

School Menu

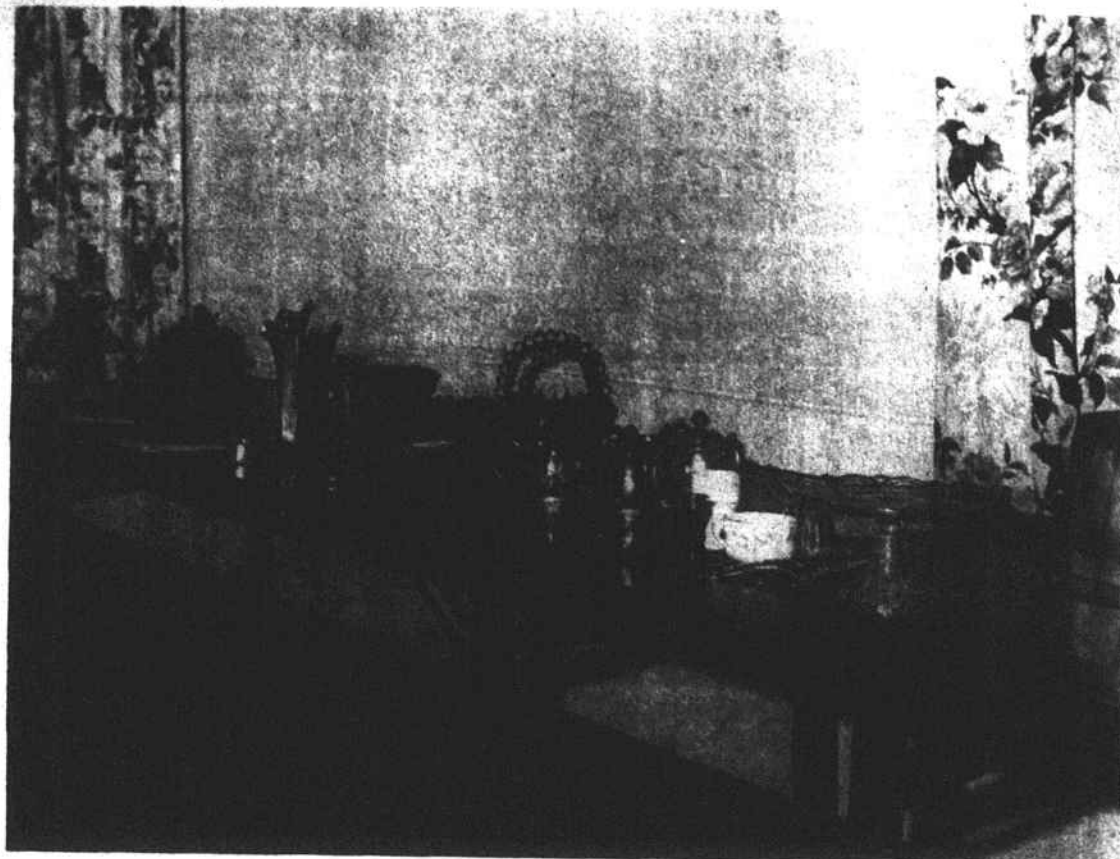
FRIDAY, Jan. 6
Vegetable Beef Soup - A&C
Crackers
Peanut Butter & Jelly Sandwich
Colden Spice Cake-A&C
Milk

MONDAY, Jan. 11
Baked Beans W/Franks
or Chili Con Carne
Cole Slaw - C
Rolls
Apple Crisp
Milk

TUESDAY, Jan. 12
Tuna Salad
Buttered Corn
Carrot Stick - A
Rolls
Yellow Cake W/Lemon Icing
Milk

WEDNESDAY, Jan. 13
Sausage
Grits
Sweet Potato Souffle-A&C
Applesauce
Angel Biscuits
Milk

THURSDAY, Jan. 14
Turkey and Dressing
June Peas
Rolls
Fruit Cup or Orange
Milk



HOUSEHOLD ANTIQUES - Senior citizens brought household articles from the past to exhibit at their meeting this week. Shown are some of the objects, including a tin type picture, a waffle iron and a silver service, all over a hundred years old.

New Tomatoes To Help Farmers And Gardeners

Thousands of Tar Heel Farmers and home gardeners are expected to have a solution to one of their biggest problems by 1973.

