

Distaff DEEDS

by Jan Christensen

ARE YOU "REDDI?"

Workers in the North Carolina Extension Service get some unusual telephone calls. The most numerous received recently in the Stanly County office was made by a youngster eager to enroll in a 4-H special interest meeting.

As the secretary, Mrs. Doris Forte, answered the phone, she heard a request to "speak to Reddi." "Who?" she asked. "Reddi," the voice replied. "I'm sorry," the secretary replied, "but there's no one here by that name."

A few seconds later the phone rang again. The same voice asked for "Reddi," only this time he explained he had received a letter about an electric club. The card said to call this number if he wanted to know more about his friend "Reddi Killowatt."

Mrs. Forte enrolled the lad in the 4-H electric club. Since then he has attended his first meeting and has gotten acquainted with "Reddi" through the film "The Mighty Atom."

SOMEONE CARES

It's good to know someone cares, homemakers from low-income families attending foods and nutrition classes in Martin County, observe.

The 18 women are enrolled in a series of lessons that will provide them training in "What to Eat and Why," "Meal Planning," "Selecting and Buying Food," and "Food Preparation and Serving."

In addition to the lecture-demonstrations they will attend, the women will tour grocery stores to get first-hand information on meat selection and economical buys.

"It's learning by doing," Mrs. Vivian H. Morris, home economics Extension agent, notes.

ENCOURAGES INTEREST IN HOME

"The 4-H project in home management has encouraged my daughters to take a greater interest in their home," Mrs. Elvina Holt, of the Rock Creek community, Alamance County, points out.

As a result of their project work the girls are more concerned over how the house looks, she added. Mrs. Holt is employed outside home so it's a grand feeling for her to come home and find

family members sharing the homemaking duties. Mrs. Ozetta P. Gayle, home economics Extension agent, says, "She gives 4-H the credit for helping her daughters realize the importance of learning to be good homemakers," the agent adds.

DIDN'T QUIT WODK

Leave it to a man to try and find a shortcut! In a chair caning workshop held in Onslow County last month, three men joined the 32 women attending the workshop.

One of them, Colonel Robert Weir, USMC, decided not to bother bringing the entire chair to the workshop; so he brought just the seat.

BETHWARE NEWS

The Fannie Heck Circle of Oak Grove church met Tuesday with Mrs. J. L. Ross.

Mr. and Mrs. Horace Bell and Eugene Bell visited Mr. and Mrs. John Senter of Gastonia Saturday.

Airman Charles Wright, son of Mr. and Mrs. Stokes Wright is home on a 20 day leave. He has completed his training in Amarilla Airforce Base in Texas.

Saturday visitors of Mr. and Mrs. Henry Bell and family and Mrs. J. W. Bell were Ed Bell of Shelby and Mr. and Mrs. Gary Stroup.

Mr. and Mrs. Bill Suggs and family visited Mrs. J. M. Wright and Margerie Sunday afternoon.

Airman First Class Wayne Turner of Seymour-Johnson Airforce Base, Goldsboro visited the weekend with his parents, Mr. and Mrs. Loyd Turner and Jane.

Miss Mary Pearl Wolfe of Beulah visited Mr. and Mrs. Stokes Wright and family Sunday afternoon.

Mrs. Clarence Blanton, Mr. and Mrs. Oran White of Charlotte were dinner guests of Mr. and Mrs. Fred Weaver Sunday.

The newly organized Oak Grove Fire Department had an auction sale Saturday afternoon at the Kemp Ledford store building.

They made around \$600 to buy equipment for the department.

Mrs. Henry Bell and Herbert Clark visited Mrs. W. C. Sullivan, Mrs. Nanie Sullivan, Mrs. J. R. Edwards and Ellen Thomas of Charlotte Friday.

Sgt. Larry Dellinger has been visiting his wife Donna and his parents, Mr. and Mrs. W. V. Dellinger. He has graduated at Ft. Benning, Georgia and has been promoted to Sergeant. He left Wednesday for Ft. Polk, La.

Mr. and Mrs. Gene Dellinger of Charlotte visited Mr. and Mrs. W. V. Dellinger Sunday.

Rev. and Mrs. Dean Coffey of Henderson visited Mrs. C. G. Davis Thursday and Friday.

Mrs. Lela Page of Morganton, Mr. and Mrs. Glenn Davis and family of Grover, Mr. and Mrs. Norman Davis and family and Mr. and Mrs. Johnny McKinney and family visited Mrs. C. G. Davis during the weekend.

Rev. and Mrs. Coffey of Henderson visited Friday with Mr. and Mrs. Franklin Davis.

Mr. and Mrs. B. P. Smith and family of Shelby visited Mr. and Mrs. Franklin Davis Sunday.

we care



what kind of coffeemaker do you use?

It really doesn't matter. Any coffeemaker can give you a good cup of coffee, providing you use a fine fresh coffee that is ground exactly right for your coffeemaker.

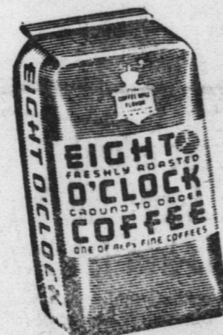
We've always known that the correct grind is important to coffee flavor. That's why, years ago, we developed Custom-Grinding. That's why we don't have just one or two grinds but seven different grinds... to fit any coffeemaker, including electric percolators, of course, (Ask for medium-fine grind for electrics).

