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Tuberculosis
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Christmas Seals

Duplin Times



Straight from the Shoulder — Right from the Heart of Duplin

Only 9
More
Shopping Days
Until
Christmas

VOLUME XXIX No. 50

KENANSVILLE, NORTH CAROLINA. THURSDAY DECEMBER 13, 1962.

PRICE TEN CENT
Plus 1 cent Sales Tax



MERRY SHOPPING TIME

SHOP
KINSTON'S
"Magic Mile"

Announcement
P. L. NETHERCUTT IS BACK IN BUSINESS!!!
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Kenansville Society

Personals
Mr. and Mrs. George Penney spent the week end in Raleigh.
Mr. and Mrs. Gordon Kornegay accompanied Mr. and Mrs. Jim Fulford to Kures Beach last week.
Mrs. W. A. Eubanks, Mrs. Brinkley and Mrs. Bobby Eubanks of Wilmington were guest Friday of Miss Mary Lee Sykes.
Miss Florrie Currie of Peace College, Raleigh, spent the week end with her mother, Mrs. Florence Currie.
Mrs. J. O. Stokes has returned home from a visit with relatives in Conyers and Atlanta, Ga.
Chief and Mrs. Eddie Quinn and family of Southport visited Mr. and Mrs. Tyson Bostic last week and attend their father's funeral.

Mr. and Mrs. Thomas Hughes left Sunday for a visit with Mr. Hughes son in Florida.
Miss Brenda Grady of Kinston spent the weekend with her parents, Mr. and Mrs. Charles Grady.
Mr. and Mrs. L. F. Jones spent last week end in Florida with relatives.
Willie Gray Bostic of Cheraw, S. C. is home with his parents, Mr. and Mrs. Tyson Bostic.
Miss Pattie Loftin of Raleigh spent the weekend with Mrs. Martha Sitterson.
Mrs. J. B. Wallace shopped in Wilmington, Saturday.

Cynthia Kretsch Honored
Mr. and Mrs. Phil Kretsch were hosts on Saturday evening in the dining room of I. R. Jones Cafe honoring their daughter, Cynthia, on her sixteenth birthday.
A color note of pink and green was used attractively in the room with touches of holly on individual tables.
Mrs. Kretsch mother of the honoree, poured punch from an attractive table overlaid with an imported linen and lace cloth, centered with a five branch silver candleabra holding holly and burning pink tapers. Open faced sandwiches, birthday cake and nuts were enjoyed by the guest from Warsaw, Rose Hill and Kenansville.
Dancing and recordings were enjoyed throughout the evening.

food for pep and energy. Your bread need not always be a slice of yeast bread nor must the cereal necessarily be a breakfast cereal.
Mrs. Jo Gilmore, nutritionist for the N. C. Agricultural Extension Service, says for variety there are biscuits, muffins, pancakes, and many other hot breads and quick loaf breads such as date or nut bread. All of these can be counted provided they are made with whole grain or enriched flour or meal.
"A half to three-fourths of a cup of rice, grits, spaghetti, noodles, or similar products may be counted is enriched," she says. "Part of the day's quota may be in combination dishes. Bread is often an important ingredient in stuffings for meat, poultry and fish, and in scalloped dishes and puddings. A serving of cereal can come from a combination such as macaroni and cheese, spaghetti with meat sauce or spanish rice."
Enriched or whole-grain flour or cereal in cakes, cookies, pastries, and other sweet baked goods used primarily to round out meals and to satisfy the appetite also may count toward the quota.
Mrs. Gilmore says foods in this group furnish worth-while amounts of protein, iron, several of the B vitamins as well as food energy.
To round out meals and to satisfy the appetite, everyone must use some foods not specified in the daily food guide - butter, other fats, oils, sugars or enriched, refined grain products. These 'other' foods supply calories and can add to total nutrients in meals.

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Contact me for Spray Serum for your orchard and Fertilizer for all kinds of Greenery & Shrubs

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Friendly HDC Met
The Friendly H. D. C. met with Mrs. J. C. Stroud, Friday, December 7. Mrs. Stroud, president, presided and opened the meeting with the group singing "Silent Night". The Devotion was led by Mrs. Eugene Best.
Miss Slocum, Home Economics Agent, gave a most interesting demonstration on "Household Storage and Space" which was interesting to those building new homes and those remodeling their old homes.
Mrs. Eugene Best gave a leaders report on "Family". During the business meeting, club members discussed how new members might be brought into the club, and how to get some of the old members interested again. The next meeting will be with Mrs. C. M. Outlaw.
For recreation the club members exchanged Christmas gifts. The club closed with the club collect.
The hostess served hot coffee, candy and crackers.

Food For Pep And Energy
Do you include bread in your daily diet? You must not become so weight conscious that you leave your daily serving of bread out.
The bread-cereal group furnishes as a serving of cereal if the product

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These Four And 10,000 More At **UNITED SURPLUS COMPANY**
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Ella Cooper Circle Enjoys Supper
The members of the Ella Cooper Circle enjoyed a delightful supper party at the Country Squire on Monday evening. An interesting program was followed by the fun and merriment brought with the exchange of gifts.

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Also \$100 to 2475
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No. 1 No. 2 No. 3
Of Kinston

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