There's Money Hidden In Your Home

SERVICES

MOTOROLA COLOR TV, cabinet model, 25" screen, good working condition. \$260. Call 257-2356.

Sept. 8, 15-c.

PAINTING - FOR ALL your painting needs, call Lewis Rooker. Free estimates and experienced men. Call 257-2356.

July 14 thru Sept. 15-p.

NEED A SECOND mortgage real estate loan? Call 496-5751. April 14-tfc.

REALISTIC TAXIDERmy. Mounting all types fish, furbearing and game animals. Phone 257-4740. Macon, N. C. Aug. 18, 25, Sept. 1, 8, 15, 22-tfc.

SMALL ENGINE REpairs, chain saws, lawnmowers, light auto repairs, etc. Call 257-2994 after 6 p. m. Aug 18, 25, Sept. 1, 8-c.

YOUNG'S SEPTIC Tank Cleaning - for fast service call day -257-1889 or night — 257-3677.

May 7-tfc

FOR QUALITY SHOE repair see us, Grissom Shoe Shop, downtown Henderson. Same location since 1940.

Sept. 8, 15, 22, 29-c.

D. R. PEOPLES & CO., electrical contractors, commercial, industrial. residential, mobile homes, installation & repairs. All work guaranteed. For free estimates call Danny R. pointment. Peoples or Jimmy L. Peoples, 257-3293 or 257-

GUSTKEY'S ELECtric Service, Wise, N. C. 27594. Call (919) 456-3874. License No. 8817-L.

Sept. 3-tfc.

July 14-tfc.

PIANO TUNING, REpairs - sales, David Hage, professional technician. We buy, sell and trade. Call 492-7405. April 23-tfc

WE BUY MORTGAGes. Call 496-5751. April 14-tfc.

ROBERTSON'S CONstruction, general building contractor, 542 Murphy Rd., Henderson, N. C. 438-5809.

YPERTENSION ROGRAM

Sponsored by Warren County **Health Department**

How can you as an exsmoker keep weight off? By following the ideas listed below, right now - not waiting until you start to gain weight. These ideas don't mean going on some special diet. They simply mean making an adjustment in your eating habits.

The eating adjustments we have been discussing that can control your weight include:

-Eat more lean meat and fish and cut down on all the fatty beef that you've been eating.

-Eat you greens. Green, leafy vegetables, like the lean meats and fish, are low in fats and calories and high in vitamins and minerals.

-Eat fresh foods whenever possible.

—Eat less sugar.

-Don't fry. An easy alternative is baking. -Go easy on starchy foods. These foods include potatoes, pasta, noodles, rolls, breads. croutons, and crackers.

-Go easy on the booze. Alcohol gives you no nutrients and is very high in calories.

-Eat three square meals a day. Skipping meals is a very poor way to control your weight and it may give you headaches, jitters and difficulty in concentrating.

-Eat the right way between meals. There is nothing wrong with eating between meals, as long as you are eating the right kinds of lowcalorie foods, such as, carrot sticks, celery stalks. and plain, low-fat yogurt.

Paying attention to the foods you eat is the first step towards weight management. Management of food simply means you're planning ahead, not improvising.

If you can plan all your meals and snacks on a weekly basis and shop for food from a grocery list, you'll be able to avoid the calories from those unnecessary foods we often eat due to being unprepared. If after adjusting your eating habits, you find that you're still having trouble with your weight, try keeping a daily food diary. Keep this written record of everything you eat for at least three weeks. This may show you where any problems in your diet are.

Above all, remember, if you ever have any serious problem with your weight, consult your physician immediately.

Calendar Monday, August 2-September 27 Free 8-Week Weight-In Contest sponsored

Location: Warren County Health Dept. Time: 8:30 a. m. - 5:00 p. m.

Tuesday of Each Week Blood Pressure Screening and Monitoring Location: Warren County Health Dept.

Time: 8:45 a. m. - 2:30 p. m. **Tuesday of Each Week** Free Hypertension Film Hour Location: Warren County Health Dept. Time: 3:00-4:00 p. m. by appointment

Wednesday, September 15 Ashley Grove Baptist Church Blood Pressure Screening Trial Run. Location: Ashley Grove Baptist Church Time: 7:30 p. m.

VOICE LESSONS, FOR information, call Melody Parker, 257-1295.

Sept. 8, 15, 22-c.

IDA RUSSELL'S TAX & Bookkeeping, Hyco St., Norlina, across from police station. Call 456-4243 or 257-2878. Hours: 6:30-10:00 p. m., Wed., 1:00 to 5:00 p. m. Saturday and Sunday by ap-

PERRY'S STEAMEX carpet cleaning, professionally done at a price you won't believe, free estimate, call 257-2120 or 494-2960 after 6 p.m. Sept. 1-tfc.

