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### News from BAY VIEW

Dec. 10 — Mrs. Jack Townes, who has recently returned from Germany, is spending some time with her parents, Mr. and Mrs. Thomas Haskett.

Quite a large crowd from this community attended the REA meeting Saturday in Morehead City.

Mr. and Mrs. A. L. Winberry and son, Barry and Mr. and Mrs. Elmon Winberry and children of Spencer spent the Thanksgiving holidays in this community with relatives.

Mrs. L. S. Taylor will hold her regular appointment at Graham's Chapel Sunday.

Mr. and Mrs. E. L. Whorton and family of Bogue Sound spent Sunday with Mr. and Mrs. L. E. Haskett.

Mr. Owen Cottle spent Sunday with his mother in New Bern.

Jack Garner, USN, has returned to duty after spending a while with his parents, Mr. and Mrs. Charlie Garner.

Mr. Ralph Morris of New Bern was in the community Monday on business.

The Rev. Wingate Hansley held his regular appointment at the Mt. Pleasant Freewill Baptist church Sunday.

We all hope Linda Faye Whaley, who is on the sick list, will soon be better.

The Rev. Earl Reece of New Bern will hold his regular appointment at the Bay View Baptist church Sunday.

Mr. and Mrs. Kilby Haskett and family spent Sunday at Hubert with Mrs. N. S. Conway.

Mr. and Mrs. Mills of Morehead City spent a while Sunday with Mr. and Mrs. L. E. Haskett.

Jimmy and Johnny Skinner had their tonsils removed recently at the Morehead City hospital.

Mr. J. C. Skinner spent a while Sunday at Russells Creek.

Mr. Bill White, who has been a patient at the Fayetteville hospital, has returned home.

Mrs. Rosa Brooks of Beaufort held services at Graham's Chapel Sunday.

Mr. and Mrs. S. D. Wilkinson and son spent Monday in New Bern.

Mr. Gilford Cannon spent a while Sunday with Mr. Hubert Gaskins.

Mr. Lester Harbough of Havelock spent a while Saturday with Mr. Gilford Cannon.

Mr. and Mrs. Hubert Dail and son, Timmy spent the Thanksgiving holidays with her parents, Mr. and Mrs. Allen Graham.

Mr. and Mrs. Norman Culpepper spent a while recently with Mr. and Mrs. Ira Culpepper.

Little Kay Jones had her tonsils removed at the Morehead City hospital.

### News from RUSSELL'S CREEK

Dec. 10 — The Rev. Willie Stille of Bridgeton filled his regular appointment at the Baptist church Sunday.

L. D. Springle jr., USCG stationed at New York, spent the weekend at home with his parents, Mr. and Mrs. L. D. Springle.

Mr. and Mrs. Jessie Morton and daughter, Marsha spent Sunday at Morehead City with Mr. and Mrs. Jessie Morton jr.

Mr. and Mrs. Fred Worthington made a business trip to Kinston Monday.

Mr. and Mrs. James Murphy of Miami, Fla., returned home Monday after spending several weeks here with their parents, Mr. and Mrs. Bob Russell and Mrs. Bettie Murphy of Morehead City.

Mrs. Violet Whitley spent Sunday at Marshallberg with her daughter, Mrs. Graydon Moore. She was accompanied by Mrs. Chester Dunkle and sons.

The many friends of Mrs. Lucy Carraway are sorry to learn that she is sick with the flu.

Mr. and Mrs. W. W. Russell attended the county singing convention at the Otway church Sunday afternoon.

The Christian Woman's Fellowship met Tuesday night with Mrs. Ruby Norman.

Mr. and Mrs. Fred Worthington and Mrs. George Russell visited Mr. and Mrs. Sofus Jergenson at Gloucester Sunday afternoon.

Mrs. Kate Leffers and daughter, Aleeze L. Smith, Gloucester, visited in the community Sunday.

Lt. William G. Williams of Edenton spent the weekend with Mrs. Williams.

The Luna Russell Bible class met Friday night with Miss Agnes Merrill. Miss Merrill gave the Bible reading and Mrs. Ruby Norman led

## Corner Cupboard

By Carolyn Nelson, CP&L Home Economist

The Special Diet Cook Book: First complete cook book and reference; book for all the seven major classes of corrective diets.

Latest medical reports show that — because our people "never had it so good" — millions are eating themselves into overweight and ill-health and are shortening their lives. One person out of every five in our population, or more than 30 million people, require a special diet immediately—to curb or correct dangerous obesity, heart disease, diabetes, high blood pressure, arthritis, ulcers and other leading causes of disability and death.

So serious is this threat to national health that a group of authorities has just cooperated in producing a 512-page book and guide — the first complete handbook for all the seven major classes of special diets. The aim of the book,

called "The Special Diet Cook Book," is to help insure diet success through more than 1,200 new, delicious and sympathetic recipes, more than 50 pages of illustrated charts, as well as understandable explanations of the principles behind each type of diet, menu planning aids, and other helpful diet data.


"The Special Diet Cook Book" deals with the overweight diet, low sodium or salt-free diet, diabetes diet, bland diet for ulcers and colitis, low fat, for the treatment of hardening of the arteries, and the weight increasing or high energy diet.

Book stores and special diet shops are now supplied with this new, highly recommended diet reference book by Marvin Small. This diet book makes a fine Christmas gift for any person on a special diet. It certainly is a present no dieter has ever had before.



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