

4-H Health

Importance of health is shown through a 4-H project article prepared by Jean Edwards, 4-H member in which she points out:

"Today our nation is one of the strongest nations in the world. Why? This is because the United States is supported by a healthy lot of people. The youth of our nation are the healthiest in the world."

"If you would take time to ask some of the children why they are healthy and how they learned to stay healthy, you could expect this answer: 'We guard our health the 4-H way.'"

"Today the 4-H Club members are given five main objectives to follow on the road to good health. The first sign on our health road is 'Work and Play.'"

"On all farms the children get the chance for work and play in the sunshine that is so necessary for health. The work is probably working on a project like the growing of corn, or a livestock project. The fun can come from the recreation program sponsored by the 4-H Club. This also takes care of exercise that is so essential for a healthy body."

"As we travel to the next sign of our road of health we come to 'Proper Diet.' This is a very important sign, because to build a strong body we must have the proper foods. In our country, good food is plentiful and no one need worry about going hungry. Our farms produce enough food for us and have enough to export or to store for a time of need. We have learned through the health programs taught in our schools and throughout the 4-H Club, of the seven basic foods we need in order for our body to function properly. We learn to replace the bottle of 'pop' for a wholesome glass of milk. We also learn to eat fruit instead of candy. This is what makes 'Proper Diet' an important sign on our road to health."

"Now as we journey to the third sign we find 'Cleanliness.' To have a sound body we must have a clean body. Years ago it was thought a weekly bath and to wash the hair once a month was sufficient. Now, our doctors have found that a daily bath is needed to get rid of dust and waste that accumulates on the human body. The hair should be washed at least once a week depending on the section a person lives in and the type hair he has. Cleanliness also covers the fact that we should live in a clean home, eat only clean food and drink only pure water."

"As we travel to the fourth sign we see 'Sleep and Rest.' We know we live in a fast moving atomic age, but still our bodies need rest so they may last and feel up to par. It is found for the average adult nine hours of sleep is sufficient. Many teen-agers and young adults feel groggy and have a 'heavy head' and do not realize why. In most cases this is because they do not allow their bodies time to rest and rebuild worn out tissues. Today we are taught the importance of sleep and rest and are learning to follow this sign to better health."

"Now we come to the last sign before we reach better health, it is 'Personality.' Personality is what comes natural to healthy people. If you are healthy you feel good and when you feel good you act as you feel. Personality is not painted on a person, it comes from the inside and when the inside is healthy and alive with a feeling, a wonderful personality is found. A good personality gets a person

long way in the world, helps him to have many friends, and many good times.

"We have passed all our objectives and signs now and what we see ahead is very bright. Yes, a strong, healthy America, ready to overcome any danger. Because we guard our nation by a healthy lot of people, and 'We Guard our Health the 4-H Way.'"

FIFTH MEETING SUNDAY
The Friends Junior Fellowship of UP River Friends Church met Sunday evening with Rachael Winslow as program leader, using as the subject, "Helping To Make Our Community Different." Janie Stallings, Waldo Winslow, Mary Frances White and Emmitt Winslow gave readings. Juniors answered to the roll call by quoting Bible texts. Gifts were contributed for the honorary pastor, Mrs. Elizabeth White, who was reported ill.

HONORED AT SHOWER
On May 6th, Mrs. Matthew Dail delightfully entertained at her home a miscellaneous shower in honor of Mr. and Mrs. Carl Dail. A number of games were led by Delores Woodley and Mrs. Robert Hollowell with several winning prizes.

The honorees received many useful gifts which were opened and a note of thanks extended each person. A delicious course of ice cream, cookies, nuts and mints were served by the hostess.

SUNDAY SCHOOL LESSON

(Continued from Page Six)
usual prosperity and success and the inference which is plain in the ancient account is that this was directly the result of their faith in Jehovah and their fidelity in making an honest effort to follow him. There yet remain some people who believe that a nation, as an individual, is judged by its righteousness and that success or failure will come in just proportion as it follows God or turns it back upon him. Righteousness "still exalts a nation" and sin is still "a reproach to any people."

(These comments are based on copyrighted outlines produced by the Division of Christian Education, National Council of the Churches of Christ, U.S.A., and used by permission.)

MINUTES OF MEETING BOARD OF EDUCATION
The Perquimans County Board of Education met in special session Wednesday, May 11, 1955, at 7:30 P. M. All members were present. Minutes of the last meeting were read and approved.

A request to change the deed of property sold to the trustees of Chapanoke Church was refused. It was explained that the Board did not have legal authority to change the deed.

