

Skirts, 'Tennis Look' Big with School Girls

RALEIGH — Back to school fashions are taking on a traditional flavor in shape, color and pattern.

For little girls, skirts are back, with pleats taking a front row. A-line skirts will also predominate, says Harriet Tutterow, extension clothing specialist, North Carolina State University.

Plaids, checks and tweeds are sure to please the moppet set. Pants, a sure favorite, come equipped with cuffed full legs and high, cinched waists.

All sorts of tops are on the scene to go with the skirts and pants.

"Jackets are either short or tight-fitting at the waist," says Miss Tutterow. "Shirts of all kinds go under jackets, vests and sweaters. Sweaters take on a heavy look with cables and fisherman knits heading the list."

The tennis look is also rampant. Sweater sets are returning to the children's wardrobes, just as they are for grown-ups.

Jumpers, sweater dresses and shirtwaist dresses are all new on the fashion front. The girl of today can have her choice of types of sleeves.

Coats and jackets join other wardrobe items in fitting close to the body. Waistlines receive renewed interest.

"All these garments come in easy-to-care-for fabrics," Miss Tutterow observes. "Polyesters, acrylics, cottons or blends of these fibers make a quickswish through the washer on a permanent press or knit cycle. Machine drying is an easy task."

Read the permanent care labels before and after buying to be sure the garments will retain their "just new" appearance.

Colors being featured this fall include rust, ruby, navy, plum, brown and forest green as well as the traditional red and blue.

20 Persons May Die This Winter Of Carbon Monoxide Poisoning

Anywhere from 15 to 20 persons will die of accidental carbon monoxide poisoning this winter as a result of defective automobile exhaust systems, according to Dr. Page Hudson, the state's Chief Medical Examiner.

With the advent of the Medical Examiner System in North Carolina, cases of an accidental carbon monoxide poisoning from idling parked automobiles commenced to surface, Hudson pointed out. He noted that medical examiners across the state have investigated from 15 to 20 such deaths each year since 1968. He warned that the hazard increases in the winter.

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Hudson offered three proposals for reducing the death toll from accidental carbon monoxide poisoning—make people aware of the seriousness of the problem, improve maintenance of automobiles, with emphasis on the exhaust system, and establish a more effective automobile inspection system.

"There are too many people who are not aware of the danger of carbon monoxide exhaust fumes—especially while sitting in a parked automobile with the motor running," Hudson said. "It never occurs to them that a gas external to the passenger compartment can enter through the tiniest openings. Some believe, with fatal results, that keeping a window or door partly open provides ample fresh air."

Hudson said examinations of exhaust systems in parked automobiles in which people have died turned up such defects as broken tailpipes, holes in mufflers, tailpipes too short to extend from beneath the fender and various defects caused by collisions.

"Blow-by," a condition that occurs when gases escape from the engine around defective piston rings and enter the crankcase, has also been cited as a dangerous hazard. These gases get into the passenger compartment of automobiles thought to be in good repair.

Carbon monoxide poisoning seldom occurs (although it can) while an automobile is in motion. If the vehicle is parked while the motor is running, however, carbon monoxide fumes can gain entrance more readily and can kill in as short a time as 15 minutes when there is no ventilation," Hudson said.

Carbon monoxide is a light gas produced by the incomplete combustion of carbon containing fuel. According to Dr. Arthur McBay, toxicologist for the Chief Medical Examiner's Office, hemoglobin, that part of the blood that carries oxygen to the body's tissues has a 200 to 300 times greater affinity for carbon monoxide than oxygen.

"Man lives on air," McBay said, "which is 20 percent oxygen. When oxygen levels in the air get below 10 percent a person has trouble maintaining consciousness because the brain is deprived of oxygen. A person with severe heart or lung disease will succumb with lower levels of saturation of his blood by carbon monoxide than will a healthy person. McBay said that rapid physical activity at the time of exposure enhances absorption of carbon monoxide.

Hudson said a person sitting in a parked automobile with the heater or air conditioner running can lose his life before he knows what is happening. "A small hole in the exhaust system is enough to allow invisible, odorless, tasteless carbon monoxide fumes into the passenger compartment. Worst of all, there are no warning signs," he concluded.

SOUND ADVICE

Price Stability

In the midst of the current inflation that is raising havoc with the average family's budget, it is encouraging that one industry devoted to serving a segment of the physically handicapped, has waged a successful fight in holding the price line.

This is the hearing aid industry. David Smith, director of marketing for Chicago-based Belton Electronics Corporation, world leader in hearing aids and electronic hearing test instruments, points out that price increases within that industry have been extremely modest.

Citing figures furnished by the hearing aid industry and by the U.S. Department of Labor, Smith said that between 1955 and 1970, the cost of properly fitted hearing aids rose only 23 percent while the costs of most other health care services skyrocketed.

