Only 9 More **Shopping Days**

Until

Christmas

VOLUME XXIX

No. 50

KENANSVILLE, NORTH CAROLINA. THURSDAY DECEMBER 13, 1962.



"Magic Mile"

SHOP

Kenansville Society

Miss Brenda Grady of Kinston

spent the weekend with her par-

ents, Mr. and Mrs. Charles Grady.

last week end in Florida with re-

Miss Pattie Loftin of Raleigh

spent the weekend with Mrs. Mar-

Mrs. J. B. Wallace shopped

Friendly HDC Met

The Friendly H. D. C. met with

Mrs. J. C. Stroud, Friday, Decem-

ber 7. Mrs. Stroud, president, pre-

sided and opened the meeting with

the group singing "Silent Night". The Devotion was led by Mrs. Eu-

Miss Slocum, Home Economics

Agent, gave a most interesting demonstration on "Household Stor-

age and Space" which was interest

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 recration the club members

exchanged Christmas gifts. The club closed with the club collect.

The hostess served hot coffee, candy and crackers.

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 ex-

MR. BUSINESSMAN - A DUPLIN

TIMES WANT AD WILL SELL YOUR

Ella Cooper

Supper

hange of gifts.

Circle Enjoys

to those building new homes and those remodelling their old

Mr. and Mrs. L. F. Jones spent

Hughes son in Florida.

and Mrs. Tyson Bustic.

Wilmington, Saturday.

latives.

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Personals

Mr. and Mrs. George Penney spent the week end in Raleigh. Mr. and Mrs. Gordon Kornegay anied Mr. and Mrs. Jim Fulford to Kures Beach last week.

Mrs. W. A. Eubanks, Mrs. Brinkley and Mrs. Bobby Eubanks of
Wilmington were discounted. Wilmington were guest Friday of Miss Mary Lee Sykes.

Willie Gray Bostic of Cheraw, S. C. is home with his parents, Mr. Miss Florrie Currie of Peace College, Raleigh, spent the week end with her mother, Mrs. Florence tha Sitterson

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 Boatic last week and attend their father's funeral.

Berries

Grape Vines

Mr. and Mrs. Thomas Hughes 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

Mrs. Kretsch mother of the honoree, poured punch from an at-tractive table overlaid with an imported linen and lace cloth, centered with a five branch silver can-dlelabra 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

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 combin-ation dishes. Bread is often an important ingredient in stuffings for meat, poultry and fish, and in scal-loped dishes and puddings. A serving of cereal can come from a combination such as macaroni and cheese, spaghetti with meat sauce or spanish rice."

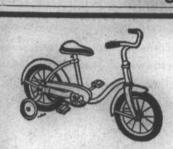
Enriched or whole-grain flour or cereal in cakes, cookies, pastries, and other sweet baked goods used primarily to round out meals and to satisfy the appetite also may count toward the quota.

Mrs. Gilmore says foods in this moun furnish worth-while amounts protein, iron, several of the B vitamins as well as food energy. Do you include bread in your some foods not specified in the dai-

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 tal nutrients in meals.

• KIMBALL



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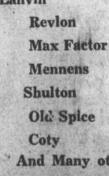
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