

# For And About Women

## Herald Society News

Mr. and Mrs. West Byrum and daughters spent the weekend in Bladenboro visiting Mr. and Mrs. June Singletary.

Miss Jody Merrill of Raleigh spent the weekend visiting Emmett Wood and his parents Mr. and Mrs. C. H. Wood.

Mr. and Mrs. Dick Balzer and children Amy, Beth and Richard of Malvern, Pa., spent the Christmas Holidays with Mr. and Mrs. J. Clarence Leary, Sr.

Mr. and Mrs. Dick Weeks, Jr., of New Bern spent Sunday with his grandparents Mr. and Mrs. J. Clarence Leary, Sr.

Mr. Lester Lewis is recuperating in Pitt Hospital, Greenville following an operation. Mr. Lewis resides with his family on Country Club Drive and is an Inspector for Commercial and Sports Fisheries.

Mr. Marvin Wilson and son Channing of Faison, N. C. spent the holidays with her sister Mrs. John A. Bunch.

Mr. George Dail spent Christmas with Mr. and Mrs. Otis Bowen and family in Washington, N. C.

Mr. and Mrs. J. E. Debnam spent Christmas Holidays in Richmond visiting Mr. and Mrs. Herbert Jackson.

Miss Aurelia Layden returned Friday after spending two weeks visiting Mr. and Mrs. Wiley Taylor and family in Charleston, S. C.

Miss Ida Smyer of New York City spent a few days visiting Mrs. Ida Roberson.

Mrs. Loretta Deans has returned after spending the holidays in Richmond, Va.

Miss Elizabeth Jacobs of South Mills returned home Monday after spending a few days with her sister Mrs. E. W. Spies.

Mr. and Mrs. Harry Gibson have returned to their home in Morgan Park after spending a few days with his parents Mr. and Mrs. O. E. Gibson.

Mrs. W. D. Hutchison and daughter Kathryn have returned to their home in Spencer, N. C. after spending several days with Mr. and Mrs. Bob Hutchison.

Capt. and Mrs. Joe Harrell and son Joel have returned to McGuire AFB N.J. after spending the Christmas Holidays with his parents Mr. and Mrs. Earl Harrell.

Mr. and Mrs. Ronald Perry and family of Portsmouth, Va., spent Christmas Holidays with their parents Mr. and Mrs. Earl Harrell and Mr. and Mrs. Bristow Perry.

Mr. and Mrs. Julian E. Forehand have returned to their home in Westover Heights after spending the holidays with their son, his wife and family, Mr. and Mrs. Ralph R. Forehand in Wilmington, Delaware.

Mr. and Mrs. Jessie Maher and daughter Jeanette of Silver Springs, Md., have returned home after spending last week with Mr. and Mrs. H. Z. Moyers.

Mrs. Watts Poe of Chapel Hill visited her father Mr. Branning Perry during the Holidays.

Mr. and Mrs. Robert Wiltshire and son Bob of Richmond, Va. visited her sister Sara Miller during the Holidays.

## News From Merry Hill Section

MRS. ETHEL WINBORNE

Mr. and Mrs. Jimmie Bailey and children, Stacey and April of Newport News spent from Friday until Tuesday with her parents, Mr. and Mrs. Ralph Smithwick.

Mr. and Mrs. Rufus Baker accompanied Mr. and Mrs. Everett Baker and son of Chesapeake to Silver Springs Md., and spent the weekend before Christmas with Mr. and Mrs. Darrell Baker and family.

Mrs. Shirley Davis Muse and family of Portsmouth visited Mrs. Ethel Winborne Wednesday afternoon.

Mr. and Mrs. Thomas White and family, Mr. and Mrs. David White and Mr. and Mrs. Phil Hopkins of Newport News visited Mrs. J. W. White during the holidays last week.

Students at home for Christmas were: Miss Ellen Pruden from Methodist College, Fayetteville, Misses Marilyn Kay and Marsha Barfield and Scott Keeter from E. C. Greenville.

Mr. and Mrs. Bob Hugh and children Lynn and Jennifer of Harrellsville and Mr. and Mrs. Jimmy Bailey and children, Stacey and April of Newport News were Christmas Day dinner guests of Mr. and Mrs. Ralph Smithwick.

Mr. and Mrs. Jimmie Love and Mrs. Nina Whiteman spent several days during Christmas at Wingate with Mr. and Mrs. Sam Love.

Mrs. Ethel Winborne spent Christmas with her brother, A. E. Bowen, Sr. in Windsor. Saturday Mrs. Winborne accompanied Mrs. Arthur Bowen to Aoshkie to visit Jordan Yates at Chowan Manor Rest Home.