FOR RENT

3 BEDROOM MOBILE home, 1½ baths, private lot. For more information call 456-3433.

Sept. 8-tfc.

RINSENVAC STEAM cleaner prolongs carpet life by keeping them cleaner longer! Rent at Warrenton Furniture Exchange, Inc., 257-3693

Sept. 15-c.

APARTMENT, 2 BEDrooms, just remodeled, Norlina, day 257-4525, nights 257-3974.

June 23-tfc.

FOR SALE

MOVING SALE - ONE round oak table, six cane bottom chairs by Pulaski, \$800; one maple dinette set \$150: one blue corner cabinet, glass doors \$125; one maple end table and lamp \$75. Call 257-1558. Sept. 15-p.

WE HAVE A WIDE SElection of paperback and hardbound books. The Warren Record Office, Warrenton.

Feb. 15-tfc.

STOCK SPECIALS kerosene heater, 19,700 BTU - \$199.99: also, canister vacuum with beater bar -\$197.99. Sears Warrenton, 257-2171.

SEED OATS, \$3.25 bushel. 456-3375 John Kilian.

Sept. 15, 22-c. 1971 CUTLASS, GOOD

Sept. 15-p. USED TENOR SAXO-

condition, 257-2990.

phone, good condition. Call 257-3165. Sept. 15, 22-c.

1975 HALF-TON GMC pickup \$1,800. Call after 5 p. m. 456-4272. Sept. 15, 22-p.

1977 15-FT. MARQUOIS fishing and skiing boat, 55 h.p. Johnson motor, long trailer, new cover, accessories. Excellent condition_ Price \$3,500. Call 456-2019.

Sept. 15, 22, 29, Oct. 6-p.

LAKE GASTON Estates, large lot, 3 bedroom dwelling, 1 bath, fully furnished, air conditioned, new well pump, price \$19,500. Call 456-2019.

Sept. 15, 22, 29, Oct. 6-p.

WE BUY AND SELL used furniture and appliances. Will pick up and deliver. Hilltop Trading Post, Hwy. 158 between Macon and Warrenton. Phone 257-

Jan. 20-tfc

TWO 9X12 WOOL RUGS in good condition \$35.00 each. Also, Singer sewing machine in good condition, \$50.00. Call 456-

SAVE SPORTSMEN! Call us for your specialty - complete lines archery on accessories, black powder, shell belts. slings, swivels and recoil pads. Gupton's Gun Shop 492-2311. Sept. 1-tfc.

500 CHRISTIAN BOOKS on sale - reg. \$8.95 for \$1.95; reg. \$3.95 for 2/.99. Large Christian bookstore department in Hill's Music Shoppe choir robes, minister's robes in stock, church supplies, memorial gifts items and study material for Sunday School teachers, Hill's Music Shoppe.

July 21-tfc.

HUNTER'S Haven for guns - shells knives — hunting clothes and licenses. Save when you buy at Gupton's Gun Shop, corner of Rowland and Rockspring St., Henderson, 492-2311.

LOVELY 2 STORY completely renovated home in Norlina, 4 bedrooms, beautiful old woodwork, bedrooms newly carpeted, other floors hardwood, new wiring, plumbing and kitchen cabinets, painted Williamsburg beige and blue with rust shutters, call 456-2516 or 456-2828.

SHOP AND SEE THE large Christian bookstore department. Books, Bibles, choir robes in Hill's Music Shoppe, Henderson, N.

Aug. 11-tfc.

June 16-tfc.

FOR SALE - POST cards. Local and state scenes in full color. 10 cents each, six for 50 cents. The Warren Record Office, Warrenton.

Feb. 19-tfc.

BUILDING LOTS FOR sale, Vicksboro SR no. 1126, Farmers Home approved, Davis Construction Co., 257-4082. July 28-tfc.

DISCOUNT PRICES ON all band instruments -Hill's Music Shoppe, Henderson, N. C. July 21-tfc.

HEATER - FIRE place wood at last year's price. Big truck load (app. a cord) \$50.00. Delivered 257-3447.

Aug. 25, Sept., Oct., Nov., Dec.-p.

1 ACRE LOTS FOR sale near old County Home - 438-6230. Dec. 9-tfc.

CHESTS, SIX DRAWers, used, formica top. Warrenton Furniture Exchange, Inc. June 30-tfc.

CLOSE-OUT! WINchester shotgun M-1400, s-auto, regular \$319.95. Our cash prices \$209.99. M-1200 pumps, regular \$284.95, our cash price \$169.99. Rebates on Winchester shells. You save when you buy at Gupton's Gun Shop, corner or Rowland and Rockspring St., Henderson, 492-2311.

