

Gaines-Murray

Miss Martha Elizabeth Murray and Boyd Douglass Gaines were married Saturday at 3 o'clock in First United Methodist Church in Hertford, with the Rev. Amos Stone officiating.

The bride is the daughter of Mr. and Mrs. Charles Frederick Murray of Hertford. Parents of the bridegroom are Lt. Col. (Ret.) and Mrs. James R. Gaines of Prescott, Arizona.

Given in marriage by her father, the bride wore an heirloom bridal gown, worn by her mother, made of ivory slipper satin, fashioned with fitted bodice and sheer yoke embroidered in seed pearls and lace appliques.

The high neckline was accented in the back with covered buttons. A full skirt extended into a cathedral-length train, and her lace bordered veil of French silk illusion was arranged from a satin headpiece embroidered with seed pearls and lace appliques. She carried a nosegay of yellow roses, white daisies, and baby's breath.

Mrs. Deborah N. Horn of Fullerton, California, was matron. Bridesmaids were Miss Jane Yount, Chatham, Va. Miss Pam Foust, Lexington, N.C., Mrs. Karen Nuckolls, Bolivia, Tenn., Miss Kathy Glover, Hertford, and

Miss Nancy Tillett, Manteo. They wore gowns of Carolina Blue chiffon, featuring empire waists, with capes, and skirts of sunburst pleats. Their bouquets were yellow and white silk flowers, gifts from the bride.

The bride's mother wore a gown of pastel pink chiffon with a corsage of American Beauty roses. The bridegroom's mother wore an aqua chiffon with a yellow corsage.

James R. Gaines was best man for his son. Ushers were Charles Frederick Murray, Jr., Ralph Brantley Murray, brothers of the bride; Thomass Berson, Falls Church, Va., Les Walsh, Hartford, Conn., and Robert White, Virginia Beach, Va.

David Nuckollas was ringbearer. Mrs. W. A. White, aunt of the bride, and Mrs. Kelly White were mistresses of the ceremony.

Wedding music was provided by Walter Edwards, Jr., organist, and Miss Sara Winslow, soloist.

A reception was held at the home of the bride's parents at 203 W. Market Street.

After a wedding trip to the Northwest, the couple will live at Fort Sill, Okla.

COURTESIES

A Miscellaneous shower was



Mrs. Gaines

given by Mrs. Henry Stokes, III and Mrs. Marion Riddick, III;

A rehearsal dinner was given at Boswells Restaurant in Edenton by Lt. Col. and Mrs. James Randolph Gaines; An after-rehearsal party was given by Mr. and Mrs. H. C. Sullivan, Mr. and Mrs. Edison Harris, Mrs. Edgar

White, Mr. and Mrs. Don Morris, and Capt. and Mrs. T. R. Brinn;

A wedding breakfast was given by Mr. and Mrs. H. R. Christensen, Mr. and Mrs. J. E. Newby, Mr. and Mrs. Robert Hollowell, Dr. and Mrs. John Crawford, and Mr. and Mrs. J. P. Perry.

Extension news

JUANITA BAILEY



Inadequate absorption of iron — called nutritional anemia — is the most common nutrient deficiency in the world. Even in this country where flour and bakery products are fortified with iron, at least ten percent of the women in their child-bearing years and many young children are iron deficient.

But simply boosting iron content in the diet cannot solve this problem. What matters is how much iron the body absorbs.

Red meats — beef, pork, lamb and veal — have high

iron values. And besides that, they contain iron in a form that is absorbed better by our bodies than iron in breads, cereals or vegetables.

Absorption of iron in meat is two to four times greater than in other foods. Particularly beef and pork provide far more total absorbable iron than any other food.

Besides offering more absorbable iron, muscle meats actually help the body absorb iron from vegetable sources. So when red meats are extended with enriched noodles

or rice, you get a greater amount of iron from the noodles or rice than you would if these were eaten alone.

So what makes up the whole

diet is more important than simply the amount of iron it contains. The practical concern is amount of iron in the diet that's absorbed.

EIC seniors meet from 10 counties

The Economic Improvement Council's United Senior Citizens Club, of the 10 county area, attended the annual Fun Festival held May 6th and 7th at Nags Head Armada Inn.

Those attending from Perquimans were: Eleanor Whitehurst, Mattie Whidbee, Hazel Kahl, Rosa B. Gibbs, Annie Mae Hurdle, Vashti Lilly, James Hassell, Woodrow Speller, Grace Dizon, Coordinator Perquimans EIC.

Senior citizens were afforded the opportunity to attend several workshops including: N. C. Senior Citizens Federation — White House Conference on Aging with Mr. Ed Singletary; Legal

Services with Mr. Frank Adams; and N. C. Hunger Coalition with Mrs. Carolyn Harvey.

The guest speaker for the Banquet was Dr. Inez Myles, Founder and Director of N. C. Senior Citizens Federation.

After the banquet, each county took part in providing entertainment for the group by modeling, recitations, songs, and skits.

