

Chappell & Lane United in Marriage

Home Ec Extension Agent Gives Breakfast Hints

Announce Marriage

Washington Report

Walter B. Jones



This is Better Breakfast Month and Mrs. M. B. Taylor, Home Economics Extension Agent dares you to eat breakfast. If you do, you will be fit for a king.

Here we are talking about the same old thing you've heard for years, "EAT YOUR BREAKFAST!" A little tired of it? I know. Don't blame you. This time it's different. This time... the "little message" dares you to eat breakfast. We dare you to really "dig" a breakfast with its own imagination.

"Who needs it?" This is the first question by a non-breakfast eater. Some regular breakfast eaters wonder too, since they are sick of the same dull breakfast habit. So you are challenged with a double dare.

Carbohydrates, proteins, calcium, phosphorus, iron and vitamins A, B, C, and D... all words we've heard before, but too bothersome for us to understand what they do. However, remembering how they can be fixed a new, daring way helps.

The Greeks summed it up in one word. Protein... of primary importance. Every cell in our body contains protein. If all the water in our bodies were squeezed out, we would be over half protein!

We need only a small amount of iron. Oddly enough, this element is the one most often found lacking in our diets. That red coloring of our blood is made up of iron. All the cells in our bodies get their food and oxygen from the iron we supply them. Vitamins A, B, C, and D all

work together to keep us from falling apart! They strengthen the walls of our blood vessels and keep our teeth chewing. Vitamin C cannot be stored by the body, so we must replace it often. Vitamin D is known as "canned sunlight" because it does just what sunbathing at the beach does. How many times do you sunbathe in the winter? Vitamin A helps us see in those dark places when our retinas widen.

Carbohydrates are the chief forms in which plants store potential energy. We use them for a chief source of energy because they are plentiful and most easily digested. Just choose your favorite bread or hot cereal for some potential energy!

Calcium saves our lives when we are cut or scraped. Our blood coagulates because there is enough calcium. During test or date times, our nerves respond according to nature's plan. Phosphorus is the reason. We've often heard that calcium and phosphorus come from milk. It does, but why pour it and gulp? Use some imagination, whip up a Sunshine Health Nog!

So we've answered "Who Needs It?" Your body does. You do. Every day we tear down and use up our bodies. This process cannot continue without a program of replacement. By not eating breakfast, we refuse to give our bodies the loving care and spare parts so desperately needed for each day's activities. But there are no breakfast rules. We don't have to put up with the same dull scramble of an egg, fry of bacon, or pour of milk. These foods are essential but can be fixed so many different exciting ways. The fun of breakfast is trying, tasting and enjoying dishes. The fun of breakfast is really digging it.

New recipes are available at the office to help you improve the quality of your breakfast. Contact Mrs. M. B. Taylor at the office, 426-7697.

Reserved Seats

Suitor - Do you ever peep through the keyhole when I am sitting in the parlor with your sister?

Small brother (with a burst of candor) - Sometimes, when mother ain't there.



ANNOUNCE MARRIAGE - Mr. and Mrs. James A. Carson announce the marriage of their daughter, Jeanie Susan to Paul Douglas Umphlett, son of Mrs. Charlie J. Umphlett and the late Charlie J. Umphlett, of Hertford on July 18, 1970. They will reside in Wilson where she is a senior and he is a graduate of Atlantic Christian College and a member of Sigma Phi Epsilon Fraternity.

Golden Agers ID Card

Senior Citizens can visit the 1970 N. C. State Fair, running Oct. 16-24, on any of its nine days instead of just on Senior Citizens Fun Festival day as at past fairs.

This new policy is part of an entirely new program for golden agers. Tar Heels 60 or older will get a permanent identification card which will admit them to all future fairs any day of a fair.

The cards will be issued automatically to the 10,000 members of the N. C. Senior Citizens Council. Others may get their cards by writing to the Fair Publicity Office, P. O. Box 5565, Raleigh, N. C., 27607 or calling (919) 833-3942.

The Fun Festival will be changed from opening day to Monday, Oct. 19, and the lineup of contests has been overhauled. Competition this year will be in hog and cow calling, the most unusual gourd and the largest sweet potato, Irish potato, ear of corn and red pepper pod. The winner in each event will get \$3 and the second place finisher \$2.

The festival begins at 11 a.m. and will be centered on a farm theme - that's why the contests are for items from senior citizen's gardens. Many of the oldest senior citizens will be recognized individually during the program.

The United States House of Representatives continues to be in recess through the Labor Day weekend.

