

Patronize Equal Opportunity Advertisers

MINERALS are a group of substances

usually found in foods in small amounts. Our bodies need them for growth and development.

Each mineral, like each vitamin, has a job to do in the body. If a diet does not give enough of a mineral or a vitamin, the job cannot be done, and ill health can be the result.

MOST PEOPLE GET ALL THE MINERALS

THEY NEED FROM A WELL-CHOSEN DIET CONSISTING OF A VARIETY OF FOODS:

- 1- Meats, eggs, dried beans & peas
- 2- Milk and milk products
- 3- Fruits and vegetables
- 4- Enriched and whole grain breads and cereals

MINERAL WHERE IT IS FOUND WHAT IT DOES FOR US

CALCIUM	Milk Cheese Ice Cream Leafy Green Vegetables	Helps build bones and teeth Maintains normal blood content Regulates heart beat Helps make nerves healthy Helps normal activity of muscles
	Liver Lean Meat Chicken Potato	Combines with protein to make the blood that carries oxygen to the cells
IRON	Fish Dried Fruit Dried Beans and Peas Whole Grain Cereals and Breads	
	IODINE	Iodized Salt Sea Food
PHOSPHOROUS, SODIUM, POTASSIUM, MAGNESIUM, and many other minerals are important. They are found in abundance in the same foods supplying CALCIUM, IRON, and IODINE.		

See Hal Robins at Adams Volvo
Volvo, Honda, Saab
226 N. Marshall St. 723-1603

Roseboro's Community

FISH MARKET
843 N. Liberty St.
722-0403



Serving Northwestern North Carolina
with The Finest Seafoods

Havens Cont. from Page 11

in outside politics; I'm into what's going on in the mind...the spirit."

There are many musicians who rely on symphony orchestras or the electrical genius of engineers to help create the type of musical euphony desired. However, Havens only uses a minimum amount of sidemen, accompanies himself with his rhythmic and forceful guitar

technique and relies above all on the strength of his own personality to convey his music.

Havens sang a song about astrology and concluded by saying "each of us should know about our own astrological sign, then you should study and learn the remaining 11 signs and you can get along with people all over the world. He ended the concert with the song "Freedom."

COMING SOON!!!



The corner of 5th & Claremont Av

Grand Opening scheduled
for

Friday Nov. 1, 1974

A modern fast-food convenience restaurant

**BANTAM
FOOD
MARKET**



This Week's Specials

- FRESH NECKBONES 59¢ Lb.
- BACKBONES & RIBS 90¢ Lb.
- HAM BONES 40¢ Lb.
- FRESH GREENS 29¢ Lb.

We Accept U.S. Government
Food Stamps

835 Northwest Blvd.
Open 9 a.m. 'til 10 p.m.

FANTASTIC FOOD SAVINGS

At The
DISCOUNT HOUSE!

Save on JFG Brand Save .40!
Mayonnaise
Quart Jar **88¢**

Blue Ribbon Longrain Save .20!
RICE
2Lb. Bag **59¢**

Red Tokay Save .14!
GRAPES
Lb. Just **25¢**

Juley Florida Save .20!
ORANGES
5Lb. Bag **59¢**

Fresh Ground Save .21!
BEEF
Lb. Just **88¢**

Turbot White Fish Save .20!
FILLETS
Lb. **79¢**

DISCOUNT HOUSE

FOOD STORE - 2201 N. PATTERSON AVE.
We Gladly Accept USDA Food Stamps!