Mr. and Mrs. Everett Baker and son of Chesapeake spent Christmas with his parents, Mr. and Mrs. Rufus Baker.

Mrs. Ethel Winborne attended the funeral of Mrs. Callie Britt in Harrellsville Thursday also visited Mrs. Grover Farless at Colerain that afternoon.

## Pap Smear Urged

All women should have a Pap Smear Test for cancer every year. If you have not had this test, talk with your family doctor or call the local health department. A Pap Smear Screening Test will be given or the second and fourth Mondays from 1 P.M. to 4 P.M. at the Chowan County Health Department, Edenton. Anyone desiring an appointment is ask to call the Health Department at 482-2511.



"There are 70 million books in American libraries, but the one you want to read is always out." (Tom Masson)

## Brides discover microwave oven makes a good friend in kitchen

Many brides are interested in experimenting with new methods of cooking, such as microwave cooking, and for good reason.

As the bride soon learns, the time savings and convenience of microwave cooking make meal preparation faster and easier. Using the microwave cookbook that is provided with General Electric's new JET 82 countertop microwave oven, she can have an appetizing meal prepared and ready to serve in minutes.

A cooking time chart located on the front of the unit is a handy reminder of cooking times for frequently prepared food items. A popular way for the working bride to use the microwave oven is to plan and prepare meals in advance to be frozen or refrigerated until the day she serves them. Just a few seconds or minutes in the JET 82 when she returns from work and the meals are thawed, heated and ready to serve.

After using a JET 82, it won't be long before she finds she has more than one friend in the kitchen.



NEW WAYS OF PREPARING MEALS, such as microwave cooking, will interest brides concerned with convenience and saving time. The cooking time chart located on the front of the Jet 82 countertop microwave oven by General Electric and the microwave cookbook provided with it can help.



## Couple Plans August Nuptials

Mr. and Mrs. Herbert Bennett announce the engagement of their daughter, Debra Lynn, to Philip Ralph Cerpanya. He is the son of Mr. and Mrs. John Cerpanya of Pittsburgh, Pa.

Miss Bennett is a graduate of Kempville High School in Virginia Beach, Va., and is now a senior at the University of Virginia. She will graduate in May with a degree in nursing.

Mr. Cerpanya is a graduate of the University of Virginia. He is presently attending Thunderbird International Graduate Business School in Glendale, Ariz.

An August wedding is planned in Edenton.

## Hospital Auxiliary

Mrs. Ores Blanchard and Mrs. Chris Kenney are the most recent new members in the Chowan Hospital Auxiliary's annual membership drive which will continue through January. Anyone interested in joining may contact Mrs. Jack Harris at 482-4815. The next meeting of the auxiliary will be held January 7, at 10 A.M. in St. Paul's Episcopal Church parish house.

## Bible Study Will Be Held

January Bible Study will be held at Edenton Baptist Church next week with Rev. Robert E. Gray, pastor of the church, teaching the book entitled; "Colossians: Christ Above All."

Beginning Sunday morning at 10 o'clock, Mr. Gray will speak to the Adult and Youth Sunday School classes on an introduction to the Book of Colossians.

Continuing the study at the 11 o'clock morning worship, he will use as his sermon topic "A Prayer of Petition." Scripture will be taken from Colossians 1:9-14. Sessions will be held each evening at 7:30 o'clock Sunday through Wednesday.

Copies of the study book may be obtained from the church office. Nursery facilities will be provided for children three years and under. The public is invited to attend.

## MAKE-UP ARTIST RECOMMENDS HIGH PROTEIN FOR INSTANT SLIMMING

By now, everyone knows the wonderful results a high protein diet can have on your figure, but do you know that applied on the outside, protein does beautiful things for your complexion? According to Coty make-up artist, Wayne Franken, that's so. Protein is important as a cosmetic ingredient -- it helps fill in tiny lines and wrinkles and it locks in the complexion's own natural moisture. Wayne uses Coty's new Great Coverage protein foundations and blusher for slenderizing cosmetic shadowing. Special model techniques can cleverly slim and shape facial contours.

"Foundation is even more effective than a shading cream. Because you're shading with true skin tones, it looks more real, especially close-up," says Wayne.

**For instant facial slimming effects:**  
Choose a color one shade darker than your usual. If your skin is Nordic pale, Golden Beige will probably be perfect for the dark tone, and Basic Bisque will be your overall color. If your skin is tan, use Golden Bronze Great Coverage for shading. Sunny Tan for overall. If it's olive, use Tawney Rose for shading, Tea Rose for overall.

Apply the darker color first, then apply your usual color, overlapping lightly and blending for a smooth graduation of tones. Here's how to use the darker shades:



**MEDIAN AGES**  
According to recent government surveys, the average new bride is almost 21 years old and the groom is slightly over 23. College educated newlyweds are usually older.



