



**CHRISTMAS SEALS BOOSTED**—Dr. Joe Pou of Greenville, left, the Eastern Lung Association's Christmas Seal campaign chairman, discusses the campaign's progress with Miss North Carolina, Heather Lee Walker, Mrs. James E. Holshouser, North Carolina's First Lady, and Hugh Morton of Wilmington, the state campaign chairman. (Picture compliments of The Daily Reflector, Greenville).

**Discuss Eastern Lung Association Progress**

GREENVILLE — Dr. Joe Pou, 1973 Christmas Seal Chairman of the Eastern Lung Association, was among 150 professional and volunteer workers for state and local lung associations (formerly tuberculosis and respiratory disease associations) to attend a recent statewide coffee in Raleigh in support of the 1973 Christmas Seal Campaign.

Also in attendance were North Carolina's First Lady, Mrs. James Holshouser; Hugh Morton, State Christmas Seal Campaign Chairman for 1973; Atty. Gen. Robert Morgan, chairman for the Mid-State Lung Association; Miss Heather Lee Walker, Miss North Carolina and Chairman of the Western North Carolina Association; State Sen. Gordon Allen, Chairman of the Research Triangle Association; and others.

Representing the Eastern Lung Association at the coffee were Lorey White, executive director of the Eastern Lung Association; Bob Pickett, board member from Greenville and Dr. Pou.

Help make Christmas last all year — give your friends U.S. Savings Bonds.

**Local Student Seeking Title**



MISS JO ANN WHEELER

ROCKY MOUNT — An Edenton student, Jo Ann Wheeler, has been selected a member of the Homecoming Court at N. C. Wesleyan College and is a candidate for Homecoming Queen.

Wesleyan will celebrate its homecoming with an activity-filled weekend from November 30 to December 2, and the Homecoming Court will be presented to the student body, returning alumni and visitors during half-time of the Saturday afternoon basketball game with Virginia Wesleyan.

The Homecoming Queen will be crowned during the semi-formal dance on Saturday night, which will be held in the local Shrine Club facility at 9 P.M.

Miss Wheeler, a primary education major, is sponsored by the junior class. She is the daughter of Mr. and Mrs. Russell Wheeler, 222 East Queen Street, Edenton.

**CARD OF THANKS**

I would like to thank all the nurses and hospital staff, especially Dr. Voigt, Hardin and Williams, for all their services and help while a patient in Chowan Hospital. Also, I appreciate all cards, visits, phone calls and any other acts of kindness during my illness and while recuperating at home. Your THOUGHTS will never be forgotten.

VERNON BARROW

# LOAD-UP

on These Money Saving Food Values

P & Q

Super Market

**GRADE "A"**  
**FRYERS**  
 whole lb. **39¢**  
 Cut-Up . lb. **43¢**  
**1/4 LEG AND BREAST . lb. 59¢**

**SWIFT'S PREMIUM**  
**T-BONE STEAK**  
 lb. **\$1.59**  
*No Better Beef In The Albemarle Area!*

**SWIFT'S PREMIUM**  
**SIRLOIN STEAK**  
 lb. **\$1.49**

**Gwaltney's**  
 Signal Brand  
**Bacon**  
 lb. **\$1.19**

**Luter's**  
 Jamestown Brand  
**Sausage**  
 lb. **89¢**

**SWIFT'S PREMIUM**  
**ROUND STEAK**  
 lb. **\$1.59**

**Luter's**  
 Jamestown Brand  
**Franks**  
 lb. **89¢**

**Luter's**  
 Jamestown Brand  
**Bologna**  
 lb. **99¢**

**5-lb. Bag**  
**Cream Flour**  
 Bag **89¢**

**1-lb. Pkg.**  
**Gwaltney Lard**  
 Pkg. **33¢**

**303 Can**  
**Green Giant Sweet Peas**  
 4 Cans **\$1.00**

**303 Can**  
**Camellia Cut Green Beans**  
 4 Cans **\$1.00**

**No. 1 Can Camp. Chicken 'n Noodle or Chicken 'n Rice SOUP**  
 5 Cans **\$1.00**

**Giant Gale Assorted Decorative Paper Towels**  
 3 Rolls **\$1.00**

**People Who Care About Their Food Costs . . . Shop P&Q**

**46-oz.**  
**DelMonte Pineapple Juice**  
 Can **39¢**

**1-lb. Box**  
**Little Brownie Saltines**  
 2 Boxes **59¢**

**12-oz.**  
**Staley Syrup**  
 Bottle **33¢**

**27-oz.**  
**Texize Freewax**  
 Can **79¢**

**10 Ct.**  
**Glad Trash Bags**  
 Pkg. **69¢**

**2-Roll**  
**White Cloud HUDSON Bathroom Tissue**  
 3 Pks. **87¢**

**DOUBLE STAMP DAY TUESDAY DOUBLE STAMP DAY**

**FROZEN FOODS**  
 Tagged for Savings\*

**20-oz. Morton's Macaroni & Cheese 45¢**

**8-oz. Sea Star Fish Sticks 2 pkgs. 69¢**

**6-oz. Camellia Frozen Orange Juice 4 cans 89¢**

**ENGLISH WALNUTS . . . lb. 74¢**

**MIXED NUTS . . . . . lb. 72¢**

**BRAZIL NUTS . . . . . lb. 54¢**

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50 Extra Stamps With This Coupon And Purchase Of \$10.00 Or More

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**Oranges . . 5-lb. bag 59¢**

**Bananas . . . . 2 lbs. 25¢**

**Cabbage . . . . . lb. 9¢**

**Lettuce . . . . . head 21¢**

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**Rx Monthly News**

**November 1973**

**NOBODY LIKES TO BE SICK**  
 Years ago, when somebody in the family got sick, you'd call the doctor to stop by the house to diagnose the ailment. Usually, he would leave some substance which tasted terrible and smelled worse. He would warn that "this is a powerful preparation," and it was, because the patient generally recovered rapidly—to escape the medicine, if for no other reason.

**THINGS ARE DIFFERENT NOW**  
 Thanks to the amazing medical discoveries of the past 25 years, we now have many products to relieve pain and cure illness. Thank goodness, those vile-tasting potions have largely disappeared, along with much of the guesswork.

**MODERN MEDICINES SHORTEN SICKNESS**  
 Many drugs prescribed by doctors today result in shortened and simplified treatment and often reduce the need for hospitalization or surgery. Modern medicines ease patients' pain and suffering, and they help reduce the financial problems that come with a long drawn out illness.

**A GREATER RESPONSIBILITY FOR US**  
 Because medicines today are quicker-acting and are prescribed for specific illnesses, they can be dangerous if allowed to get into the wrong hands, or if not dispensed correctly. Your pharmacist uses his professional knowledge and experience to help you get well faster.

**WE STRIVE TO JUSTIFY YOUR CONFIDENCE**  
 Each day gives us the opportunity to help our customers live a healthier and sickness-free life. The judgment of your physician and the integrity of your pharmacist stand behind your prescription. We welcome the chance to be of service to you and your family.

**Hollowell's Retail Drug Store**  
 TWO REGISTERED PHARMACISTS