

### The Respectful Person

The respectful person may be often cast down  
 By some evil person where no love can be found;  
 We have a friend that is always very near,  
 And in all our sad hours he will dry every tear.

If we have respect for those we meet from day to day  
 And bear them up in our prayers when we kneel to pray;  
 Our heavenly Father will answer our call,  
 For he will see that we neither stumble or fall.

As our Father had respect and looked down from above  
 On our souls welfare he looked down in tender love;  
 He saved our souls and gave us the grace to stand,  
 Through all the hard trials where old satan tried to plan.

So I want to live humble and move at his command  
 For this is the duty of every man;  
 To get in the harness and strive with all of our might,  
 Since he has led us into his marvelous light.

The respectful person will treat everyone right  
 And try to get lost souls to see Jesus their light;  
 By surrendering their lives to God and let him have access,  
 For all have sinned and their sins they must confess.

It is not by might nor by power  
 But its by full concretion in his name every hour;  
 That gives us a go ye in our hearts to do more,  
 To be better established in God as never before.

If we dont have respect for our friend along the way  
 It is because we have let old satan lead us astray;  
 Because he is a deceiver and try to get you to reject,  
 That sure foundation in which we have respect.

If we have respect as God does command  
 Someday we will meet in that happy land;  
 Whereall of the faithful will always be blest,  
 In a land peace and joy and eternal happiness.

Dalton Ward  
 Ryland, N.C.

### Haven Residents Will Rock 'n Roll For Heart Fund

Cape Colony Haven will be participating in a Rock 'n Roll Jamboree February 23 from 1 P.M. to 4 P.M. Residents will be rocking in rocking chairs and rolling in wheelchairs to earn monies for the American Heart Association.

The local Chowan County Heart Association, with the help of the new Cape Colony Ruritan Club, will be in charge of soliciting pledges and donations for the occasion.

Cape Colony Haven is only one nursing home of hundreds throughout the United States who will be working to raise needed dollars to combat heart disease—the nation's number one killer. "Pledge your support when these volunteers call, or come by Cape Colony Haven on the 23rd and join the excitement," stated Mrs. Betty Cribb, activities director at the facility.

Try cooking with lids on all your pots. Aside from producing a better meal this saves a lot of energy and dollars.

# WE'RE LOADED WITH SUPERFOOD BUYS

 GRADE A Whole <b>FRYERS</b>  lb. <b>47¢</b> Cut-Up lb. 51¢	Swift Prem. <b>SIRLOIN Steak</b>  lb. <b>\$1.49</b> 	4 to 6 lbs. <b>FRESH HENS</b>  lb. <b>49¢</b>
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Chatham <b>BACON</b>  12 oz. pkg. <b>\$1.09</b>	Luter's Jamestown Brand <b>Sausage</b>  lb. <b>89¢</b>	Swift Prem. <b>T-BONE STEAK</b>  <b>\$1.69</b>	Luter's Jamestown Brand <b>Franks</b>  lb. <b>79¢</b>	Luter's Jamestown <b>Bologna</b>  lb. <b>99¢</b>
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## YOU'RE DOLLARS AHEAD! WITH OUR LOW PRICES PLUS

 1/2 Gal. <b>ORANGE DRINK</b>  <b>69¢</b>	303 <b>April Showers Early Peas</b> 3 cans <b>\$1.00</b>	16 oz. <b>Buttermilk Pancake Mix</b> 3 boxes <b>\$1.00</b>	16 oz. <b>Gibb's PORK 'N BEANS</b> 3 cans <b>89¢</b>	303 <b>Golden Isle Field Pies with Snaps</b> 3 cans <b>\$1.00</b>	 GIANT <b>Bounty Paper Towels</b> Roll <b>59¢</b>
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2 Liter <b>Pepsi Cola</b>  bottle <b>75¢</b>	7.5 oz. <b>Martha White Corn Muffin Mix</b> 6 boxes <b>\$1.00</b>	25 lb. Champ <b>Dog Food</b> bag <b>\$2.99</b>	1 1/2 Gal. <b>Camellia Bleach</b> bottle <b>79¢</b>	5 LB. <b>Camellia DETERGENT</b> box <b>\$1.79</b>	4-ROLL PAK <b>White Cloud BATHROOM TISSUE</b> pkg. <b>79¢</b>
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 12 oz. Sunshine Unsweetened <b>Grapefruit Juice</b> <b>49¢</b> 2 lb. Reg. Cut <b>French Fries</b> <b>39¢</b> Gold King <b>Hush Puppies</b> <b>49¢</b>	1/2 lb. <b>SWEETHEART BREAD</b>  3 Loaves <b>\$1.00</b>	 <b>50 FREE S &amp; H Green Stamps</b> 50 Extra Stamps With This Coupon And Purchase Of \$10.00 Or More Expires 2-18-78	 <b>Temple Oranges</b> 10 for 99¢ <b>Celery Stalk</b> 29¢ <b>Carrots Pkg.</b> 29¢ <b>Spinach</b> 10 oz. Pkg. 59¢
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