

News & Society Items

Mr. and Mrs. W. S. Peoples and family were overnight guests of relatives in Franklinton on Monday.

Miss Grace Alston of New York City spent the holidays here with her parents, Mr. and Mrs. Dawson Alston.

Mr. and Mrs. Goode Russell of Richmond, Va., and Mrs. E. H. Russell of Macon were guests of Mrs. C. L. Purdy on Tuesday.

Mr. and Mrs. Kenneth Barlow of Charlotte and Mr. T. V. Adams of Chapel Hill were holiday guests of Mrs. J. E. Adams and Mrs. T. V. Allen.

Mr. and Mrs. James Trotter and son of Reidsville are guests of Mr. and Mrs. C. E. Rodwell.

Holiday guests of Mr. and Mrs. H. P. Reid and Mr. and Mrs. T. P. Thompson are Mr. and Mrs. L. M. Lee, Jr., and family of Bennettsville, S. C., Mr. and Mrs. Bill Reid and family of Dillon, S. C., Mr. and Mrs. G. W. Parks, Harry and Jane of Raeford, Mr. and Mrs. G. W. Parks, Jr., of Raleigh, Mr. and Mrs. G. H. Johnson and family of Jacksonville, Mr. and Mrs. J. R. Frazier and family of Roanoke, Va., and Miss Lelia McFarland of Oxford.

Holiday guests of Mr. and Mrs. Frank Serls were Mr. and Mrs. J. M. Utley and children, Kent and Sherry, of Portsmouth, Va., Miss JoAnne Serls of Norfolk, Va., Mrs. J. E. Wright of Portsmouth, Va., Cadet First Class Jim McDonald of the USAF Academy, Colorado, Miss Jannie Firlit of Denver, Colorado, and Mr. and Mrs. Niles Serls and family of Warrenton.

Mr. and Mrs. J. N. Bobbitt and Miss Kathryn Bobbitt spent the holidays with relatives in Charleston, S. C.

Mr. and Mrs. C. E. Parker and Chuck spent the holidays with relatives in Washington and Lincolnton.

Mr. and Mrs. Jimmy Mustian of Bristol, Va., will be weekend guests of Mr. and Mrs. James Mustian and family.

Miss Emily Hillard of Gastonia High School Faculty is spending the holidays here.

Mrs. Lucy Williams Graham is visiting her daughter, Mrs. John Sayre, in Heidelberg, Germany.

Miss Mary Brodie Jones returned to Richmond on Wednesday after spending Christmas with her parents, Mr. and Mrs. Bignall Jones.

Mrs. C. H. Weston and Miss Margaret Weston of Franklinton were guests of relatives here on Sunday afternoon.

Mrs. Mamie Aycock McColl of Rocky Mount visited relatives here this week.

Miss Betsy Taylor of Richmond, Va., is visiting her family here.

Mr. and Mrs. A. D. Johnson and family visited relatives in Williamston this week.

Miss Caroline Alston of Richmond, Va. and Mr. and Mrs. John Bobbitt and son, Barry, of Rocky Mount were holiday guests of Mr. and Mrs. W. M. Alston and other relatives in Inez.

Mesdames W. R. Strickland, E. H. Weston and W. R. Shields and son, Barry, visited in Rocky Mount on Monday.

Holiday guests of Mr. and Mrs. A. C. Powell are Mr. and Mrs. John Powell and son of Richmond, Va., Pvt. Charles Powell of Fort Jackson, S. C., Mrs. Powell and son of Macon, Mr. and Mrs. Fred Powell and family of South Hill, Va., Mr. Marvin Tharrington and family of Macon, Mrs. E. E. Stainback of Raleigh, Mr. and Mrs. J. A. Guterriez and family of Chapel Hill.

Miss Olivia Burwell of Greensboro is visiting relatives here for the holidays.

Mr. and Mrs. John Kerr, III, and son of Goldsboro were holiday guests of Mr. and Mrs. John Kerr, Jr.

