

Food Aides Need Help To Solve Storage

By Minnie Simmons
Aide in Expanded Nutrition Program

The names Mrs. Dial, Pierce and Simmons may ring a food bell for many here in the county. We are often referred to as "cooking ladies." We are working under the direction of our Extension Home Economics Agent, Mrs. Ellen Willis and state agents as nutrition workers.

Nutrition is not a big word but one that all of us sort of sweep under the rug a good bit of the time. This happens in all classes and areas of people. Our

main objective is to help people of low-income understand and use this word. In doing so, we have helped them use many of the commodity items that in the past were "just not fit to eat."

But our work does not end in cooking and preparing a dish or menu. We would like to emphasize proper storage of foods. This is necessary to keep on hand foods needed for a well balanced diet.

We have used lard stands, large plastic and tin containers, some of which we covered with contact paper to

make them more attractive. But this is not sufficient in many cases. Some use worn out freezers or refrigerators to keep their food.

To help eliminate the storage problem, specialists from state colleges have designed a cabinet to meet the needs of low income families. This cabinet can be built with a minimum of expense.

On July 16, 1970, we as nutrition workers, attended a workshop in Sanford where we had the experience of making this cabinet. We were a bit awkward at first with the

hammer and nails but soon learned to use them and with the help of state specialist, Mrs. Greenlee, we produced a 13-inch base cabinet. The pieces were ready cut which made it easier. However, we did not feel one experience was enough to make us able teachers. Later we undertook making another cabinet. We were very fortunate to have the cooperation of Mr. Villines, Mr. Simpson, Mr. Williams, and Mr. Locklear of the High School Ag. Dept., who measured and cut our cabinets. They guided us patiently until

we finished. We made one 13 inch cabinet and two 26 inch cabinets for extra storage.

We feel cabinets of this type would greatly benefit our people as it has us. We are very pleased with our own and would like to share our knowledge with others. However, we need the help of experienced men in woodwork to help us carry out this project. If you are interested in giving your time and talent to this worthy cause please contact your county extension office. Other information is available.

Rockfish News

By MRS. A. A. McINNIS

The Bible Study Group of Tabernacle Church met Monday a.m. with Mrs. P.C. English. The Mission in Action group met Monday night with Mrs. Bill Davis.

The time of the evening worship service on the first and third Sundays has been changed from 7:30 p.m. to 7:00 p.m. at Parker Methodist Church.

The W.S.C.S. of Parker

Church met on Tuesday with Mrs. Will Hair and Mrs. Henry Sanders. The community extends sympathy to the parents, Mr. and Mrs. Marion Wood and to the grandparents, Mr. and Mrs. A.W. Wood in the death of their infant daughter and granddaughter, Melinda Jean Wood who passed away at Taylors, S.C. last Tuesday. Also we extend sympathy to her sister Sandra and other relatives.

Miss Alma Capps took Mrs. Nell McInnis, Mrs. Marshall Newton, Mrs. Floyd Monroe and Mrs. Hector Newton to High Point Sunday where they attended church services at Crestwood Presbyterian Church. The Rev. Dewey Herring, a former pastor of Galatia Church is pastor of that church and they enjoyed hearing him preach again. He seemed very glad to see them and took them to his house to see Mrs. Herring and their daughter Ann. He even risked asking them to stay for lunch which of course they would not think of doing. They had lunch at Holiday Inn somewhere along the way and came home well satisfied with their trip.

Mr. and Mrs. A.W. Wood, Mrs. Douglas Monroe and Wilton Wood attended funeral services for Melinda Jean Wood, infant daughter of Mr. and Mrs. Marion Wood of Taylors, S.C. last Wednesday.

Mr. and Mrs. Bill Lambert and daughter Jill of Fayetteville were dinner guests of M/Sgt. and Mrs. Aubrey Gaddis and sons Richard, Tom and Dan last Sunday. They were celebrating the birthday of Mrs. Gaddis and Jill Lambert.

Tom and Dan Gaddis were over night guests of the Lamberts on Halloween night.

Mr. and Mrs. E.T. Brock, Mr. and Mrs. James Culp and son Gary spent last Friday and Saturday at Carolina Beach.

M/Sgt. and Mrs. Johnny Allen and daughters Shirley, Sandra and Teresa of Charleston, S.C. visited her mother Mrs. R.H. Gibson the past weekend. Sgt. Allen and family were here because of the serious illness of his father Zeno Allen of Red Springs.

