

Lifestyles



Antioch gathering

These students standing on the steps of the old Antioch School, were members of the sixth and seventh grades in 1932. There is some question about when the last classes were held in the school which was torn down last week. Readers with information about the facility should contact The News-Journal or Sam Morris. The students shown here are from left (first row) Betha McNeill, Ruby Biggs, Pauline Milley, Moultrie Quick, Ruth Stepson, Myrtle Chavis, Edeth Roach, Lette

Smoak; (second row) Buelah Maness, Ruby Lou McPhaul, Alma Maness, Mary Ellen Saunders, Louise Bounds; (third row) Archie McDiarmid, James A. Saunders, John Allen Jordan, Woodrow Gibson, H.A. McKenzie, H.L. McMannis; (fourth row) James Oldham, Paul Livingston, Myrtle Miller, Ruby Miller, Wendell Quick, Lloyd Gillis, Surry Cash. Sitting on the left Henry McNeill and on the right Buddy Clippard. Top left R.A. Smoak.

Families can save with discount buying

By Alice L. Pettitt
Home Extension Agent
Buying the family clothing from discount stores can mean a savings of around 20-30% on each item purchased.

To get the best buys, however, the apparel item should be needed to fill in the gaps of a wardrobe or extend the wardrobe. No matter how cheap the price tag, if the item does not make a needed wardrobe contribution it is not a good buy.

Discount store hopping with friends acts as a means of entertainment as well as finding suitable clothes. Before you go on your shopping venture, make sure you prepare yourself for the trip. Here is a "to-do" list:

- Make a list of the types of garment(s) you need to supplement your wardrobe. Do this by looking through your wardrobe. Other things to consider are the color(s) and fabrics that are acceptable.

- Give yourself a maximum allowance to spend. Do not get carried away with your findings and overspend. If you exceed your allowance, you have not accomplished a savings. Remember this deficit spending will have to be made up somewhere else.

- Learn to calculate the approximate retail price of an item. This calculation will help you evaluate whether your finding is a terrific buy or not.

- Familiarize yourself with discount terms:

Discount Terms

To get the best buy, learn what the terms mean. The following are ones which you should review before going discount shopping.

Discount Merchandise

Overcuts, Overstock, Over Runs - Terms used for surplus goods. Can also refer to merchandise produced after an original order has been filled.

Cancellations, Closeouts, Discontinued - Terms used for merchandise no longer being produced.

Irregular - Terms used for merchandise which has one or more defects in it. These defects may or may not affect the garment's appearance or usefulness.

Seconds - Term similar to irregulars usually defined as having more serious defects than irregulars.

Front Burner

regulars usually defined as having more serious defects than irregulars.

First Quality - Term which means no flaws or defects.

Sample (Salesman's, Showroom, Manikin) - Garments showing a manufacturer's line of clothing to buyers.

Store Categories

Factory Outlet - Places where the consumer buys directly from the manufacturer at prices lower than retail.

Wholesaler's Outlet - Store operated by wholesalers who distribute goods for several manufacturers.

•Know the particular discount store policies. In most instances all sales are final. So before you buy, make sure the garment is acceptable to you. If you have any reservations, don't buy.

•Take the time to evaluate the construction and fabric quality. Keep asking yourself what is wrong with the garment. Learn to be critical in judging quality.

•Adhere to good fitting guidelines. A loose fitting is better than one that is too tight. Always try on each garment. Just because two garments are sized the same and have the same name brand does not mean the fit will be the same. Also, if you are buying for other family members, it is best to have them along for the fitting unless you are an astute judge of sizes. Does the garment pull or feel uncomfortable? If so, don't buy it. This may indicate poor construction procedures.

•Judge your appearance in the garment. Does it enhance the way you look? If not, don't make the mistake of buying it. In essence, looking good in the garment is the bottom line in deciding whether to buy or not to buy the item.

Other Discount Shopping Suggestions:

- Call before you go to check on store hours if you are unfamiliar with the store.
- Know what the discount store specializes in.

(Continued on page 3B)

Pill is misunderstood, can be benefit

Health Hints

Birth control pills are the most popular world-wide reversible method of birth control.

Their effectiveness, when used properly has been proven.

In the past the media has often focused on possible serious health risks associated with birth control pills, but since the introduction of the pill two decades ago many non-contraceptive benefits have been documented.

Provide some protection against:

- Benign breast disease
- Ovarian retention cysts
- Iron deficiency anemia
- Pelvic inflammatory disease
- Ectopic pregnancy
- Still Under study:
- Rheumatoid Arthritis
- Endometrial Cancer
- Ovarian Cancer

The birth control pills may

lessen the pain and discomfort often associated with fibrocystic breast disease.

This is a condition in which the breast tissue becomes thick and forms lumps, which are painful.

The benefit may be due to the fact that the hormones stay constant while on the pill. Normally the hormones rise and drop during each menstrual cycle.

Chances of developing an ovarian cyst may be lessened by using the birth control pill.

The reason for this benefit is believed to be due to the fact that the ovaries are not producing eggs.

While on the pill ovaries are not working so they are able to rest. This condition is similar to the rest ovaries receive during pregnancy.

The pill will lessen a women's chance of having anemia.

The reason for this is that a woman usually has a lighter menstrual period while on the pill. In fact, her menstruation may only last a day or two.

PID (Pelvic Inflammatory Disease) which is inflammation of the ovary, tube and uterus may be prevented by using the birth control pills.

PID is very painful and can cause sterility by blocking the tubes with scar tissue.

The pills may help prevent PID in several ways.

1. They cause the mucus to become thick and form a plug in the cervix so bacteria cannot get inside the uterus.

2. Bacteria grows well in the presence of blood. For the pill user there is less blood in the uterus.

It is estimated that birth control pills cause less ectopic pregnancy because they prevent PID.

An ectopic pregnancy is when the body implants outside of the uterus and begins to grow, often in the tube. This could be very dangerous, because the tube could break open and cause bleeding, other serious complications and even death.

Rheumatoid Arthritis, endometrial cancer and ovarian cancer may also be prevented to some degree by using pills, but that is still under intensive study.

For more information call your doctor or the Hoke County H.D. Family Planning Clinic (875-3717).

Editor's Note: This article was written by Hoke Health Department Health Assistant Jody Willis.

SPECIAL NOTICE

PRIDE TRIMBLE FACTORY OUTLETS NOW HAVE NEW STORE HOURS TO BETTER SERVE OUR CUSTOMERS

STORE #1

Yadkin Rd. & May St., Southern Pines
Hours: Tue. - Fri. 9 - 5 Sat. 8 - 4

STORE #2

US 15-501 4 Mi. South, Aberdeen
Hours: Tue. - Fri. 1 - 9; Sat. 8 - 4

PHONE: Sou. Pines 682-5831, Aberdeen 944-3157



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Pride-Trimble Factory Outlet

NEW HOURS:
STORE #1 Yadkin Rd. & May St., Southern Pines
Hours: Tue. - Fri. 9 - 5 Sat. 8 - 4
STORE #2 US 15-501 4 Mi. South, Aberdeen
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