

BO's is owned by BO and MARGARET ABBOTT

PRICES GOOD MONDAY THROUGH SATURDAY

<p>VALLEYDALE YOUNG BEEF</p> <p>ROUND STEAK 1.29 Lb.</p> <p>T-BONE STEAK 1.49 Lb.</p> <p>RIB STEAK 1.39 Lb.</p> <p>CHUCK STEAK 79¢ Lb.</p> <p>SIRLOIN STEAK 1.29 Lb.</p> <p>RUMP ROAST 1.19 Lb.</p> <p>SHOULDER ROAST 89¢ Lb.</p> <p>GROUND BEEF 69¢ Lb.</p> <p>CHUCK ROAST 79¢ Lb.</p> <p>STEAK BEEF 49¢ Lb.</p> <p>SHORT RIB STEW 79¢ Lb.</p> <p>SMOKED PICNICS 89¢ Lb.</p> <p>STEW BEEF 1.19 Lb.</p>	<p>HORMEL'S BEST BEEF!</p> <p>CHUCK STEAK 89¢ Lb.</p> <p>SIRLOIN TIP STEAK 1.79 Lb.</p> <p>TOP ROUND STEAK 1.79 Lb.</p> <p>SHOULDER STEAKS 1.19 Lb.</p> <p>T-BONE STEAK 1.79 Lb.</p> <p>ROUND STEAK 1.59 Lb.</p> <p>CUBE STEAKS 1.59 Lb.</p> <p>DELMONICO STEAK 2.39 Lb.</p> <p>SIRLOIN STEAK 1.79 Lb.</p> <p>SHOULDER ROAST 1.39 Lb.</p> <p>SIRLOIN-TIP ROAST 1.59 Lb.</p> <p>RUMP ROAST 1.59 Lb.</p> <p>GROUND BEEF 69¢ Lb.</p> <p>CHUCK ROAST 89¢ Lb.</p> <p>CHUCK ROAST 1.19 Lb.</p> <p>STEW BEEF 59¢ Lb.</p>	<p>FRYERS 39¢ Lb.</p> <p>FRYER PARTS SALE!</p> <ul style="list-style-type: none"> Cut Up Halves & 1/4's Lb. 59¢ Fryer Drumsticks Lb. 99¢ Chicken Thighs Lb. 79¢ Fryer Breast Lb. \$1.09 Fryer Winglets Lb. \$1.09 Chicken Livers Lb. 79¢ Chicken Gizzards Lb. 69¢ Chicken Backs Lb. 19¢ <p>YOUR CHOICE 39¢ Lb.</p> <ul style="list-style-type: none"> PORK NECKS PIG TAILS PIG EARS HOG MAWS PORK LIVER <p>PEPSI-COLA COCA-COLA 1.65 Plus Tax</p> <p>BREAD 3 1.00 (1 1/2 LB. Loaves)</p>
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BO'S FOODLAND MARKETS

WE ACCEPT FOOD STAMPS

Of Interest To Senior Citizens

Persons 60 and over who can provide proof of dire financial need resulting from large fuel bills between October 1, 1976 and April 30, 1977 can receive credit of up to \$100.00 toward the purchase of fuel for heating this coming winter. Senior citizens desiring help will need proof of income and proof of cost of fuel during this past winter. They can apply for this help through August 31, 1977 at the following Four-County Neighborhood Center Locations:

Maxton Center, Fourth Street, Maxton, 844-3489; Red Springs Center, Brown Avenue, Red Springs, 843-5092; Rex-Rennett Center, State Rural Road, Shannon, 843-5715; Lumberton Center, Parkview Activity Center, Inman Street, Lumberton, 738-2747; Fairmont Center, 816 Cole Street, Fairmont, 628-7464.

You may be eligible for help with your fuel bill. Please apply at one of the above offices before August 31, 1977.

NUTRITION SITES FOR SENIOR CITIZENS

Two new nutrition sites for persons over 60 have been opened recently in Robeson County. One is located at the St. James AME Church in Red Springs, and the other at the Maxton Housing Authority in Maxton. Nutrition sites at the first United Methodist Church in Pembroke, the Housing Authority in Fairmont, and Eastwood Terrace in Lumberton continue to serve meals five days per week to persons 60 and over. You may know someone who needs to participate in this nutrition program, we know there is a need for nutrition sites in other parts of the county. In order for this to happen, the senior citizens need to get together and express their interest in such a program to the Nutrition Project Advisory Council c/o Lumber River Council of Governments, P.O. Box 955, Lumberton, NC 28358.