Perquimans County seniors presented a song and skit entitled, "Take Me Out to the Ballgame."

On the way home, tours were taken of the Marine Resource Center, Christmas Shop, Sand Dunes, Ocean area, and Cotton Gin Gift Shop.

Service news

Boyce

GERMANY — Hilda L. Boyce, daughter of Mrs. Melba J. Boyce, Route 1, Tyner, recently was awarded the Expert Medical Badge here. The badge is the Army's highest non-combat proficiency award for medical personnel.

Individuals qualify for the award by passing a series of written and practical medical tests.

Boyce is a clerk-typist with the 3rd Infantry Division in Aschaffenburg, Germany.

She entered the Army in June, 1978.

Boyce attended Pitt Technical Institute, Greenville.

Bleil

Chief Submarine Sonar Technician (SS) USN Richard E. Bleil, who has served as the local Navy Recruiter for the past year, is being transferred to duty aboard the USS Sea Devil (SSN 664).

Bleil will attend a two week school in Little Creek, and then report to his new assignment aboard the USS Sea Devil.

Bleil has made his home in Perquimans County, living in Holiday Island with his wife, the former Virginia Bowyer, and their son, Richard Eugene.

Bleil said that of his 18 years in the Navy, he has enjoyed his tour of recruiting in Elizabeth City most of all, and it is with regret that he must realize the end of his tour.

His transfer brings a temporary close to the Elizabeth City Navy Recruiting Office. Until another recruiter is assigned full time, in about August, the office will be handled by the recruiter from another area, on a part time basis.

Hickson

Navy Storekeeper 3rd Class Robert B. Hickson, son of Shirley J. Welton of Belvidere, has reported for duty aboard the frigate USS Glover, homeported in Norfolk, Va.

A 1977 graduate of Perquimans County High School, Hertford, he joined the Navy in August of 1977.

Hoffler

Joseph W. Hoffler, son of Mr. and Mrs. Charles F. Hoffler of Dobb Street, Hertford, has been promoted in the

U.S. Air Force to the rank of lieutenant colonel.

Colonel Hoffler is a security officer at the Air Force Academy, in Colorado Springs, Co.

A 1958 graduate of Perquimans Union High School, Winfall, the colonel earned a bachelor's degree in 1962 from North Carolina College at Durham. He was commissioned in 1964 upon completion of Officer Training School at Lackland Air Force Base, Texas. The colonel also earned a master's degree in 1974 from the University of Missouri at Columbia.

His wife, Ruby, is the daughter of Mr. and Mrs. Solomon Kimbrough of Roanoke Ave., Memphis, Tenn.

Lewis

GERMANY — George A. Lewis, whose wife Bridget lives in Hertford, was recently presented his second award of the Army Commendation Medal in Schweinfurt, Germany.

The medal was awarded for meritorious service. His mother, Mrs. Jackie Lewis, lives in Hertford.

People briefs

Mr. Vivian N. Darden will celebrate his 88th birthday on Saturday, May 31, at an Open House at his home, 309 N. Front Street. Friends and relatives are invited to come by from 2 to 5 p.m.

Miss Mary Beers of Jamestown, New York is spending several days with Mr. and Mrs. John Beers.

Mr. and Mrs. Bishop McClyment of Queenstown, Md. were weekend guests of Mrs. Max Campbell.

Mrs. H. C. Stokes, Mrs. T. L. Jessup, and Miss Gladys Felton have returned from a visit with Mr. and Mrs. Cecil Harrington at Perry, Fla.

Dr. and Mrs. John Crawford returned home last week after spending several weeks on a tour of England.

Mr. and Mrs. Ray Haskett were weekend guests of Dr. and Mrs. Joe Haskett, Jr. at Newport News, Va.

Mr. and Mrs. Craton Stephens, Jr. of Garner spent the weekend at their cottage at White Hat.

Mrs. H. A. Whitley, Mrs. Pete Broughton, Mrs. Jack Brinn, and Miss Louise Chalk spent last weekend at the Merrill Cottage at Nags Head.

Tommy Manning of Greenville was a weekend guest of Mr. and Mrs. Eldon Winslow and Miss Ann Winslow.

Mr. and Mrs. Richard Payne of Charlotte are spending some time at the Payne Home in Hertford.

Miss Sara Winslow spent the weekend at Topsail Beach.

Miss Judy Long of Raleigh was a weekend guest of her parents, Mr. and Mrs. Dick Long.

Mrs. S. L. Sisco of New Orleans, La. is a guest of her parents, Mr. and Mrs. S. M. Whedbee.

Dr. and Mrs. Harold White and family of Rocky Mount spent the weekend at the White home at Belvidere.

Mrs. C. C. Banks, Mrs. Toni Winslow and daughter, Holly, of Hertford, and Miss Linda Banks of Greenville were weekend guests of Mr. and Mrs. Charlie Banks at Winston-Salem.

