

listaff DEEDS

by Jan Christensen

News items this week from Richmond, Union, Pitt, Polk, and Lenoir counties.

TELL-TALE DINNER
Farm women, such as Mrs. Bill Ussery, Mt. Gilead, Rt. 3, find routine homemaking jobs take most of their time. Therefore, it's difficult to work out-of-the-ordinary jobs, such as re-finishing furniture, into a busy household schedule. Mrs. Martha B. Adams, home economics extension agent, Richmond County, observes.

But Mrs. Ussery has found she can divert food preparation time to other uses, if she serves frozen dinners.

When Mr. Ussery sits down to piping hot delicious TV dinner,

he might well ask, "Well, what project are you working on today?"

NECESSITY IS MOTHER OF INVENTION
Necessity is often the mother of invention. Mrs. Rebecca T. Mooney, home economics extension agent, Union County, points out.

It was through necessity that an ingenious Union County homemaker designed a "whimsy" from an empty plastic house-hold bleach container.

It seems this homemaker needed a small dressy hat, or "whimsy." When she was unable to buy a suitable hat frame, she discovered that the bottom part of a household bleach container

was just the right size and shape for the hat she had in mind.

Using a sharp knife, this enterprising homemaker cut the bottom from the container, in a width that would be becoming. Then she covered the tiny plastic box frame with fabric.

She selected stiff veiling that matched the hat, gathered it into a circle, fitted it, and hand stitched it to the underside of the hat frame. For a touch of glamour, she attached an artificial flower to the hat.

"The result was a hat charming enough to meet the demands of the most gala occasion," Mrs. Mooney says.

INTRODUCE BUTTERNUT SQUASH

Surveys show that many North Carolina families do not eat an adequate diet. Mrs. Rachel K. Kinlaw, associate home economics extension agent, Pitt County, notes. Their meals often lack foods rich in vitamin A and ascorbic acid (vitamin C).

This spring homemakers in Pitt County studied the importance of vitamin A and ascorbic acid to health and learned which foods supply these nutrients.

Butternut squash is one such food.

Pitt County homemakers were given butternut squash seeds and encouraged to plant them in the family garden. "Most club members had never seen butternut squash before and were pleased to learn of a squash variety that would mature late-after summer squash is gone," Mrs. Kinlaw says.

4-H'ER BEAUTIFY COMMUNITY

Community beautification is one of the Stony Knoll 4-H Club's favorite projects. Mrs. Eloise T. Johnson, assistant home economics extension agent, Polk County, states.

Now that school is out, the 4-H'ers can devote one day a week to this project. They are cleaning roadsides, painting mail boxes, fixing broken community and road signs, and planting flowers. Mrs. Johnson says.

HELPING SENIOR CITIZENS

Doing things for the men and women in local nursing homes is the pet project of members of the Kinston Home Demonstration Club in Lenoir County.

When the women discovered they could aid senior citizens by helping them keep garments mended or repaired, action began. The women took portable sewing machines, buttons, and zippers, and set up a clothing repair center for half a day. Patients in wheel chairs came to get their clothing mended. Garments were made more useful by sewing up rips and tears, mending a hem, or altering the garment for a more comfortable fit." Ellen Marie Peniel, home economics extension agent, Lenoir County, relates.

Layers need plenty of water during hot weather.

The North Carolina poultry producer who fails to provide enough water for his poultry flock may find that egg production is lowered and mortality has increased.

Tom Morris, extension poultry specialist at North Carolina State University, explains that hens may live several days without feed but cannot survive very long without water, especially during high temperatures. The loss of about one-tenth of the

water from the hen's body will cause death.

Water is necessary to digest feed, produce eggs, maintain body functions and regulate body temperatures.

When hens fail to get adequate water for two to three days, egg production may drop to zero. They may also show symptoms of blue comb disease.