They should be able to buy seed of two tomato varieties with resistance to the destructive Southern Bacterial Wilt. The varieties, Venus and Saturn, have been developed by scientists at North Carolina State University.

Tar Heel tomato growers, especially those in the Coastal Plain and Piedmont, are often faced with two wilt problems: fusarium wilt and bacterial wilt.

Tomato varieties have been developed in the past with resistance to fusarium wilt. Venus and Saturn are the world's first tomatoes with resistance to bacterial wilt.

Seed of the two varieties will be increased during 1971 and 1972 and a reasonable supply should be ready for planting in 1973.

Venus and Saturn were released by NCSU in December after 11 years of work by Dr. W.R. Henderson, associate professor of horticultural science, and five years of work by Dr. S.F. Jenkins Jr., associate professor of plant pathology. The original work on the new varieties was started 30 years ago, however, by the late Professor Robert Schmidt.

The new varieties are creating interest around the world, according to Dr. Henderson Bacterial wilt is a major problem of tomato growers in all tropical, semi-tropical and warm temperature regions.

Farmers in Western North Carolina usually escape the disease. However, bacterial canker is a problem in that area and Venus and Saturn have shown some resistance to this disease also.

Venus and Saturn were developed for the fresh market, and they have performed well in both trellis and ground trials.

Dr. Henderson said the new varieties "have good horticultural characteristics" as well as resistance to wilt. They produce attractive, red fruits,

averaging about one - third pound each.

Fruit shape is the main difference between the two varieties. Venus resembles Floradel in shape, while Saturn is a deeper-fruited type.

Both varieties have moderate resistance to radial cracking. They are mid-season to late in maturity and have good foliage cover. Plants will keep growing until frost (indeterminate) and carry immunity to Fusarium Wilt.

All seed of the two varieties have been turned over to the N.C. Foundation Seed Producers, Inc. No seed are available from NCSU.

Sr. Citizens Show Antiques

Things of by-gone days were exhibited Tuesday by members of the Raeford Senior Citizens Club.

Members brought household articles that were in use many years ago. One of the oldest exhibits was a book of English works dated 1741. A brass bell used at a tavern on the old road in 1850 - 60 was also shown.

One member brought an announcement of a funeral in Kentucky in 1858. A powder horn used in the Civil War was also shown.

Other objects exhibited included a Moravian pound cake pan, a candle mold, a century-old rolling pin; a 150-year-old waffle iron, a 100-year-old silver service, a 150-year-old silver bucket, a blue-backed speller, a 75 year-old cake stand, old pictures, demitasse cups, vases and other household objects.

'Pill' Not The Only Birth Control Method

Dear Mrs. Riggsbee:
My doctor told me I couldn't take birth control pills because of migraine headaches. He said I should use the birth control method of cream or foam. Is this method known or guaranteed to keep me from getting pregnant?
I want to wait a few years before having a baby. Also, I would like to have your free booklet on birth control methods.

Mrs. R.

Dear Mrs. R.:
I am sending you a copy of the booklet called "The Right Way to Birth Control." In answer to your question about foam, no method of birth control is guaranteed 100% protection against pregnancy. As you probably know, the pill is the most effective method of birth control -- about 99% safe.

Since you cannot take the pill, you might want to consider having an IUD, such as the loop or the shield, inserted into your womb. The IUD is the next best method of birth control, since it is about 97% effective. Birth control foam or creams, when used alone, are about 70 to 80% safe. So you can see that the IUD offers you more protection against pregnancy.

If you do not wish to have an IUD, then I suggest you do one of two things - either go to the doctor and have yourself fitted for a diaphragm (a rubber cap which is placed over the opening to the womb before having intercourse) and use the diaphragm with a birth control cream or jelly each time you have sex. Or use foam or cream and ask your husband to use a condom.

When you combine the use of birth control cream, either with using a diaphragm or having your husband use a condom, you have better protection than you would if you used just the cream alone. But please remember -- these methods protect you from pregnancy only if used EVERY TIME you have sexual relations.

Dear Mrs. Riggsbee:
My husband and I have two

PREGNANCY PLANNING AND HEALTH

by
Mrs. Gloria Riggsbee

children, and we don't want any more. We don't like any of the birth control methods and would like to know more about the rhythm method. Is it dependable and do you have to go through all the temperature taking for it?

