

CALENDAR

Dr. Edwards To Speak Here

Dr. Albert Edwards, pastor of the First Presbyterian Church in Raleigh, will be the speaker for the annual banquet of the Warren County Unit of the N. C. Association of Educators and the Association of Classroom Teachers. The banquet, honoring retiring educators, will be held at 7 p. m., May 15, at Mariam Boyd Elementary School.

Memorial Service Is Planned

The annual Memorial Service will be held in the Ridgeway Cemetery on Sunday, May 11, at 3 p. m. The Rev. Phillip Craig, rector of the Church of the Good Shepherd, Ridgeway, will be the speaker. The public is invited to attend.

Gospel Sing Set Saturday

A gospel sing sponsored monthly by the Afton-Elberon Ruritan Club will be held Saturday night, May 10, at the Afton-Elberon School. Appearing will be The Gospel Lights and the Thompson Family. Food will be available. There is no admission charge.

Drag Race Is Scheduled

A four-wheel drag race, sponsored by the High Rollers 4X4 Club, will be held in Macon on Sunday, May 11, at 1 p. m.

Census Testing Is Planned

Temporary census takers positions, paying \$4.00 an hour, are available in this area. Testing to qualify will take place Tuesday, May 13, at the Fire House in Norlina at 10 a. m. and at noon.

Last Chances For Shots

Three dates have been listed as the final opportunity to have dogs vaccinated in Warren County. They are May 10, May 17 and May 24 from 1 p. m. until 5:30 p. m. at the Warren County Land Fill.

Summertime Brings Out The Cook In Many Of Us

Summertime brings out the cook in many of us. Unfortunately, summertime cookery sometimes brings out something less pleasant—food poisoning.

When we make the switch from kitchen to patio, park or beach, we don't always carry along all the good food handling habits we should, say specialists with the North Carolina Agricultural Extension Service. The effects of food poisoning are much like those of the flu. Headache, diarrhea, vomiting, abdominal cramps and fever are some of the signs, but they may not appear until many hours after you have eaten the food.

If you have these symptoms and they don't go away in a day or so, be sure to see a doctor. However, the most important thing is to prevent food poisoning from happening in the first place.

Begin your prevention tactics when you buy food. Pick up meat and poultry products last in the supermarket. Have the clerk pack them all

together so they stay cool longer and take them straight home. When you get them home, put them in refrigerator or freezer immediately.

When it's time to prepare the food, begin with a clean kitchen. Clean all work surfaces with soap and hot water including wooden cutting boards and counter tops before and after using them for raw meat or poultry. Never place cooked, ready-to-serve meat or poultry on the same surface or in a utensil used for the raw product unless you have completely cleaned that surface or utensil.

Wash your hands often during the preparation of foods and when cooking outdoors. Take along disposable washcloths, plates and utensils when on a picnic.

Be sure to use a good, well-insulated cooler and use plenty of ice to keep foods cold. Leave the cooler in a shady spot to help keep the ice from melting too fast.

Once you're through eating, put leftovers back in the refrigerator or cooler right away.

Fund Raising Drive Difficult To Conduct

April was an extra special month because it was designated as the American Cancer Society's annual education and fund-raising drive month.

Janice Crump, chairperson of the 1980 crusade, reported this week that the drive this year was more difficult to conduct because of the increased costs of transportation and other basic necessities. Realizing that the cost of gasoline would prevent many crusade volunteers from collecting in the sparsely populated areas of Warren County, Mrs. Crump was able to recruit people who agreed to collect from their churches and at their places of employment.

Dollars given to the American Cancer Society during the month of April will work three ways, she said. They will support cancer research, provide education for both the public and the medical profession, and provide special services to cancer patients and their families. Education about cancer prevention and control is special because it has a potential for saving lives. Cancer strikes at any age. It kills more children between the ages of three and 14 than any other disease. The disease strikes more frequently with advancing age.

Crusade volunteers for Warren County were Ms. Odessa Hawkins, Mrs. Kate Fleming, Mrs. Sophese Hawkins, Mrs. Bernadine Ballance, Mrs. Laurie Worth, Mrs. Catheryn Kearney, Mrs. Dorothy Pitchford, Mrs. Helen Howard, Mrs. Ruby Ayscue, Mrs. Barbara Mills, Mrs. Frances Davis, Ms. Annette Silver, Mrs. Vernell Seward, Jeff Hawkins, Mrs. Jennie Franklin, Mrs. Wilhelmina Alston, Mrs. Judy Clark, Ms. Joyce Shearin, J. T. Fleming, Mrs. Flora Terry, Mrs. Geneva Fitts, Mrs. Ellen S. Moseley, Mrs. Virginia Levister and Ms. Diana Hendricks.

Many churches responded to the call for help, also. Those whose contributions had been received by Monday were Cook's Chapel Baptist Church, Pine Grove Baptist Church, St. Stephen's Baptist Church, Olive Grove Baptist Church, Snow Hill Baptist Church and Bethlehem Baptist Church.

