

Personals
Club Meetings
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Engagements

Society & Personals

Mrs. ELBERT S. PEEL, Editor

PHONE
Anything for
This Department
To
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Announce Birth of Daughter

Mr. and Mrs. Jesse S. Whitley announced the birth of a daughter, Elizabeth Muriel, on August 16th.

Leave for Norfolk

Mrs. W. J. Hodges and son, William, left Wednesday for Norfolk, where they will visit Mrs. Hodges' nephew, Emmett Williamson, for several days.

In Town Wednesday

Messrs. L. B. Flemming, of Robersonville, and W. A. Flemming, of Hassell, were visitors in town Wednesday afternoon.

Spend Week-End Here

Mr. and Mrs. Charles Taylor, of New Bern, spent the week-end here with Mr. and Mrs. W. D. Mishoe.

Visiting Her Parents

Mrs. Durward Gurganus, of Norfolk, is here this week visiting her parents, Mr. and Mrs. Samuel S. Brown.

DR. V. H. MEWBORN

OPHTHOMETRIST
Eyes Examined—Glasses Fitted
Robersonville at Palmer's Drug Store,
Tuesday After Third Sunday Each
Month.
Williamston at Davis Pharmacy, on
Wednesday After Third Sunday of
Each Month.
Plymouth at O'Henry Drug Store,
Thursday After Third Sunday Each
Month.
At Tarboro, N. C., Every Friday and
Saturday.

Visitor Here Today

Mr. John T. Daniel, of Oak City, is a visitor in town today.

Announce Birth

Mr. and Mrs. L. R. White announce the birth of a son, Allen, on August 17.

Visiting Relatives Here

Mayor C. M. Hurst, of Robersonville, was in town yesterday attending to business matters.

In Baltimore and New York

Frank Margolis left Wednesday for Baltimore and New York to buy fall merchandise for the firm of Margolis Brothers. He expects to be on these markets for about 10 days.

Return From Wilmington

Sheriff and Mrs. C. B. Roebuck returned Wednesday from Wilmington, where they attended the North Carolina Sheriff's convention. They accompanied Sheriff and Mrs. Whitehurst, of Greenville, to the convention.

Here From Murfreesboro

Mrs. D. Collin Barnes, of Murfreesboro, is here this week visiting relatives.

In Town Yesterday

Mr. and Mrs. Dillon Simpson, of South Hill, Va., spent a short while here yesterday visiting friends.

In Rocky Mount Hospital

Miss Mildred Gurganus was operated on for appendicitis at the Park View Hospital in Rocky Mount Tuesday and is recovering from the operation very well at this time. Her mother, Mrs. Mary Bonner Gurganus, returned home Wednesday.

In Town Tuesday

Messrs. J. T. Chase, R. H. Goodman, and Mr. Webb, officials of the Virginia Electric and Power Company, were in town on business last Tuesday.

Return To Lumberton

Mary and Margaret Rogerson returned to their home in Lumberton this week after visiting here for several days. They were accompanied home by Christine Manning, who will visit them.

From South Carolina

Mrs. Craig Chapman and daughter, of Chesterfield, S. C., are here this week visiting Mr. and Mrs. Tom Hadley.

In Town Monday

Mr. R. W. Salisbury, of Hamilton, was a visitor here yesterday.

From Greensboro

Mr. and Mrs. Bill Sweeney, of Greensboro, visited friends here last week-end.

HAMILTON NEWS

Miss Margaret Beach returned on Wednesday from a two weeks visit in Greensboro with her sister, Mrs. J. B. Jones. She was accompanied by Mrs. Jones and three daughters, Misses Nell, Estelle, and Mabel. Miss Mabel Little and Mrs. A. L. Beach, from Greensboro, arrived on Sunday to attend the birthday dinner given in honor of Mr. Beach's father. They will be here until Friday.

Mr. J. B. Jones, from Greensboro, arrived Sunday to join his family at the home of Mr. and Mrs. W. A. Beach. They left for Greensboro Tuesday.

