

# Health Hints

FROM BLUE SHIELD

## Drug Abuse

If someone is taking drugs, would you know it? Inability to coordinate when standing or walking, muddled speech and impaired judgment can indicate barbiturate use. While the drug abuser may appear to be drunk, lack of alcoholic odor may be the giveaway. Symptoms of amphetamine abuse include: restlessness, jittery muscular twitches, becoming highly talkative, heavy sweating, bad breath and rapid pulse. Marijuana use may lead to an increased appetite with an especial craving for sweets; widely dilated pupils may suggest involvement with LSD.



## Fainting

Fainting may be brought about by several causes including: sudden and intense pain, injury, extreme temperature changes, exhaustion, hysteria and fear. If there is no evidence of injury, exhaustion or hemorrhage, the patient should be placed on his back—or if this is impossible—in a sitting position with his head between his knees. Exercising the victim's legs while he is still lying down, will also help him recover. When he regains consciousness, he should move about until his circulation returns to normal.



## Sleep

"Sleep Cheaters" are cheating on their own good health. Lack of an adequate sleep period can cause poor timing and poor coordination. Objects may shift in size and proportion, and vision may be somewhat strained. One's sense of touch, temperature, and pressure may be reduced greatly, and hearing may be impaired. Depression and irritability may also set in. So make sure you're not cheating on your own good health!



## Illness Is Fatal To Mrs. Mitchell

Mrs. Donie Ann Davenport Mitchell, 55, 702 McMullan Street, died November 17 at Chowan Hospital following an extended illness.

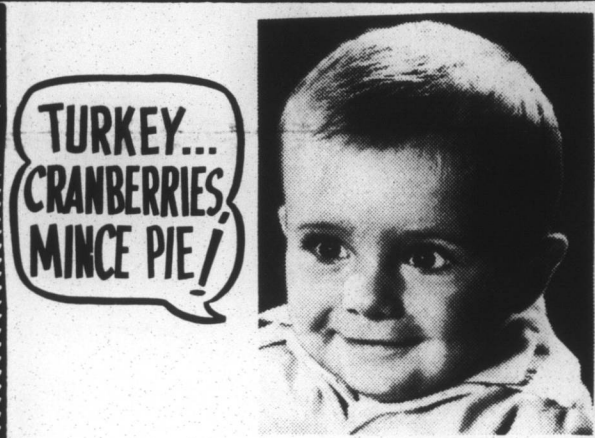
A native of Washington County, Mrs. Mitchell was born September 29, 1915, daughter of the late Daniel D. and Mary Ann Phelps Davenport. She was married to Gibson H. Mitchell, who survives.

Mrs. Mitchell was employed at Edenton Cotton Mill.

In addition to her husband, surviving is a son, Henry H. Mitchell of Edenton; two brothers, McCoy and Monroe Davenport, both of Creswell, and two sisters: Mrs. Sarah Bryan of Pink Hill and Mrs. Wilbur Keech of Norfolk, Va.

She was a member of First Christian Church, where funeral services were held at 4 P. M. last Thursday with Rev. E. C. Alexander and Rev. Y. D. Tyndal officiating. Burial was in Beaver Hill Cemetery.

Willford Funeral Home was in charge of arrangements.



Judging by his gaze — you had better snap a photo of that sumptuous feast and the eager faces around it. Film and camera supplies await you at Mitchener's Pharmacy.

**MITCHENER'S PHARMACY**

301 S. Broad St. Phone 482-3711  
Edenton, N. C.

**FOR SALE**

Valuable Farm Land  
WILL BE SOLD AT  
**AUCTION**  
ON PREMISES  
Saturday, Dec. 12th

**J. C. LANE ESTATE**  
Located Near Earl Smith's Store

- 14 ACRES CLEARED
- 8 ACRES WOODLAND



# THANKSGIVING



10 TO 14-LB. AVERAGE  
Festival or Mountain Maid  
YOUNG HEN  
**TURKEYS**  
lb. **34c**

PLACE YOUR ORDER FOR  
FRESH KILLED TURKEYS  
EARLY ...

