

### THE PERQUIMANS WEEKLY

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FRIDAY, OCTOBER 29, 1937

#### THIS WEEK'S BIBLE THOUGHT

**DON'T BE STUBBORN:** Be ye not as the horse, or as the mule, which have no understanding; whose mouth must be held in with bit and bridle, lest they come near unto thee.—Psalms 32:9.

#### A BOUQUET TO THE LADIES

The way the different groups of Perquimans County women work together, the way they cooperate and help each other out when the need arises is something to take pride in.

Last spring when the district meeting of home demonstration clubs was held here the women of the Hertford Woman's Club prepared and served a delicious luncheon. Not a member of a home demonstration club missed a word of the proceedings by having to play hostess, as this was all taken care of by the women of Hertford.

Last week when the situation was reversed and the Woman's Clubs of this district held their meeting in Hertford, the women of the Belvidere and the Durants Neck home demonstration clubs stepped forward and prepared and served the luncheon. And such a luncheon! There were bouquets from every direction, and they were well deserved. The tradition of Perquimans County hospitality was upheld in a way to be proud of.

#### CONGRATULATIONS!

Congratulations to Mayor Silas M. Whedbee, whose timely action in inviting the distinguished tourists who intended merely to pass through Hertford resulted in a most pleasant visit, a visit which it is possible may have far-reaching effect; congratulations to Hon. Charles Whedbee, who not only made a hit with his history highlights, but whose souvenir of a native product brought smiles of appreciation to the faces of the visitors; congratulations to Mrs. J. G. Roberson and her co-workers who prepared and served the delectable refreshments which the visitors enjoyed so much; and to those who, mingling in friendly fashion with the strangers managed to convey a cordial welcome; congratulations also to Miss Gladys Hamrick, home agent, and L. W. Anderson, farm agent, whose exhibits of the products of Perquimans County were a credit both to them and to the county.

It was good to have these strangers stop with us. We are glad they came our way, and glad that we had the opportunity of extending, simply and unostentatiously, a friendly greeting.  
 Good work!

#### Ballahack P. T. A. Name Grade Mothers

The P. T. A. of Ballahack School held its regular monthly meeting on Tuesday evening with a large attendance.

The meeting was called to order by the president, Mrs. Percy Rogerson. Mrs. Singleton Lane led the devotional by reading 124th Psalm. During the business hour the following Grade Mothers were appointed:

First Grade—Mrs. F. T. Evans, Mrs. Rennie Dail, Mrs. H. V. Baker.  
 Second Grade—Mrs. C. A. Perry, Mrs. A. T. Lane.  
 Third Grade—Mrs. P. E. Lane, Mrs. L. B. Perry.  
 Fourth Grade—Mrs. M. B. Dail, Mrs. Maude Lane, Mrs. Wallace Goodwin, Mrs. F. N. Mansfield.  
 Fifth Grade—Mrs. Elmer Robertson, Mrs. Billy Smith.

Volunteers to serve on the refreshment committee for the November meeting are Mesdames Joe Perry, A. J. Parrish and Miss Ruth E. Hurdle.

There being no further business the following program was rendered:

Song, America, the Beautiful.  
 Reading, A Carefree Childhood, Mrs. C. A. Perry.

Song, Jacky Frost, First Grade.  
 Reading, Henry Ford Says Go First to the Common Schools, Mrs. Percy Rogerson.

Rev. R. E. Walston, of Center Hill, gave a very impressive talk on the Cooperation of the Community With School.

Delicious refreshments were served by Mesdames Singleton Lane, Maud Lane and Percy Rogerson.

Mrs. Percy Rogerson is president, Mrs. Matthew Dail, secretary, and Miss Ruth E. Hurdle, treasurer.

## Nutrition Stressed By Miss Hamrick

### Importance of Balanced Food Home Maker's Responsibility

The essentials for good nutrition, so vague a few years back and so much a part of our daily lives now, are being stressed by Miss Gladys Hamrick, county home demonstration agent, and her club women. "Every true home-maker is interested in keeping her family in good physical condition," says Miss Hamrick. "To do this she must know the importance of a balanced diet each day—how to select foods so that every need of the body will be met.

Right food alone cannot insure good health. To make the best use of a well-balanced diet the body requires the following: fresh air, sunshine, exercise, correct posture and rest.