Cmdr. and Mrs. W. H. Hardcastle, Jr. of Virginia Beach, Va. spent the weekend at the Hardcastle home in Hertford.

Mrs. Bill Archie of Winston-Salem spent last weekend with Mr. and Mrs. W. G. Edwards.

Mrs. Addie Keegan was a guest of Mr. and Mrs. Howard Jones in Plymouth on Sunday.

Mr. and Mrs. Dick Brewer spent the weekend in Raleigh. Mr. and Mrs. Rufus Hudson spent the weekend in Durham and visited Mrs. Paul Smith, Sr., who is a patient in Duke Hospital.

Mr. and Mrs. Fenton Britt spent the weekend at their cottage at White Hat.

Mrs. Cecil Harrington has returned to her home in Perry,

Fla. after spending several days last week with her mother, Mrs. H. C. Stokes.

Mr. and Mrs. William Van Name and family of Roanoke, Va. were weekend guests of Mrs. Francis Nixon.

Mrs. Elton Hurdle spent several days last week in Durham and visited her sister, Mrs. Paul Smith, at Duke Hospital.

Mrs. Dilmon Young, Mrs. Marie Elliott, and John Young spent the weekend in Cary with relatives.

Mr. and Mrs. S. M. Whedbee spent the Memorial Day holidays at their cottage at Nags Head. Their guests were Mrs. S. L. Sisco from New Orleans, La., and Mr. and Mrs. Charles Whedbee and family from Washington, D.C.

Mr. and Mrs. Joe Proctor, Jr. and family of Roanoke, Va. were holiday guests of their parents, Mr. and Mrs. Joseph Proctor, Sr. at Hertford, and Mr. and Mrs. Harland Hurdle, at Belvidere.

Paul Smith, Jr. visited his mother, Mrs. Paul Smith, Sr. at Duke Hospital on Friday.

Lindsay Reed, II, and Lindsay Reed, III, of Raleigh visited Mrs. D. F. Reed in Hertford and Mr. D. F. Reed, Sr. at Guardian Care Rest Home in Elizabeth City during the weekend.

HOSPITAL NOTES

Mrs. Joe Meads, Mrs. J. R. Futrell, Mr. J. W. Ward, and Mrs. Bill Reed are patients in Albemarle Hospital.

Mrs. C. A. Davenport, Mrs. Catherine Ward, and Mrs. Ned Matthews are patients in Leigh Memorial Hospital.

Mrs. Jack Kanoy and Mrs. Catherine Baker are patients in Chowan Hospital.

Mrs. Paul Smith, Sr. is a

patient in Duke Hospital in Durham.

Mr. Noah Gregory is a patient in Memorial Hospital,

in Chapel Hill.

Mrs. Addie White has returned home from Albemarle Hospital.

Harbor women to present flag

The Snug Harbor Women's Club will present the Board of Governors and the Snug Harbor Property Owners Association with the American flag, the Snug Harbor flag, and a flag pole,

on Saturday, May 31, at 10 a.m.

Joe Nowell, chairman of the Perquimans County Board of Commissioners, is expected to be on hand for the flag ceremony, to be held at the club house.

Jaycette yard sale

The Perquimans County Jaycettes will sponsor a yard sale behind the tennis courts on Grubb Street on June 7, from 9 a.m. until 4 p.m.

The cost of space rental is \$10, and checks, payable to the Perquimans County Jaycettes, should be sent to

208 Crescent Drive, Hertford, N.C. 27944.

Hotdogs and cold drinks will also be on sale.

Call 426-5883 or 426-8180 for further information, or to reserve a space. The rain date is set for June 14.

Suntanning danger

If you should ask your doctor whether there is any health value to sun tanning, he would have to answer "no." If you asked him whether sun tanning might hurt you he would have to reply "yes."

Sunning, overdone, can cause severe burn. But sunning, done modestly, can produce a golden tan that gives an illusion of health and well being. But that golden tan often leads to premature sagging and wrinkling of the skin to premature "age spots" on the hands and neck, and to skin cancer.

So, once again, the American Medical

Association advises Americans everywhere against sun tanning.

On the first day of sunning, allow 15 minutes on each side. The second day 20 minutes. The third day 25 to 30 minutes. By the third day the skin should begin to brown. Thereafter, proceed at the best pace for your own skin to tan without burning. At the first sign of redness, get out of the sun.

Time exposure also should be adjusted to time of day. The sun's rays are hottest between 10 a.m. and 2 p.m. After 5 p.m. you aren't likely to burn much.

To the people of Perquimans County

I wish to thank you for your support in the recent 1st Senatorial District election. It is an honor to have served the people of this District for 18 years. To have received your vote of confidence in my re-election is gratifying. During the coming years, I pledge my continued efforts to work for all the people of the 1st Senatorial District.

Senator J. J. "Monk" Harrington ...In tune with the people.

Paid for by Committee to re-elect Senator Harrington, Charles Edwards, Treasurer



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