1-lb. Gwaltney's Pork roll  
**SAUSAGE 39c**

22 to 24-lb. Average  
YOUNG TOM  
**TURKEYS**  
lb. **33c**

12 TO 14-LB. AVERAGE  
Phthisic's Home Cured  
DRY SALT - WHOLE  
Corned Hams  
lb. **69c**

3 to 5-lb. Barnhardt  
**DUCKS 55c**

10 TO 12-LB. AVERAGE HARRELL'S  
COUNTRY STYLE  
**HAMS 79c**

U. S. CHOICE TOP  
**Round Steaks**  
lb. **\$1.05**

1-lb. Gwaltney's Sliced  
**BACON**  
lb. **59c**

Fresh — Pork  
**Neck Bones 23c**  
1-lb. Gwaltney's  
**FRANKS 59c**

FRESH FIRST CUT  
**Pork Chops**  
lb. **49c**

29-oz. Libby's  
YELLOW CLING  
**PEACHES**  
CAN **29c**

16-oz. Can Libby's  
**FRUIT COCKTAIL**  
CAN **25c**

16-oz. Ocean Spray  
**CRANBERRY SAUCE**  
CAN **29c**

13-oz. Can Carnation Evap.  
**Skimmed Milk**  
CAN **\$1.00**

16-OZ. JAR WHITE HOUSE  
Spiced  
**PEACHES 29c**

QUART JAR MRS. FILBERT'S  
**MAYONNAISE**  
jar **49c**

QUART — WAY PAC  
Sweet Mixed  
**PICKLES 49c**

8-OZ. PEPPERIDGE FARMS  
Herb Seasoned  
**Stuffing 33c**

## PRODUCE SPECIALS

5-LB. BAG FLORIDA  
**ORANGES**  
lb. **43c**

CRISP  
**CELERY**  
2 FOR **29c**

1-lb. Box — Ocean Spray  
**Cranberries**  
box **33c**

FRESH GREEN  
**CABBAGE**  
lb. **6c**

- 1-lb. Bag Mixed Nuts.....55c
- 1-lb. Bag Brazil Nuts.....39c
- 1-lb. Bag California Large Walnuts.....59c
- 14-oz. Bag Almonds.....55c
- 2-lb. Nectar Fruit Cake.....99c

WE HAVE A COMPLETE LINE  
OF FRUIT CAKE INGREDIENTS

- 16-oz. Cup Mixed Fruit.....59c
- 16-oz. Cup Red Cherries.....\$1.19
- 8-oz. Cup Pineapple.....69c
- 8-oz. Green Cherries.....75c
- 8-oz. Citron.....49c
- 15-oz. White Raisins.....43c

**Phthisic's Super Market**

W. Queen Street — Edenton, N. C.

COMING SOON... DEC. 8th!  
To Phthisic's Super Market —  
S&H Green Stamp Redemption Truck.

5-oz. Pkg. Jack's  
**Grated Coconut 39c**

24-oz. Pkg. Morton's  
**Parker House Rolls 39c**

20-oz. Morton Minced Meat or  
**Pumpkin Pies 35c**

12-oz. Minute Maid  
**Orange Juice 55c**

15-oz. DelMonte  
**Muscat Raisin 49c**

**Fresh Coconuts 29c**

PRICES IN THIS AD EFFECTIVE THRU SATURDAY,  
NOVEMBER 28, 1970. WE RESERVE RIGHT TO LIMIT  
QUANTITY — NONE TO DEALERS.

**FREE! FREE! FREE!**  
50 Extra S&H Stamps

With this coupon and purchase of \$10 or more at  
PHTHISIC'S Super Market. Limit, 1 per family.  
This coupon MUST be presented at time of  
purchase.

EXPIRES SATURDAY, NOVEMBER 28, 1970