

### Ways To Combat Nervousness Are Briefly Outlined

(Continued From Page 3)  
it as wholeheartedly as you would if you were able. Each person must learn to balance these items in his daily life; and well-planned days made a well-planned life.

8. Shun the puritanical conscience. Conscience is a good guide but a poor master. The puritanical conscience makes a moral issue of every trivial thought or deed. Its motive is self-defense against guilt or consciousness of moral error. Soul-harrowing analyses are expressions of worry about self. Truth and honesty need not be beaten with the stick of introspection. Conscience should be a gentle guide—a still small voice; not a Simon Legree.

9. Waste no energy in "getting up steam" each time you tackle a difficult job. This is a kind of preliminary flourish—like picking up a moral sledge hammer and heroically swinging it to rest" of ambition is a noble spur make an impression on "sidewalk superintendents" or yourself.

SLAB WOOD For Sale Short or long lengths WILLIAMSTON SUPPLY CO. Phone 2460

### GI Pay In United States Far Ahead of British

If you have heard any complaint from any young American who has just been drafted that his pay of \$75 per month is "lousy," just remind him that his British comrade-in-arms gets only \$16.30 a month, the Greek soldier, \$10.30 and so on down to the Turkish draftee, who is mustered into the army at 11 cents a month.

### Pork Prices Fail To Reflect Drop In Payments For Hogs

While hog prices have declined nearly fifteen percent since mid-summer, little of the drop has been passed along to consumers in the price of pork, according to the Agriculture Department. A further decline in hog prices was forecast between now and December, as seasonal marketings increase.

Almost 30 billion tons of coal have been produced in the U. S. since 1800.

This does not mean that a job should be tackled without preparation; but when something has to be done, waste no time in dramatics—just do it.

10. Do not kick against the pricks of life. The "divine unto better action, but the restlessness of discontent is a miserable state of misunderstanding.

To follow these rules absolutely is beyond human frailty, but to steer one's course by some such compass is possible and practical. —The NTA Reporter.

Phenol, aniline, picric acid, TNT, and hundreds of other compounds valuable as dyes, drugs, and chemical reagents are derivatives of coal.

Midwestern coal companies are converting many areas, from which the coal has been taken by surface mining, into fertile pastures and dairy farms.

Gases now wasted in coal mining—such as methane—may eventually be utilized in producing power, according to a British scientist.

Fourteen hundred million tons of coal and the equivalent of another 800 million tons, as oil and natural gas, are used by man every year.

Diesel engine manufacturers are helping to finance research work on development of a gas producer to gasify coal by complete combustion.

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Red Band Plain or Self-Rising **FLOUR** SAVE AT COLONIAL! 10-LB. BAG **99¢**

Miracle Whip SALAD Dressing PINT JAR **33¢**

Swift's JEWEL Shortening 4 LB. CARTON **99¢**

Wilson's LUNCHEON MEAT Mor 12 OZ. CAN **39¢**

Wilson's CORNED BEEF Hash 1 LB. CAN **35¢**

SWIFT'S JEWEL OIL Pt. Bot. **32¢**

GREEN GIANT PEAS 17-Oz. Can **19¢**

NIBLETS GOLDEN CORN 12-Oz. Can **17¢**

Amour's Star Butt or Shank End **HAMS** 14-16 LBS. AVG. WT. Lb. **53¢**

ARMOUR STAR WHOLE HAMS Lb. 55¢

CHEF'S PRIDE MILD OR HOT SAUSAGE 1-Lb. Cup **55¢**

YOUNG TENDER CUT UP FRYERS PAN READY Lb. **51¢**

ECONOMICAL SALT PORK FAT BACK Lb. **21¢**

Tender Pieces of Fryers TENDER WHITE MEAT BREASTS Lb. **95¢**

PLEASANT MEATY LEGS WITH THIGHS Lb. **83¢**

TENDER TASTY WINGS Lb. **39¢**

FOR SOUPS AND BROTHS BACKS Lb. **21¢**

CHEF'S PRIDE SALAD MACARONI Lb. **29¢**

Chef's Pride Bar-B-Cue Spare Ribs, lb **89¢**

FAT NEW PACK FILET OF SALT MACKEREL Lb. **45¢**

Amour's Star Breakfast **BACON** TRAY PACKED Lb. **65¢**

Ocean-Fresh Seafood Perch Fillets, lb. **35¢**

Dressed Whiting lb. **17¢**

Select Oysters, pint **85¢**

**NYLON HOSE** PER PAIR **99¢**

FIRST QUALITY FULL-FASHIONED 60 GAUGE 15 DENIER—SIZES 8 1/2 TO 11 IN THE LATEST FALL SHADES Guaranteed Perfect-Get Yours Today!

GROCERY AND MEAT PRICES IN THIS AD EFFECTIVE THRU NEXT WEDNESDAY NOVEMBER 7.