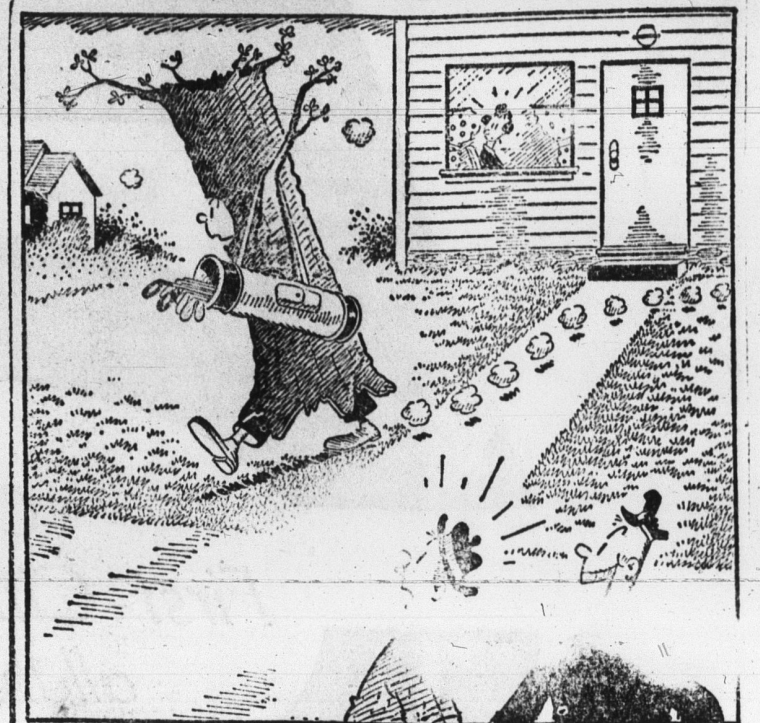
The ideal water temperature is around 50 to 55 degrees.

When the house temperature is around 70 degrees, hens will drink about two pounds of water for each pound of feed. But when the house temperature reaches 90 to 100 degrees, layers will drink four to five pounds of water for each pound of feed consumed.

The specialist says that this means 100 hens will eat 25 pounds of feed and drink six to seven gallons of water daily when the house temperature is around 70 degrees.

However, when the house temperature climbs near the 100 degree mark, 100 layers may drink from 12 to 15 gallons of water during a day.

COMEDY CORNER



"His Army camouflage training comes in handy when he wants to sneak out for golf!"

Winn-Dixie
FOOD STORES

50 free stamps w/ea. pkg.
W-D FROZEN CHOPPED CUBE STEAKS
(14-lb. STEAKS)
2-lb. \$1.59
Box

W-D U. S. CHOICE CUBE STEAKS
1-lb. \$1.09

BEEF SALE

W-D U. S. CHOICE
Chuck Steaks 59¢
W-D U. S. CHOICE LEAN
Boneless Stew . . . 69¢
W-D U. S. CHOICE SIRLOIN OR ROUND TIP
Boneless Roast . . . 99¢
W-D U. S. CHOICE BONELESS SIRLOIN OR
Round Tip Steaks . . 99¢
W-D U. S. CHOICE BONELESS
Top Round Steaks . . 99¢

SWIFT'S PREMIUM
SLICED BACON
79¢

W-D BRAND U. S. CHOICE
Delmonico STEAKS
1-lb. \$1.19

USDA CHOICE
W-D BRAND CLOSE TRIMMED
CHUCK ROAST 49¢
W-D BRAND "OVEN READY"
7" RIB ROAST 89¢
W-D BRAND BONELESS
TOP ROUND ROAST 99¢
W-D BRAND BONELESS
SHOULDER ROAST 69¢
W-D BRAND BONELESS
CHUCK ROAST 69¢
W-D BRAND BONELESS
ROUND ROAST 89¢

ASTOR
FRUIT COCKTAIL
5 303 CANS \$1.

CANNED
CHEK DRINKS . . . 15 12-oz. \$1.00
DIXIE DARLING RAISIN . . 25 FREE STAMPS
CINNAMON ROLLS 8-ct. pkg. 39¢
THRIFTY MAID #303
APPLE SAUCE . . . 4 49¢
ASTOR
INSTANT COFFEE . . 10-oz. 99¢
THRIFTY MAID SLICED OR CRUSHED
PINEAPPLE 4 No. 2 \$1.00
WAGNER'S, ORANGE OR
GRAPE DRINK . . . 4 32-oz. \$1.00

Limit 1 of your choice with \$5.00 or more order
Coffee 1-lb. CAN 59¢
Limit 2 of your choice with other purchases
Bleach 1-GALLON PLASTIC 39¢
ASTOR VEGETABLE . . Limit 1 with food order
Shortening 3-LB. CAN 69¢
DEEP SOUTH . . Limit 1 with \$5.00 order or more
Mayonnaise QUART JAR 39¢

RED BAND
PLAIN OR SELF-RISING
FLOUR
5 1-lb. BAG 59¢

CRACKIN' GOOD
Cookies
OATMEAL, MACARON, CRISP, CHOC. CHIP
13-oz. Pkg. 29¢

SCOTT FAMILY
Napkins
ASSORTED COLORS
180-ct. Pkg. 29¢

ARROW . . Limit 2 with other purchases
DETERGENT 39¢
THRIFTY-MAID
CORNED BEEF 12-oz. can 49¢
SCOTT DECORATED, WHITE or ASSORTED COLORS
TOWELS . . . 2 Lge. 59¢
MORTON'S MEAT
Dinners . . . 2 11-oz. DINNERS 79¢
LUSCIOUS WESTERN
Cantaloupes 3 JUMBO SIZE \$1.