Home Improvements. The very best investment you can make is a little time to investigate the reputation of the people with whom you are dealing. They should have reputable and satisfied customers and be willing to give you references. Be cautious of any door-to-door salesman and traveling contractors.

Contracts. It is unfortunate, but homes have been lost as a result of signing a mere TV repair contract. Signing a contract is a serious matter. The contract may be secured by a deed of trust on your house. It may include a provision that failure to pay on time will permit a judgment to be entered against you. Contracts in most states can be sold to a bank or a finance company for collection, although these institutions have no responsibility for the quality of the product delivered or the work performed.

Haste. Be wary of any pressure that you act immediately or lose out.

Monday, County- Maxton, Pembroke: city- West

-Ruth H. Mundy

CPR Technique to be Taught by RTI

A relatively simple process with a very complicated name could save the life of someone very near you. Cardiopulmonary resuscitation (CPR) is another name for heart-lung resuscitation. More simply, it is the combination of efforts to restore breathing and circulation through artificial means.

CPR techniques require no special equipment for the life-saving process. It only takes a little practical skill and practice which could save the life of someone who has stopped breathing.

Robeson Technical Institute is cooperating with numerous fire departments and rescue squads in the county in making available a special 6-hour course in CPR at locations all over the county. Everyone interested in learning these valuable skills should be within a very short drive of a location in which these course are being offered.

Listed below are the locations and dates of courses offered at all locations in the county. All courses meet for two designated nights and for one week from 7 p.m. to 10 p.m.

Northwood Fire Dept., Lumberton, Tuesday and Thursdays, August 23 and 25; Deep Branch Fire Dept., Pembroke, Tuesday and Thursday, August 23 and 25; Big Marsh Fire Dept., St. Pauls, Monday and Wednesday, August 29 and 31; Evans Crossroads Fire Dept., Maxton, Tuesday and

WYRU, 1510 Radio

The TOP TEN

- Undercover Angel-Alan
- Da Doo Ron Ron-Shaun Cassidy
- Looks Like We Made It-Barry Manilow
- Gonna Fly Now (Theme From Rocky)-Bill Conti
- I Just Want To Be Your Everything-Andy Gibb
- Got To Give It Up Pt. 1-M Marvin Gaye
- Angel In Your Arms-Hot
- Jet Airliner-Steve Miller Band
- Margaritaville-Jimmy Buffet
- My Heart Belongs To Me-Barbra Streisand

All Music Station
Red Springs

Walnut Baptist Church

Located at 301 South Walnut Street in Lumberton, South Walnut Baptist Church began a mission in 1966 under the leadership of Rev. Grady Carter and Mr. Tommy Strickland. Others who gathered in an old unused house for worship services included Mr. and Mrs. Reo Jones, Mr. and Mrs. Roy Tyler, and Mrs. Jack Sampson. The building belonged to Mr. Ed Musselwhite and served a very useful purpose as a House of God for six years.

Growth and the desire for a church facility encouraged the congregation to purchase approximately one acre of land owned by a Mr. Snow in Lumberton across the street from the old house where a new block building including classrooms, sanctuary, and bathrooms was constructed in 1972. The mission had been constituted as a church in 1971.

South Walnut received assistance from various organizations and church bodies. Rev. James Bailey, former pastor of Chestnut Street Methodist Church, became a dear friend to Rev. Carter and the work being done at the mission. He led his congregation to show the ecumenical spirit of love by providing help to this Baptist group. Likewise, New Point Baptist Church under the leadership of Rev. Sanford Locklear volunteered to mother this mission during its early development and Christian witness.

However, Burnt Swamp Baptist Association played the major role in assistance to the mission. A loan was secured from the N.C. Baptist State Convention through the associational request for the purpose of land purchase and building construction. South Walnut congregation paid off this debt with enthusiasm and dedicated the debt free property the first Sunday of November, 1975. While this congregation had been closely associated with the association since birth, it joined the association in 1976.

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SEE THE FAMOUS CAMEO DRA

- *Supports the full figure
- *Enhances the small figure
- *Keeps figure youthful
- *Helps develop teen age figure
- *Helps maternity figure
- *Helps expectant mothers

Wanda Locklear
P.O. Box 58
Lumberton, NC
Phone: 521-2964

Otha Swett
521-4692

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The church now has about 24 members with the following officers: Deacons-Mr. Albert Stewart and Mr. David Jacobs, Treasurer & Clerk-Mrs. Grace Sampson, and pastor-Rev. Grady Carter. Future plans include expanding the present facility for educational space and construction of a sanctuary. South Walnut has shown great commitment to the Will of God and has shared generously to the cause of missions. Our deepest appreciation to this fine body of believers

By Rev. Tony Brewington

Rev. Grady Carter