Mrs. W. A. Beach left Tuesday for a two-weeks visit in Greensboro with her daughter, Mrs. J. B. Jones.

Birthday Dinner

Hamilton.—A barbecue picnic dinner was given in honor of Mr. W. A. Beach's 71st birthday Sunday at his home near Hamilton. The dinner was served on the lawn. Those present in the family were Mrs. J. T. Moore and four children, Mr. and Mrs. W. J. Beach, Mr. and Mrs. J. B. Jones and four children, Mr.

HINTS FOR HOMEMAKERS

By Mrs. Winnifred Parker, Home
Service Director Virginia Electric
And Power Company

Keeping Cool

You have heard "eat and grow thin." Have you ever heard "eat to keep cool"? It can be done. At least depending on your food you will be more or less comfortable in this hot weather. The drugstore habit is like feeding the family ice-cream to cool them off—it warms up later so much more than it cools off now. Not so with chilled watermelon or chilled fresh fruit. Fats, sugars, starches, are full of calories which while adding ounces to one's weight add heat when there is already too much. If you would be "more" comfortable eat lightly of all these all during the hot weather.

In planning a cool diet be very careful to avoid over-restricting your food. Eat lightly but eat. It is perfectly possible and very easy by curtailing your heat furnishing foods to so reduce your body energy that any activity is an exertion. Then too you are advertising "rooms for rent" to homeless disease germs. The best prevention of disease is 100 percent body resistance. Proper feeding is one of the legs of the tripod of comfort and health. The other two are proper rest and proper exercise in fresh air. But what shall we eat to keep cool?

Eastern North Carolina seems now to have a bountiful supply of the answer—fresh fruits, vegetables, eggs, chickens and fish. Eat generously of these and do not forget the citrus fruit every day. The juice of half a lemon in a glass of water is a splendid start each day throughout the year and especially through the hot weather. If you don't care for it that way try squeezing the juice over your cantaloupe. It's different and very good. Try putting lemon in your huckleberry jam or preserves and see how good that is.

Speaking of huckleberries, have you had any berry muffins yet? Do the berries sink to the bottom? Try filling your pans three-fourths full of plain batter. Add one tablespoon of washed, drained berries and cover with one tablespoon of batter. Bake at once in a moderately hot oven—400 degrees.

We are inclined to discard our cooked cereals in these hot days but do have oatmeal now and then, it is so healthful and so much less heating than most of the dry prepared cereals. Oatmeal and baked Irish potatoes should be eaten all through the year. The sturdy Scot with his oatmeal and the healthy Irish with his potato are living recommendations of these homely foods. In selecting potatoes for baking use the smaller ones and eat the skins. The center is starch but the parts next to and the skin are full of health and many reducing diets include the baked potato with its skin. It is claimed that whole milk with either oatmeal or the whole potato furnishes all the body needs to be well nourished.

Squash Stuffed
Summer squash is very plentiful at this time. Try this way of preparing it:

Steam whole until nearly done. Remove top and scoop out center. Fill with any left-over meat or vegetables. Season and cover with crumbs. Bake in a moderate oven (350 degrees), thirty minutes, or if you have an electric range, place in a cold oven, set the thermostat at 300 degrees and bake thirty minutes. The yellower the squash the better.

Stuffed Eggplant
Eggplant is a cool food and should be eaten more. Having a decided flavor so "different" many have not yet cultivated its taste. Try one this way:

Cut a tender eggplant in halves and scoop out the inside, leaving a half-inch wall. Chop the part removed, cook ten minutes, or until dry, and add to it 3 tablespoons bread crumbs, 2 slices onion, finely chopped, 1 tablespoon butter, melted, 1 egg, 1-4 teaspoon paprika and pepper and salt to taste. Fill the shells, bake as for squash. Serve hot with tomato sauce and stuffed olives. Even the peeling of this is palatable and full of minerals and vitamins so eat it.

