

Extension Homemakers News

Be Leery of Weight Loss Schemes

For many of us, those holiday pounds went on so quickly and so easily, but unfortunately you can't expect them to leave the same way. Be especially careful when buying weight-loss devices or treatments that promise quick results. Advertisements for weight-loss schemes often use the testimonial advertising — the kind that says, "In six days I lost thirteen pounds." Losing weight isn't that simple. In fact, the best way to lose weight and stay healthy is to use up more calories in physical activity than you consume in food. That means extra exercise and calorie-counting. Steer clear of gadgets, devices and plans that claim to get rid of extra pounds without effort. They are a waste of money and may even be hazardous to your health.

Acid Foods Don't Cause Acid Stomach

There is no need for folks with "touchy tummies" to pass up citrus fruits, tomatoes, apples or other acid foods. These foods do not cause acid stomach — that burning feeling that sometimes comes with an upset stomach. In fact, the acid in foods has essentially no effect on the acidity of your stomach's gastric juices. The walls of the stomach secrete those juices which are much higher in acidity than any food we commonly eat. This high acidity is necessary to break down the particles of food. Also, it kills some bacteria that could be harmful. The acidity of the stomach is not determined by our diet. True acid stomach — called acidosis — may be the result of a disease, and that's serious business demanding a doctor's care.

The more common acid

stomach is probably just some sort of indigestion and can not be blamed on acidic foods. If indigestion is a consistent problem, you may do well to check with your family physician.

Urge to Cook

What gives a woman the urge to cook? There are several psychological drives to blame it on. It may be you like to cook to please the family. Many women do not consider themselves full-fledged wives and mothers until they have acquired some ability in preparing a wide assortment of dishes.

Or the health of the family may be your thing. Nutrition may be the prime goal — getting the right foods in front of the family for their daily needs. With some women, the reason they like to cook is to escape the boredom of other household chores. It is fun to try new and challenging recipes when life gets dull around the house.

In many cases, a woman's cooking reflects her hopes and moods. Cooking becomes a means of expression — a chance to be creative.

With other women, it is a case of pinching pennies. It becomes a point of honor to prepare attractive meals as economically as possible. By being both a wise shopper and creative cook, a homemaker can cut corners to save her family from waste of both money and food.

How old a woman is may determine her interest in cooking. The newlywed may go the limit trying the new and unusual, while the family woman cooks to please her husband and children. After she is older, a woman may again strive for the sensational in new and interesting dishes.

What spurs you on to better cooking?

Agents Attend Sales Conference

Mr. and Mrs. Robert Worthington, Gerald Edwards, Billy Knowles, Mr. and Mrs. Steve Rhodes, Mr. and Mrs. Eddie Lindsay, Mr. and Mrs. Murphy Singletary, Jr. and Linwood Worthington attended the 1979 sales conference of the N.C. Farm Bureau Mutual Insurance Company in Charlotte February 20-22.

The theme for the conference was "Proving Our Potential Through Growth." Those in attendance heard speeches and challenges from officials and department heads. Tuesday and Wednesday nights, agents were awarded for their accomplishments during 1978. Awards won by Duplin Agents were: Robert Worthington - Top five in fire insurance, in crop hail

Top five county in Blue Cross & Blue Shield, Family Security Club, All Star, Million Dollar Round Table, \$6,000,000 Agency, National Sales Achievement Award 1978, and Health Insurance Quality Award 1978. Gerald Edwards - Top Ten Blue Cross-Blue Shield, Billy Knowles - \$1,100,000 Club; Steve Rhodes - \$1,000,000 Club; and Eddie Lindsay - Top Ten Hail Insurance, \$800,000 Club, and All Star; and Murphy Singletary, Jr. - All Star.

Linwood Worthington was introduced as a new agent, having joined the Duplin agency in October 1978.

Robert Worthington won all three awards for most volume, premium and lives thus far in 1979.

CLASS REUNION - The graduating class of 1969 of Charity High School is planning a reunion to be held July 7th in the school gym at Charity. This was the last senior class to graduate from Charity. For further

information, call Harry Dobson at 296-1129 or Patricia Tuten Brinson at 296-1586.

Kenansville News

Personals

Mrs. Peggy Hoffman accompanied by Mrs. Keith Lanier of Beulaville, visited Mrs. Lanier's infant son at Pitt Memorial Hospital in Greenville last Friday. They also brought Lori Hoffman of ECU home from college for her spring break this week.