Dear Mrs. Riggsbee:
I enjoy reading your column and I have found out a lot about different methods of birth control. But what I want to know is, where do I go to get some of these methods?

Mrs. S.O.

Dear Mrs. S.O.:
The rhythm method -- not having intercourse during the wife's fertile method -- is NOT a very reliable method of birth control. Although there are only a few days each month when a woman can become pregnant, it is almost impossible for most women to know exactly when those few days are. Consequently, some couples have to refrain from sex for as long as two weeks of each month in order to be reasonably sure pregnancy will not result.

If you are really serious about this method, you must use the temperature chart and check with your doctor to let him help you work out your schedule. Before you decide on this method, however, let me point out that statistics show that the rhythm method, even when used very carefully, offers only about 75% protection against pregnancy.

A more reasonable method of birth control for you, since you don't want to have any more children, is sterilization for either you or your husband. The operation for the man (called a vasectomy) can be done in less than half an hour in the doctor's office. Sterilization for the woman (called tubal ligation) usually requires 2-3 days in the hospital. After sterilization, you and your husband can enjoy sex as usual, without worrying about pregnancy and

without using ANY method of birth control.

Dear Mrs. G.:
The pill, the IUD, and the diaphragm must be obtained from a doctor. If you do not have a family doctor, you could check with your local county health department. Many county health departments in North Carolina offer family planning services, either through family planning clinics held on certain days each month, or through their regular Gyn. clinics. You can call the health department in your county to find out if these services are available to you.

Other methods of birth control, such as jellies, foam or cream which are to be used each time you have sex, may be obtained from just about any drugstore. Condoms (rubbers) for the man may also be obtained in drugstores.

While the "drugstore" methods do not offer quite as much protection as the "doctor" methods of birth control, many people have been very successful in planning the size of their families with the CAREFUL use of such methods.

Address letters or requests for a free booklet on birth control methods to: Mrs. Gloria Riggsbee, 214 Cameron Ave., Chapel Hill, N.C. 27514.

Stonewall Report

By Mrs. Harold Chason

The WMU of Ephesus Baptist met at the home of Mrs. Jake Gurley Monday night. Mrs. Marty Jackson gave the program on the Cherokee Indians. Ten members were present.

Mrs. Robert Orem and children Mike, Steve and Teresa spent the holidays visiting relatives in Knoxville, Tennessee.

Mrs. T.C. Jones, Mrs. J.D. Matlock and Mrs. Mary Adams visited Mrs. Lilly McDougald and Mrs. Ella Traywick Sunday.

Mr. and Mrs. Marshall Smith of Fairmont, Ricky and Rodney Collins, Mr. and Mrs. Robert Jones and children and Mr. and Mrs. William Harris and family were holiday guests of Mr. and Mrs. W.L. Smith.

Mr. and Mrs. Leslie Dees of Fayetteville visited Mrs. Lilly McDougald and Mrs. Jessie Livingston.

Mrs. Ella Traywick left Tuesday to return to the Methodist Home in Durham.

Mrs. M.C. Boyles spent from Wednesday until Sunday with Mrs. Norma Jean Andrews and children Donna, Gary and Lynne in Goldsboro.

Mrs. Hazel Black and Mrs. Luther Jones visited Mr. and Mrs. Dewey Barbor and Mrs. Macie Bunnell in Parkton Friday.

Tim Sessoms celebrated his sixteenth birthday with a dinner with his family Sunday.

Mrs. Wilbur Harris and Mrs. Arthur Harris visited Mr. and Mrs. J.W. Sanderson in Rose Hill Friday.

Mr. and Mrs. Gene Burns and family of Dallas, Texas spent the Christmas holidays with the Rev. and Mrs. Berry O. Barbour.

Johnny Harris, son of Mr. and Mrs. William Harris returned home Tuesday from Cape Fear Valley hospital.

Teresa McKenzie attended a birthday party for Jean and John Canady at the Scout Hut in Parkton New Year's Eve night.

The UMYF of Sandy Grove United Methodist Church met at the Hut Sunday night with Mrs. Clellan McKenzie and Mrs. Annus Grant, counselors. Mrs. McKenzie and Mrs. Grant gave the program on "What About Church Action."