Peppers Filled with Grapes
Eggs and Tomatoes

Here is a new stuffed pepper which is delicious and a good meat substitute:

Arrange hollowed-out bell peppers in casserole—chop two tomatoes, and Mrs. M. D. Beach, Mr. and Mrs. Minton Beach and two children, Miss Margaret Beach, Mr. A. L. Beach, Mr. and Mrs. C. B. Beach, Messrs. Roy and Hubert Beach. The visitors were Miss Mabel Little from Greensboro; Mr. and Mrs. Pat Davenport and son, Pat Jr.; Mr. and Mrs. Asa Johnson and daughter, Ruby; Mr. and Mrs. Harrison from Williamston; Mrs. Fannie Beach from Williamston; Mrs. Robert Roebuck, Mrs. Mattie Everette; Mr. D. A. Whitehurst and son, Alvin; Mr. H. A. Johnson, Mr. and Mrs. Paul Johnson and daughter, Frances; Mr. Beach received several nice gifts and the day was greatly enjoyed by all.

season—add one tablespoon tomato to bell pepper, follow with one tablespoon tomato mixture, one tablespoon grapes, butter to season. When all peppers are filled place in cold oven and set thermostat at 350 degrees. Bake 35 minutes.

And here is a "cool" hot weather salad which is colorful, healthful, easy to prepare and not congealed—don't you get tired of congealed salads?

Scrub raw beets and carrots well but do not peel. Shred and marinate (let soak) separately in French dressing. As a third vegetable green cabbage is splendid. This is shredded with celery or celery seed and a little minced onion and marinated as the others are in the refrigerator.

To serve individually place a spoonful of each on a bed of lettuce and garnish with parsley (add eat it) or sweet pepper rings. If the hostess wishes to serve her guests this is beautiful arranged in concentric rings around a mound of mayonnaise. The French dressing is made by shaking together equal quantities of oil and lemon juice seasoned with salt, paprika, and a spoonful of brown sugar. Press as much as you can of this out of the shredded vegetables before serving them.

Speaking of salads, some morning prepare a large dish of summer salad and chill all day. Just before serving fold in two cups of chilled puffed wheat. Serve with whole wheat bread and butter, cold milk, if the family like it, lemonade, or iced tea, and a generous dish of seasonal fresh fruit for dessert. It is a meal in itself.

Summer Salad

Two cups diced cooked carrots (or raw shredded carrots); 2 tomatoes, diced; 1 green pepper finely chopped; 2 slices mild onion minced; 2 cups cooked peas, or beans (snaps or butter beans), or 1-2 cups fish flaked or left-over meat diced; 1 cup cucumber; mayonnaise.

\$5 To Church Sleepers

Rev. William A. Frazier, pastor of a Fon Du Lac (Wis.) church, offers a prize of \$5 to any person who is able to sleep in the church during the delivery of any of his summer sermons.

London Post Offices

The city of London, England, has 1,013 post offices.

NOTICE TO CREDITORS TO FILE CLAIMS

NORTH CAROLINA,
COUNTY OF MARTIN.
In the Matter of Planters & Merchants
Bank, Everetts, N. C.

Under authority of subsection 10 of section 218(c), Consolidated Statutes, all persons who have claims against the above-named bank are hereby notified to present proof of claim at Everetts, N. C., on or before the 15th day of October, 1932.

Failure to present claim on or before the above date bars the claim not presented except as to the assets of the bank in the hands of the Commissioner

of Banks for the account of said bank at the time the claim is presented. Objection to the allowing of any claim may be made by any interested person by filing such objection in the pending action in the office of the Clerk of the Court of this county and by serving a copy thereof on the Commissioner of Banks or the Liquidating Agent of this bank.

This the 15th day of July, 1932.

S. B. KITTRELL,
Liquidating Agent of Planters and Merchants Bank, Everetts, N. C.

Note: In filing claims for cashier's checks, bank drafts, certificates of deposit, or certified checks, the particular instrument must be surrendered when proof of claim is presented.

NOTICE
Liquidating Agent will be at the Bank Building in the Town of Everetts, N. C., on Friday of each week during the time required for filing claims.