Mrs. Crump reported that the volunteers were very enthusiastic in responding to the needs of the cancer crusade and worked diligently to reach the county goal of \$3000.00. She said that because of an alarming decrease in the willingness to give, that goal would not be reached. Final reports were to be made by all crusaders yesterday.

According to American Cancer Society researchers, some two million



Originally, oatmeal was actually meal — coarsely ground grain — but now it usually consists of oats processed as flakes.



MRS. CRUMP

Americans are alive and well and considered cured of cancer. Many more can be saved if the research continues. It is not too late to make a contribution if the crusade volunteers did not reach you. Anyone wishing to contribute can mail his check to Mrs. Crump at Post Office Box 27, Manson, N. C. 27553 or place his contribution directly into the Warren County Cancer Crusade Account at Peoples Bank in Norlina.

"Do something positive to fight cancer," Mrs. Crump said. "Give to the American Cancer Society."

Try Sweet Potatoes Among Garden Rows

North Carolina is the nation's largest producer of commercial sweet potatoes, but it seems that fewer and fewer home gardens have yams among their rows of assorted vegetables.

You may want to try some this year.

N. C. Agricultural Extension Service specialists point out that, while sweet potatoes grow best in the Coastal Plain and Piedmont sections of the state, they will grow wherever there is a frost-free period of about 150 days with relatively high temperatures.

Among the most popular of the yam-type of moist fleshed varieties are Jewel, Porto Rico and Centennial.

A well-drained, moderately deep, sandy loam soil of medium fertility is best for sweet potatoes. Heavy clays and very deep, loose textured soils cause long stringy roots. The soil should have a pH of 5.8 to 6.2.

A balanced fertilizer such as 8-8-8 should be applied at a rate of three pints per 100 feet of row and mixed thoroughly with soil. About one-third

of the way through the growing season, you may need to apply additional potash. About two-thirds of the way through the season, depending on the vigor of your vines, you may need to apply additional nitrogen.

Sweet potato plants are usually set on top of ridges in rows three and a half to four feet apart with the plants eight to 12 inches apart in the row. When the vines have covered the ground, no further cultivation is necessary but some additional hand weeding may be required.

Diseases are not usually a problem in growing sweet potatoes. Wireworms are the most likely insect problem. Wireworms can be controlled with Spectracide.

Contact your county Agricultural Extension Service office if you would like information on growing your own sweet potato plants or if you have other questions about sweet potatoes.

Sun Energy
Solar flares that occur above the sun's surface release tremendous amounts of energy. The largest flares produce energy equivalent to 10 trillion one megaton hydrogen bombs.

SPORTS SPECIAL

ALTHO' HE MISSED 52 GAMES IN 1979, DUE TO INJURIES, ROD CAREW

OF THE CALIFORNIA ANGELS FINISHED THE SEASON WITH A .318 BATTING AVERAGE. CAREW, WHEN HE WAS WITH THE MINNESOTA TWINS, WON 7 AMERICAN LEAGUE BATTING TITLES, AND HAS BATTED OVER .350 3 YEARS! HE HAS 4 DIFFERENT STANCES AT THE PLATE AND 6 DIFFERENT KINDS OF SWINGS.

ROD HAS SUCH GOOD EYESIGHT HE CAN SPOT THE ROTATION OF THE BALL WHEN IT LEAVES THE PITCHER'S HAND!

CAREW WAS GIVEN THE MOST VALUABLE PLAYER AWARD IN '77, AND WAS ROOKIE OF THE YEAR IN '72.

Shining Lights On Deer In Warren May Be Banned

RALEIGH — A public hearing will be held by the N. C. Wildlife Resources Commission on a proposed regulation which would prohibit the practice of intentionally shining lights on deer in Warren County.

The proposed regulation would prohibit the intentional shining of lights on deer between 11 p. m. and one-half hour before sunrise in areas which are frequented by deer and which are also

being subjected to substantial night deer hunting, or in areas where residents have been greatly inconvenienced by the night shining of deer.

The hearing will be held on May 28 at 7:30 p. m. in the Courthouse in Warrenton.

First Cat People
Ancient Egyptians were the first people to keep cats in their homes. Treated with great respect, the cats even were buried in coffins in special cat cemeteries.

WE DON'T MEET COMPETITION — WE MAKE IT!

SAVE WAY Food Market

603 ANDREWS AVE.

IN-STORE SALE!!

PRICES IN THIS AD GOOD THROUGH MIDNIGHT SUNDAY, MAY 11

GRADE 'A' WHOLE FRYERS

U.S.D.A. CHOICE WHOLE

BOTTOM ROUNDS **\$1.79** LB.

U.S.D.A. CHOICE

RIB ROAST **\$1.99** LB.

U.S.D.A. CHOICE

BOTTOM ROAST **\$1.99** LB.

U.S.D.A. CHOICE

RUMP ROAST **\$2.19** LB.

U.S.D.A. CHOICE BOTTOM ROUND

STEAK **\$2.39** LB.