In retrospect, the 91st Congress has up to this date passed several major bills out of the large number which have been introduced thus far, 22,324.

The most far-reaching legislation was the Tax Reform, which in my opinion was long overdue, for with the increase of corporates, conglomerates and foundations, there were far too many loopholes in the old law which permitted many to escape the paying of taxes completely or their just amount of taxes.

The major items in this bill were first, a reduction in the oil depletion allowance, and the inclusion for tax purposes of heretofore tax exempt bonds. It also provides some relief for low-income families as well as more liberal provisions for women who serve as heads of households.

Another bill of importance signed into law, was the Draft Reform Act, which allows the President to arbitrarily control the draft procedure by Executive order. As presently im-

plemented, it will give our young men some degree of certainty as to their draft status, thereby permitting them, once they have passed a certain age, to plan for their education, employment and personal lives, including marriage. The plan has not been in effect long enough to pass judgement on its effectiveness, but it is hoped that it will be more equitable than the law which it replaced.

The Postal Reform Bill creates a quasi-governmental corporation which it is hoped will permit the Post Office Department to operate on a balanced budget and improved postal service. In theory, it will remove the Post Office operations from the realm of politics as it relates to the appointment of postmasters and rural carriers.

Many of you from time to time have forwarded to our office some of the most perverted pornographic literature received through the mails. Along with other Members of Congress I joined in the sponsorship of legislation which I believe will stem the flow of this through the United States mails.

101 PROOF - 8 YEARS OLD

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TYNER - Miss Angella Kaye Lane became the bride of Jerry Reginald Chappell Sunday at three o'clock at Chappell Hill Baptist Church. Rev. John Allen performed the double-ring ceremony in a candlelight setting of white gladioli, mums and palms. Wedding music was presented by Miss Carolina Wright, organist, and Timothy White, soloist.

The bride is the daughter of Mr. and Mrs. Fentress M. Lane of Tyner. The bridegroom's parents are Mr. and Mrs. Moody Chappell of Belvidere.

Given in marriage by her father, the bride wore a gown of silk organza over taffeta and imported lace. The empire bodice topped a lace bordered A-line skirt. Pearls enhanced the lace motifs on the Victorian neckline and sleeves. The gown featured an aisle-wide detachable train of lace trimmed organza. Her elbow-length veil of bridal illusion fell from a headpiece of Alencon petals outlined with seed pearls. She carried a white satin Bible topped with a white orchid and yellow roses.

Mrs. Tony W. Twiddy of Elizabeth City, sister of the bride, was matron of honor. She wore a sleeveless gown of yellow crepe which featured a high waist bodice with a belt in the back and full A-line skirt. Her headpiece was a tulle veil attached to a yellow bow. She carried a cascade bouquet of yellow carnations and white daisies.

Bridesmaids were Miss Angela Chappell of Belvidere, sister of the bridegroom, and Miss Claudia Stokely of Elizabeth City. They wore gowns in pink and green and carried flowers identical to that of the honor attendant.

Bonita Ashley cousin of the bride was flower girl. Chip Chappell cousin of the bridegroom was ring bearer.

Mr. Chappell was best man for his son. Ushers were Felix M.

Lane of Hampton, Va., brother of the bride, and Ronnie Weaver of Lexington, N. C. cousin of the bridegroom.

Mrs. Crafton Oventon and Mrs. Ronnie Weaver were mistresses of ceremony.

Mrs. Lane chose an A-line dress of blue crepe with long chiffon sleeves, matching accessories and a yellow glamellia corsage.

Mrs. Chappell wore an A-line dress of pink double-knit, matching accessories and a pink glamellia corsage.

For a wedding trip to unannounced points, the bride changed to a brown double-knit dress, beige accessories and the orchid lifted from her bridal bouquet. The couple will make their home in Lexington, N. C. Mr. and Mrs. Chappell are graduates of Perquimans County High School. Mr. Chappell attended Campbell College, Buies Creek.

