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OPEN SUNDAYS

Beginning September 2 our Cafe will be open on Sundays

- HOURS -

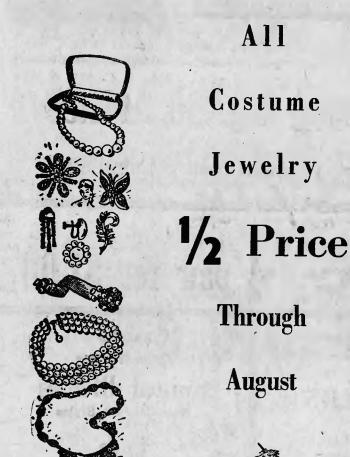
Sundays - 9 a.m. to 9 p.m. Weekdays - 6 a.m. to 10 p.m.

ALL FOOD HOMECOOKED INCLUDING ROLLS, BISCUITS, CAKES and PIES

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223 Wicker Street - - - - SANFORD, N. C. W. M. Womble, Sec. & Treas. Established in 1950. Assets Over \$3,500,000.00

At the time of King Nebu- Lang To Head Research Studies On chadnezzar of Babylon (604-561 Lang To Head Research Studies On B. C.) men had acquired the art of making hand burned brick. Water And Flood Control Projects

John A. Lang, Jr., of Carthage, House Committee on Govern- For Six Months who has served almost 10 years ment Operations. Lang will assume his new duas Congressional Secretary to Representative Charles B. Deane ties September 1, according to Early brick had identifying of North Carolina's 8th District, the announcement released in planned for the next six months deal with various aspects of finger marks backed into the has accepted an appointment as Washington Monday. The ap- for the Southern Pines Rotary American life. The earliest brick found assistant to the chairman of the pointment was tendered by Repwith the maker's identifying important Water Resources and stamp dates back to 2250 B. C. Power Subcommittee of the bama Democrat, who is chairman bama Democrat, who is chairman of the subcommittee.

Lang will be in charge of research studies of all phases of the Office of Education. nation's water resources, flood control and public power pro-

grade of private to major. He the way." now holds the rank of lieutenant colonel in the U.S. Air Force Reserve and has maintained his active reserve status.

Previous to his induction in the Army Air Force, Lang was State Administrator of the National Youth Administration in North Carolina for four years. Before

Rotary Club Gets **Program Listing**

going with the NYA, he held the position of Assistant to the Di-Carolina, State College, and ilian Conservation Corps, U. S.

In commenting on Lang's new appointment, Congressman He said today that the Yadkin and Cape Fear Flood Control mended him for the position Projects in North Carolina will said: "John has been at my side be among the proposals under his for 10 years. I shall always be sincerely grateful for his loyalty Lang has served as Deane's and devotion. He has rendered to Secretary since January 3, 1947. me and our 8th District a distinct Bill Brown, Troy, George Casey, In World War 2, he served in the and outstanding service for Sanford, W. G. Fussel, Bladen-Army Air Force for over four which all of us shall ever be boro, Luke Marion, Carthage,

Club was announced at the regular meeting of the club Friday at the Country Club.

Earl Hubbard, chairman of the program committee, said that a number of films, many of them dealing with business life, will be A partial listing of programs presented. The films will also

Also scheduled are speakers rector of Education in the Civ- Duke University, Hubbard said. At Friday's meeting Frank Yandell, Moore District scout executive, asked the club's cooperation in the coming "Get Out

the Vote" campaign, which is conducted yearly by the Boy The club voted to cooperate with the vote campaign.

Guests at the meeting included years and advanced from the grateful. God speed him along Julian River, Milledgeville, Ga., and Wilson Hasty, Rockingham

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CLOSED LABOR DAY

• The Town Office will be closed Labor Day, Monday, September 3, 1956. Regular Monday garbage collections will not be made. The Sanitary Department will attempt to pick up all garbage the following day.

Town of Southern Pines



AND IF YOU'RE COUNTING CALORIES, HERE ARE THE REAL FACTS...FROM AN INDEPENDENT SOURCE...

of soft drinks...combined

TEA MARKETING FACTS

Bulletin'No. 21

JUNE 1954

TEA'S CALORIE STORY At the request of the Tea Council, the Miner Laboratories, Chicago, Illinois, scientifically examined 31 different varieties of hot and cold beverages and computed the caloric content of each. As the following table shows, tea without additives has significantly

ss caloric	Beverage	Approximate Colories Per 6 Fluid Ounce Serving
	Grape Juice - Canned & Bottled	121
_	Milk	107
	Grape Juice - Frozen	101
	Orange Flavor Drink	95
	Orange Juice - Fresh	94
	Beny Flavor Drink	94
	Orange Juice Frozen	88
	Orange Justina 103en	87
	Super Cools	86
	Root Beer	86
	Lemonade - Frozen	86
	Pepsi-Cola	
	Royal Crown Cola	83
	Coca-Cola	59
	Coca-Cola Beet Sugar Free Root Beer	19
	00800 0000 0000	17
	Sugar Free Orange Drink	ü
	Coffee	
	Tea	4.
offee and	I Tea served with the following flavoring	gst

6 aunces Hot or Iced Coffee 11 calories

+ 16 calories for each teaspoon of sugar • 30 calories for each 1/2 ounce of cream

6 ounces HOT COFFEE, 1 teaspoon of sugar and 1/2 ounce of cream

6 ounces ICED COFFEE, 1 1/2 teaspoons of sugar

and I ounce of cream 6 ounces Hot or Iced Tea 4 calories

+ 16 calories for each teaspoon of sugar • 9 calories for each 1/2 ounce of milk

• 2 calories for each 1/8 segment of lemon 6 ounces HOT TEA,

6 ounces ICED TEA,

I teaspoon of sugar and 1/2 ounce of milk

1 1/2 teaspoons of sugar and

1/8 segment of lemon

30 calories

57 calories

94 calories

29 calorics

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