

**NEW CROP**  
**VALENCIA ORANGES** **\$1.49**  
 4-LB. BAG

**CHILEAN WHITE, BLUE OR**  
**RED GRAPES** **89¢**  
 LB.



**THE HILLS NEAREST YOU**  
 Union Chapel Road  
 PEMBROKE, N.C.

**TO YOUR GOOD HEALTH**

A Public Service by/  
**Lumbee Medical Center**  
**Carolyn Emanuel, MPH**  
 Executive Director

COME INTO HILLS - YOU'LL COME OUT AHEAD • PLEASING YOU - PLEASES US • HILLS IS YOUR FRIENDLY NEIGHBORHOOD STORE!

**MEDIUM SIZE CRISP CARROTS** **3 \$1**  
 1-LB. BAGS

**U.S. NO. 1 CLEAN BAKING POTATOES** **3 \$1**  
 LBS.

**FROZEN BANQUET DINNERS** **89¢**  
 11-OZ. SIZE

**FRESH AND CRISP TENDER BROCCOLI** **89¢**  
 LARGE BUNCH

**DRY MEDIUM SIZE YELLOW GLOBE ONIONS** **59¢**  
 3-LB. BAG

**BANQUET CHICKEN PATTIES** **\$2.29**  
 12-OZ. SIZE

**OLD SOUTH ORANGE JUICE** **99¢**  
 1/2-GAL. SIZE  
 LIMIT 3 WITH \$10.00 OR MORE ORDER EXCLUSIVE OF SPECIALS

**LIGHT & LIVELY ICE MILK** **\$1.69**  
 1/2-GA. SIZE

**PET RITZ PIE SHELLS** **2/\$1**  
 2-PACK  
 LIMIT 4 WITH \$10.00 OR MORE ORDER EXCLUSIVE OF SPECIALS

**SEALTEST FRESH DIPS** **59¢**  
 8-OZ. SIZE

**DINING LITE 300 CALORIE DINNER** **\$1.49**  
 11-OZ.

**STICKS SHEDD SPREAD** **39¢**  
 1-LB. PACK

**TASTY DOWNYFLAKE WAFFLES** **79¢**  
 12-OZ. PKG.

**I CAN'T BELIEVE IT'S NOT BUTTER** **99¢**  
 1-LB.

**TUBBS SHEDD SPREAD** **59¢**  
 1-LB. TUB

**HILLS SANDWICH BREAD** **2/99¢**  
 1 1/2-LB. LOAF

**KRAFT PARKAY MARGARINE** **\$1.69**  
 3 1/2-LB. SIZE

**KRAFT SLICED CHEESE** **99¢**  
 12-OZ. PKG.  
 LIMIT 2 WITH \$10.00 OR MORE ORDER EXCLUSIVE OF SPECIALS

**SNUGGLES FABRIS SOFTENER** **99¢**  
 33-OZ. SIZE

**PRE-COOKED MINUTE RICE** **\$1.29**  
 14-OZ. PACK

**BANNER BATHROOM TISSUE** **89¢**  
 4-ROLL PACK

**AJAX LAUNDRY DETERGENT** **\$1.29**  
 GIANT BOX

**TEXIZE HOOD DETERGENT** **59¢**  
 32-OZ. SIZE

**BOUNTY PAPER TOWELS** **79¢**  
 JUMBO ROLL

**HERSHEY CANDY BARS** **3/89¢**

**VO-5 HAIR SPRAY** **\$1.99**  
 7-OZ. SIZE

**MT. DEW, DIET PEPSI DR. PEPPER OR PEPSI COLA** **99¢**  
 BOTTLES

**PEPSODENT TOOTH PASTE** **99¢**  
 6 1/2-OZ. TUBE

**JIFFY BLUEBERRY MUFFIN MIX** **3/\$1.00**  
 7-OZ.

**TENDA BAKE YELLOW CORN MIX** **99¢**  
 5-LB.

Part 17 of a 24 Part Series  
**HOW TO REDUCE YOUR BLOOD PRESSURE COPING WITH STRESS**

Daily living habits can affect your hypertension. In addition to drugs he prescribes, your doctor may suggest changes in your lifestyle. Anxiety, frustration, and anger aggravate hypertension. While it is impossible for you to eliminate emotional tension completely, it is helpful to avoid situations that will put you under emotional strain.