For growth and health, especially school children, eat each day: milk, one pint to one quart; vegetables, three servings, one starchy vegetable such as potatoes, one leafy vegetable such as collards, cabbage or turnip greens, one other vegetable such as beets, carrots or onions.

Fruits: two servings, fresh, canned or dried. Be sure to use a raw fruit, a raw vegetable or canned tomatoes every day. Eggs, one; meat, (lean) one serving, whole grains, two servings, breakfast cereal such as oatmeal, cracked wheat, and bread such as cornbread, white or wheat bread. Fats: two tablespoons of butter in addition to other fats in foods. Sweets: only one, and drink six to eight glasses of water every day."

#### WINFALL NEWS

Mrs. E. B. Daughtry, of Bayboro, visited friends here this week.  
 Mrs. Fred Winslow and Mrs. M. M. Dillman motored to Norfolk, Va., Wednesday.

Mrs. J. L. Nixon and Mrs. J. V. Nowell went to Norfolk, Va., Friday afternoon. Mrs. Nowell was called to the bedside of her mother, who is very ill.

Miss Daisy Proctor spent last week with friends in Edenton.

Mr. and Mrs. Garland Stanton and son, from near Bethel, spent the week-end with Mr. and Mrs. J. W. Stanton.

Little Nelle Baxter Jackson, of Elizabeth City, is visiting her grandmother, Mrs. D. P. Stallings.

Misses Dona White and Audrey Umphlett went to Norfolk, Va., Friday.

Mrs. W. G. Hollowell is able to be out again, after being very ill at her home here.

Mr. and Mrs. Charlie Umphlett and son spent Sunday with Mr. and Mrs. T. E. Morgan.

Mr. and Mrs. Joe Perry visited Mrs. Mollie Barber Sunday.

Mr. and Mrs. O'Reilly, of Norfolk, Va., visited Mr. and Mrs. W. F. Morgan this week.

#### MISSIONARY SOCIETY MEETS

The Woman's Missionary Society of Oak Grove Church met on Wednesday, October 20, at the home of Mrs. Emmett Stallings. The meeting was opened by singing "More Love to Thee." A responsive reading was given, and the Lord's Prayer was repeated in concert. Mrs. Irma D'Orsay gave an interesting poem, "It Isn't the Church, It's You." Others taking part on the program were: Mrs. George Jackson, Mrs. Emmett Stallings, and Mrs. C. P. Quincy. A hymn, "Wonderful Words of Life," was sung, and the meeting was dismissed with prayer by Mrs. W. H. Overman.

A social hour followed during which delicious refreshments were served to the following: Mesdames Irma D'Orsay, Claude Fields, Ferebee Griffin, L. R. Howell, George Jackson, W. H. Overman, W. R. Perry, C. P. Quincy, Emmett Stallings, Mollie Trueblood, H. G. Baker, Walton Lowe, Misses Gracie and Mattie Ferrell.

#### BIRTH ANNOUNCEMENT

Born to Mr. and Mrs. Penton Hurdle, at their home near Chapanoke on Wednesday, October 6, a son. Mother and baby are getting on nicely.

#### PINEY WOODS

Mr. and Mrs. W. D. Perry and son, Dewey, Jr., of Bethel, visited Mrs. Perry's parents, Mr. and Mrs. W. W. Chappell, Sunday afternoon.

Mrs. Herbert Chappell and daughter, Betty Lou, spent last week with her parents, Mr. and Mrs. Osia Bunch, at Hobbseville.

Rev. and Mrs. J. C. Trivette, of Belvidere, visited Mrs. E. N. Chappell Friday afternoon.

Harry Chappell, of Newton, is visiting his parents, Mr. and Mrs. W. P. Chappell, for a few days.

Elbert, Thomas, David, Percy and Luther Chappell, Leroy Lane and Fentress Lane attended the State Fair at Raleigh, Friday.

Mrs. Shelton Chappell spent Wednesday with her mother, Mrs. J. K. Chappell.

Mrs. Percy Chappell and children spent Friday night with her mother, Mrs. G. W. Chappell.

Little Clarence Chappell, Jr., spent Tuesday afternoon with his grandfather, G. E. Hunter.

Mr. and Mrs. O. C. Twine and children, Mr. and Mrs. Willie Lamb and children, Mr. and Mrs. Freelana Chappell and children visited Mr. and Mrs. Gilliam Twine Sunday afternoon.