Mr. and Mrs. Lloyd Proctor of Dallas visited their daughter, Mrs. Peggy Hoffman for several days recently. They also visited their granddaughter, Mrs. Keith Lanier of Beulaville, making several trips to Greenville to visit their new grandson, Janie Lanier, who is still in ICU at Pitt Memorial Hospital.

Mr. and Mrs. Benny Prince of the Alberston area have moved to their new home in Kenansville on Grove Circle near the George Pennycy. We extend to them a hearty welcome.

Among those who went to Warsaw to the United Methodist Women sub-district meeting last Tuesday night were: Mesdames Dixon Hall, E.S. McGowan, Hazel W. Scott, Viola W. Quinn, Bruce Butler and Delaine Rector.

Mr. and Mrs. H.B. Kight of Currituck spent the weekend here with the Herman Kight, Jr. They came to see their new grandson.

Mrs. Dora Warrington of New Bern spent the weekend with the Larry Warrington family.

Mrs. Eva Hughes spent the weekend with her sister, Mrs. Belle Stallings near Wallace.

Mr. and Mrs. Jerry Paschal of Whiteville, and Art Paschal and friend, Cindy Aman of Wilmington, had Sunday dinner with the Gordon Kornegays.

The Gordon Kornegays attended the wedding of Clara Kornegay in the Bear Marsh Church near Mount Olive Sunday afternoon.

Mrs. Woodrow Brinson spent several days last week in Trenton with her sister, Mrs. Julia Harriett. She was joined there by another sister and her brother.

Kathy and Chuck Holton of ECU in Greenville are home for the spring break. Also, Roxanne Kilpatrick from CSU in Raleigh is also home. Wylene Booth of ACC in

Wilson spent the weekend here with her parents, Mr. and Mrs. Wiley T. Booth.

Mr. and Mrs. Bernice Whaley of Holly Ridge, and Mr. and Mrs. Hunter Sanders of Wilmington visited Mrs. Ben Williamson one day last week. Mesdames Sallie C. Ingram, Louise W. Mitchell, Thelma Stroud and Thelma B. Murphy represented the South Kenansville Homemakers Club in the group from Duplin County that went to Charlotte last Tuesday to the Southern Living Show.

Presbyterian Women Meet
The General monthly meeting of the Women of Grove Presbyterian Church was held Monday night, February 26th in the Lucy Jolly Building. The president, Mrs. Lloyd Stevens, presided, assisted by the secretary, Mrs. J.J. Wells. After the opening song, "What A Friend We Have in Jesus," with Mrs. Louise W. Mitchell at the piano, the devotional was conducted by Mrs. Troy D. Mullis, who also had charge of the program. Mrs. Mullis read the story of the miracle of the crippled man who was healed. This was followed by a special prayer, after which she showed a filmstrip entitled "A Day in the Life of Bonnie Consolos," which showed that miracles still happen today, although it takes faith, love, patience and perseverance and cooperation.

Attend Circus
Among those from the Kenansville area who attended the circus in Fayetteville either last Tuesday or Wednesday were: Mr. and Mrs. David McKay and Kelli and Will; Mrs. Bill McKay and Brooks; Mr. and Mrs. Rowe Green; Mrs. Nicky Bowden and Kathy and Penny; Mrs. Bonnie McPhail and Fletcher; Mrs. Mary Murphy and H.W. accompanied by Steve Blanton; and Mr. and Mrs. Doc Brinson and Russ and

Served As Page
Robert Byrd Kornegay of Mount Olive was selected by Speaker Carl J. Stewart, Jr. to serve as a Page in the N.C. House of Representatives. His period of service was from February 19 to 23. He was appointed by Representative Douglas Clark of the 10th district. Bob is a student at East Duplin High, and his parents are Mr. and Mrs. Donnell E. Kornegay of Route 1, Mount Olive.

The Keyboard
Kitchen & Bath Accessories
Porcelain Lamps
Scented Tea
Much, Much More
Front Street 296-1088 Kenansville

Milton's Wall
Drilling
Service
Mon. 12:30-6:30
Tues. 12:30-6:30
Wed. Closed
Thurs. 12:30-6:30
Fri. 12:30-6:30
Sat. 10-5:00
Sun. Closed

Street 2, Pink Hill, N.C.
Call
296-3272

Dan, Mr. and Mrs. Bobby Bostic and Robbie went with friends from Beulaville to see the circus in Raleigh on Sunday.

