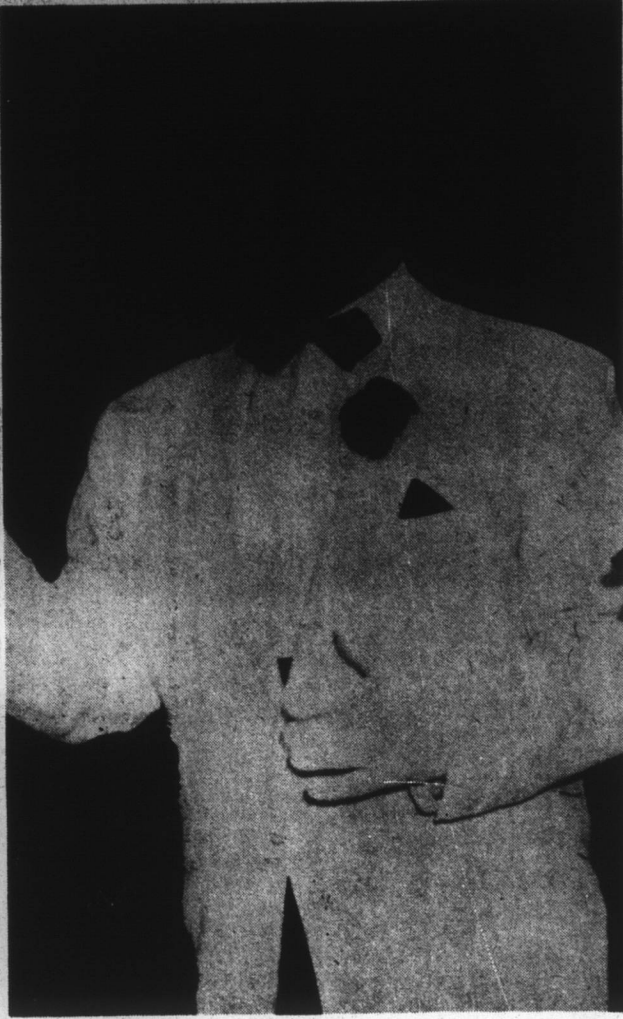


On A Diet? Don't Skip Breakfast

If you are trying to shed those few extra pounds you picked up during the summer months, don't skip breakfast. Cut down on the total number of calories you have each day, but don't cut out breakfast. It has been about 12 hours since dinner and you need protein and carbohydrates at breakfast time to keep blood sugar at proper levels to avoid that mid-morning slump. Eating breakfast will also help keep you from getting hungry in the middle of the morning and indulging in snack foods which may be high in calories but low in important nutrients you need.

A nutritionally adequate breakfast that can be easily adapted to fit the nutritional needs of all family members is juice, cereal with milk, toast and milk to drink.



A LIVING MANNIKIN — Marvello, a "mechanical man," will be at Macks October 4-6. Anyone who can make him laugh will win a new Chevrolet Vega, and anyone who can even make him smile will win \$100. In reality Marvello is as flesh and blood as any other human.

Mechanical Man Coming To Macks

A man who was once a medicine vendor a number of years ago is now a "mechanical man" named "Marvello" who supposedly cannot be made to laugh. Marvello, whose real name is Mel Oakes, will appear at Macks October 5-7, and anyone who can make him laugh will win a new Chevrolet Vega. From previous reports, it will be very difficult to even make him smile, which will bring the victor \$100.

Make no mistake about it, "Marvello" is as flesh and blood as anyone else, but for 37 years he has maintained his "mechanical man" act. In the beginning, if a person could make him even change his expression, they would win a prize, but after repeated attempts, he decided to change the requirements for winning. His original act included an ambulance to carry him to his destination along with police escort and the whole works of flashing lights and sirens. After being tilted upright in his stretcher, a cord would be plugged in and he would start up.

The 72 year old "Marvello" has received recognition in Ripley's "Believe It Or Not" for his ability to remain expressionless and unblinking for long periods of time. Although he can smile when

he wants to, it will be interesting to see if anyone in our community has the wit to break his untarnished record.

FOR QUICK RESULTS TRY A HERALD CLASSIFIED

To keep down the clouds of dust that are stirred up in confined areas where dirty floors are being swept, moistening with water is often effective. You can use a garden sprayer or a vacuum cleaner spraying attachment.



DUST IN TIME

SAFETY TIP

Instead of risking your neck twice a year cleaning leaves out of the gutters, go to a hardware store and get a plastic netting, called "Vexar" gutter guard. It fits across the top of the gutter so water can get in but leaves cannot.

Mrs. White Is Delegate To National Meeting

Mrs. Gladys White, home economics extension agent in Chowan County, will be among 35 active home economists and seven honorary or retired agents from North Carolina attending the 38th annual meeting of the National Association of Extension Home Economists in Denver, Colo., October 9-13.

