

JUST CUT: Good Fescue and Serecia Hay For Sale. \$1 per bale. Call Janie Jolley, 457-4611. adv. 13, 16, 18c.

LOST: A pair of reading glasses in a gray case, in the Columbus area, on June 4. A reward is offered. Phone 894-3368 or 894-3831. adv. 13, 16 pd.

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Is Milk Important?

Do you sometimes neglect the importance of milk? About 600 4-H'ers throughout North Carolina are doing something about it by choosing dairy foods demonstrations and projects as part of their 4-H clubwork.

They are learning how the nutrients in milk help build strong bones and teeth, says Deborah Johnson, Asst. Extension Agent, 4-H. Milk contains the nutrient calcium. 4-H'ers are learning the role calcium plays in regulating certain body processes such as in helping heart muscles to contract normally and in helping blood to clot.

Also, 4-H'ers are learning and demonstrating to others how to prepare and serve nutritious dairy foods.

All 4-H'ers throughout the state are now celebrating June Dairy Month through activities.

Here in Polk County 4-H'ers are participating in the Dairy Poster contest. Tina Faber, Peniel 4-H club member, is the county winner for the Dairy Poster Contest. She will be competing at the state level in July. Congratulations to Tina! — Reporter

PARENTS: If you want your child to be given plenty of T.L.C. while you're having to work, any shift, call 457-3119. adv. 10, 11, 12, 13, 16, c.

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