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What We Can Do About Pollution In Perquimans County

A lot has been written and a lot has been televised about pollution — about the environment, but all too often the question: "what can I do about it?" is never answered.

If that's what you were looking for — here is a very important answer. On May 6 — Primary Election Day — vote FOR the Clean Water Bonds.

It won't affect your pocket-book, because there will be no increase in local or state taxes,

but it will affect how you and your children will live.

A favorable vote will allow the state to issue 150 million dollars in bonds over a five-year period to aid our, and other, local governments in providing us with safe, adequate, clean water for the future.

It will mean that, for the first time, the state will be able to assist us in improving existing treatment facilities, or building new ones, for water pollution

control, and to build or expand the existing water supply system.

During the next five years about 697 million dollars will be needed for water pollution control facilities and water supply systems. Local governments definitely need outside help. There is no better way than voter approval of the \$150 million clean water bonds.

The date to do yourself and your family a favor is May 6.

Fresh Flavors Bring Bloom To Spring Menus

ZIP AND NIP are what fresh green onions add to your meals and they are in excellent supply at your market now, according to the United Fresh Fruit and Vegetable Association. Green onions are tender favorites to eat raw with meat, cheese or fish. Many like to eat the slender green stalks as well as the small, ivory-colored bulb. Sometimes the tops are chopped to mix with cottage cheese for a colorful salad, or they are tossed in a mixed green salad or sliced in rings and added to soups. The liking for this flavorful vegetable goes back a long way. Around the year 1340, the English poet, Chaucer, wrote: "We loved he garleek, onions and leekes." Young green onion tops are especially low in calories. To check quality at your market, see that they have green, fresh-looking tops and medium-sized necks which are well-blanching for at least two or three inches from the root: Green onions should be young, crisp and tender.

ingredient, try it cooked while it is in such good supply at your market, the United Fresh Fruit and Vegetable Association suggests. Wash the greens well. Simmer them gently until tender in a tightly-covered pan. Use more or less water depending on your own taste. Large amounts of water tend to give a milder flavor while less water gives stronger flavor and conserves more nutrients. Drain the greens and chop, if desired. Add a dab of margarine or butter, salt and pepper to taste, and reheat for a few minutes. Escarole, high in vitamin "A", is a nourishing green to enjoy right now.

But "string bean" is an incorrect term today. Now it's "green bean". Almost all of the fresh green beans in our day are stringless at the harvest stage. It was not until 1894, however, that the first successful stringless beans were introduced, according to the United Fresh Fruit and Vegetable Association.

How do you serve green beans? Fresh green beans sauced with melted butter are a great favorite that goes with almost any menu. For more sophistication, serve green beans with hollandaise. Or with a cheese or a mushroom sauce. Creamed green beans and fresh celery are a good combination for a change. Delicious, too, are cooked green beans marinated in French dressing, chilled, and

served cold as a vegetable salad.

Green beans are native to this hemisphere. Early explorers found that all over the Americas, climbing green beans were generally planted along with maize. In 1605, the explorer, Samuel de Champlain, wrote of the Indians: "With this corn they put in each hill three or four beans...when they grow up, they interlace with the corn which reaches to the height of five to six feet."

Rich in garden flavor, green beans are available all year round, and are in particularly good supply in your market now. To check quality, look for beans that are fresh and green in appearance, free from scars and discoloration, break with a snap.

REV UP FOR RHUBARB—Spring is rhubarb time...rhubarb pie and tart time. Serve pink and pretty rhubarb stewed for breakfast and for dessert. Rhubarb dates back to about 2700 B.C. in China, and the root is still used in Chinese medicine, the United Fresh Fruit and Vegetable Association tells us. Good quality rhubarb stalks are fresh, firm, crisp, tender and bright in appearance, and they should not be excessively thin. The leaves are not edible.

IN THE LIME-LIGHT are luscious fresh limes with tangy, spicy flavor for contrast in your meals. A squeeze of fresh lime juice over vegetables is delectable. It's good, too, in dressing for fruit salad. Fresh Lime Chiffon Pie is one of the great desserts. And don't forget a wedge of lime to serve with fish or seafood. The United Fresh Fruit and Vegetable Association tells us that the Crusaders brought limes home with them to Europe, and it was Columbus who introduced limes to the New World on his second voyage.

A Pleasant Memory

People of the Albemarle have always enjoyed being entertained.

Just after the turn of the century, citizens of the area were provided with one of the most unique theatres in the history of this section. From 1913 to 1931, the showboat, "James Adams' Floating Theatre", plied the intercoastal waters of the Albemarle and Chesapeake Bay. She wintered in Elizabeth City.