The theme for the conference is "A Better World Begins With Me." Those attending will have an opportunity to hear outstanding speakers and participate in educational tours. They will also take part in discussions and rap sessions, and exhibits will be available for their observation.

Miss Jean Childers, home economics extension agent in Transylvania County, is a candidate for national third vice president.

Five agents from North Carolina will receive the Distinguished Service Award. They are: Mrs. Minnie Taylor, Perquimans County; Mrs. Mary Estelle Doyle, Lee County; Mrs. Floy Garner, Carteret County; Mrs. Esther Burgess Roscoe, Vance County, and Mrs. Freida Morgan Terrell, Buncombe County.

Mrs. Edith Hinshaw, Rowan County home economics extension agent, will receive the Florence Hall Award.

The following agents will be serving on national committees: Mrs. Iberia Tunnell, chairman-elect of registration; Mrs. Jean Hubbard and Mrs. Bernice Harris.

Mrs. White is voting delegate for the Northeastern District Extension Agents Association.

Other agents attending from Northeastern District are: Mrs. Jane Taylor of Winton, state president of the agents' association; Mrs. Taylor of Hertford, Mrs. Frances Voliva of Columbia, Mrs. Iberia Tunnell of Swan Quarter, Mrs. Clara Motley of Winton, Mrs. Paige Underwood of Hertford and Mrs. Mary Cowper of Gatesville. Several of these agents are on national committees.

Retired agents attending will be: Mrs. Liz Sanderlin of Currituck, Mrs. Frances Darden, formerly of Plymouth, Edna Bishop of Edenton, Rebecca Colwell of Wallace, Beulah Gaylord of Manteo, Mrs. Eugenia Van Landingham of Tarboro and Mrs. Margaret Baldwin of Raleigh.

Rep. Jones Reports From Washington

During the week the military construction appropriation for fiscal year 1972 was passed by the House. The total amount was in excess of \$2.2 billion, which represented an increase of \$133 million over fiscal 1971, but \$382 million below the administration's request. Included in this vast sum was \$2,143,000 for construction of new bachelor enlisted quarters at the Cherry Point Marine Air Station. This was the total amount requested by the base and was not cut by either the Bureau of the Budget nor the Appropriations Committee. Also allotted to Cherry Point was \$310,000 for water pollution abatement programs, which are designed to control pollution from military installations and ships in coastal waters. Of interest to the district was an interpretation of Secretary of Defense Melvin Laird's of military bases. As stated by the House Appropriations Committee, "The Department of Defense takes all possible steps to ensure that military construction is neither requested nor built at military installations which may be closed or inactivated within the foreseeable future." The legislation was passed overwhelmingly by a vote of 292 to 13.

efforts of this office several months ago to secure relief for farmers who had suffered crop losses due to Hurricane "Ginger" and the subsequent rains in the fall of 1971, with the administration insisting that they had no statutory authority to provide such relief. I am delighted to announce that as a result of legislation and President Nixon signing Public Law 92-385 on August 16, 1972, certain benefits are now available and are retroactive.

Farmers who have received loans from the Farmers Home Administration as a result of losses due to natural disasters which occurred between June 30, 1971, and December 31, 1971, may be eligible for a cancellation of these loans of up to \$5,000. Any balance outstanding after the application of these cancellations would be repayable at a reduced interest rate of one per cent.

able at a reduced rate of three per cent interest. Those who received loans as the result of losses due to a natural disaster which occurred after December 31, 1971, are also eligible for a cancellation of up to \$5,000. Any balance outstanding after the application of these cancellations would be repayable at a reduced interest rate of one per cent.

Those who received emergency loans from the Farmers Home Administration and are entitled to these new benefits, I am advised that it is not necessary for them to contact those local FHA offices since they will be notified in the very near future of these benefits and the action they must take.

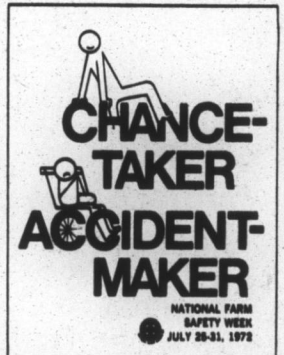
We Hope —

That you will find time to see Hope Mansion. It is the recently restored home of N. C. Governor David Stone (1808-1810) in Bertie County.

The Federal period plantation house, located four miles North of Windsor, is one of the featured attractions of Bertie County's two-week 250th anniversary celebration.

The home will be officially dedicated this week. If you miss the activities don't fret — this historic building can still be seen and enjoyed in the future, thanks to the Historic Hope Foundation.

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