DRAWING EACH WEEK AT EACH STORE -NO OBLIGATION

WHO PUSHES THE CART OF OUR **GREATER SAVINGS FOR THE LADY**



CANNED HAMS

SLICED

IGA HOT BREAD

NABISCO

CHIPS AHOY CHOC. COVERED CHIP SHORT BREAD

NEW FLORIDA WAXED RUTABAGAS RED

POTATOES

MAXWELL HOUSE IGA HOLLOWEEN

DELMONTE 46 Oz.

GRAPE - PEACH

PERSERVES

THIS WEEKS

JACKPOT

MIRACLE

Boy-ar-dee

15 Oz.

COMET

FILTERS

CARTON

Health And Beauty

Too many people in apparent good health suffer from chronic fatigue. The only way to fight fatigue is to learn its causes and its types. You must learn to avoid that weary feeling be-

fore it strikes. The best medication for fatigue is food and sleep. Too often habits made concrete over the years prevent adults from getting this needed rest and food. It may be that you drink much coffee or take too many pep pills to allow yourself to relax enough to sleep or to even have the proper desire for food.

It may be as simple a habit as staying up too late. Say you are in the habit or reading or watching TV until after 12:00 p.m. You still have to get up at 6:30 or 7:00 a.m. to be on time at the office. You need more rest than this, day in day

Emotional fatigue is a great drain on many people. It takes a great deal of energy to get angry and to carry on an argu-It even takes a lot of energy to brood in silence. You owe it to yourself to develop control over your emo-It is important to know your limitations. Don't wear yourself out trying to accomplish more than your talents

make possible. Many women take the business or running a home too seriously.

The unexpected always happens in homemaking. Adapt your routine to take care of it.

Don't wear yourself out trying to keep up with the Joneses. This very human mistake puts a strain on the whole family and hurts your personality.

Aluminum Car Ports Storm Doors & Windows Venetian Blinds BLINDS REPAIRED Ornamental

Aluminum & Canvas Awnings FREE ESTIMATES M. G. WILDER

Iron

417 W. Noble St. LOUISBURG, N. C.

"MONK"

Eros Program

Secretary of the Interior L. Udall has announced a new program EROS (Earth/Resources Observation Satellites). There is an urgent need to apply space technology towards the solution of "many pressing natural resources problems because of popula-

tion and industrial growth."

War Replacements

Defense officials report the Army's replacement needs have reached a new high Fresh troops totaling 20,000 have been shipped to Vietnam this month to relieve combat veterans who have served their 12-month tour.

Patronize TIMES Adv.



LEONARD'S

RESULTS Make The Difference

Whatever anybody undertakes, results make the difference. The fact that he has gotten results is what has made B. Everett Jordan one of the most effective public servants in our state.

He has a formula, just plain hard work, and his hard work has paid off for the people of North Carolina.

Consider just a few examples:

- He is the author of legislation which established the one-price cotton program, a program that has brought new life to the cotton industry, all the way from the farmer to the textile worker.
- He is the author of the acreagepoundage program for tobacco.
- He worked to complete the valuable W. Kerr Scott Reservoir on the Upper Yadkin
- He guided legislation through. the Congress authorizing the New Hope Dam in the Cape Fear River Basin, the Falls of the Neuse Dam in the Neuse River Basin, and the deepening of the Wilmington channel to majorharbor depth.



The list of accomplishments goes on and on, because Senator Jordan believes In North Carolina and what we can do if we keep on working at it. As he has done in the past, he wants to continue working for North Carolina.

Re-Elect

B. Everett Jordan United States Senator

General Election, November 8, 1966

FRANKLIN COUNTY DEMOCRATIC EXECUTIVE COMMITTEE BY: Mrs. Betsy L. Pernell, Chairman