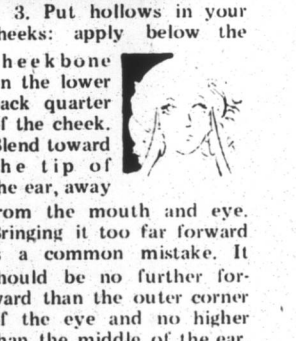
## Engagement Is Announced

Mr. and Mrs. Ivan Bunch of Hobbsville announce the engagement of their daughter, Phyllis Elaine, to Obed Linwood Lee, Jr., son of Mr. and Mrs. Lee, Sr., of Edenton.

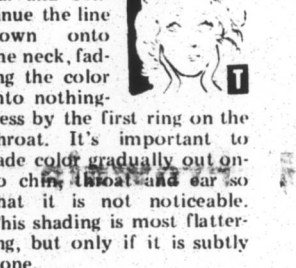
The wedding will be held at 3 P.M. Sunday in Yeopim Baptist Church.

Friends and relatives are cordially invited to attend.

## 3. Put hollows in your cheeks: apply below the cheekbone on the lower back quarter of the cheek. Blend toward the tip of the ear, away from the mouth and eye. Bringing it too far forward is a common mistake. It should be no further forward than the outer corner of the eye and no higher than the middle of the ear.



## 4. Define the jaw line: apply under the chin from behind the ear and continue the line down onto the neck, fading the color into nothingness by the first ring on the throat. It's important to fade color gradually out to the chin. Use a brush so that it is not noticeable. This shading is most flattering, but only if it is subtly done.



## Blush Beautifully

Blush is a lively beauty accessory that looks best when you don't notice it. Apply sparingly and only in the limited area of the outer cheekbone. Put it higher than your nostrils and further back than the middle of your eye. Within this space, the shape of your blusher can make a big difference.

- Squares of color balance a narrow chin.
- Triangles, wider toward the ear, make a broad or chunky square face appear more slender. Slant the tip of the triangle down toward the mouth if the face is square, up toward the bridge of the nose if the face is a heavy oval or egg shaped.
- Horizontal bars of color running across the top of the cheekbones shorten the dimension of a long face.

## Spotlight on HEALTH & SCIENCE DENTAL SHORTS

In Central Africa among Wawira tribes, men pointed their teeth to attract women. In early Japan married women dyed their teeth black to discourage their husbands' jealousy of other men. Black teeth became the married woman's status symbol of taboo to others. Until not long ago many black porcelain teeth were made in America for Japanese use in dentures for married women.

Best-selling toothpastes in America contain tooth-polishing ingredients. Whiter teeth are favored. Toothbrushing is advocated to help prevent dental caries and periodontal disease.

There is a new toothbrush for persons with overly-sensitive teeth who find toothbrushing painful. The new brush, called Sensodyne Gentle, has bristles, head, and handle especially designed to make brushing more comfortable, and tooth cleaning more effective for these individuals.

Sensodyne toothpaste is already recommended by 80,000 dentists for desensitizing teeth. The active ingredient in the dentifrice penetrates the tooth structure to help block pain impulses. This effect increases with continued brushing. The new brush is recommended for use with the toothpaste.

Accidental injuries to teeth can be prevented with the use of safety belts in automobiles and mouth protectors when engaged in contact sports. Children should be encouraged to follow safety rules in running, playing games, and when using water fountains.

## HAM BAKE

Serves 6  
4 tbsps. Butter or margarine  
4 tbsps. Flour (enriched)  
1/4 tsp. Salt  
1/4 tsp. Pepper  
2 cups Milk  
1 cup Cooked ham (diced)  
4 tbsps. Onions (chopped)  
2 cups FRITOS brand corn chips (lightly crushed - measured after crushing)

Make a sauce of the butter or margarine, flour, seasonings and milk. Add ham and onion to sauce. Place half of FRITOS brand corn chips in casserole. Add sauce. Top with remaining FRITOS brand corn chips. Bake at 350 degrees for 25 minutes.

## Congregation Will Be Feted

A pancake breakfast will be held at Edenton United Methodist Church at 8:30 A.M. Sunday for the entire congregation. The breakfast in the fellowship hall is sponsored by United Methodist Men's Club.

Holy Communion will be observed at the 11 A.M. service and the evening service will be directed by a layman of the church.

## NOTICE!

We regret that due to the energy crisis it is necessary for us to make only scheduled deliveries. Beginning January 7, 1974, our delivery service will run at 9:00 and 11:30 A. M. and 2:00 and 4:30 P. M.

We ask that you keep this in mind when placing your orders.

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16 OZ. BOX HI-HO CRACKERS.....		51c
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