Misses Margaret and Nona Mae Raper visited Miss Sybil Chappell Saturday afternoon.

#### ENTERTAINS CHILDREN

Mrs. Harry Barber was hostess to a group of children Saturday afternoon from 3 to 5 o'clock, at her home at Winfall, celebrating the eighth birthday anniversary of her son, James Robert.

Several games were enjoyed by the little folks, after which home-made candies and apples were served.

The honoree received several useful gifts.

The guests included Bill and Dinkie Hall, Joel Hollowell, Jr., Jean and Edna Earl Hurdle, Alene Yeates, Dorothy Faye White, Durwood Leigh, Lindsey Earl and Joseph Barber, Fred Winslow, Jr., Jean Gregory, James Edward Ward, Carolyn Trueblood, Anne Proctor, Kenneth Raye and James Robert Barber.

#### PENDER ROAD NEWS

J. E. Eaves and Louis Eaves made a business trip to Elizabeth City on Friday.

J. B. Perry motored to Kitty Hawk Sunday.

Sunday guests of Mr. and Mrs. Reuben Stallings were Mr. and Mrs. Alonza Riddick and children, Mollie Mac, Janice, Alonza, Jr., Dan, Priscilla and Betty Anne, of White Hat; and Mrs. R. A. Perry.

Mrs. Grace White has returned to her home at Manteo, after visiting her parents, Mr. and Mrs. J. Ed Lane.

Mr. and Mrs. Martin Sprull and son, James, and Mr. and Mrs. Leroy Goodwin visited Mrs. C. M. Umphlett Sunday.

Mrs. B. M. Jones and Mrs. Effie Miller visited Mrs. J. E. Eaves Saturday afternoon.

Mrs. C. M. Umphlett, who was quite ill last week, is able to be out again.

The Rev. Paul Parker, of Hookerton, preached at Bethlehem Christian Church Sunday afternoon in the absence of the pastor, Rev. W. O. Henderson.

#### MISCELLANEOUS SHOWER

Miss Blanche Davenport delightfully entertained at a miscellaneous shower at her home near Pender Road Friday afternoon in honor of Mrs. Joseph E. Proctor, who before her marriage in September was Miss Syble Byrum. Contests were enjoyed during the afternoon with Mrs. Thomas Matthews, Mrs. Nathan Matthews and Mrs. S. P. Matthews winning the prizes, which they graciously presented to the bride. The honoree received many useful gifts.

The hostess served candies and fruits. Those present were: Mesdames C. B. Parker, Dennis Goodwin, Winston Lane, Stephen Elliott, S. P. Matthews, Irvin Whedbee, Roy Harrell, J. E. Eaves, William Elliott, Elmer Proctor, L. A. Proctor, J. C. Hobbs, J. Ed Lane, J. M. Matthews, Nathan Matthews, V. L. Proctor, J. B. Bassnight, Willie Lane, H. S. Davenport, Thomas Matthews, Joseph E. Proctor, and Miss Adelaide Eaves and Miss Blanche Davenport.

Those sending gifts were Mesdames Sue Godwin, Martin Sprull, Louise Eaves and Willie Manning Harrell.

#### BAGLEY SWAMP

Mr. and Mrs. T. R. Winslow visited Mr. and Mrs. Henry Wilder Sunday evening.

Sunday guests in the home of Mr. and Mrs. Claude Winslow were: Mrs. Sarah E. Layden and Miss Olive Layden, of Belvidere; Mr. and Mrs. Edgar Layden, Willard Layden, Miss Lula Mae Layden and Miss Catherine Parker, of Elizabeth City; Mr. and Mrs. Oliver Winslow, Mr. and Mrs. T. R. Winslow, Miss Mary Elizabeth Winslow, George, Wilford, Gordon, Eva Ray and Norma Winslow.

Mr. and Mrs. Ernest Stallings and son, Ernest Carey, visited Mr. and Mrs. Vick Stallings Sunday evening.

Mrs. Clayton Wilder visited Mrs. Claude Winslow Wednesday afternoon.

Mr. and Mrs. T. R. Winslow and family spent Saturday afternoon in Elizabeth City.

Mr. and Mrs. T. R. Winslow and George, Mary Elizabeth and Gordon Winslow and Robert Wilder motored to Raleigh on Thursday to attend the State Fair.

Mrs. Claude Winslow and son, Donald, visited Mrs. D. P. Layden, at Belvidere, on Thursday.

