



ARRESTED IN SHOOT-OUT—(East Brunswick, N. J.)—Clark E. Squier, enters the state police barracks on the New Jersey Turnpike at Exit 9. The 36 year old suspect was arrested in connection with a shoot-out between state police and three members of the Black Liberation Army which left two persons dead.

Cost Per Serving Is Best Meat Guide

RALEIGH -- Even an experienced shopper can find ways to trim costs on the family food bill, if he shops carefully and spends time planning for family needs.

Since meat takes up to one-third of the family food budget, this may be a good place to start, verifies Mrs. Rachel Kinlaw, extension food specialist, North Carolina State University.

Cost per serving is what counts, not cost per pound, she adds. The reason: some cuts or types of meat have more waste in fat and bone than others. You may get four servings from a pound of boneless meat; two or three servings from bone-in cuts; and only one or two servings a pound from meat that has substantial fat and bone.

It may be possible to stretch the family food dollar by buying meats on special. Often you can save 10 to 30 cents a pound this way. But shoppers will do well to check carefully, Mrs. Kinlaw cautions. Often more fat or bone than normal may be left on the cut or the best portions may already have been removed.

Some families save money by being their own

butcher. They get large meat cuts and sizes and divide them into smaller cuts.

Also, shoppers usually save a few cents per pound when they buy three- or five-pound packs of hamburger rather than one-pound packs. Even more money might be saved by grinding hamburger at home. Whole chickens and turkeys are usually less expensive than parts. With turkey, which is a good buy all year, the bigger the bird, the better the buy -- if you have proper storage and if the family can use it.

The smart shopper can replace some meats with alternates, such as eggs, dry beans, drypeas and peanut butter. These foods are suitable replacements for meat, because they provide protein and other nutrients.

Cheese is another meat alternate. It can be counted on for most of the nutrients found in meat except iron.

Fresh seafood is a good buy when supplies are plentiful. And frozen fish fillets or sticks are generally good buys the year round.

Cooked dry beans and peas, such as great northern beans, provide

Class Makes Glasses From Discard Bottles

By JANICE CHRISTENSEN

A vocational class in Pinetops has found a pollution solution for "no deposit, no-refill" soda and beer bottles.

"Since getting rid of trash is a major problem in our area, the class and I are making usable glasses from these bottles," Mrs. L. M. Atkinson, vocational education teacher at George Washington Carver School, explained.

By using colorful airplane paint and a little creativity, we can make beautifully decorated glasses that are attractive on any table, she added.

Mrs. Atkinson and her class feel this pollution solution is a worthwhile project, adds Wychulia George, assistant extension 4-H agent, Edgecombe County.

COVERS CUSHIONS

A Rowan County homemaker saved her family over \$100 by learning to recover chair cushions.

The lady, Mrs. Elmer Lagg, had an upholstery firm give her an estimate for labor and material in covering 10 cushions for a three-piece Early American living room suit. The estimate was \$150.

Instead, Mrs. Lagg attended a two-day slip-covering workshop. During the class she covered

favorably with a pork chop which yields 16 grams of protein.

Decorating Tips

By Linda Forrest
Designer
Hardwood Institute

STRAIGHT TALK FROM A FURNITURE PRO

In anything you do, there's no better way to increase your knowledge than to consult a pro. And in furniture, there's no more knowledgeable pro than Eric Schneider, furniture editor of *Home Furnishings Daily*, the trade newspaper that has been called the bible of the home furnishings industry.

Mr. Schneider recently discussed the terms and phrases used by manufacturers to describe case goods in advertising and labeling.

"Some of today's wooden-looking furniture isn't wood at all," he said. "These should be called *simulated* or *imitation* wood, but often they are not. Some manufacturers prefer to use terms that don't actually say 'this is genuine hardwood' but do give that impression to the uninformed consumer."

Here are the true definitions for these terms, and examples of how they are used misleadingly:

Veneer simply means "outer layer." Furniture made with genuine hardwood veneer will name the specific wood in a phrase like "oak veneer" or whatever hardwood is used. But "select veneers" means nothing other than that something—anything—has been selected and applied to the outside of the piece.

Finish refers merely to the final coat or surface appearance and indicates only the stain or color. Thus, "maple finish" is interchangeable with "maple color" or "maple tones," and a

phrase like "in fine maple finish or select veneers" becomes "judicious and empty." Any material (hardboard, particle board, plastic) can be stained to resemble the colors of the genuine hardwoods.

Plywood is not a species of wood, but a construction, a "sandwich" of thin layers of hardwood, bonded together for extra strength, with the grains of adjacent layers running at right angles to each other.

Solid hardwood means that the furniture is made of solid pieces of lumber of fine cabinetwoods like cherry, oak, maple, walnut, mahogany, and pecan, among others.

Wood grain (or "oak grained" etc.) means that a print—a picture—which resembles wood (or the species of wood named) has been applied to the surface of the furniture.

Any questions on hardwood? Write to Linda Forrest, Hardwood Institute, Suite 1422, 551 Fifth Ave., New York, N. Y. 10017.

three cushions and within 10 days she finished the other seven. Cost of fabric, zippers and thread was less than \$20.

"The suit looks like new," Mrs. Lagg told Edith Hinshaw, home economics extension agent.

SPECIAL STUDENTS

Girls at the Elon Children's Home will learn to sew, thanks to the interest of members of Alamance County's Extension Homemakers Clothing Committee.

The Director of Student Activities at the Home says this project will call for volunteers with a real desire to work with children.