Mrs. J. Van Roach was appointed as member of Perquimans Central Grammar School Committee to fill vacancy caused by resignation of Mrs. Charlie Umphlett. Joe Towse White was appointed

Housework Easy Without Nagging Backache
When kidney function slows down, many folks complain of nagging backache, loss of pep and energy, headaches and dizziness. Don't suffer longer with these discomforts. If reduced kidney function is getting you down—due to such common causes as stress and strain, over-exercising or exposure to cold. Minor bladder irritations due to cold, dampness or wrong diet may cause getting up nights or frequent passages.

Don't neglect your kidneys if these conditions bother you. Try Doan's Pills—a mild diuretic. Used successfully by millions for over 60 years. With doses otherwise caused, it's amazing how many times Doan's give happy relief from these discomforts—help the 15 miles of kidney tubes and filters flush out waste. Get Doan's Pills today!

Doan's Pills

Positions Open FOR MAN AND WOMAN
The Town of Hertford is now accepting written applications for consideration in filling the positions of Town Clerk and Assistant Clerk.

Bookkeeping experience helpful. Apply in writing not later than 5 P. M., Monday, May 23, 1955, to the Town Clerk, Town of Hertford, North Carolina.

as member of Hertford Grammar School Committee to fill vacancy caused by resignation of J. H. Corprew.

Two additional bids on agriculture class room at Perquimans Training School were opened. The Chairman and Superintendent were authorized to negotiate a contract to the best advantage and subject to approval of County Commissioners.

The Board approved a recommendation from the High School Committee to build a shelter over walkway between high school building and gymnasium as soon as possible.

Approved request for lights to be installed on Hertford Grammar School grounds. Lights to be installed by a civic group with no cost to county.

Gave approval for Bible School to be held in Hertford Grammar School.

Approved the election of school principals as presented by the committees.

Approved election of teachers as presented by committees. Elected Mrs. Elizabeth L. Byrd as supervisor of Negro Schools in Perquimans County.

Discussed at length plans for renovating the Perquimans High School.

Discussed at length making the property and cost clerk a full time employee rather than half time as at present. No action was taken. J. T. BIGGERS, Secretary

Classified and Legals

WHITE LAKE, N. C.—The Nation's pleasantest, safest family resort. Crystal clear water, sandy bottom; 80 minutes to ocean. Hotel rooms, completely furnished cottages; apartments. Write Mrs. Lasley or telephone 3473. May 20, 27, 30, 31, 17

FOR SALE — ONE PUREBRED Hampshire Boar, ready for service. Also one fresh Guernsey cow with second calf. W. S. Evans, Route one, Hertford. Itc

WANTED—SEVERAL GIRLS TO address, mail postcards. Spare time, every week. Write Box 161, Belmont, Mass. May 20, 27, 30, 31, 17

BOOMING BUSINESS MAKES opening available for responsible man or woman with car to call on farm women in Perquimans County. Full or spare time. Opportunity to make up to \$40 a day. Write McNESS COMPANY Dept C, Candler Bldg., Baltimore 2, Md. Apr 29, May 6

AUTO REPAIR SERVICE

Also Used Parts For All Makes and Models
Carlton R. Nixon GARAGE WINFALL, N. C. Phone 4950

HELP WANTED — WOULD YOU like to have a good permanent, profitable business of your own. You can have—selling Rawleigh Products. Hundreds of men are earning more than ever before, supplying families with Rawleigh's every day necessities. You can, too. Good locality available in Perquimans County and also Chowan County. Write Rawleigh's Dept., NCE-320-216, Richmond, Va. May 6, 13, 20, 27

NOTICE OF ADMINISTRATION Having qualified as Executor of the estate of Miles L. Goodwin, deceased, late of Perquimans County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Route 1, Hertford, N. C., on or before the 22nd day of April, 1956, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 22nd day of April, 1955. MRS. PENELOPE M. GOODWIN, Executrix of Miles L. Goodwin. Apr 29, May 6, 13, 20, 27, June 3

NOTICE OF ADMINISTRATION Having qualified as Administratrix of the estate of Penelope Bembry, deceased, late of Perquimans County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at 63 Dobb Street, Hertford, N. C., on or before the 3rd day of May, 1956, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 22nd day of April, 1955. MRS. PENELOPE M. GOODWIN, Executrix of Miles L. Goodwin. Apr 29, May 6, 13, 20, 27, June 3

Galileo
"The world of man's intelligence is very small indeed compared to the cosmos of his ignorance."

AT the forefront of our profession we are still sincere students of our vocation. We serve with an understanding courtesy.