Mrs. Henry Fowler visited Mr. and Mrs. Zeno Allen of Red Springs and her sister Mrs. Johnny Allen Monday.

Last Thursday night Mr. and Mrs. W.B. McDiarmid of Raeford were guests of Mrs. Ethel D. Gibson Mr. and Mrs. Sammy Bennett and daughter Yvette of Wilmington visited Mrs. Gibson Saturday.

Joy Gibson spent Monday night with Mr. and Mrs. W.B. McDiarmid of Raeford and attended arts class at Sandhills College.

Sunday guests of Mrs. Ethel D. Gibson were Mrs. W.H. Schell and Mrs. Ruth McArthur of Lumberbridge.

Halloween was very quiet in Rockfish and the Trick or Treaters were all very nice.

Mrs. S.N. McColl's sisters, Mrs. Ola Kornegay, Mrs. Ruth Martin and Miss Flora McLaurin of Mt. Olive visited her last Monday.

Lee Terry, who had been with his grandmother Mrs. McColl and other relatives for a while, returned to his home at Fort Lauderdale, Fla. last Tuesday.

Mr. and Mrs. Glenn Miller and children Kimberly and Patrick of Charleston, S.C. spent the weekend with her parents, Mr. and Mrs. William Wright.

Terry Monroe of Fayetteville, who is a student at Pembroke, visited his grandparents, Mr. and Mrs. Will Monroe Sunday night.

Mrs. Hugh Overton and her daughter, Mrs. Jack Guy and son Mike went with Mrs. Overton's sister Mrs. Martha Brown to her home in Charlotte Monday after she had spent a week with Mr. and Mrs. Overton.

Mrs. A.A. McInnis and son Thomas visited relatives in Scotland County last weekend.

Mr. and Mrs. David Lancaster of Raleigh spent the weekend with her parents, Mr. and Mrs. Smith McInnis and her grandmother, Mrs. Jim Maxwell and her parents, Mr. and Mrs. W.L. Lancaster of Raeford.

Mrs. R.C. Sanders and children Teresa and Keith of Wilmington spent the week with Mr. and Mrs. Henry Sanders and children Donna and Albert and Mr. and Mrs. Will Hair. They were there on Sunday, Oct. 25 to help celebrate Albert's birthday.

Mr. and Mrs. Lester Simpson and son Lester, III of Jacksonville spent the past weekend with her parents, Mr. and Mrs. Joe Lovette.

Mrs. Ella Trawick who makes her home in Durham is spending a while with Mrs. Gladys Bostic. She spent last Friday with Mrs. Jim Maxwell of Rt. 2, Raeford.

Mrs. Max Ray, Mrs. Lawrence Pannell and Mrs. Jim Maxwell spent last Wednesday with Mr. and Mrs. Frank Smith of Pinehurst.

Sam Morris may have been making a little fun of my extended travels, just up to Richmond and back but at least he knocked a few years off my age so Thank You Mr. Morris.

Jane Parker America's Favorite

FRUIT CAKE

3	3.29
3	3.79
5	4.59

\$1.79

Prices in This Ad Effective Through Saturday, November 7th in Your Raeford A & P.

SHOP A&P FOR LOW PRICES ON SLICED

ALLGOOD BACON

"SUPER-RIGHT" SLICED BACON

1-Lb. Pkg. 63c 2 Lb. Pkg. \$1.25

BACON END SLICES 1-Lb. Pkg. 27c

SEASONING BACON 3 Lb. Pkg. 69c

ALLGOOD BACON 1-Lb. Pkg. **55c**

ALLGOOD BACON 2 Lb. Pkg. \$1.09

Enjoy The Guaranteed Taste of "Super-Right" Meats!