The vessel inspired Edna Ferber to write the novel, Showboat. This further resulted in a long-running Broadway musical by Jerome Kern, and later, a motion picture with the same name.

There is no longer a "Showboat", but she left pleasant memories in the minds of many area residents.

The Norfolk & Carolina
Telephone & Telegraph Company

CAN YOU GUESS? Which fruit is being described here?—a fruit of broadly conical shape with larger fruitlets at bottom, smaller ones at top, the fruitlets patterned in a regular spiral on the fruit axis, in two series, one turning around the fruit to the left, the other to the right. Yes, it's the pineapple. One cupful of diced fresh pineapple provides more than a third of the recommended daily allowance of vitamin "C", yet has only 75 calories. Sprightly-tasting, juicy, and tangy sweet, fresh pineapples are in good supply at your market now to use in many ways, the United Fresh Fruit and Vegetable Association advises.

"VEGETABLE LANGUAGE" is often used for comparisons. "He's built like a string bean" gives a good picture of a very thin, tall man.

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NOTICE MEETING of BOARD of EQUALIZATION AND REVIEW

The Board of County Commissioners of Perquimans County, will meet as a Board of Equalization & Review in the Courthouse, Hertford, N.C., on Monday, April 24, 1972, at 10:00 o'clock A.M. for the purpose of hearing complaints and the equalization of property values. The Board expects to complete its business and adjourn on Monday, April 24, 1972. In the event of later adjournment, notice to that effect will be published in this newspaper.

Julian C. Powell

CLERK, BOARD OF COUNTY COMMISSIONERS

Let's Go To Church Sunday Make Church Going A Habit

THESE RELIGIOUS
MESSAGES
ARE MADE POSSIBLE
BY THE FOLLOWING
BUSINESS
FIRMS...

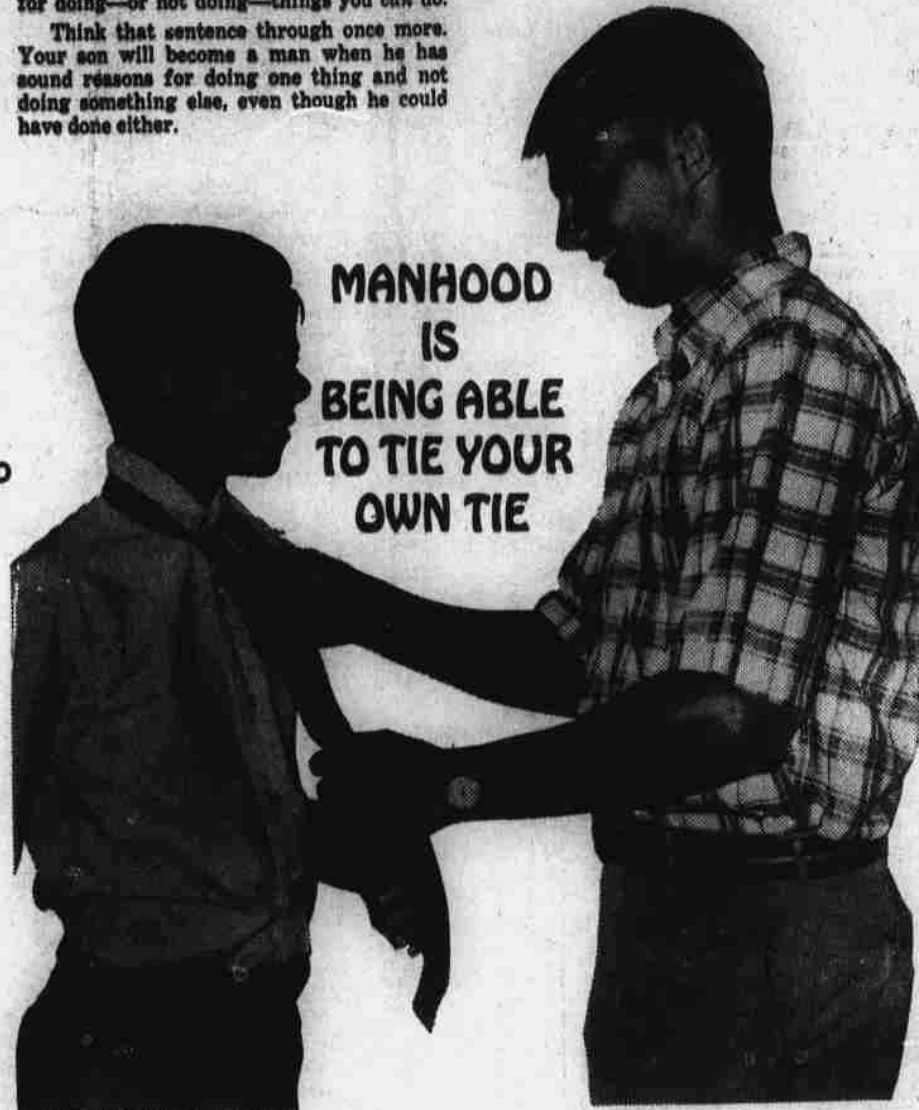
Here is one of those great epigrams of my favorite philosopher — Dad! Or was it Mother? It's hard to remember for sure.