"Our clothing committee has ladies with this special desire," believes Lois Latta, assistant home economics extension agent.

Mrs. Lucy Taborn Honored Among "Mothers of Year"

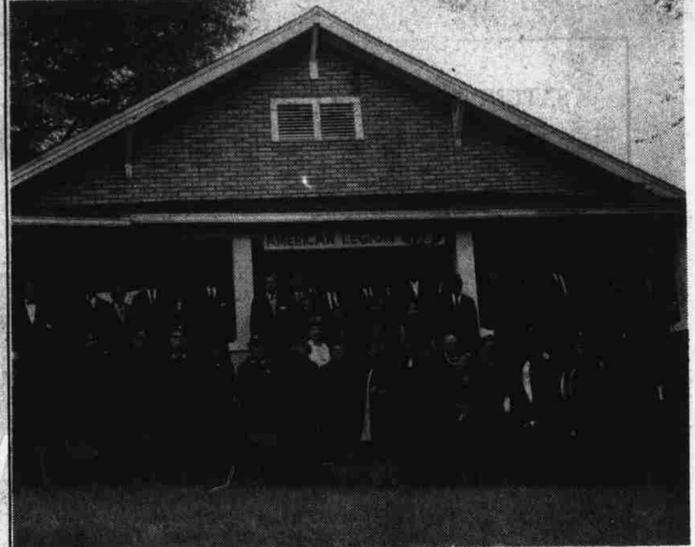
Mrs. Lucy W. Taborn of 2204 Cheek Road, Durham, was honored (along with four other Durham mothers) as one of Durham's Five Mother's of the 1973 Year by the Durham Merchants Association.

A reception was held honoring the 1973 Mothers on April 29, at the Washington Duke Ballroom, Durham Hotel and Motel.

Most of Mrs. Taborn's children were present for the occasion. Those present were Mr. and Mrs. Wendell Watkins of Hempstead, New York, Mr. and Mrs. Arnold Davis, Greensboro, NC, Mr. and Mrs. Richard Taborn, Mr. and Mrs. Shelton Herbin, Joyce and Randy of Durham.

Among others attending were Reverend and Mrs. Truitt, Reverend and Mrs. Bridgford, Mrs. A. H. Parker, and Mrs. Ramola Corbitt.

Mrs. Taborn wishes to express her appreciation to all her many friends who attended the reception, and for the many gifts, kindness and hospitality received during the honor as one of the Mother's of the Year.



Legion Post 175, Ladies Aux. in Memorial Event

The Weaver McLean American Legion Post No. 175 and the Ladies Auxiliary will hold their Annual Memorial Day Celebration, Sunday May 27.

Contact may be made with 682-4528 and Mrs. Mattie Lee Adjutant I. R. Holmes -- 596-5275.

Two programs are planned for the occasion, both of which the public are invited; with special emphasis extended to all veterans and their families. First, The Post and the Auxiliary will worship in a body with the NORTH-EAST BAPTIST CHURCH on Highway 55 next to the Stallion Club at the 11:00 o'clock morning service, then at 4:30 p. m. a parade and Memorial Service will be held at the Beechwood Cemetery.

Among the activities of the Post and the Auxiliary an Annual substantial contribution is made to the Oxford Orphanage, an Oratorical Scholarship contest is held and sponsored each year to attend the BOY AND GIRL STATE during the summer. The families of disabled veterans provisions are made available for members of the Post and the Auxiliary.

Membership in the Post or the Auxiliary is only \$6.00 per year. By affiliation this \$6.00 can make available thousands of dollars for the veteran and his family; and especially for the younger veterans of the Korean and Vietnam wars.

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THE STEERING COLUMN



Q. If I see an auto accident, should I stop?
A. Only if you can help. Otherwise, slow down and proceed through the area cautiously.

If you're first at the scene, take these tips from the trucking industry, relayed by Clark Equipment Trailer Division:

- Stop as far ahead of the accident as possible, and pull your car completely off the roadway.
- Warn other motorists with flares or a flashlight.
- Send someone to notify police.
- Assist the injured (don't move them), but don't use first aid unless you're trained to.
- Don't panic about fire. It will usually break out right away or not at all.

Q. Why are some busy intersections ultra-slippery after a light rain?
A. Because oil, dirt and traffic exhaust build up during long periods of dry weather, resulting in a heavy, dangerous "traffic film" on road surfaces.

The first sprinkle of rain makes this film treacherous. Slow down until heavier rain washes the film away or until the road dries out entirely.

Q. When's the best time to start a long trip?
A. Many professional truck drivers drive only at night,

since traffic is lighter, and they face fewer delays. The road is open and roomy, and the rush and glare of daylight are gone.



On the start of long holiday weekends, take a nap while other drivers fight for the road. Then leave refreshed at night when traffic has cleared.

Q. We keep hearing that "the economy is expanding." How does that affect us?
A. In many ways, of course. An expanding economy means more people, more jobs, more products. The secretary of transportation says transportation facilities of all types must be doubled in 18 1/2 years just to keep up. The trucking industry especially must respond efficiently, since trucks not only can do the entire transport job alone, but support trains, planes, ships by getting freight to and from airports, docks, yards.

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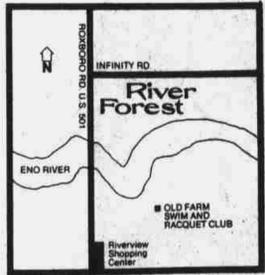
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