DIXIE CLASSIC

ICE MILK 1/2 GAL. **69¢**

COKE or MELLO YELLO 8 **\$1.33** 8-OZ. BOTTLES

WELCH'S

GRAPE DRINK **59¢** 48-OZ. CAN

RICHFOD

TOILET TISSUE **69¢** 4 1-PLY ROLLS

BLUE RIBBON

PAPER TOWELS **59¢** JUMBO ROLL

PUFFS

FACIAL TISSUES **77¢** 175-COUNT BOX

HORMEL

POTTED MEAT **5** **\$1.00** 3-OZ. CANS

KELLOGG'S

CORN FLAKES **65¢** 12-OZ. BOX

RALSTON

CORN FLAKES **76¢** 18-OZ. BOX

LIFTON

TEA BAGS **\$1.95** 100-COUNT BOX

MAXWELL

FREEZE DRIED COFFEE **\$4.99** 8-OZ. JAR

FOLDER INSTANT

COFFEE **\$4.69** 8-OZ. JAR

KEN L RATION

DOG FOOD **25¢** 15 1/2-OZ. CAN

CAMP

DOG FOOD **\$2.99** 25-LB. BAG

WHITE CLOUD

TOILET TISSUE **95¢** 4 ROLL PACK

TEALAFFE HOT DOGS

CHILI **3** **95¢** 10 1/2-OZ. CANS

SWESTER

PRUNES **99¢** 12-OZ. CAN

574 PUFF

FABRIC SOFTENER **\$1.00** GAL JUG

HUNGARY JAKS

PANCAKE MIX **55¢** 14-OZ. BOX

RICHFOD CHICKEN NOODLE, TOMATO, VEGETABLE

SOUP **\$1.00** 4 10 1/2-OZ. CANS

ARNDORF

VIENNA SAUSAGE **39¢** 3-OZ. CAN

ARNDORF

TREET **\$1.14** 8 1/2-OZ. CAN

ANTI-FREEZE **\$3.95** GAL

43¢

LB.

WHOLE CHICKEN

CHICKEN LIVERS **69¢** LB.

RICHFOD

MEAT BOLOGNA **99¢** **\$1.19** 10-OZ. CAN

RICHFOD

BEEF BOLOGNA **\$1.19** 12-OZ. CAN

GWALTNEY

BONE IN TENDER HAM **\$1.99** LB.

SLEICED

BEEF LIVER **89¢** LB.

GRILLMASTER

FRANKS **79¢** LB.

AUNT MARTHAS

BREAD 2 **99¢** 1 1/2-LB. LOAVES

BROWN 'N SERVE ROLLS **2 PKGS. 99¢**

HOT DOG OR HAMBURGER BUNS **2 PKGS. 99¢**

GRADE 'A' WHOLE HOMOGENIZED

MILK **\$1.89** GAL

GRADE 'A' LOW FAT

MILK **\$1.69** GAL

POCAHONTAS

SPAGHETTI AND MEAT BALLS **2** **\$1.00** 16-OZ. CANS

SHOWBOAT

SPAGHETTI **\$1.00** 4 16-OZ. CANS

CAMPBELL'S

PORK AND BEANS **3** **\$1.00** 16-OZ. CANS

CAMPBELL'S

PORK AND BEANS **49¢** 16-OZ. CAN

— Produce —

FRESH STRAWBERRIES **69¢** PINT

HOME GROWN

SWEET POTATOES **15¢** LB.

NEW CROP FLORIDA

GREEN BEANS **39¢** LB.

YELLOW SQUASH **3** **\$1.00** 3-LB.

GOLDEN RIPE BANANAS **3** **\$1.00** 3-LB.

— Frozen Food —

BIRDSEYE COOL WHIP **89¢** 12-OZ.

RICHFOD STRAWBERRIES **79¢** 12-OZ.

MORTON POT PIES **4** **\$1.00** 4 11-OZ.

RICHFOD FRENCH FRIES **69¢** 32-OZ.

FOX DELUXE PIZZAS **79¢** 11 1/2-OZ.

— Dairy —

PILLSBURY BISCUITS **69¢** 4 8-OZ. CANS

KRAFT ORANGE JUICE **1.29** 1/2 GAL.

RICHFOD MARGARINE **3** **\$1.00** 11 1/2-OZ.

RICHFOD AMERICAN SINGLE SLICED

CHEESE **\$1.00** 11 1/2-OZ.

— Health And Beauty Aids —

LISTERINE **\$1.99** 32-OZ.

LEAF

TOOTHPASTE **\$1.35** 9-OZ.

BC'S

TOOTHPASTE **\$1.35** 9-OZ.

BANROLL ON

DEODORANT **\$1.41** 7 1/2-OZ.

COLGATE

TOOTHBRUSH **3/99**

TRACY'S

SHAVE CREAM **99¢** 11-OZ.

GOVERNOR

DISPOSABLE RAZORS **92¢** 10-OZ.

TOOTHPASTE **\$1.29** 9-OZ.

WE DON'T MEET COMPETITION — WE MAKE IT!

SAVE-WAY

GOT Your nose to the grindstone

and sales are still down?

If you've been working hard with no increase in sales figures to show for it, try advertising in the . . .

The Warren Record

With A circulation Of Over 4,700