Some adjustments in your job may be necessary. People in certain occupations who are always under the pressure of deadlines are four times as likely to develop high blood pressure as are individuals in less stressful jobs.

Your doctor may put you on a sedative if you are extremely tense or nervous and easily upset by life's problems. Sedatives do not lower blood pressure but they help one accept stresses and tensions more calmly.

The best way to cope with stress is to learn how to handle it. First, one must recognize the signs which include chronic worrying, loss of temper, long hours of work, use of tranquilizers, dependence on alcohol, difficulty in sleeping, facial twitch, nail-biting, irritability, inability to listen, and sweating.

Ask yourself: Do minor problems and small disappointments throw you into a tizzy? Do you find it difficult to get along with people, and are people having difficulty getting along with you? Do small pleasures of life fail to satisfy you? Do you fear people or situations that never used to bother you? Are you suspicious of people and mistrustful of friends?

The National Association for Mental Health has offered some practical, positive actions you can take for yourself:

1. Talk it out. When something worries you, don't bottle it up. Confide your worry to some level-headed person you can trust—your husband or wife, father or mother, a good friend, your clergyman, your family doctor, a teacher. Talking things out helps to relieve your strain, to see your worry in a clearer light, and often to see what you can do about it.

2. Escape for a while. Sometimes it helps to take a brief trip for a change of scenery. To stand there and suffer is a form of self-punishment. Escaping might put you in a better condition emotionally to deal with the problem.

3. Work off your anger. Using anger as a general pattern of behavior often will leave you feeling foolish and

sorry. Instead of lashing out at someone, pitch into some physical activity, like gardening or carpentry or tennis or a long walk. Working the anger out of your system will leave you better prepared to handle your problem with a calm and intelligent mind.

4. Give in once in a while if you find yourself defiant, stubborn, and getting into quarrels with others frequently. Stand your ground on what you believe is right, but do it calmly and make allowances for the fact that you could turn out to be wrong. And even if you are right, it is easier on the system to give in once in a while. You'll find others will yield, too. The result will be relief from tension and a feeling of maturity and satisfaction.

5. Do something for others. This will take the steam out of your worries and give you a warm feeling of having done well.

6. Shun the Superman urge. Some people get into a state of anxiety because they think they are not achieving as much as they should. They try for perfection in everything. Decide which things you do well and put your major effort into these. They are likely the things that will give you the most satisfaction.

7. Go easy with criticism. Don't feel let down, disappointed, or frustrated when another person—be it your wife, husband, or child—does not measure up. Remember each person has the right to develop as an individual. People who feel let down by real or imaginary shortcomings of relatives are really let down about themselves. Search out the other person's good points and help him develop them.

8. Give the other fellow a break. People under tension often feel they have to get there first, even if the goal is as trivial as getting ahead on the highway. Competition is a way of life but so is cooperation. When you give the other fellow a break, you often make things easier for yourself.

9. Take time out for recreation. Everyone should have a hobby to absorb him in off hours, one into which he can throw himself with pleasure and forget all about his work.

10. Tackle one thing at a time. People under tension commonly think of the mass of work confronting them and develop anxiety. When that happens, pitch into on urgent task, setting aside the rest for the time being. Once you dispose of this matter first, the rest will go much easier. (Ask your doctor for a copy of "A Doctor Discusses Learning How To Live With Nervous Tension" published by Budlong Press.)

**HAPPY BIRTHDAY!**



Little Miss Indee Smith was honored Saturday with a party for her second birthday given by her parents, Mr. and Mrs. Webster Smith and was held at the Clementine's Restaurant, Fayetteville. Refreshments consisted of birthday cake, ice cream, with all the trimmings. The employees of the restaurant sang the Happy Birthday song for Indee. Guests were Mrs. Henry Ford Smith, her paternal grandmother, and her aunt, Mrs. Tony Jones and children, Miss Kimberly R. Jones and Kenneth Jones, another aunt, Miss Jackie Parson, Mrs. Hilda Faye Hunt & son Rommie, Miss Leslie Smith and Miss Myra Sampson. Hostess of this special occasion was Indee's mother, Mrs. Webster Smith.