CROWN BRAND TASTY POTTED MEAT 5 1/2-Oz. Can **12¢**

REDGATE HEALTHFUL TOMATO JUICE 46-Oz. Can **26¢**

SCOTT SOFT ABSORBENT TOILET TISSUE Roll **12¢**

REDGATE ALASKAN PINK SALMON No. 1 Can **53¢**

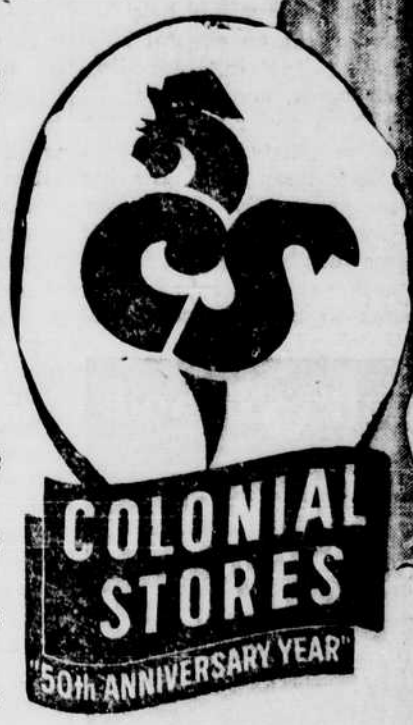
**Free BICYCLES** HEY KIDS... you can win one of these beautiful "Colonial Special" bicycles that are being given away absolutely FREE at your nearby friendly Colonial Store. Visit your Colonial store TODAY and get complete details on this exciting offer while it lasts! ATTENTION LADIES! You may win \$50.00 in free groceries at Colonial... get complete details today!

Wilson's CORNED BEEF Hash 1 LB. CAN **35¢**

Wilson's LUNCHEON MEAT Mor 12 OZ. CAN **39¢**

Wilson's CORNED BEEF Hash 1 LB. CAN **35¢**

Wilson's CORNED BEEF Hash 1 LB. CAN **35¢**



Bakery Treats Colonial's Fresh Baked **THRIFTY FRUIT BAR** 15-Oz. Size **39¢**

OUR PRIDE OLD FASHIONED BREAD 16-Oz. **15¢**

DELICIOUS JELLY FILLED CS BUNS Pkg **23¢**

OUR PRIDE WHOLE WHEAT BREAD 16-Oz. **17¢**

TASTY GLAZED DOUGHNUTS Doz. **39¢**

Effective Nov. 9th, your friendly Colonial Store in Williamston will remain open each Friday night until 8:30 and on Saturday nights until 7:00. Friday night is Family Night at Colonial.

WASHER CASE CUT-RITE Roll **24¢**

DOLE FRUIT COCKTAIL No. 1 **26¢**

SIOUX BEE PURE HONEY 8 Oz. Jar **18¢**

SOFT WEAVE TOILET TISSUE 2 Rolls **27¢**

PARSON'S HOUSEHOLD AMMONIA Qt. **29¢**

PLANTER'S COGNAC PEANUTS 8-Oz. **35¢**

CHEF'S HOT AR-DE SPAGHETTI Can **42¢**

CASHMERE BOUQUET SOAP Bath Size **13¢**

TOILET SOAP SWAN 2 Reg. Bars **17¢**

Just New Crop Florida **Grapefruit 3 For 17¢**

FANCY YORK IMPERIAL APPLES FOR COOKING 3 Lbs **25¢**

TOP QUALITY NEW CROP SWEET FANCY YAMS 5 Lbs **35¢**

FANCY ASSORTED VARIETY ROSE BUSHES SAVE AT COLONIAL Each **69¢**

Hard Head Green Cabbage, lb. **6¢**

U. S. NO. 1 YELLOW GLOBE ONIONS Lb. **7¢**

Due to Daily Market Changes, Produce Prices Good Thru Sat., Nov. 3

GOLD LABEL RICH FULL-BODDED COFFEE 1-Lb. **81¢**

LAUNDRY BLEACH CLOROX Qt. Bot. **17¢**

APPLE PIE RIDGE APPLE 2 1/2 17-Oz. **23¢**

REDGATE FLAVORTEL PORK & Beans 16 Oz. **10¢**

SOUTHERN MANOR LIQUID WAX Pt. **33¢**

CREAM WHITE SHORTENING 3-Lb. **89¢**

Big Star Colored MARGARINE, 1-2 lb patties 10¢

BALLARD'S ELBOW MACARONI 9¢

BALLARD'S LONG SPAGHETTI 7-Oz. **9¢**

HERSHEY'S CHOCOLATE SYRUP 10 Oz. **18¢**

SOAP POWDERS **OCTAGON** 2 Pkgs. **17¢**

HOUSEHOLD CLEANSER **AJAX** Can **12¢**

SOAP FLAKES **LUX** Large Pkg. **30¢**

RAIN-SOFT **RINSO** Large Pkg. **30¢**

HOUSEHOLD CLEANSER **SUNBRIT** Can **8¢**

STOPS "B. O." BEFORE IT STARTS **LIFEBOUY SOAP** 2 Reg. Bars **17¢** Bath Size **13¢**

GIVES SKIN QUICK NEW LOVELINESS **LUX TOILET SOAP** 2 Reg. Bars **17¢** Bath Size **13¢**

**Final Week... 50th ANNIVERSARY Celebration!** COLONIAL STORES Shop and Save!

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