Misses Nancy Rose Harris of Peace College, Raleigh, and Saralee Drake of Greensboro College are here for the holidays.

Dr. and Mrs. C. H. Peete and family and Dr. and Mrs. William Peete of Durham were dinner guests of Mrs. C. H. Peete and family on Tuesday evening.

Mrs. H. A. Mathews of Bryn Mawr, Pa., and Mr. and Mrs. Byron Mathews of Venezuela, South America, are holiday guests of Mrs. C. H. Peete and family.

Mr. and Mrs. Jack Waddell and daughters of Dulco are holiday guests of relatives in Afton.



MRS. LARRY FOSTER STEGALL

Miss Dixon Becomes Bride of Mr. Stegall

In a double ring ceremony of beauty and dignity in Wesley Memorial Methodist Church on Wednesday afternoon, December 26, at four o'clock with the Rev. Troy Barrett officiating, Miss Patricia Faye Dixon, daughter of Mr. and Mrs. Roy E. Dixon of Warrenton, became the bride of Larry Foster Stegall, son of Mr. and Mrs. John W. Stegall of Norlina.

White mums, snapdragons and lighted tapers were used as decorations. A program of nuptial music was rendered by Mrs. Leonard Daniel, organist, and Miss Kaye Fair, soloist, who sang "The Lord's Prayer."

The couple entered the church together. She wore a white brocaded satin street



MISS BRENDA LEA NURICK,

whose engagement and approaching marriage to Bennie Harrison Walker, Jr., of San Antonio, Texas, is announced by her parents, Mr. and Mrs. Ben Nurick of South Texas. Mr. Walker is the son of Mr. and Mrs. B. H. Walker, Sr., of San Antonio, Texas, and the grandson of Mr. and Mrs. A. J. Wortham of Warrenton. Miss Nurick is a graduate of North East High School and attended Trinity University. Mr. Walker is a graduate of Goldsboro and attended Crumpler Business School in North Carolina. The wedding will take place on December 28.

Entertain At Dinner Mr. and Mrs. W. H. Hedgepeth entertained at a dinner on Sunday in honor of Dr. and Mrs. A. W. Hedgepeth and family of Pinetops, Mr. and Mrs. D. I. Daly and family of New Bern, Mr. and Mrs. Richard Hedgepeth and son and Miss Linda Walters

of Richmond, Va., Mrs. Thad Holloman of Ahsokie, and Mr. and Mrs. H. P. Hedgepeth of South Hill, Va.

Say you saw it advertised in The Warren Record.

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 WARRENTON 23-46

HOME DEMONSTRATION CORNER

EMILY BALLINGER, County Home Economics Agent

The home agent announces the following schedule:
 Monday, Dec. 31: Office.
 Tuesday, Jan. 1: Holiday.
 Wednesday, Jan. 2: Church-ill Home Demonstration Club will meet with Mrs. L. H.

Clary at 2 p. m.
 Thursday, Jan. 3: Paschal Home Demonstration Club will meet at 2 p. m.
 Friday, Jan. 4: Embro Home Demonstration Club will meet at 2 p. m.

Mr., Mrs. Hoskins Given Shower

Mr. and Mrs. St Hoskins of Afton, recent bride and groom, were honored at a miscellaneous shower in the Afton-Elberon Clubhouse on Wednesday night. Hosts and hostesses were Mr. and Mrs. W. L. Fuller and Mr. and Mrs. J. B. Martin.

The refreshment table, covered with a white linen cloth, bore lighted red tapers and poinsettias. Punch was poured by Mrs. Martin and party sandwiches, candy, cheese biscuits, mints and cookies were served buffet style. Bingo was enjoyed by the 60 guests attending.

Births

Mr. and Mrs. Robert Donald Moss of Rt. 1, Norlina, announce the birth of a son in Warren General Hospital on December 25. Mrs. Moss is the former Miss Shirley Barnes of Nash County.

Student Night

Student Night will be held at Wesley Memorial Methodist Church here at 6 p. m. Sunday, December 30. High school and college students of the churches in Warrenton are invited to meet in the Fireside Room for an informal discussion followed by refreshments.