WILLIFORD Funeral Home Phone 231 - EDENTON, N. C. THE HOME OF THE ALBEMARLE MUTUAL BURIAL ASSOCIATION

North Carolina In The Perquimans County Superior Court Before The Clerk J. S. McNider and Leroy Nixon, Petitioners vs. Kate Burrus, Aubrey Vann, all heirs, devisees or distributees of John A. Vann, Charles Vann, James Vann, Ebrum Vann, John Vann, Minnie Vann Fulcher, Maggie Vann Basnight, and B. F. Vann, and all other persons who by virtue of descent, devise or other contingency might have become the owner of an interest in the property of John A. Vann, Deceased, formerly of Perquimans County, Defendants.

NOTICE OF SALE Under and by virtue of an order of the Superior Court of Perquimans County in the above entitled proceeding, the undersigned Commissioner will, on the 8th day of June, 1955, at 12 o'clock noon, at the Court House door in Hertford, Perquimans County, North Carolina, sell at public auction, for cash, the following tract of land:

Situate in Perquimans County, Belvidere Township, North Carolina, more particularly described as follows: Known as the Vann land, bounded on the North by the lands of Henry Hollowell and Joseph Nowell; on the South by the Myrtle Winslow and Linwood C. Winslow lands; on the East by the Linwood C. Winslow and Claude Winslow lands and on the West by the Myrtle Winslow and Henry Hollowell lands, said tract being bisected by the highway leading from Winfall to Belvidere, containing approximately 7 acres, and known as the

John Vann home place, and being the same tract described in that certain deed from P. W. McMullan, Trustee, to J. S. McNider, recorded in Deed Book No. 10, page 215, Perquimans Register's office, reference to which is hereby made. Said sale will be made subject to payment by the purchaser of 1955 County Taxes. A deposit of 10% deposit of the high bid will be required at time of sale. Dated and posted this 7th day of May, 1955.

J. HENRY LEROY, Commissioner of the Court May 13, 20, 27, June 3

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J. HENRY LEROY, Commissioner of the Court May 13, 20, 27, June 3

KITTY HAWK FISHING PIER KITTY HAWK, NORTH CAROLINA

Now Open Blues, Trout, Mulletts running

MODERN SNACK BAR ADDED FOR YOUR CONVENIENCE . . . SERVING EARLY BREAKFAST WITH SNACK SERVICE THROUGHOUT DAY.

Our 41st ANNIVERSARY SALE IS IN FULL SWING and will continue for the entire month of MAY.

We would like to take this opportunity to say "Thank You" for your TREMENDOUS response to the opening days of our MAY ANNIVERSARY SALE. This response shows that you, our customers, recognize values when you see them. If you haven't visited our store during this big money-saving event, plan to do so. Our prices are slashed to pre-war days. Come in, look, see for yourself.

As a reminder, you may still purchase 5 pounds of sugar for ONLY 25c for each \$10.00 spent in our store during the month of MAY. This alone is a savings of over 50%. This applies to merchandise bought for cash or for money paid on account during our Anniversary Sale.

Our stocks are still adequate. Be thrifty . . . shop our store for your needs and save!

W. M. Morgan Furniture Company "Your HOTPOINT Dealer" PHONE 2621 1914 - 1955 HERTFORD

SCRATCH-ME-NOT WITH ITCH-ME-NOT! In 15 minutes after applying Itch-Me-Not, if you have to scratch your itch, your 40c back at any drug store. Apply it for any externally caused itch. Ask for Itch-Me-Not today at S AND M.

TRY A HERALD WANT AD

TAYLOR THEATRE EDENTON, N. C. Week Day Shows Continuous From 3:30

Saturday Continuous From 1:30 Sunday, 2:15, 4:15 and 8:45

Thursday and Friday, May 19-20—Robert Wagner and Debra Paget in "WHITE FEATHER" CinemaScope With Stereophonic Sound

Saturday, May 21—MacDonald Carey and Maureen O'Hara in "FIRE OVER AFRICA"

Sunday and Monday, May 22-23—Kirk Douglas and Jeanne Crain in "MAN WITHOUT A STAR"

Tuesday and Wednesday, May 24-25—Double Feature Lex Barker in "YELLOW MOUNTAIN"—also—Claudette Colbert in "THE EGG AND I"

HIWAY 17 Drive-In Theatre EDENTON, N. C. Friday and Saturday, May 20-21—Barbara Stanwyck in "JEOPARDY"

Sunday, May 22—Lucille Ball in "THE MAGIC CARPET"

Monday and Tuesday, May 23-24—James Stewart in "THE GLENN MILLER STORY"

Wednesday and Thursday, May 25-26—William Holden in "EXECUTIVE SUITE"

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ONLY ONE TRUCK GIVES YOU ALL THREE! Yes, only Dodge Truck gives you all three most-wanted features in one truck. With their low, sleek, modern styling, their modern wrap-around windshield and rear window, new Dodge trucks assure safer driving, easier handling.

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... biggest wrap-around windshield
... most powerful V-8 engines

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