SUPERBRAND
SHERBET or ICE CREAM
2 HALF GALS. 99¢

TENDER
Fresh Okra 2 lbs. 39¢
SANTA ROSA
Fresh Plums . . 1-lb. 29¢
THOMPSON
Seedless Grapes 1-lb. 29¢
CALIFORNIA LONG WHITE
Potatoes . . 10 1-lb. BAG 69¢

50 EXTRA GREEN STAMPS
FRENCH MODERN, EVEN-GRASS, FLOAL, OR SPRING FLOWER GLASS JAR
VOID AFTER JULY 8TH
AT YOUR LOCAL WINN-DIXIE

50 EXTRA GREEN STAMPS
10-oz. JAR OR PARTY PITCHER MAXWELL HOUSE INST. COFFEE
VOID AFTER JULY 8TH
AT YOUR LOCAL WINN-DIXIE

50 EXTRA GREEN STAMPS
TWO 12-oz. PINS, CHEESE OR 12-oz. SAUSAGE CHOP, PEPPER
VOID AFTER JULY 8TH
AT YOUR LOCAL WINN-DIXIE

50 EXTRA GREEN STAMPS
S-LB. CUP SUPERIOR COTTAGE CHEESE
VOID AFTER JULY 8TH
AT YOUR LOCAL WINN-DIXIE

50 EXTRA GREEN STAMPS
THREE 14-oz. BOTTLES BORTHON CREAM PINE
VOID AFTER JULY 8TH
AT YOUR LOCAL WINN-DIXIE

50 EXTRA GREEN STAMPS
THREE 5-oz. BOTTLES SIRLOIN STEAKS
VOID AFTER JULY 8TH
AT YOUR LOCAL WINN-DIXIE

50 EXTRA GREEN STAMPS
TWO 12-oz. PINS, EXTRA LEAN GROUND BEEF
VOID AFTER JULY 8TH
AT YOUR LOCAL WINN-DIXIE

50 EXTRA GREEN STAMPS
S-LB. Pkg. EXTRA LEAN GROUND BEEF
VOID AFTER JULY 8TH
AT YOUR LOCAL WINN-DIXIE

50 EXTRA GREEN STAMPS
DEEP MAGIC HOT SPIN CONDITIONER
VOID AFTER JULY 8TH
AT YOUR LOCAL WINN-DIXIE

LET'S GO . . .
TO THE RACES

WIN UP TO \$500.00

7:00 EACH SATURDAY - WBTV
CHARLOTTE-CHANNEL 3
8:00 EACH SATURDAY - WFB-TV
GREENVILLE-CHANNEL 4

Get your free race card each week at Winn-Dixie. No purchase is necessary. Save your race card and watch the five televised races each Saturday night. If your horse's number finishes as indicated on your free card, you are a winner. You can win in any one of the five races each week. Winning race numbers are also posted Monday in all Winn-Dixie Stores. Get your free card with each visit to Winn-Dixie! No purchase necessary!

For Beach, Mountain, or Home Summer Needs

NOW! REXALL SUPER PLENAMINS
Is the Choice of the Major League Baseball Teams!

Look for America's Largest-Selling Vitamin-Mineral Product in Our Proud New Package!

Selected for use by the U.S. Olympic Team and all 15 teams in the National Football League . . . NOW Rexall Super Plenamins is chosen for use by all 20 teams in the National and American Baseball Leagues.

36 Tablets 2.59

Refresh, soothe, and cleanse tired eyes
REXALL eyeLO EYE LOTION

Cooling relief from simple eye irritations such as wind, dust, or smoke. If your eyes are tired from reading, watching television, or night driving, try EYELO.

4 fl. oz. 59¢

Hay Fever Sufferers! Try the Rexall Brand for Fast Relief . . .
REXALL HAY FEVER ALLERGY TABLETS

Prompt, effective relief from such symptoms of hay fever as sneezing, runny nose, nasal congestion, watery eyes.

30's 1.25

The Man in the Clutch

It takes great timing and a lot of experience to be a dependable clutch hitter in baseball. At our Rexall Pharmacy we have a man who always comes through in the clutch . . . he's our Rexall Pharmacist. Rely on him to promptly fill your next prescription from our complete stock of fresh pharmaceuticals.

Your Rexall Pharmacy

Instant Relief from Bronchial Asthma Attacks
REXALL ASTHMA-METER MIST

No need to wait for pills or liquid to take effect, just inhale a measured dose of medicated mist for prompt relief from bronchial asthma spasms.

2.95
Approx. 300 metered doses
Refills available

FREE DELIVERY

Monday thru Saturday
9 a.m. to 9 p.m.

KINGS MOUNTAIN
THE STORE DRUG COMPANY