For example, daily hospital costs jumped 246 percent, physicians' fees were up 86 percent, dental costs increased 64 percent and the cost of eyeglasses rose 47 percent. Necessities outside the health care field also increased more substantially than within the hearing aid industry. These include food, which rose 35 percent, and rent, which was up 31 percent during the 15 years.

Smith also pointed out that even the 23 percent increase in the retail price of hearing aids does not tell the entire story. The improvements the industry brought to its products during the 15 years means the hearing aid customer today probably is receiving more help per dollar spent than he was receiving in 1955.

FASHION POINTS by Sally Green

How To Take Cover In Style

Since fashion signaled the end of the plain raincoat with the exciting all weather variety, designers have been showering us with the best of their better ideas. Dash, versatility and styling as changeable as the weather abound. This Fall's collections are no exception. The best are fashioned so beautifully only your manufacturer knows for sure that indeed these new woodcoats do shed moisture like water off a duck's back. No doubt about it. All wardrobes should include the all weather coat. They're the contemporary way to cover up in any climate, anywhere. Here's a brief forecast for what's in store for Fall—

Think Big
Fashion's new darling throws yards and yards of coat to the wind and looks divine.

All Weather!
All Ways
How will you look lovely? Let us count the ways. Jaunty capes, intriguing trench models, playful ponchos, sophisticated full-length dressy designs, classic bala, and wrinkles-free, washable-look material.

Without question the concept of coats adaptable to any weather symbolizes American common sense and resourcefulness at its best. It's hardly surprising that so many all weather coats carry the symbol that likewise represents strong American values—the familiar union label. It identifies a garment that stands for skilled workmanship, design creativity and the importance of American jobs.

For more fashion points on how to map out a great wardrobe, write for your free booklet, "See America in Style — A Guide to Travel Fashion," MS6, ILGWU Union Label Department, 22 West 38 St., New York, N.Y. 10018.

cooking hints

from CARNATION FOOD SERVICE CENTER

Apricot Snack Cake is a marvelous treat. Serve it anytime you get a bit hungry. It's tender and light because the batter is blended with evaporated milk. Apricot bits are strewn throughout the spicy cake for added flavor. Top it with Cream Cheese Icing. It's great.



- APRICOT SNACK CAKE**
(Makes 12 x 7 1/2 x 2-inch cake)
- 3/4 cup finely chopped dried apricots
 - 1/2 cup softened butter
 - 1 1/2 cups sugar
 - 2 eggs
 - 1 1/2 cups sifted flour
 - 1 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1/2 teaspoon cinnamon
 - 1/2 teaspoon nutmeg
 - 1/2 teaspoon allspice
 - 1/2 teaspoon ground cloves
 - 1 tablespoon vinegar
 - 1 cup undiluted Carnation Evaporated Milk

Cook dried apricots according to package directions; drain thoroughly. Cream butter, sugar and eggs together until light and fluffy. Sift flour, soda, salt, cinnamon, nutmeg, allspice and ground cloves together. Slowly stir vinegar into evaporated milk. Alternately add dry ingredients and evaporated milk to batter mixture; beat well after each addition. Add cooked apricots; beat 1 minute on medium speed. Pour into buttered 12 x 7 1/2 x 2-inch baking dish. Bake in slow oven (325°F.) 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool thoroughly. Frost with Cream Cheese Icing.

CREAM CHEESE ICING: Combine 3 ounces softened cream cheese and 2 tablespoons softened butter; beat until smooth. Add 2 cups sifted confectioners' sugar, 1/2 teaspoon vanilla and 1 tablespoon undiluted Carnation Evaporated Milk. Beat until smooth and creamy.

We Won't Stop Trying Till You Say...Weeeeee!

IMPORTANT FOR YOU

A&P POLICY: Always do what is honest and fair for every customer.

RAINCHECK: If an advertised special is ever sold out ask the Manager for a Raincheck. It entitles you to the same item at the same price the following week. Or, if you wish we'll give you a comparable item at the same special price.

GUARANTEE: A&P offers an unconditional money-back guarantee. No matter what it is, no matter who makes it, if A&P sells it A&P guarantees it.

