

John Holmes Highlights

"The DECA Advertiser" support this group when they come to your door.

The DECA Club is sponsoring an advertising column for the use of students and faculty at Holmes High. The purpose of the project is to advertise items to be bought and items to be sold. John Dowd is the advisor for this group.

Eat More Doughnuts

The National Honor Society will be taking orders this week for your favorite Krispy Kreme doughnuts to be delivered on Saturday, October 28. They are selling these to raise funds to finance their induction ceremony to be held in the near future and other activities which they carry out during the year. The price is 75 cents per dozen and all doughnuts will be delivered to your door fresh from the bakery.

Trick or Treat For UNICEF

The Tri-Hi-Y will be soliciting funds for UNICEF on Halloween. This money is used to help children in 101 different countries. Please

American Education Week

With American Education Week scheduled for October 23-27, everyone is busy finishing projects and displays for the week. We hope that citizens will take time out to come and visit with us to see what we are doing.

Students Attend Musical

Drama and senior English students of Mrs. Vivian Armstrong, Miss Peggy Ward and Mrs. Sandra Boyce attended the production "Fiddler on the Roof" at East Carolina University on Tuesday, October 17. Also a number of junior English students under Fredric Powell attended one of the performances. These students were quite impressed with the outstanding musical.

When you open wide at the dentist's office remember to ask for a complete mouth check. It's one of the ways to detect oral cancer early, according to your American Cancer Society.



SOLO LUNCH—Lunching solo calls for dishes high in nutrition yet easy to fix. Three great ideas include Banana and Salmon Salad Plate; Banana, Peanut Butter and Bacon Sandwich; Homemade Banana Bread Sandwich with cream cheese; and Banana Blender Shakes.

From The Chowan Herald Kitchen

By MILDRED HUSKINS

These days of high food prices have turned shoppers into sleuths searching for foods that are not priced sky-high. Diligent study turns up some real bargains even in times like this.

For instance, the banana is still an outstanding value and are of good quality. As a matter of fact the Banana Bunch (the industry sponsored center for consumer information about bananas, tells us the banana is still selling at a price as low as 20 years ago, and, can you think of any other product which can make that claim?

Bananas have a high nutritional pedigree. First of all it has a good supply of essential vitamins, is low in sodium, has no cholesterol and only 85 calories. Best of all, they are just plain good to eat in many ways.

It is probably not necessary here to advise the mother who spends so much of her time providing nutritious meals for her family that she

often neglects her own lunch. Besides the wonderful banana and peanut butter sandwich eaten while standing at the kitchen sink, there are some other suggestions which we would like to pass along and which provide the nutrition the active homemaker needs from this noontime meal. Of course, they all include bananas. So, for the solo lunch bunch here are suggestions from the Banana Bunch.

Banana and Salmon Salad Plate

Lettuce.
1 medium banana.
1 can (3 1/2 oz.) salmon, drained.
1 hard-cooked egg, halved.
1/2 cup cold cooked green beans, carrots, asparagus or peas.
Curry dressing.
Line salad plate with lettuce. Arrange banana, salmon, egg and cooked vegetable on lettuce. Top with Curry Dressing made by combining two tablespoons

sour cream, 1/4 teaspoon curry powder and one tablespoon mineral oil. Let this stand about 30 minutes to blend flavors.

Serve a quickie lunch of a sandwich made with homemade Banana Bread spread with cream cheese.

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Foundation Post Given Mrs. Perry

RALEIGH — State Rep. J. Worth Gentry of King was recently re-elected president of the N. C. Agricultural Foundation following a financial report showing \$390,643 in fund-raising during the past year for N. C. State University agricultural education programs.

Among those elected to four-year terms as directors was Mrs. Carlton Perry, Route 3, Edenton.

Lunch Room Menus

Centralized menus in cafeterias in Edenton-Chowan Schools for the next week include:

Friday — Country style steak, whipped potatoes, green lima, fruit cup, rolls, butter and milk.

Monday — Tuna salad, buttered corn, green peas, pineapple upside down cake, bread, crackers, butter and milk.

Tuesday — Spaghetti with meat sauce, green beans, cole

slaw, spice cake with topping, bread, butter and milk.

Wednesday — Beef-vegetable soup, sandwiches, apple cobbler, crackers and milk.

Thursday — Manager's choice.



AMERICAN CANCER SOCIETY

IMPORTANT ANNOUNCEMENT

We can now provide more flexible credit and service for agriculture. Better long-term loans are available for land, homes, home improvements and other farm and farm family needs. Non-farmers can now qualify for rural home loans. Ask us.