This the 15th day of July, 1932.

S. B. KITTRELL,
Liquidating Agent of Planters and Merchants Bank, Everetts, N. C.

Under and by virtue of the authority conferred upon us in a deed of trust executed by Eli Gurganus and wife, Betty C. Gurganus on the 1st day of December 1922 and recorded in Book K-2, page 447, we will on Saturday the 3rd day of September, 1932 at 12 o'clock noon, at the courthouse door in Martin County, Williamston, N. C., sell at public auction for cash to the highest bidder the following land to-wit:

Beginning at Cedar Branch at a gum, Gurganus and James corner, running N. 60 W. 83 poles to a stake at the Plymouth Road, thence up the said Road S. 73 W. 76 poles on up the said road S. 84 W. 13 poles to a ground bridge and ditch, thence up the said ditch S. 38 E. 16 poles, on up said ditch 9 W. 5 poles to the Free Union Road, thence down said road S. 60 E. 32 poles, S. 65 1-2 E. 28 poles, thence S. 60 E. 72 1-2 poles to Cedar Branch, thence up said Branch to the beginning, containing 72 1-2 acres. The Plymouth Road lies to the N. and N. W. The land of Ed James lies to the

N. E., the land of one Cordon to the E. and S. E., the land of one Boston to the S., the land of one Cordon to the S. W., the Gurkin School House lot lies to the W.

This sale is made by reason of the failure of Eli Gurganus and wife, Betty C. Gurganus to pay off and discharge the indebtedness secured by said deed of trust.

A deposit of 10 per cent will be required from the purchaser at the sale. This the 27th day of July 1932.

W. G. BRAMHAM AND T. L. BLAND, RECEIVERS FOR FIRST NATIONAL COMPANY OF DURHAM, INC., FORMERLY FIRST NATIONAL TRUST COMPANY, DURHAM, N. C.

a5 4tw

HOW ONE WOMAN LOST 20 POUNDS OF FAT

Lost Her Prominent Hips—
Double Chin—Sluggishness

Gained Physical Vigor—
A Shapely Figure

If you're fat—first remove the cause! Take one-half teaspoonful of Kruschen Salts in a glass of hot water in the morning. To hasten results go light on fatty meats, potatoes, cream, and pastries—in 3 weeks get on the scales and note how many pounds of fat have vanished.

Notice also that you have gained in energy—your skin is clearer—you feel younger in body—Kruschen will give any fat person a joyous surprise.

But be sure it's Kruschen—your health comes first—and SAFETY first is the Kruschen promise. Get a bottle of Kruschen Salts from Clark's Drug Store, Inc., or any leading druggist anywhere in America (lasts 4 weeks) and the cost is but a trifle.

Hunting Licenses NOW ON SALE

With the hunting season fast approaching, now is the time to buy your hunting licenses.

We have them for sale at our store, and in addition to licenses we have every kind and type of hunting equipment.

We carry the best shells and guns, ranging in price that will suit either the careful or conservative buyer.

Culpepper Hardware Co.

Invest and Save the Building & Loan Way 31st SERIES Will Open Sept. 3rd

The Martin County Building and Loan Association invites you to become a member for several reasons:

Our association is purely mutual, all the earnings and benefits belonging to and being received by the members.

Our installment shares earn 6 per cent. Full paid shares earn 5 per cent, payable semi-annually.

Our proposition is comparable with any sound investment. Your savings invested with us is a direct benefit to your community.

To succeed, you must save. Decide yourself how much you can save monthly or weekly and begin in the new series which opens in September.

WE HAVE HELPED OTHERS — WHY NOT YOU?

**Martin County Building and
Loan Association**

-- the Enterprise

Is today the favorite newspaper in 1,500 homes in Martin County. There it reaches an army of several thousand additional buyers, counting the number of possible grown-ups in each family. NOW, Mr. MERCHANT— isn't that the very army of prospects you're trying to reach? Aren't they the folks who SHOULD know about your wares... your saving prices? Then—up and tell 'em with

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