Richardson-King

Mr. and Mrs. Willie Johnson King of Norlina announce the engagement and approaching marriage of their daughter, Drusilla Lynette, to William Clayton Richardson

of Raleigh, son of Mr. and Mrs. William Simeon Richardson of Franklin. The wedding will take place in Jerusalem Methodist Church, near Paschal, in the spring of 1963.

White-Scott

Mr. and Mrs. Robert Dinsmore Scott of Warrenton announce the engagement and approaching marriage of their daughter, Clara Soden, to Mr. George Edwin White, Jr., of Alexandria, Va., son of Mr. and Mrs. G. E. White, Sr., of Norlina. The wedding is planned for January 19, 1963, at 11 o'clock forenoon in Emmanuel Episcopal Church, Warrenton. No invitations are being sent in the county, but friends are cordially invited to attend.

Christmas Party

The GA's of the North Warrenton Baptist Church enjoyed a Christmas party in the home of Miss Suanne Rudd on Thursday night with 20 attending. After refreshments, the group sang carols to patients in the hospital and other shut-ins.

Auxiliary To Meet

The American Legion Auxiliary will meet at the home of Mrs. W. C. Bobbitt on Thursday evening, January 3, at 8 o'clock.

In Hospital

Mrs. John Williams of Wise is a patient in Warren General Hospital.

Mrs. Crichton T. Davis spent several days this week with Mrs. W. C. Barnes in Martinsville, Va.

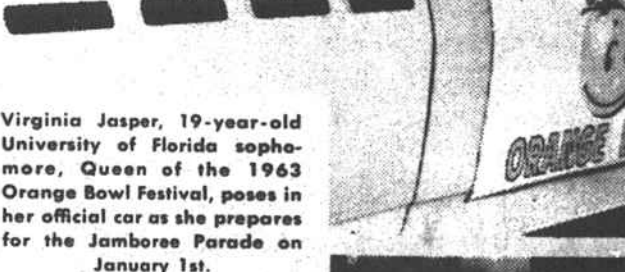
QUEENS ALL!



Nancy Davis, 20-year-old Pasadena City College sophomore will reign as Rose Bowl Queen.



Virginia Jasper, 19-year-old University of Florida sophomore, Queen of the 1963 Orange Bowl Festival, poses in her official car as she prepares for the Jamboree Parade on January 1st.



Kim Lory, of Miami, seems to be in the dark about the advantages of her Mother's wig.



A cleaning woman at Chicago's Opera House is so moved by Ballerina Maria Tallchief's performance during rehearsal she tries to emulate actions.

Agriculturally Speaking

AMA Warns Public Against The Use of Futile Diets

By FRANK REAMS
 County Agricultural Agent

COMING EVENTS

December until completed: 100% testing of cattle in county for brucellosis.

Jan. 4: Annual Tobacco Meeting, 10:00 a. m., Agricultural Building, Warrenton.

Jan. 6-8: Annual Meeting of Nurserymen's Short Course, State College.

Jan. 10-11: Swine Short Course, State College.

Jan. 14-15: Pesticide School, State College.

Jan. 17-18: Beef Animal Conference, State College.

CHOLESTEROL

There is so much controversy concerning eating habits, kinds of foods, dieting, etc., that farmers are up in arms as to what is heresy, prejudices or right. Experts and "so-called" experts are contradicting each other all over the world and people that attempt to take things seriously are now really confused.

In the picture above you see some of the members of the Paschal Home Demonstration Club preparing some of their delicious brunschwiler stew for consumption by a large number of people at one of their summer picnics. First thing you know, someone will come along and find something wrong with this kind of food and you can be sure you will have a skull busting fight on your hands in addition to a lot of ugly words.

