

Lunch Menus For Jan. 10-14

The following are the Perquimans County School lunch menus for the week of Jan. 10-14:

HERTFORD GRAMMAR PERQUIMANS CENTRAL PERQUIMANS UNION PERQUIMANS HIGH

Fri. Jan. 14
Beef Stew with Carrots & Potatoes
Pears
Bread
Peanut Butter Chews
Milk

PERQUIMANS HIGH - Boxes

Plates
Mon. Jan. 10

Smoked Sausage
Green Peas
Baked Apples
Bread
Milk

Mon. Jan. 10

Hot Dog
Baked Beans
Slaw
Milk

Tues. Jan. 11

Grilled Cheese Sandwich
Bowl of Beans
Slaw
Fruit
Milk

Tues. Jan. 11

Pizza Burger
French Fries
String Beans
Milk

Wed. Jan. 12

Country Style Steak
Rice & Gravy
Fruit Cup
Bread
Milk

Wed. Jan. 12

Luncheon Meat - Cheese Sandwich
Lima Beans
Sliced Peaches
Cake
Milk

Thurs. Jan. 13

Pizza
Buttered Corn
Lettuce & Dressing
Applesauce Cake
Milk

Fri. Jan. 14

Cheeseburger
Garden Peas
Fruit Cup
Peanut Butter Chew
Milk

JAN. 1939
By VIRGINIA WHITE
TRANSEAU

RECOMMENDATION VOTED BY COMMISSIONERS REQUESTING HINTON TURNPIKE IMPROVED: The County Board of Commissioners recommended Monday that the road known as the Hinton Turnpike (connecting Perquimans with Pasquotank County between the points of Nicanor at Baker's Store with the highway in Newland Township, Pasquotank County) be constructed and improved so as to make the road generally useful to traffic.

CADET E.L. WINSLOW GOING TO FLORIDA: Cadet E.L. Winslow, son of Mr. and Mrs. E.L. Winslow of Hertford, will leave in a few days for Lake Wales, Fla. to attend the winter quarter of the Shenandoah Valley Academy which opens on January 4, according to a communication from Academy officials last week. Cadet Winslow is a member of the Senior Class of the 154-year old military academy located in the beautiful Shenandoah Valley of Virginia.

COLLEGE STUDENTS AT HOME FOR HOLIDAYS: Among the col-

lege students at home for the Christmas holidays were: Jack Winslow, Shenandoah Valley Academy, Winchester, Va.; Misses Sara Ward and Blanche Moore Berry, W.C.U.N.C., Greensboro;

Misses Joyce Harrell, Prue Newby and Mary Thad Chappell, E.C.T.C., Greenville; Miss Louise Payne, Jesse Lee Harris and Guy Newby, University of North Carolina, Chapel Hill; Bill Jessup, Dan Sharpe, Tim

Brinn and Zach White, Duke University, Durham; William Harcastle, Roy Reed, Hollowell Cox Nixon and Richard Payne, State College, Raleigh; Miss Julia Broughton, Meredith Col-

lege, Raleigh; Misses Jean White and Alice Roberson, Peace College, Raleigh; Misses Lila Budd and Osa Mary Stephens and C.G. Stephens, Elon College,

Elon; Henry Stokes, Louisburg College, Louisburg; Charles Harrell and Jarvis Ward, Oak Ridge Military Institute, Oak Ridge.

Baseball Meeting

A meeting has been planned for Thursday night, Jan. 6 beginning at 7:30 p.m. in the Perquimans County Courthouse in organized Babe Ruth Baseball. All young people, ages 13 to 18, and interested parents are urged to attend this planning meeting.

In The News

Mr. and Mrs. Howard Matthews, Jr. and family of New Bern were Holiday guests of Mr. and Mrs. Howard Matthews, Sr.

Mr. and Mrs. Harry W. Winslow, Jr. and family of Elizabeth City were guests of their parents, Mr. and Mrs. H.W. Winslow, Sr., and Mr. and Mrs. T.P. Byrum, during the weekend.

Mr. and Mrs. John Stallings and family of Greenville spent the weekend with their parents, Mr. and Mrs. Jimmy Sawyer, and Mr. and Mrs. Jimmy Stallings. Rufus Riddick of Alexan-

dria, Va. was a guest of his parents, Mr. and Mrs. Marion Riddick, during the holidays.

Mr. and Mrs. F.A. McGoogan have returned home after a visit with relatives in Clarksville, Md. and Red Springs, N.C.

Mr. and Mrs. Francis Nixon spent the holidays in Roanoke, Va. with their son-in-law and daughter, Mr. and Mrs. William Van Name.

Mrs. Callie Bussott of Norfolk, Va. was a guest of her mother, Mrs. C.B. Stallings, on Sunday.

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Health News & Views
WOODARD'S PHARMACY
HERTFORD, N.C.

Why vitamin C is so important to health

Question: I've heard so many conflicting reports. What is vitamin C really good for?
Answer: Consulting my reference books I find some interesting uses other than vitamin C's reputed use as a virus and cold "fighter." Called the "master vitamin," vitamin C is important to every function. It's literally an "intercellular cement" which binds us together. It aids the assembling of other vitamins and plays a definite role in healing wounds, burns and other tissues. Though Uncle Sam stresses a need for just 60 mg's per day, it is interesting to note that animals which manufacture their own supply of vitamin C do so at a rate equal to between 2,000 to 15,000 mg. for that of man - every day!

Your Pharmacist
John Woodard, R. Ph

STATEMENT
HERTFORD GRAMMAR PERQUIMANS CENTRAL PERQUIMANS UNION PERQUIMANS HIGH

| | |
|-------------|-------------|
| Assets | \$2,335,348 |
| Liabilities | 12,420,150 |
| Surplus | 10,085,198 |

STATEMENT
PERQUIMANS COUNTY SCHOOL

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| Assets | \$1,884,000 |
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