

TOASTIES 10-OZ JAR MAXWELL HOUSE INSTANT

V-8 JUICE 790 OZ JAR GERBER STRAINED **BABY FOOD 24c** 2-OZ. CAN REGULAR OR W/IRON



RIB ROAST ... u 349 W-D BRAND U.S. CHOICE BONE-IN RIB STEAK u.\$399 TURKEY HAM . LL.\$169 RIB STEAK u. \$469 W-D BRAND U.S. CHOICE BONELESS EYE ROUND ROAST 4. \$359 W-D BRAND U.S. CHOICE BONELESS FULL CUT ROUND STEAK u. \$299 W-D BRAND U.S. CHOICE SIRLOIN TIP ROAST 14229

JERRY BOUCHER MANAGER

NORTHSIDE SHOPPING CENTER EDENTON, N. C.

Weyerhaeuser

Continued From Page 4-B The funds will pay for feeding approximately 150 - thousand rockfish fingerlings for a full year when they reach six inches in length. This size is what fisheries managers call "phase - two", and they apparently have a better chance of survival in the wild than their younger,

smaller cousins. "This longer feeding will allow us to give Mother Nature a little help", said Belch, who serves on the N.C. Marine Fisheries Commission. "Rock fish populations run in cycles. It's been down a few years, but now it's headed back up and we think this will speed

up the cycle", he added. Stocking of the 150 thousand six - inch rockfish will be divided among the Albemarle Sound, the Pamlico River and the Cape Fear River, Belch said. -0-

A 20 - hour course to improve maintenance personnels' understanding of basic hydraulic principles has just been completed at the Company's Jacksonville plywood plant, says manager, Cecil Whaley.

The course, put together in - house by maintenance superintendent, Howard Jones with help from an outside engineering firm, involved 29 people in a combination of lectures and "hands - on" experience.

"We're becoming more and more involved with hydraulics in the production of plywood here", Jones said. "This course was designed to give our people a better understanding of hydraulic systems. They learned how valves and cylinders work and how to go in to 'trouble shoot' a problem when something goes wrong."

Jones said, he and Whaley would be presenting certificates to the participants this week.

Eighty - four people from the Plymouth area have just completed a basic coronary pulmonary resuscitation course sponsored by the Plymouth Fiber group, according to manager, Paul Schmitt.

The six eight - hour sessions included basic CPR training and the one - person Heimlich Maneuver used to expel objects from the throats of choking victims.

Savings & Loan Redeem Stamps

ATLANTA, Ga., - Insured savings and loan institutions are now allowed to redeem food stamps from authorized retailers and wholesalers in the same manner as bands have in the past, according to Cherie Morris, Southeast regional director of the food stamp and other family nutrition programs.

Morris said the provision was authorized by an amendment to the Food Stamp Act and is effective immediately. Prior to the amendment, only banks were permitted to reduce : food stamps from authorized retailers and wholesalers.

She added that the amendment requires that financial institutions accepting food stanta for redemption must be posite insurance terperation (FDIC) or at Federal Savings and Lean Insurance Corporation (FSLIC).

For more information on the new provision, Ms. Morris suggested calling the nearest Food and Nutrition Service field office or the Southeast regional office at 1100 Spring St., N.W., Atlanta, Ga. 30367. Telephone (404) 881 - 2890.

CRC Recomends

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The CRC also reviewed proposals for permit streamlining and enting tions for routine minor permits, discussed progress in the public beach seems program and approved land use plans for Carter County and the Town Indian Beach.