Long-term Credit

806 W. EHRINGHAUS ST. — ELIZABETH CITY, N. C. TELEPHONE 335-2158

102 W. EDEN STREET — EDENTON, N. C. Each Thursday 10 A. M. - 12 Noon TELEPHONE 482-4904

Skipper Bowles Offers:



For today's problems... A working program.

"My goals are the goals of all North Carolinians.

- ★ "I will remove politics from highway roadbuilding.
- ★ "No North Carolinian will be a second class citizen because of inadequate roads. Needs will determine road priorities, not politics.
- ★ "No-fault auto insurance is an idea whose time has come. North Carolinians deserve it, and it will ease the terrible weight of accident expenses.
- ★ "I am determined to change the rules of the deadly game of drunk driving. Courts are too lenient; laws are too lax.
- ★ "Respect for lawmen, and a decent wage for officers—these are the bedrock of law enforcement.
- ★ "We will crack down on the drug pusher.
- ★ "We can lighten the burden of our most needy by attacking hunger, bad housing, and ignorance. We can throw the cheaters off the welfare dole and find money for the truly unfortunate."

SKIPPER BOWLES
For GOVERNOR

General Election, Nov. 7

Grants 66th ANNIVERSARY SALE

FIGHTS INFLATION

GRANTMASTER 120 HIGH MILEAGE TIRES

GUARANTEED 24 MONTHS 4-PLY NYLON CORD

NO EXTRA CHARGE FOR INSTALLATION

BUY 1st TIRE AT REG. PRICE GET 2nd TIRE AT 50% OFF!

GET 2ND TIRE AT... **\$7.49** 650-13 TUBELESS BLACKWALL

WHEN YOU BUY THE 1ST TIRE AT... **\$14.99** 650-13 TUBELESS BLACKWALL

SIZES	F.E.T.	1ST TIRE	2ND TIRE
650-13	\$1.75	\$14.99	\$ 7.49
775-14	\$2.12	\$19.99	\$ 9.99
825-14	\$2.29	\$21.99	\$10.99
775-15	\$2.13	\$19.99	\$ 9.99

WHITEWALLS, SAME SIZES... \$1.50 MORE FOR 2ND TIRE WHEN YOU BUY 1ST TIRE FOR \$3 MORE

GRANTMASTER 'BRONCO' TIRES

GUARANTEED 36 MONTHS STRONG POLYESTER CORD

GET 2ND TIRE AT... **\$12.50** C78-14 TUBELESS BLACKWALL

WHEN YOU BUY THE 1ST TIRE AT... **\$24.99** C78-14 TUBELESS BLACKWALL

SIZES	F.E.T.	1ST TIRE	2ND TIRE
C78-14	\$2.08	\$24.99	\$12.50
C78-14	\$2.24	\$26.99	\$13.50
C78-14	\$2.39	\$29.99	\$15.00
C78-14	\$2.56	\$31.99	\$16.00
C78-15	\$2.63	\$31.99	\$16.00
H78-15	\$2.81	\$33.99	\$17.00

GRANTMASTER TIRE GUARANTEE

1. Tread Life Guarantee Against Road Hazards: We guarantee all Grantmaster tires against road hazards which cause tread wear, such as potholes, curbs, and other road conditions. If the tread is worn to the point of being unsafe, we will replace the tire at no charge.
2. Tread Life Guarantee Against Scurf: We guarantee the Grantmaster tire against scurf, which is a white, powdery substance that forms on the tread of a tire. If scurf is found on the tread, we will replace the tire at no charge.
3. Guaranteed Against Tread Wear: The Grantmaster tire is guaranteed not to wear out for the number of months designated in the tread wear label on the sidewall. If the tread is worn to the point of being unsafe, we will replace the tire at no charge.

This guarantee covers tires in passenger car, truck and trailer use only. It does not cover commercial use. See dealer for complete details.

GRANTS PERMANENT ANTI-FREEZE \$1.22 SALE 1 GAL.

GRANTS 10W30 LONG DISTANCE OIL \$4.68 SALE 1 QT. CAN.

GRANTMASTER 480 48-MONTH BATTERY SALE \$19.88

PRE-MIXED WINDSHIELD WASHER ANTI-FREEZE SOLVENT SALE 57¢ GAL.

12' BATTERY BOOSTER CABLES SALE \$1.88 PR.

3-AMP BATTERY CHARGER SALE \$8.88

8-TRACK STEREO TAPE PLAYER WITH FM MULTIPLEX RADIO \$73.88 SALE

GRANTS WHEEL ALIGNMENT SPECIAL \$5.88 SALE

OPEN MON.-SAT. 9:30-9:30
OPEN SUNDAY 1-6 P.M.
Bradford House Restaurant Serving Delicious Meals 7 days a week

Grants FIGHTS INFLATION...COAST TO COAST