

Lunch Menus for Feb. 5-9

<p>Breakfast and Lunch menus for Perquimans County Schools for Feb. 5-9.</p> <p>HERTFORD GRAMMAR PERQUIMANS CENTRAL PERQUIMANS UNION MON., FEB. 5</p> <p>Danish Pastry Orange Juice Milk</p> <p>TUES., FEB. 6</p> <p>Glazed Doughnut Pears Milk</p> <p>Beef Vegetable Soup Pimiento Cheese Sandwich Beef Vegetable Soup Pimiento Cheese Sandwich</p>	<p>Fresh Apple Peanut Chews Milk</p> <p>WED., FEB. 7</p> <p>1/2 Orange Bacon Toast Milk</p> <p>THURS., FEB. 8</p> <p>Oatmeal Mixed Fruit Toast Milk</p> <p>Fried Chicken Garden Peas Cranberry Sauce School Baked Roll Milk</p>	<p>FRI., FEB. 9</p> <p>French Toast/Syrup Toma Milk</p> <p>Fish Portion French Fries Lettuce & Tomatoe Lemon Pudding Cornbread Milk</p> <p>PERQUIMANS HIGH MON., FEB. 5</p> <p>Pizza OR Shepard's Pie Applesauce Tossed Salad String Beans School Baked Roll Milk</p> <p>TUES., FEB. 6</p> <p>Pimiento Cheese Sandwich OR Hot Dog / School Baked Bun Vegetable Soup Fresh Apple French Fries Milk</p>	<p>WED., FEB. 7</p> <p>Beef-A-Roni OR Hamburger / School Baked Bun Congealed Fruit Cup Buttered Corn Green Lima Beans School Baked Roll Milk</p> <p>THURS., FEB. 8</p> <p>Fried Chicken OR Sloppy Joe / School Baked Bun Whipped Potatoes Garden Peas Pineapple Tidbits Cranberry Sauce School Baked Roll Milk</p> <p>FRI., FEB. 9</p> <p>Lasagna OR Fish Portions Lettuce & Tomatoe French Fries Sliced Peaches School Baked Roll Cornbread Milk</p>
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Extension News

By Mrs. M.B. Taylor
Home Economics Extension Agent

Check over those New Year's Resolutions again. Have you faithfully promised to better your ways, in ways that you know very well you're never going to get around to doing?

This will just give you one more reason to feel unhappy about yourself. And perhaps one more reason that the family can point at, saying, "You said you were going to..."

Housekeeping and family-tending can give you the most trouble. If you've resolved to "always" keep the house picked up so it will look nice when company drops in forget it. That's a family responsibility and not one for just one person to feel guilty about. If the family is comfortable in clutter, relax. If they're not, they'll help pick up.

Or perhaps you're a last minuter. You plan meals by looking in the refrigerator a half hour before eating time. Or you wait until the sack runs over before taking out the trash. There's nothing wrong with either of these. So why resolve to do differently?

Too often we feel guilty about the way we do things in comparison with the way our parents did their work. Or we let television shame us by showing how "Mabel's floor always shine."

But keep in mind it's the big picture that counts. A home full of love and comfort for everyone. A home where jobs are shared and parents are spared the feeling of guilt that drives them into making resolutions that are impossible to keep.

Your Pharmacist Charles Woodard Says

Woodard's Pharmacy, 101 N. Church Street, Hertford, N.C. Tel. 426-5527

Relief of cold symptoms

"Life consists of sobs, around relief is, you guessed it, the original wonder drug, the aspirin!"

Whatever your cold symptoms, trust a professional for reliable advice.

Here are some relief tips: For relief of nasal or post-nasal discharge, sneezing and burning eyes, ask for an antihistamine. For nasal obstruction and general stuffiness, use a decongestant. Or, if headache, muscular aches, malaise and fever plague you, the best all-

Charles Woodard
Prescription Specialist

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

Perquimans Gardening

by **Jean Winslow**

The other night we were discussing, guess what, gardening with some friends. One gal said that she'd never had a garden and wanted to start one, at the ripe old age of 33, and how would she start? Never too late, dear old thing. This is a new new column, and we will all begin together.

Cold and blustery though it is, time for soil preparation has arrived. If it ever dries up in Perquimans County (and it always does), there are basic steps to be undertaken. If you are really serious, that is.

Before you start, decide where you are going to finish. Dig out a strip of topsoil the depth of a spade. Haul this around to the other side of the place next to top soil. You now have a trench about 18 inches deep. In the bottom throw 3 to 4 inches compost or fresh organic matter. Spade this in. Finally, dig the top soil from the second trench and throw it in the bottom of the first trench. Still with me? Work all the way across the plot, and you have completed the operation. With the addition of the proper fertilizer on top, you have irreplaceable loam. With future plantings, you can use your power tiller, or what ever you prefer.

You noticed I said the PROPER fertilizer. That is because you are now going to insure part of the success of your garden. Call the office of the County Agricultural Agent, Richard Bryant, and ask someone on that competent staff how to get your soil tested. You will receive instructions on preparing the samples, etc. These tests pinpoint insufficiencies in your soil and how to correct them. It is a valuable service, and not enough gardeners avail themselves of it.