Steaks BONELESS TOP ROUND LB. \$158	Roasts BONELESS ROUND LB. \$158
Swiss Steaks BONELESS LB. \$158	Sirloin Tip Roast LB. \$168
Sirloin Tip Steak BONELESS LB. \$189	Split Round Roast BONELESS LB. \$178
Boneless Chip Steaks LB. \$189	Shank Meat BONE-IN (Excellent For Soup) LB. 79¢
Freezer Queen 3 5-Oz. Pkg. \$89	Pure Pork Sausage 1-Lb. Pkg. \$89

STOKELY VALUES

WHOLE KERNEL OR GOLDEN
Stokely Golden Corn 1-Lb. Can 28¢

Stokely Cut Green Beans 1-Lb. Can 28¢

Stokely Shelled Beans 1-Lb. Can 29¢

Stokely Cream Style Corn 1 Lb. Can 29¢

Stokely Tomato Sauce 2 8-Oz. Cans 27¢

FROZEN FOODS VALUES

A&P Frozen Potatoes
FRENCH FRIED REGULAR OR CRINKLE CUT 5-Lb. Bag 89¢

A&P Chopped Spinach 10-Oz. Pkg. 19¢

A&P Asparagus Spears 10-Oz. Pkg. 75¢

A&P Brand Chopped Broccoli 10-Oz. Pkg. 28¢

Bordons Elsie Twin Pops 12-Ct. Pkg. 69¢

Baby Green Limas 10-Oz. Pkg. 29¢ 3-Lb. Pkg. 71¢

Florida Oranges
5 Lb. Bag 69¢

Washington State Apples RED OR GOLDEN DELICIOUS LB. 29¢

Potatoes 5 Lb. Bag 58¢

Avocados LARGE SIZE Ea. 39¢

Cap'n John's Frozen Shrimp Cocktail 13 4-Oz. Jars \$1.29

A & P Sweetened or Unsweetened Grapefruit Juice 46-Oz. Can 42¢

A & P Brand Saltine Crackers 7-Oz. Pkg. 29¢

A & P Bathroom Tissue Single Ply 4 Roll 48¢

Our Own Tea Bags 100-Ct. Pkg. 89¢

Bokar 1-Lb. Bag \$1.07 Red Circle \$1.03

8-O'Clock Instant Coffee 10-Oz. Jar \$1.39

JANE PARKER AMERICA'S FAVORITE

Fruit Cake 1-Lb. Pkg. \$4.49

Marble Pound Cake 2-Lb. Pkg. 69¢

Donuts 3 1/2" \$1.00 Lemon Pies 29¢ 59¢

Pineapple Topped Buns 10-Oz. Pkg. 39¢

Plain Vienna Bread 3 1/2" \$1.00

French or Twin Rolls 3 1/2" \$1.00

NORTHERN VALUES

Gala Paper Towels 3 JUMBO ROLLS \$1.00

Facial Tissue 4 200-Ct. \$1.00

Family Napkins 3 60-Ct. \$1.00

Towels 3 JUMBO ROLLS \$89¢

Bathroom Tissue 4-Roll Pkg. 2 85¢

100% ORANGE JUICE FROM FLORIDA
CONCENTRATED FROZEN

A&P Orange Juice 3 \$1.00

Towels 4 175-Ct. \$1.00

A&P WEO
WHERE ECONOMY ORIGINATES

ITEMS OFFERED FOR SALE ARE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS

PRICES IN THIS AD ARE EFFECTIVE THROUGH SAT. NOVEMBER 10 AT A&P WEO IN DURHAM

A&P Deli Delights

Chicken Salad 8-Oz. Cup 65¢

Cranberry Relish 14-Oz. Cup 59¢

Pimento Spread 8-Oz. Cup 53¢

ALLGOOD BRAND

Hot Dogs 1-Lb. Pkg. 89¢

Sausage HOT OR MILD 1-Lb. Pkg. \$1.19

Bacon VAC PAC 1-Lb. Pkg. \$1.19

VALUABLE COUPON

This Coupon Worth 10¢ Toward the Purchase of

A&P LIQUID BLEACH Gal. Jug 29¢

YOU PAY 19¢

Limit one with \$5.00 order or more and coupon Redeemable thru Sat. Nov. 10

VALUABLE COUPON

This Coupon Worth 20¢ Toward the Purchase of

Cap'n John's Flounder Portions 2 1/2 Lb. Pkg. \$2.09

YOU PAY 1.89

Limit one coupon per family. Redeemable thru Sat. Nov. 10

VALUABLE COUPON

This coupon worth 15¢ Toward the purchase of

Jane Parker Fruit Cake 1-Lb. Pkg. \$2.34

YOU PAY 2.19

Limit one coupon per family. Redeemable thru Sat. Nov. 10

VALUABLE COUPON

This Coupon Worth 10¢ Toward the Purchase of

A&P Hair Spray 3.99

YOU PAY 2.99

Limit one coupon per family. Redeemable thru Sat. Nov. 10

VALUABLE COUPON

This Coupon Worth 15¢ Toward the purchase of

Cheer Detergent 49 Oz. Pkg. 84¢

YOU PAY 69¢

Limit one coupon per family. Redeemable thru Sat. Nov. 10