Custom-Grinding means a little extra work for us and a little extra time for you. (It takes 15 seconds to grind a pound).

But what a difference in flavor those few seconds make.

You know, there's only one reason we insist on selling custom-ground bean coffees... WE CARE.

COPYRIGHT © 1967, THE GREAT ATLANTIC & PACIFIC TEA CO., INC.



MILD AND MELLOW EIGHT O'CLOCK

1-LB. BAG 49c
3-LB. BAG \$1.45
SAVE 16c SAVE 44c

PRICES IN THIS AD EFF. THRU. MARCH 16TH

Good and Thrifty Groceries!

A&P "OUR FINEST QUALITY" GRADE "A"

APPLE SAUCE 3 1-Lb. Cans 49c

CHEDDAR CHEESE 1-Lb. 69c
CHEDDAR CHEESE 1-Lb. 59c

CRACKERS 2-1-lb. pkgs. 69c
PEANUTS 13-Oz. Can 59c

GOLDEN RISE SWEET MILK OR BUTTERMILK
BISCUITS 15-CT. 11-OZ. PKG. 10c

Fruits and Vegetables!

U. S. NO. ONE ALL PURPOSE — REGULAR
WHITE POTATOES

20 LB. BAG 59c

SNOW WHITE CAULIFLOWER Head 39c
APPLES WESTERN RED OR GOLDEN DELICIOUS 1-Lb. 25c
FRESH TENDER BROCCOLI Bunch 35c
CRISP CARROTS IDEAL FOR SALADS! 2-Lb. Bag 35c

GRAPEFRUIT WHITE MEAT 5-Lb. Bag 59c

"If unable to purchase any advertised item please request a RAIN CHECK!"

Super-Right Quality Meats!

"SUPER-RIGHT" U.S.D.A. INSPECTED FRESH

FRYERS

WHOLE FRYER • LB. 27c

PAN-READY CUT-UP FRYER Lb. 31c
1/4-FRYER, BREAST WITH WING Lb. 39c
1/4-FRYER, LEG WITH BACK Lb. 35c

"SUPER-RIGHT" QUALITY CORNED-BEEF

BRISKET

VIRGINIA COUNTRY FARM BRAND
Pepper Coated HAMS PER LB. 69c
10 to 14 Lb. Avg. Whole Lb. 69c
1/5-Ham Sliced Lb. 79c

"SUPER-RIGHT" QUALITY SLICED SELECTED BEEF LIVER Less Than 3 lbs. Sold at .35c Per Lb. 3 Lbs. \$1.00

MORTON BRAND FROZEN MEAT DINNERS 2 11-Oz. Pkgs. 75c

CAP'N JOHN'S FROZEN OCEAN PERCH FILLETS 1-Lb. Pkg. 39c
FRIED FISH 1-Lb. Pkg. 49c
FLOUNDER PORTIONS 2 Lb. Pkg. 99c
OCEAN PERCH PORTIONS 2 Lb. Pkg. 95c

"Super-Right" Frozen, Chopped Beef Steaks 2 Lb. Pkg. \$1.29
"Super-Right" All Meat Franks 1-Lb. Pkg. 49c
Country Treat Whole Hog Sausage 1-Lb. Roll 49c
"Super-Right" Lean Freshly Ground Beef Lb. 49c

Frozen Foods

5-DELICIOUS FLAVORS—MARVEL BRAND

ICE 1/2-GAL. CTN. 53c
CREAM ★

A&P GOLDEN CUT CORN 2 2-Lb. Pkg. 49c
MORTON CREAM PIES 3 14-Oz. Pkgs. 89c
G&W CHEESE PIZZA 10 1/2-Oz. Pkg. 55c 16-Oz. Pkg. 75c

NEW! A&P FROZEN 9-INCH PIE SHELLS
GUARANTEED TO PLEASE YOU! 2 Count 2 1/4-Oz. Pkg. 35c

Bakery Buys!

JANE PARKER—GOLD OR MARBLE POUND CAKE 1-Lb. 9-Oz. Pkg. 49c

WHITE BREAD JANE PARKER MADE WITH BUTTERMILK 2 1 1/2-Lb. Loaves 49c

NEW! GRANULATED PURE CANE A&P SUGAR 5-Lb. Bag 59c 10-Lb. Bag \$1.17



Weekly Health Tip

By WILSON GRIFFIN

For regular exercise (so essential to good health) don't rely on will power which, as one doctor says, "lasts about two weeks and is soluble in alcohol." Exercise can also be fun, with sports and games you enjoy such as swimming, hiking, bicycling, volleyball, badminton — yes, even ping-pong. A daily brisk walk is most healthful.

Health is precious... let us help protect yours...

Griffin's Drug Store

ANNOUNCEMENT NOW OPEN ALL DAY SATURDAYS

8 a.m. to 5:30 p.m.



BRIDGES AUTO PARTS

PHONE 739-5436

500 East King Street Kings Mountain, N. C. 28086

TFN