While you are there, pick up a free booklet on vegetable gardening. Pea planting time is almost here.

Library Report

BOOKMOBILE SCHEDULE CHANGES

Beginning this Friday, Feb. 2, the Pettigrew Regional Library Bookmobile will operate on a new schedule in Perquimans County. The bookmobile will operate on a two week rather than the current three week cycle. These changes followed a study of the bookmobile's service and circulation records across the four counties it serves over an eight month period. As a result of the study, a large number of unproductive stops were dropped and it was decided to serve the better stops more frequently.

The bookmobile will operate on two routes, each one served on an every other Friday basis. One route will operate on the 1st and 3rd Fridays while the other operates on the 2nd and 4th Fridays. Whenever there is a 5th Friday in a month, the bookmobile will not operate; instead, the day will be used for loading and repairs.

1979 Bookmobile Schedule PERQUIMANS COUNTY

"A" Route-1st and 3rd Fridays (starts Feb. 2)

9:30-10:00 New Bethel Baptist
10:10-10:40 Snug Harbor Clubhouse
10:50-11:20 Hertford Beach
11:30-1:00 Don Juan Manufacturing
1:15-1:45 Layden's Store
1:55-2:25 Wink's Store
2:35-3:05 Bagley Swamp Wesleyan
3:10-3:40 Winfall Community Center

"B" Route-2nd and 4th Fridays (starts Feb. 9)

9:30-10:00 Wynnfork Project
10:15-10:45 Whitehat Landing
10:55-11:25 Perquimans Library
11:30-1:00 Don Juan Manufacturing
1:30-2:00 New Hope Methodist
2:10-2:40 Woodville Baptist
2:50-3:20 Towe and Pike Store

Winslow Elected

Recently, a meeting of the North Carolina Association of Supervisors of Elections was held in Raleigh, N.C. A number of Supervisors were given certificates of appreciation in recognition of service.

Elizabeth E. Winslow, Supervisor of Elections for Perquimans County was presented a certificate in recognition of 6 years of outstanding service, wisdom and integrity to the Election process in North Carolina. It was issued with pride by Kathleen Orringer, President of North Carolina Association of Supervisors of Elections and Alex K. Brock, Executive Secretary, Director, State Board of Elections.

Thank you for your kind cooperation.

New BPW Members

Miss Paula Miller and Mrs. Sherri C. Woodell were welcomed as new members of the Hertford Business and Professional Women's Club at their recent meeting. Miss Miller is secretary to James Singletary, Attorney, and Mrs. Woodell is secretary at Hertford Hardware. They were presented membership certificates by Miss Linda Grieve, president.

A program on "Foundation" was given with Bonnie White as leader. "Foundation" is sponsored by the National Federation of B&PW Clubs to give scholarships to mature women to help them expand or further their present profession or to direct them into a new one. The club voted to donate \$25 to this scholarship program in honor of Miss Hulda Wood, the club's Woman of the Year.

During the short business meeting the club voted to give a donation to the Perquimans County Marching Unit to help defray expenses of their upcoming trip to the Citrus Bowl Parade.

in the News

Mr. and Mrs. Frank Jones of Marion, S.C. were weekend guests of Mr. and Mrs. H. R. Christensen.

Miss Bea Skipsey of Nags Head was a weekend guest of Mr. and Mrs. Fenton Britt.

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YOUNG CAREERISTS COMPETE — Nelle Manning, center, a teacher at Chowan Academy, was honored with the Edenton BPW Young Careerist award recently. Also participating in the competition was Faye Bunch, left, of United Parcel Service, and Dottie Lillibridge, right, of WBXB. Miss Manning will now compete at the BPW Young Careerist district level.

FORD

get first crack at these first of the year used car specials

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USED CARS CHECK THESE A-1's

78 Fairmont, 4-dr., 4-cyl., 4-spd., AC.	74 Ford Gran Torino, 4-dr., V8, AT, PS, AC.	78 Ford F150, 6-cyl., AT, PS, LB.	74 Ford F-350, V8, 4 Spd. PS.
78 Fairmont, 2-dr., 6-cyl., AT, AC.	73 Ford LTD, 4-dr., V8, AT, PS, AC.	76 GMC Jimmy, V8, AT, RS, AC.	74 Ford F-100, 8-cyl., AT, LB.
77 LTD II, 2-dr., V8, AT, PS, AC.	73 Ford 2-dr., V8, AT, PS, AC.	77 Ford F150, V8, AT, PS, LB.	73 Chev. C-10, V8, AT, PS.
77 Ford LTD, 4-dr., V8, AT, PS, AC.	72 Gran Torino, 2-dr., V8, AT, PS.	77 Ford F150, 4x4, V8, AT, PS, LB.	73 Ford F-100, V8, LB, AT.
76 Elite, V8, AT, PS, AC.	71 Pontiac, 4-dr., V8, AT, PS, AC.	76 Ford F150, V8, AT, PS, LB, AC, 4x4.	73 Inter. Travelall, AT, PS.
75 Ford LTD, 4-dr., V8, AT, PS, AC.	70 Ford LTD, 4-dr., V8, PS, AT, AC.	75 Ford F250, V8, AT, LB, PS.	72 Chev. v-10, 6-cyl., SS, LB.

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