WARREN CAJLE TV, crystal clear reception on every channel. Ask for free installation. 492-

BALDWIN, KIMBALL, Hammond pianos and organs. Quality service after the sale. Hill's Music Shoppe, Henderson, N. C. Aug. 11-tfc.

TYPEWRITER RIBbons, paper and type cleaner. The Warren Record Office, Warrenton. Feb. 15-tfc

NEW PIANOS & ORgans by Baldwin, Kimball, Hammond - qualified service after the sale - rental plan for students enrolled with teacher. Hill's Music Shoppe, Henderson, N.C.

July 21-tfc.

PLASTIC CHAIR COVers custom fitted in your home with heavy clear plastic and zippers. Sofa and chair covered \$89.00. Ausby Slip Covers, Weldon, N. C. Phone 536-4793. June 28-tfc.

CHOIR ROBES, minister robes, brass memorial gifts, Bibles, religious books and gifts. Betty B's, 115 S. Garnett St., downtown, Henderson. 7-28-tfc.

FOR SALE BY OWNER -commercial building in good condition on large lot on No. 1 Hwy. across street from Currin's minute Mart in Norlina. Approx. size 40X50. Reasonable, good location for any type of business, 456-3195 nights or 257-1155 days.

CONSTRUCTION AND craft paper, decorative streamers, streamers, gift wrapping paper all available

at The Warren Record Office, Warrenton. Feb. 15-tfc.

Sept. 8-tfc.

64 ACRE WOODLAND on state road 1111 and Fishing Creek between Warrenton Ridgeway, \$595. an acre. Triangle Realty Corp., Louisburg, N. C. 496-5439. Aug. 18-tfc.

6.18 ACRES OF LAND located in the Liberia Community off Highways 58 and 43. Contact 257-3195, for further information. Sept. 27-tfc.

RESIDENTIAL LOTS for Sale, Green Duke Subdivison, Soul City, N. 27553. Paved C. subdivision with water and sewer available. Community swimming pool, tennis courts and Health Care facility nearby. Average lot size, 14,500 sq. ft. Price \$2,750/lot or two for \$5,000. For information contact: C. J. Worth & Assoc., Inc., P. O. Box 411, Soul City, N. C. 27553, (919) 456-3021 -

Aug. 25-tfc. P.A. SYSTEMS BY Peavy, Shure microphones at discount prices for churches and singing groups, guitars and amplifiers. Hill's Music Shoppe.

Weekdays, (919) 456-

4200 - Weekends and

nights.

July 21-tfc.

LEGAL NOTICES

EXECUTOR'S NOTICE In The General Court of **Superior Court Division** State of North Carolina

Warren County

Having qualified as Executor of the Estate of George W. Davis, Sr. of Warren County, North Carolina, this is to notify all persons having claims against the Estate of George W. Davis, Sr. to present them to the undersigned Executor on or before March 15, 1983, which date is six (6) months from date of the first publication of this notice or the same will be pleaded in bar of their recovery. All persons indebted to the estate are requested to make immediate payment to undersigned Executor.

This the 15th day of September, 1982.

GEORGE W. DAVIS, JR. **Executor of the Estate** of George W. Davis, Sr. Rt. 3, Box 63 Warrenton, N. C. 27589 CHARLES T.

JOHNSON, JR., Attorney P. O. Box 646 Warrenton, N. C. 27589 Sept. 15, 22, 29, Oct. 6-p.

NOTICE OF SALE OF REAL ESTATE In The General Court of Justice Superior Court Division Before the Clerk North Carolina Warren County JOSEPH L. JEFFERS, Petitioner

VIRGINIA HENERY. Widow; NANNIE GOODMAN and husband, RUFUS GOODMAN; JOHN JEFFERS and wife, KATE JEFFERS: JEREMIAH JEFFERS, Unmarried; DOROTHY GOODMAN and hus band, THOMAS GOOD-MAN; MILLIE MIT-CHELL. Unmarried; HENRY JEFFERS, Unmarried; FANNIE MAE SMITH and husband, MOE SMITH; and ROOSEVELT JEF-FERS, Unmarried,

Respondents

Under and by virtue of

an order of the Superior Court of Warren County, made in a civil action therein pending entitled Joseph L. Jeffers, Petitioner vs. Virginia Henery, widow, et al, and signed by His Honor, Richard E. Hunter, Jr., the undersigned who was by said order appointed Commissioner to sell the land described in the Petition, will on the 12th day of October, 1982 at 12 o'clock Noon at the Courthouse Door in Warrenton, North Carolina, offer for sale to the highest bidder for cash, but subject to confirmation by the Court, a certain tract or parcel of land lying and being in Smith Creek Township, Warren County, North Carolina and described as follows:

BEGINNING at a stake in the center of Old Tavern Road, the Southwest corner of Lot No. 1; thence along the center of said road, South 9 degrees 30' West 216.5 feet to a stake, being the Northwest corner of Lot No. 3; thence along the line of Lot No. 3, South 88 degrees 45' East 3823 feet to the center of Smith Creek; thence up said Smith Creek, North

28 degrees 30' East 239 feet to the Southeast corner for Lot No. 1; thence along the line of Lot No. 1, North 88 degrees 45' West 3909 feet to the point of beginning, containing 19.3 acres and being Lot No. 2 and a part of the Millie Russell Tract described in Book 136, Page 196, in the office of Register of Deeds of Warren County, North Carolina. See deed from John W. Russell and wife, et al to Joseph Jeffers et al dated December 20, 1972, recorded in Book 256, Page 662, Warren County Registry for

further reference. The successful bidder will be required to deposit five (5%) percent of his bid as evidence of good faith.

This 10th day of September, 1982.

THEAOSEUS T. CLAYTON, Commissioner THEAOSEUS T. CLAYTON, P.A., INC. 307 West Franklin St. Post Office Box 187 Warrenton, N. C. 27589 Tele. (919) 257-3195 Sept. 15, 22, 29, Oct. 6-c.

NOTICE The Warren County

Board of Commissioners will hold a public hearing at 8:00 p. m. on Wednesday, September 29, 1982 in the Warren County Courthouse. The purpose of this hearing is to consider changes in the Warren County Zoning Ordinance. All interested persons are encouraged to attend.

FLEMING REALTY

& CONSTRUCTION CO.

134 N. Main St. **WARRENTON, N. C. 27589** Phone 257-2079

If No Answer 257-2718

Member of the Kerr Lake

Multi-Listing Service Licensed Contractor MLS

JAMES T. FLEMING

Broker

NEW LISTINGS 13 acres on State Rd. 1112 approx. 1 mile from Ridgeway. Ideal for Mobile Home park or farm use. Has small tobacco allotment. \$16,500.

3 Bedroom House on State Rd. 1118, 2 miles from Warrenton. Nice kitchen, dining, carport, nartial basement on a beautiful landscape, 1.7 acre lot. \$30,900.

3 Bedroom Home in nice subdivision Warrenton, Has 2 full baths, fireplace, built-in stove. dishwasher. disposal, wood deck. Nice wooded lot. \$49,500.

1 Story House on Terrel St. in Norlina. 3 bedrooms, living, kitchen & dining, large garage. Priced to move at \$20,800.

2 Story Colonial Home on South Main St. in Warrenton. historical home has 5 bedrooms, formal living. formal dining, den, modern kitchen. Completely remodeled downstairs with carpeted floors and central heat. Priced to move at only \$48,500.

4 Bedroom Home in lovely subdivision near Warrenton. House is 2 years old, has great room with heat-a-lator fireplace, large kitchen, 2 full baths, laundry room and screened patio. 1,780 sq. ft. heated and cooled. \$69,500.

Nice 1 story home in a good residential area in Warrenton. This home has formal living room, formal dining, large family room, 2 full baths, new office or utility room, 3 bedrooms, pertial basement, 2 fireplaces. \$57,500.

Licensed Contractor: Modular home on a nice 2 acre lot. 3 bedrooms,

11/2 baths, great room, 2

closed in porches, ga-

rage. All fenced in.

Fireplace. \$33,000. Lake Gaston, waterfront, 4 bedrooms, 21/2 baths, built-ins, fireplace with insert in large family room, formal dining, large wood deck, pler, treated wood water front wall. This property is priced to move at

\$69,900. 121 Acre Farm on State Rd. 1300. Good road frontage and approx. 6,000 lbs. of tobacco allotment. Approx. 30 acres open land (good crop land). \$95,000.

40 acres with pond approx. 4 miles from Warrenton, Good land fenced in. Owner financing available. \$28,000.

Nice country home on 7 acre tract 2 miles from Macon. 1 story, 3 bedrooms, formal living room, family room, modern kitchen, 2 full baths, has new well, pond. Priced to move at \$30,000.

Commercial property 6000 sq. ft. one story building on Main St. in Warrenton. 50 ft. of Main St. frontage with good glass front, large show room, has office space, storage and 21/2 baths. ideal for most retail busi-

Commercial prop. In Norlina. Large lot with several bidgs., was Warren Feed Mills. Has feed mill equipment but could be used for other purposes. Reduced to \$22,500. Owner financ-

allot. on St. Rd. 1629. Price reduced.

Approx. 17 acres land

with 2380 lbs. tobacco

2 story home on nice lot across from Norlina Middle School, ideal for 1 family or as 3 rental apartments. Make An Offer.