Out-of-town guests: Mr. and Mrs. Alton Oventon, Briggit and Inga, Greenville, N. C.; Mr. and

Boys 8-13

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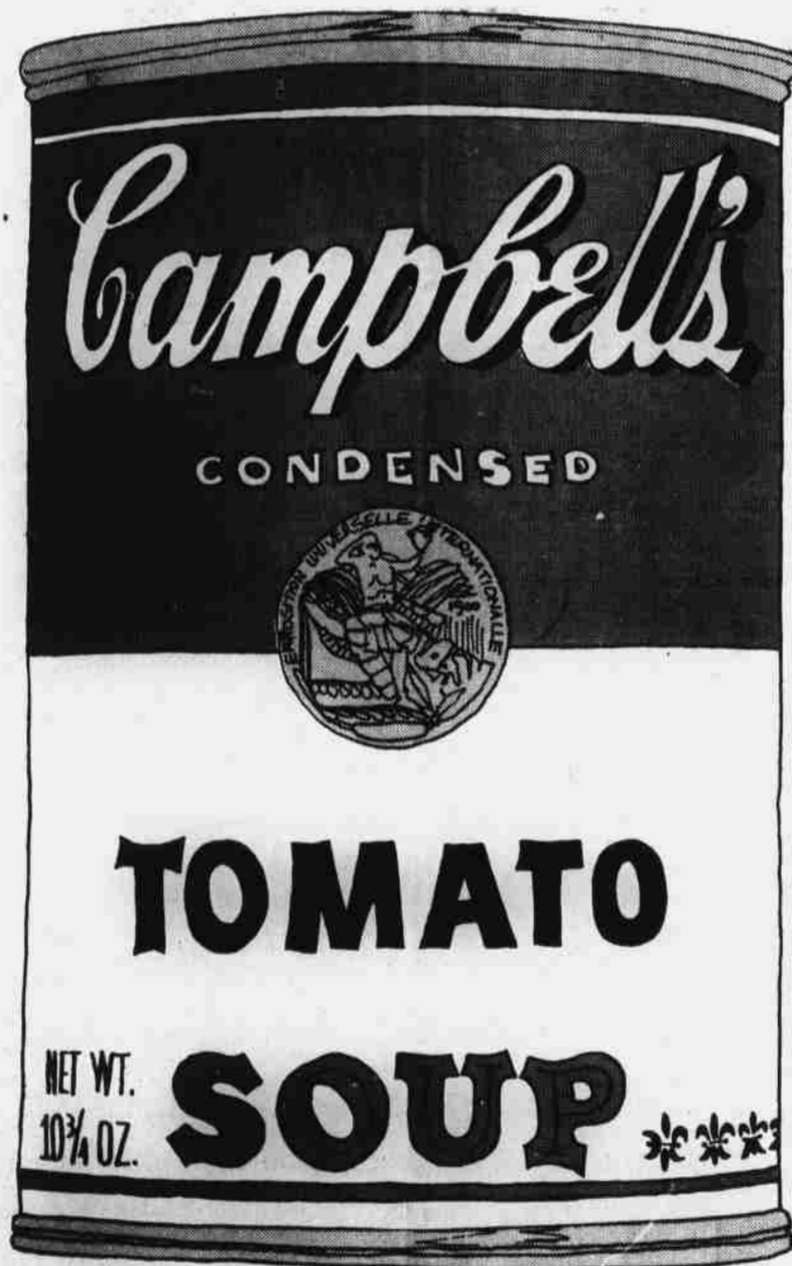
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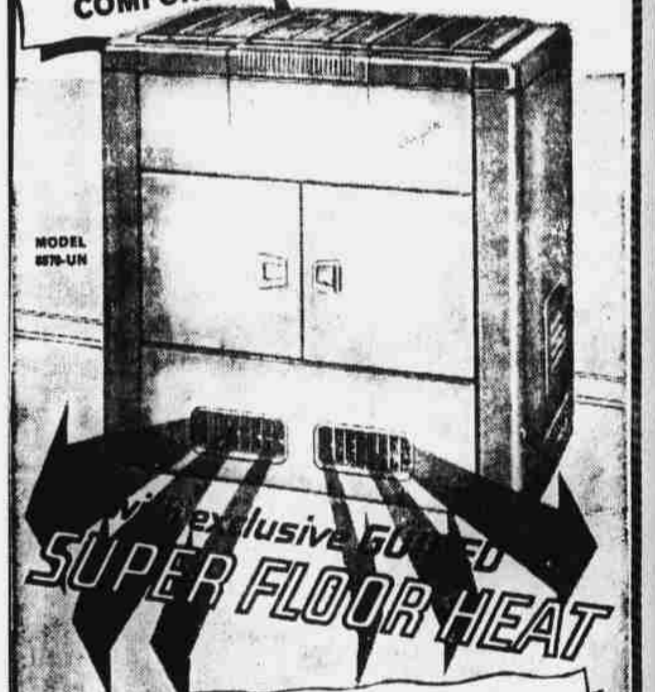


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