STEAK

"SUPER-RIGHT" HEAVY CORN-FED BEEF

SIRLOIN STEAK LB. **\$1.08**

PORTERHOUSE OR T-BONE LB. **\$1.12**

"SUPER-RIGHT" QUALITY HEAVY CORN-FED BEEF

Brisket Pot Roast Boneless Lb. 69c

Plate Stew Beef BONE IN Lb. 29c

Smoked Picnics Lb. 39c

Pork Spare Ribs Lb. 59c

Cooked Ham Halves Lb. \$1.19

Sultana Dinners 2 11-Oz. Pkgs. 69c

• BEEF • CHICKEN • TURKEY • MEAT LOAF OR SALISBURY STEAK



CHEF-BOY-AR-DEE

WITH GROUND MEAT Spaghetti Sauce 15-Oz. Can 33c

BEEFARONI 15-Oz. Can 33c

PIZZAS

WITH CHEESE WITH SAUSAGE WITH PEPPERONI WITH Cheeseburger TWO CHEESE PIZZA

15 1/2-Oz. Pkg. 53c

14 1/2-Oz. Pkg. 69c

14 1/2-Oz. Pkg. 73c

14 1/2-Oz. Pkg. 69c

28 1/2-Oz. Pkg. 89c

SHRIMP FIESTA

CAP'N JOHN'S FROZEN

Breaded Shrimp 10-Oz. Pkg. 79c

Shrimp Cocktail 3 4-Oz. Jars 89c

Raw Shrimp Lb. 79c 5-Lb. Box \$3.00

CAP'N JOHN'S FROZEN

Fried Shrimp 4-Oz. Pkg. 59c

Shrimp Creole 8-Oz. Pkg. 39c

COOKED SHRIMP

ELDORADO PEELED AND COOKED SHRIMP 10-Oz. Pkg. 79c

Dependable Grocery Values!

ASSORTED VARIETIES Charm Cake Mixes 7-Oz. Pkg. 10c

ASSORTED VARIETIES Charm Cake Icing 5-Oz. Pkg. 10c

SUPERFINE BRAND Shoopeg Corn 2 1-Lb. Cans 39c

SUNSHINE BRAND Prune Juice Quart Bottle 49c

CHOOSE FROM PEACH, APPLE, CHERRY OR COCONUT CUSTARD — FROZEN

MORTON FRUIT PIES 3 20-Oz. Pkgs. \$1.00

ALL FLAVORS Marvel Ice Milk 1/2-Gal. Can 39c

"OUR FINEST QUALITY" CONCENTRATED, FROZEN

A&P GRAPE JUICE 12-Oz. Can 35c 3 6-Oz. Cans 59c

CLOROX LIQUID BLEACH 1/2-Gallon Bottle 33c

ANN PAGE CREAMY Peanut Butter 28-Oz. Jar 79c

ANN PAGE CONDENSED Turkey Noodle Soup 7 10 1/2-Oz. Cans \$1.00

ANN PAGE SPECIAL OFFER FOR PANCAKES AND WAFFLES Syrup Qt. Bot. 59c

ANN PAGE THIRTY Preserves 2 Lb. Jar 55c

ANN PAGE SMALL—Stuffed Olives In 7-Oz. Hour Glass 65c

Cool Values! A&P's Fresh Produce!

RIPE RED YORK APPLES 6 Lb. Bag. 69c

U.S. #1 ALL PURPOSE WHITE POTATOES 15 Lb. Bag 79c

JUICY FLORIDA ORANGES 5 Lb. Bag 39c • CARROTS

SALTED ROASTED PEANUTS 12-Oz. Pkg. 39c 2 Lb. Bag 19c

JUICY FLORIDA GRAPEFRUITS 5 Lb. Bag 49c

JUICY TANGELOES 2 Lb. 25c

THIS COUPON WORTH 40c ON 10-OZ. INSTANT Maxwell House Coffee

Without coupon you pay \$1.89

Limit 1 per Family

GOOD AT A&P THRU NOV. 14—GENERAL FOODS COUPON

P&G Health & Beauty Aids

Heads & Shoulders Shampoo 99c

Crest Toothpaste 79c

Secret Spray Deodorant 79c

Marvel Anti-Freeze Gal. Can \$1.49

Vacuum Packed A&P PERCOLATOR OR DRIP COFFEE

2-LB. CAN \$1.79

Bakery Buys!

JANE PARKER LARGE Cake Donuts 19c Pkg. 45c

JANE PARKER SWEET Potato Pie 22c Pkg. 49c

JANE PARKER—FRESHLY BAKED REGULAR OR SANDWICH BREAD 3 1 1/2-Lb. Loaves 79c

JANE PARKER SPANISH BAR CAKE 19-Oz. Pkg. 35c

\$2.00 REFUND OFFER BY SCOTT

Scotties 29c

A&P Aspirin 19c

Scott Bathroom Tissue 2 29c