Eastern Star

Due to the absence of the Worthy Matron and Associate Matron, who were both out of town, Mrs. Virginia D. Holland, Past Matron of Kenansville Chapter #215, presided last Tuesday night when the chapter met for its bi-monthly meeting. After the ritualistic opening, a short business session was held during which time the efficiency chart was checked. A social hour followed the meeting, during which time Ruby G. Newton and Sally Tyndall served cherry pie, toasted pecans and coffee. An arrangement of red camellias centered the refreshment table.

Birth Announcement

Mr. and Mrs. Keith Lanier of Route 2, Beulaville, announce the birth of a son, James Edward, on February 20, 1979 in Lenoir Memorial Hospital at Kinston. Due to his early arrival, Little Jamie weighed only 3 lbs. and 3 ozs. and was transferred to the neonatal intensive care unit at Pitt County Memorial Hospital in Greenville. Mrs. Lanier is the former Kimberly Hoffman, daughter of Peggy Hoffman and the late James Hoffman of Kenansville. Paternal grandparents are Mr. and Mrs. Gordon Lanier of Beulaville. The proud parents and grandparents are anxiously awaiting Jamie's arrival home.

Notes From Your

—Representative—

Week ending February 23

On Thursday I drove back down to Kenansville for an organizational meeting of the Drive 24 Committee, with Artiss Albertson as chairman. I believe we are going to have some concrete movement toward getting Highway 24 improved. I was pleased that the Fayetteville Observer ran an article on the highway. I also stopped by the Warsaw DSA banquet in time to see Bobby Batts win the top award. My only regret for going to Duplin Thursday night was that the Agricultural Committee had a breakfast the next morning sponsored by the Farm Bureau. President David John and Eva Kilpatrick were in attendance.

The big news this week was the public hearing that we had on Tuesday, the 20th, concerning the new Wildlife Laws. I was pleased that we had about 20 people from Duplin. Most of the discussion revolved around trapping, fox hunting, and the power of the Wildlife Commission. The basic thrust of the bill is to increase the power of the Wildlife Commission which would not be a problem except that it appears that the people who buy hunting licenses do not have any confidence in the

Wildlife Commission.

Several other legislators have expressed the same concern. How we change this so that the people do trust the Wildlife Commission is an unanswered question. I believe some of the reasons for lack of confidence are: the excessive length of term, which is six years; the distance from Duplin of the public meetings; and the undemocratic manner of nominating the commissioners. Any suggestion you have concerning our Wildlife Commission, I would certainly appreciate.

I am enjoying my service up here, but I have found that most of our decisions are not choosing between right and wrong but choosing between two rights. The perfect example came up this week. Should we leave one of the container cranes at Morehead or move it to Wilmington? Wilmington needed a second crane. It would bring more economic growth to New Hanover County and it could not be justified from a business viewpoint to leave it in Morehead, but the absence of a crane in Morehead would hamper and possibly ruin any hope of Morehead developing as a port. My opinion and decision was that

we in the East cannot fight among one another and we can not make our county's economic progress at the expense of our neighbor's. I want to see the development of all the coast; therefore, I myself and a small minority voted to leave the crane at Morehead and to help appropriate the monies for a new crane at Wilmington. My view did not prevail, but I hope that a crane will be purchased for Morehead. The development of Highway 24 will help the port of Morehead the same as the development of I-40 will help Wilmington.

I have spent the last six weeks trying to learn the people and the system. Beginning next week, I will be introducing my first bills. Some will be county bills and some of statewide significance. I hope you will see them also as addressing pressing needs and that you will enjoy having your legislator proposing solutions rather than just voting on other people's proposals.



CALL OR STOP IN FOR

- Eye-brow Waxing
- Free Facial
- Ear-piercing free with purchase of Earrings
- See Our Complete Line of Jewelry
- Spring Merchandise Arriving Daily

MERLE NORMAN

The Place for the Custom Face

CLINTON, N. C.

201-B N.E. BLVD.

Across From
Kentucky Fried Chicken

592-6305

SATURDAY ONLY SATURDAY ONLY

Just In Time For Easter

FREE FABRIC

Our Entire Stock Of Fabric

BUY 1 YARD AT REGULAR PRICE GET SECOND YARD FREE




Entire Stock
Simplicity
Patterns
½ PRICE

SATURDAY ONLY SATURDAY ONLY SATURDAY ONLY