The following article clears up a few things which was originally published in "The Drovers Journal," Chicago, and republished in the November 5, 1962 "American Farm Bureau Federation Newsletter":

"Livestock and dairy producers got a real break last week when the American Medical Assn. issued a statement advising the American people to stop risking their health through futile diets aimed at reducing cholesterol in the blood. It said the 'anti-fat, anti-cholesterol fad is not just foolish and futile—it also carries some risk' and told them they will be acting wisely if they go back to a well-balanced diet chosen from the four basic food groups. One of these groups, of course, is the meat group—beef, veal, lamb, pork, poultry, eggs and fish.

"The medical group aimed its good advice mainly at the faddists who have adopted 'do-it-yourself' anti-cholesterol diets as a result of fears linking animal fats to heart attacks. Indirectly, they took a poke at food processors who have taken advantage of these fears to sell more cooking oils, margarine, and other foods derived from vegetable oils.

"Scientific reports linking cholesterol and heart attacks have touched off a new food fad among do-it-yourself Americans. But dieters who believe they can cut down their blood cholesterol without medical supervision are in for a rude awakening" it warns. "It can't be done. It could even be dangerous to try."

"There are several reasons why," explains AMA. "For one, an individual cannot know how much cholesterol his blood contains until this is determined by laboratory tests. By the same token, he cannot know whether any diet changes have raised or lowered his blood cholesterol level unless it is scientifically measured.

"In the second place, a person's entire food intake must be precisely regulated to lower blood cholesterol. Willy-nilly substitution of a few food items without overall control of the diet accomplishes little, if anything, in reducing cholesterol. What is more important, the elimination of certain foods of proven nutritional value could be detrimental to health. . . .

"The carefully calculated diets used in medical research to lower cholesterol actually are not yet of prac-



tical importance to the general public. . . . "While much remains to be learned about cholesterol and other aspects of nutrition, scientists do know that the American diet provides all the nutrients essential to health and that a varied diet is the best way of maintaining a high level of health. The virtual-absences of dietary diseases in this country attests to this fact.

"The American diet did not happen by accident. It resulted from much accumulated research and experience. Any changes in a diet of such proven worth must await more study and experience.

"For good nutrition, the American Medical Association Council recommends a well-balanced diet chosen from these four basic food groups: "The Milk Group—milk, cheese and ice cream.

"The Meat Group—beef, veal, lamb, pork, poultry, eggs and fish.

"The Vegetable-Fruit Group—fruits and vegetables rich in vitamins A and C.

"The Bread-Cereal Group—whole grain, enriched or restored.

"Butter, margarine, fats or oils also are needed. Even those on weight-reduction regimens need food from all these groups.

"Although some day science may come up with a diet that can prevent heart disease, such a development appears to be well into the future. It probably would take a generation to prove whether any

Soil Conservation News

Quail Need Cover And Food, Says White

By NAT WHITE,
 Soil Conservationist

We have enjoyed excellent quail hunting in Warren County during the last few years. This good hunting has resulted from changes in land use patterns that have been beneficial to quail. If this excellent hunting is to continue the quail will need a helping hand.

There are two things necessary for quail that the land owner can provide: food and cover. In most cases the quail have plenty of cover, and food is the limiting factor. Food patches planted along field borders between the field and woods, in planted patches, and in odd corners are excellent for quail. Seed mixtures for these patches can be obtained from the N. C. Wildlife Resources Commission. Application blanks are available at any of the Agricultural offices.

Some farmers use all of their land in crops, pasture, hay, or woodland. Unless these farmers make some provision for food and cover the quail hunting on their farm will be very poor. The non-productive area between the woods and field can be seeded to sorghum lespedeza for cover and bicolor lespedeza for food. When seed or crowns are furnished by the N. C. Wildlife Resources Commission directions for planting is furnished with the seed.

If the land owner wants quail on his farm he will have to provide food and cover. If he is interested in a wildlife program he can get help and information from any of the Agricultural workers.

April Boomerang A man, fond of practical jokes, late one night sent his friend a telegram out of a clear sky, collect, which read: "I am perfectly well."

A week later the joker received a heavy parcel—collect—on which he had to pay considerable charges. On opening it, he found a big block of concrete on which was pasted this message: "This is the weight your telegram lifted from my mind."

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