Donald, Glenda and Teresa McKenzie attended a New Year's Eve party at the home

of Mr. and Mrs. Ashley Tomlin.

Mrs. Maggie Averette and Mrs. Ruth McArthur visited Mr. and Mrs. L.M. Chason and Tom Chason Friday.

Mr. and Mrs. Edwin P. Gibson of Laurel Hill visited Mr. and Mrs. Bill Jones Sunday.

Mrs. Dora Chason, Mrs. Algon Britt and daughter Donna and Mrs. Bill Crowley spent Saturday in Raleigh.

Mrs. John Henry McNeill visited Mr. and Mrs. J.A. Jones Sunday.

Mrs. Luther Jones, Mr. and Mrs. Bob McCam and Sheila Black visited Luther Jones at McKeller Nursing Home Sunday.

Mr. and Mrs. Ernest Davis were Sunday night guests of Mr. and Mrs. Frank McGregor.

Mrs. Grace McIntyre of Lumberton spent New Year's with Mr. and Mrs. Jim Maxwell.

Len Shook spent Wednesday night with Sally Lynne Maxwell.

Mr. and Mrs. Fred Russell and Mrs. John Covington of Lumber Bridge were Saturday night dinner guests of Mr. and Mrs. Jim Maxwell.

Tom Hutchison returned home Monday from the Veteran's Hospital in Fayetteville.

Mrs. Grady Hardin and son Grady Jr. of Rockfish, Mrs. Martin Scarborough Jr. of Raeford and Mrs. W.E. Miller of Pinhurst were Sunday guests of Mr. and Mrs. Odell Miller and family.

Mr. and Mrs. Harold J. Chason visited Mrs. Nannie Mae Ritter at Cape Fear Valley hospital.

Beware of Fake IRS Employees

Greensboro - Taxpayers should watch for unscrupulous individuals posing as IRS employees to extort money on the pretense of satisfying unpaid taxes, J. E. Wall, District Director of Internal Revenue for North Carolina, cautioned today.

Wall said all bona fide employees of the Internal Revenue Service who contact the public carry distinctive identification. Ask to see these credentials if the person who claims to be an IRS employee approaches you and does not identify himself.

Weekly Health Tip

From Mike Wood, R. Ph.

Keep medicines tightly stoppered and in a cool, dark place. Evaporation may make solutions too strong and thus harmful -- air and light may destroy potency. Discard any medicines that have changed color or consistency, or become cloudy. Periodically discard old medicines as useless and to remove them as temptations for children.

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Distaff DEEDS

By JANICE R. CHRISTENSEN

Happiness is watching a group of low-income youth make Christmas cookies for the first time.

According to Martha Thomas, Wayne County home economics agent, "five girls attending an Expanded Nutrition Program workshop were given some cookie dough and a soft drink bottle to use as a rolling pin."

The girls were reluctant to try and roll the dough. They were afraid they would make a mistake.

There were many sighs as they made errors, but there were also exclamations of joy and excitement over their successes.

"The girls were so proud of their finished cookies they couldn't wait to take some home to mother," the agent adds.

You can salvage last year's winter coat, even if your daughter has outgrown the garment.

Mrs. Evelyn Pope, Benson, used her imagination and fake fur to create a usable coat out of her daughter's outgrown garment.

The Johnston County homemaker added fur to the bottom of the coat to make it longer. Mrs. Patricia Brown, home economics Extension agent, observes. She also trimmed the collar and cuffs with matching fake fur.

If your group is looking for a project that will give them a chance to do "handwork," and help others, this suggestion from members of the Drum Straight Extension Homemakers Club, Burke County, may prove helpful. Make a quilt.

Each club member donated a nine-inch quilt square to the project. Then the women met a few more times in workshops to complete the design.

Club members donated the quilt to a needy family, Mrs. Jane C. Arndt, home economics Extension agent, adds.

If you have gotten lint on dark-colored bath towels, put the towels individually through two water rinses.

Add vinegar, a tablespoon to a gallon of water, for the third rinse.

When dry, towels will be fluffy and lint free, and there will be no vinegar odor.

Dorothy Mobley, assistant home economics Extension agent, Richmond County, notes.

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