But, anyway, it isn't true. The older I get the more I realize that there are some who can tie their own neckties but still aren't men.

Maturity is not measured by what you can do. It is measured rather by your reasons for doing—or not doing—things you can do.

Think that sentence through once more. Your son will become a man when he has sound reasons for doing one thing and not doing something else, even though he could have done either.

It is in the character-molding and spiritual growth which the Church provides that both youth and adults discover the soundest motivation of life. In worship and religious training we embrace the reasons that will prompt our courageous decisions as Christian men and women.



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THE WITNESSING FELLOWSHIP
International Sunday School Lesson for April 23, 1972
LESSON TEXT: Mark 5:1-20; Acts 8:4-40;
18:24-28.

In their studies of the Bible, discerning students will come to realize that Christ did not assign the work of His church to a select few. Rather, they will become acutely aware of the fact that the responsibility for witnessing lies heavily on the shoulders of EVERY one of us who claim to be a Christian. This was the intention of Christ...that every follower should be a witness.

It must also be remembered that the church gained its strength worldwide, not by the zeal of just a handful of converts, but by the loyalty of multitudes. Inspired by the Holy Spirit, the most humble of men achieved results that were little short of miraculous!

Witnessing for Christ, as has been pointed out, is the solemn responsibility of a professing Christian, and this calls for a great deal of soul-searching and preparation on the part of the individual.

Our lesson today centers on the activities and the faith of three great witnesses, and in these three — the healed demoniac whom Christ appointed to the role of a home missionary, Philip (who witnessed in Samaria) and Apollos, who witnessed in Ephesus and Achaia, we can plainly see that witnessing is a natural result of a meaningful relationship with Christ.

The demoniac had a sorry background...he was a danger to himself and to those with whom he came in contact. Healed by Christ, his gratitude knew no bounds, and he beseeched Christ to let him join His little band of followers, that he might become a disciple. But Jesus, instead of accepting this offer, bade the man, instead, to go among his own people, testifying to the works of the Lord, as he (the demoniac) had experienced them — testifying also to God's compassion, in the person of His Son.

It is noteworthy that — despite the disappointment he must have felt at not being able to accompany Christ on His missions, the man did as he was bid...witnessing on the "home front", so to speak, with unremitting zeal! (And here we must pause and reflect that every true Christian has some story to tell, of an experience with the Savior!)

Philip, although assigned to a purely administrative job, carried the gospel into a "foreign" country when he went to Samaria and preached of Christ. He was possessed of no special training to prepare himself for this work...but he preached with such power, and such faith, that the people marveled at his eloquence. (How desperately, today, the world has need of people like Philip!)

In the story of Apollos there is much we can learn about witnessing; Apollos was an eloquent man, well versed in the Scriptures...yet, from a husband-and-wife team of tent-makers, he learned much when it came to truly effective witnessing! Jewish refugees, Aquila and Priscilla, although Christians, attended the synagogue faithfully in Ephesus, using this contact to witness to their faith in Christ. It was here that they met Apollos, who was speaking in the synagogue. Aware that there was much lacking in Apollos' testimony, these humble people took him to their hearts and taught him all that they could, thus deepening the quality of his testimony.

Herein lies a lesson! All men, no matter what their background, have something to contribute to the Christian movement! Rhetoric and education are priceless gifts...but so are the gifts of zeal, perception, and inspiration!

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Thought to Remember
By MARION SWINDELL
We read a bit of good, sound logic the other day. Someone had simply written these words: "A smooth sea never makes a skillful mariner."
There is much truth in this statement. A sailor becomes skilled only as he guides his ship through raging seas and stormy voyages. Anyone can plot a course through a calm—but only the best can face a storm, weather it—and bring the ship safely to harbor.
It is through the storms of experience that the mariner becomes skillful. Isn't that true with life? The hard and difficult days tend to make each of us a better person—better fitted for life.
Everyone's life will be filled with many calm voyages, but there are sure to be storms and gales, because they are part of life, too.
OUR THOUGHT TO REMEMBER: Life is a sea—both calm and stormy.
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