lemon cake, milk.
Friday — Hamburger steak, orange juice, candied yams, buttered mixed greens, apple sauce cake, rolls with butter, milk.

salad on lettuce, block cake with chocolate icing, butter, milk.
Tuesday — Pizza with hamburger and cheese, tossed salad, fruit cup, peanut butter cookies, crackers, bread, milk.
Wednesday — Baked ham, potato salad, string beans, beet pickles, peach halves, rolls, butter, milk.
Thursday — Chicken salad on lettuce, green peas and carrots, buttered corn, jello with fruit, bread, milk.
Friday — Chili con carne, cole slaw, apple sauce, cookies, rolls, butter, milk.

nip greens, steamed rice, biscuits, gravy, butter, chocolate eclairs, milk.
Thursday — Fried chicken, garden peas, candied yams, rolls, butter, peach halves, milk.
Friday — Roast beef, creamed potatoes, butter beans, gravy, rolls, butter, strawberry short cake, milk.

John A. Holmes High School
Monday — Country style steak with gravy, whipped potatoes, green peas, rolls, butter, apple sauce and cookies, milk.
Tuesday — Fillet of fish, French fries, mixed green vegetables, corn bread, butter, banana cake, milk.
Wednesday — Fried chicken with gravy, buttered rice, green limas, orange juice, rolls, butter, jello, milk.
Thursday — Meat loaf with gravy, candied yams, string beans, corn bread, butter, fruit cup, milk.
Friday — Sliced bologna, sliced cheese, loaf bread, orange juice, potato chips, buttered corn, peach cobbler, milk.

Youth Revival Set At Church

First Assembly of God will conduct a four-day youth revival beginning Wednesday evening, May 13, and continuing through Sunday night, May 17.
 Rev. David Daniels, a young evangelist from Wanchese, will be the guest speaker. Mr. Daniels has traveled extensively in the Southeast United States conducting youth revivals and conventions.
 Services begin nightly at 7:30 o'clock with the exception of Saturday night, when the young people of the church will have a picnic at a neighboring park.
 Rev. William Tyndall, pastor, cordially invites the public to attend.

Questions-Answers About S. S.

Q. I filed a claim for disability benefits recently and my claim was approved. I became unable to work in May, 1969, but my first check was for the month of December, 1969. Why did I not get paid back to May when I became disabled?
A. The law provides a six-month waiting period, so payments are not made for the six months. Payments to a disabled worker and his family, or to a disabled widow or widower cannot begin until the seventh full month of disability. In your case the waiting period began with June, ended with November and the first payment was for December.
Q. My mother gave me a power of attorney, but social security informs me I cannot cash her benefit checks. Why?
A. Only a banking institution or trust company can be granted power of attorney for benefit checks and then only if a real necessity exists. Contact your social security office for more details.

D. F. Walker Junior High School

Monday — Spaghetti and meat sauce, tossed salad, peach half, cake square, roll, milk.
Tuesday — Beef stew with potatoes, carrots and onions, green beans, corn meal muffin, apple cobbler, milk.
Wednesday — Tuna salad, buttered corn, lima beans, roll with butter, jello, milk.
Thursday — Cheeseburger, French fries, mixed vegetables, cup cake with peanut butter icing, milk.
Friday — Fried chicken, rice and gravy, English peas, strawberry shortcake, roll with butter, milk.



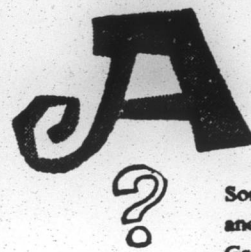
NORTH CAROLINA MOTHER OF YEAR—Mrs. William R. Rand of Garner, teacher and mother of three daughters, is shown here holding the plaque presented her upon being named State Mother of the Year for 1970. With Mrs. Rand are, left to right, M. T. Greenwood and R. C. Rigdon of the N. C. Merchants Association, sponsors of the program. Mrs. Rand will compete in New York City for American Mother of the Year, last won for North Carolina in 1951 by the late Dr. Mary Martin Sloop of Crossnore.

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 Modern Wisdom: A fuss in time saves nine. Most denunciations are motivated by ignorance.

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