

April 14-18 Lunch Menu

Menus are subject to change without notice.

PERQUIMANS COUNTY HIGH SCHOOL

Boxes
Monday: Cheeseburger on Bun
Buttered Peas
1/2 Orange
Milk
Tuesday: Fish Portion on Bun
French Fries
Cabbage Slaw
1/2 Apple
Milk
Wednesday: Pork Pattie on Bun
Glazed Sweet Potatoes
String Beans
Pineapple Cake
Milk
Thursday: Bologna & Cheese Sandwich
Lettuce-Tomato Salad
Apricots
Milk
Friday: Sloppy Joe on Bun
Health Salad
Carrot Sticks
Cookies
Milk
Plates
Monday: Sausage Pizza
Buttered Peas
Orange Juice
Milk
Tuesday: Navy Beans
Sliced Cheese
Cabbage-Carrot Slaw
Hot Rolls-Butter
Glazed Apples
Milk
Wednesday: Luncheon Meat
Mashed Potatoes
String Beans
Hot Rolls
Pineapple Cake
Milk
Thursday: Chicken Pan Pie
Glazed Sweet Potatoes
Turnip Greens
Cornsticks
Milk
Friday: Fish Portions
Macaroni & Cheese
Lima Beans
Sliced Pineapple
Cornsticks
Milk
HERTFORD GRAMMAR
Monday: Baked Beans-Weiners
Baked Apples
Slaw
Hot Biscuit-Butter
Milk
Tuesday: Tuna Dish Salad on Lettuce
Green Peas
School Baked Rolls
Sliced Tomatoes
Milk
Wednesday: Meat Loaf-Gravy
Steamed Cabbage
Request Approved
The Board of Perquimans County Commissioners approved the request for improvement of State Road No. 1108 as recommended by the Department of Transportation Division of Highways at their monthly meeting on Monday.

Sweet Potato Puff
Rolls-Butter
Milk
Thursday: Cheese Toast
Vienna Sausage
Peas & Carrots
Strawberry Shortcake
Milk
Friday: Hamburger on Bun
French Fries
Carrot Salad
Chocolate Pudding
Milk
PERQUIMANS UNION
Monday: Fruit Juice
Hamburger Pattie
School Baked Bun
Buttered Corn
Cookies
Milk
Tuesday: Pizza
Tossed Salad
Apple Cobbler
Milk
Wednesday: Orange Juice
Vienna Sausage
Cheese Square
Baked Beans
Rolls
Butter Cookies
Milk
Thursday: Meat Loaf-Tomato Sauce
Butter Potatoes
Turnip Greens
Cornbread
Applesauce
Milk
Friday: Peanut Butter Sandwich
Lima Beans
Baked Tomatoes
Cookies
Milk
PERQUIMANS CENTRAL
Monday: Hamburger Pattie
School Baked Roll
Whipped Potatoes
String Beans
Milk
Tuesday: Grilled Bologna
Buttered Whole Potatoes
Cabbage-Beets
Cornbread
Milk
Wednesday: Vegetable Soup
Peanut Butter & Jelly
Sandwich
Crackers
Milk
Thursday: Sloppy Joe on Bun
French Fries
1/2 Peach
Milk

WEIGHTY FACT

Most persons differentiate between overweight and obesity. An individual whose weight is 10-20 percent above the "ideal" according to weight tables is considered overweight. Deviations of 20 percent or more are designated as obesity, adds Mrs. Marjorie Donnelly, extension food specialist, North Carolina State University.

Home Nursing Class

The Office of Special Projects of College of The Albemarle would like to offer a "Home Nursing" class in Hertford, North Carolina. No meeting time or place has been set yet. If you are interested in attending this class, please contact Mrs. Edith Nixon, 482-3274 or the Office of Special Projects, College of The Albemarle, 335-0821, extension 277.