Mrs. Joe Nowell spent the week-end in Norfolk, Va., visiting relatives.

Mr. and Mrs. Vick Stallings visited Mr. and Mrs. T. R. Winslow Sunday evening.

Mr. and Mrs. Claude Winslow and son, Donald, were guests of Mr. and Mrs. George Jordan and family, at White Hat, on Sunday.

Mr. and Mrs. Oliver Winslow spent Sunday with Mr. and Mrs. I. R. Winslow.

Mr. and Mrs. T. R. Winslow and family visited Mrs. Sarah E. Layden, at Belvidere, Sunday afternoon.

#### BETHEL Y. W. A. PARTY

The Y. W. A. of Bethel Baptist Church gave a tacky party and weiner roast Wednesday evening at the home of Mr. and Mrs. Fred Matthews, near Hertford. Games were played and weiners were roasted. Miss Ruby Keaton won the prize for the tackiest dressed girl, and Beverly Creecy for the tackiest dressed boy.

Those enjoying the evening were: Misses Ruby Keaton, Eunice Long, Louise Kirby, Lucille Long, Catherine Britt, Marian Raper, Sarah Elizabeth Elliott, and Eloise Keaton; Ernest Long, Carroll Hill, Edgar Long, Beverly Creecy, Fentress Hill, Ambrose Long, and Howard Long, Mrs. W. P. Long, Mr. and Mrs. Fred Matthews, and little Tunstall Matthews.

#### ENTERTAINS FOR BROTHER

Miss Hilda Byrum, of Chapanoke, delightfully entertained a number of friends at her home on Wednesday evening in honor of her brother, Ardele Byrum, of Manteo. Delicious home-made candy and salted peanuts were served.

The guests included: Misses Ruby Lane, Alma Lane, Mary Lane, Leona Baccus, Hazel Combs, Leslie Smith, Lizzie Wilson, Lyna Wilson, Iris Elliott, Doris Baker, and Hilda Byrum; Messrs. Rothie Hurdle, Keatler Lane, Augustus Story, Willard Hurdle, Robert Hurdle, Odell Baccus, Lloyd Hurdle, Thomas Hurdle, Joseph Summer, Johnnie Smith, Howard Copeland, Erman Lane, Wilber H. Miller.

Bright, Raleigh Lee Byrum and Ardele Byrum.

Games were played and contest winners were Miss Leona Baccus and Robert Hurdle.

#### CUMBERLAND

Miss Esther Perry spent the week-end with Miss Virginia Umphlett, near Burgess.

Mrs. Effie Miller and Mrs. B. M. Jones spent Wednesday afternoon with Mrs. T. E. Madre, near Hertford.

Miss Katherine Perry spent the week-end with friends in Greenville.

Mrs. J. E. Perry spent Thursday with her parents, Mr. and Mrs. J. Copeland, Erman Lane, Wilber H. Miller.

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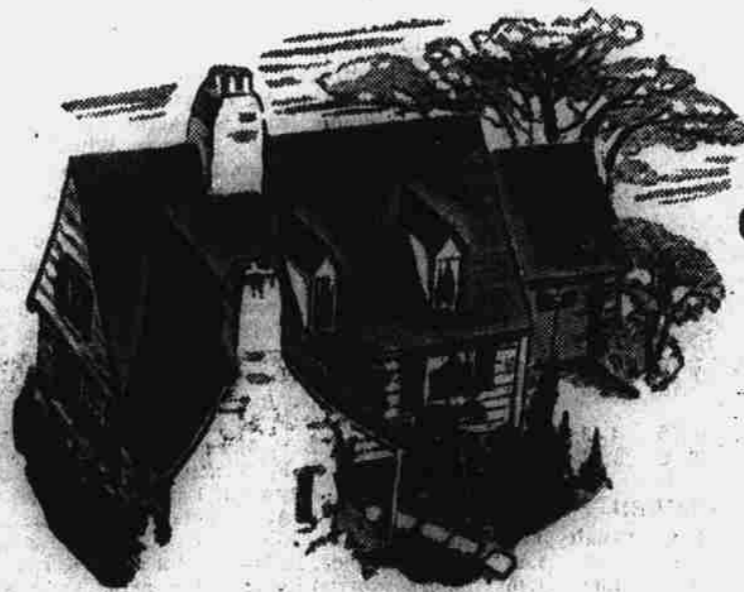
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