MILK DOES MAKE A DIFFERENCE—Union School students have found that milk does make a difference in the diets of these rats. Experiments have been conducted feeding one rat milk and bread while the other member of the pair receives soft drinks and bread. A large weight difference has been observed in the rats.



LEARNING FUN—These fifth grade students have had fun with their rat friends, Randy and Brandy while learning good nutrition means good health. Following the rat experiments, various contests concerning the discoveries will be conducted and a trophy presented to the first place winner.



EEK!—These girls at Perquimans Union School are definitely of an unusual character. They aren't afraid of rats. After working with the rats, the girls have not only learned to like the creatures but have also made some discoveries about good nutrition. (Newbern photos)

Union Students Work With Rats

Students in the fifth and sixth grades at Perquimans Union School are getting first-hand proof that milk is better for their health than soft drinks. A good nutrition contest is being sponsored which includes experiments in feeding rats. There are four sets of white rats in various fifth and sixth grade rooms. The experiments include keeping charts on the growth of the rats. In each set of rats, one is on a basically bread and milk diet, while the other is being fed soft drinks and bread.

The contest is being sponsored by the Chamber of Commerce, the Perquimans County Jaycees, Hertford Hardware and Supply Company, Community Gas

Forum: Shaping America

TO THE EDITOR:

In his State of the Union message in January, 1960, the late President Eisenhower said:

"A rich nation can for a time without noticeable damage to itself pursue a course of self-indulgence, making its single goal the material ease and comfort of its own citizens. But the enemies it will incur, the isolation into which it will descend, and the internal, moral and physical softness that will be engendered will in the long term bring it to Disaster."

"America Did not become great through softness and self indulgence", he continued. "Her miraculous progress and achievements flow from other qualities far more worthy and substantial. And those were adherence to principles and methods constant with our religious philosophy, of satisfaction in hard work, the readiness to sacrifice for worthwhile causes, the courage to meet every challenge to our progress, the intellectual honesty and capacity to recognize the true path of our own best interests."

In the 1950's Americans walked in sunshine. In the 1970's they walk in violence. Today we may have a weak President and a spiteful congress, but there is clearly more the individual citizen can do to help his country. What might help us would be a better attitude and a willingness on the part of the average citizen to reinstate the principles which made this country great.

We can't blame government for everything; for example it is up to us "shape up" in our goals, ambitions, and our perspective.
BOBBY SIMPSON
NEWTON GROVE, N.C.

experiments, several areas of competition will be entered by the participating students. A trophy will be given to the first place winner for the following contests: poster, composition, scrapbook, oratorical and debating team.

The pairs of rats are named Micky and Ricky, Pixie and Dixie, Daisy and Delilah, and Randy and Brandy.

The rats, they have found a warm place in the hearts of many of the students. According to teachers, it will be a real problem to decide which students are allowed to take the rats home after the experiments are completed.

Looking Backwards

APRIL 1937

By VIRGINIA WHITE

TRANSEAU

MISSES KEATON AND BERRY WIN MUSIC HONORS: How Miss Maude Keaton is going to manage the situation with which she is confronted as a result of being a winner in both debating and singing is yet to be decided. Miss Blanche Moore Berry, another Hertford girl, won first place as alto singer in the District High School Music Contest held in Elizabeth City last Saturday, when she sang Brahms' Lullaby, and Maude Keaton who has been victorious in the district contests of the past two years, won first place in soprano when she sang "My Mother Bids Me Bind My Hair", by Haydn. Miss Berry is the daughter of Mr. and Mrs. B.C. Berry, of Hertford. Miss Keaton is a daughter of the late R.R. Keaton and Mrs. Keaton, of Bethel.

BIRTHDAY PARTY: Mrs. R.L. Perry and Margaret Perry entertained at a birthday party recently at Woodville in honor of Ethel Perry, honoree, Mildred Chappell, Margaret Jennings, Annie Ives, Mabel

Whitehead, Dorothy Whedbee, Beulah Bogue, Aperiene Cooke, Maxine Griffin, Katherine Hendricks, Hudson Williams, John L. Hewitt, Junior Winslow, Luther Whedbee, Maurice Bogue, Pat Hoggard, Millard Sawyer, Warren Bogue, Durwood Whitehead, Mr. and Mrs. Walton Wood, Mrs. Willie Sherlock, Mr. and Mrs. R.L. Perry, Robert Perry, Francis and Nannie Mae Perry and Mr. and Mrs. Conroy Miller.

BRIDGE PARTY AND SHOWER IN HONOR MRS. JOHN BUTLER: Mrs. John C. Butler, who before her recent marriage was Miss Helen Vick, was honoree at a delightful bridge party and miscellaneous shower given by Mrs. E.S. Pierce. Those present in addition to the honoree were Mrs. Roland Matheson, Miss Mary Helene Nixon, Jocelyn Whedbee, Evelyn Riddick, Elizabeth Morris, Margaret Fletcher, Ruth Davenport,

Mrs. Chas. Whedbee, W.G. Wright, Howard Pitt, J.H. Towe, Jr., Norman Trueblood, A.J. Scott, Jr., C.P. Morris, Corbin Dozier, P.H. Small, Miss Josephine Heffen, Mrs. W.C. Archie, of Wake Forest, Miss Gladys Hamrick, Mrs. J.G. Campbell, Helen Nixon, Mrs. Schuyster and Miss Sarah Carlisle.

Fashion In Bed Sheets Is Fancy

RALEIGH—If the beds in your house are wearing striped or flowered sheets, they are in fashion.

For fancy sheets have become the big sellers in stores across the country, notes Mrs. Edith McGlamery, extension house furnishings specialist, North Carolina State University.

On an industry-wide basis, fancy sheets account for 60 percent of total sales.

Woodard's Pharmacy
Dial 426-5527 Hertford, N.C.



PHARMACY COMMENTS

Charles E. Woodard

Free Guide To Health Insurance

A serious illness or a long hospital stay can send almost anybody to the "poor house"—unless you have a good health insurance program helping to pay your way.

Health insurance comes in more sizes, styles and prices than most sane people can keep up with. So, if you're going to spend the money (and who has the choice?), know what you're getting—and get your moneys worth!

Impossible? Not if you'll send a self-addressed, stamped envelope to our Clipping Service, Box 5051, Raleigh, N.C. 27607 and say Help!

Ask for *Shopper's Guide to Health Insurance* and find out whether you've been short-changed. Don't let getting sick make you poor.

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NOTICE TO DOG OWNERS

The law requires every dog owner in North Carolina to have his or her dog vaccinated against rabies.

As county Dog Warden and Rabies Inspector, I will vaccinate dogs on the following schedule:

April 12—Health Dept.....	3 - 6 P.M.
April 14—Rountree's Store.....	2 - 5 P.M.
April 16—Layden's Store.....	2 - 5 P.M.
April 18—Alphonso Chappell's Store.....	2 - 5 P.M.
April 19—Health Dept.....	3 - 6 P.M.
April 21—New Hope.....	2 - 5 P.M.
April 23—Bethel Fire Dept.....	4 - 6 P.M.
April 25—Winfall - Peck's Store.....	2 - 6 P.M.
April 26—Health Dept.....	3 - 6 P.M.
April 28—Wink Winslow's Store.....	2 - 5 P.M.

During the clinic, the vaccination price is \$1.50.

Please bring your dog to me at the indicated location and save yourself possible court action.

The Dog Warden - Rabies Inspector has authority to cite into court anyone not complying with this law.

W. RAY WHITE

DOG WARDEN-RABIES INSPECTOR, PERQUIMANS COUNTY

Anyone Who Has A Dog Problem Should Call The Health Dept. 426-5488

NOTICE!

Effective The 1st Saturday In May —

We Will Be Closed On

Saturdays

Until Further Notice...

HOLLOWELL OIL CO., INC.



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