#### THE NEWS - JOURNAL PAGE 4 RAEFORD, NORTH CAROLINA THURSDAY, JANUARY 2, 1975

## **Anniversary** Observed

The ILOB

STEER

ENJOY SUPERB CUÍSINE IN A RELAXED

CANDLELIGHT AND GRACIOUS SERVICE

Dinner every evening 5:30 to 11 PM

Reservations 692-3503

U.S. No. 1 Bypass

(Across From Sheraton Motor Inn)

SOUTHERN PINES

"Where Gourmets Gather"

ATMOSPHERE OF SOFT MUSIC.

Parker United Methodist Church, Rt. 1, Raeford, celebrated its 25th anniversary Dec. 29.

The first worship service in the present structure was held Dec. 18, 1949, under the leadership of the Rev. P.O. Lee.

The annivesary service was conducted by the present pastor, the Rev. Gordon W. Ruggles. Present for the day's festivities were the Rev. James H. Miller, Jr., superintendent of the Fayetteville district; the Revs. P.O. Lee of Raeford and E.C. Crawford of Durham, both retired; and several

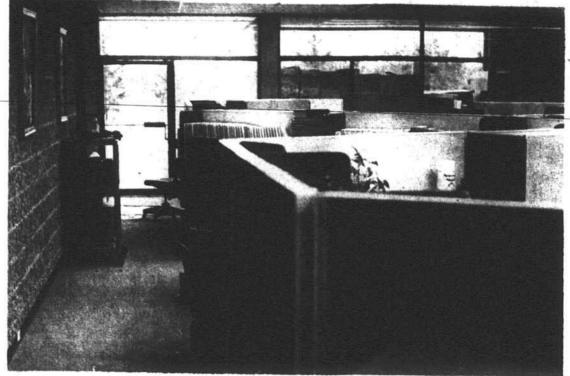
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members of the community who participated in the construction of the church.

Mrs. Alma Parker Lovette, a member of the church and a descendant of the founders of the previous churchbuilding, told about the origin of the Parker Church.

The Rev. Mr. Crawford related some of his experiences as a minister in the previous Parker Church.

The Rev. Mr. Lee told of the need for a new building and of the planning and construction of the present building. At the conclusion of the service dinner was served in the basement of the church.



OPEN FOR BUSINESS - The new Board of Education building on Wooley Street is now occupied. Employees made the move Dec. 16 and are now getting settled in their new home with the colorful motif.

# From The Home Agent's Desk

by Ellen Willis & Brenda Canady

Wednesday, January 8, 2 p.m. Ashemont Extension Homemakers Homemakers meeting

potatoes?

or younger.

seven amino acids.

New Year's Day?

right now

some of them -

Potato Power

When you think of foods with high

vitamin C content, you probably think

first of orange juice. But how about

one - third the vitamin C recommended for adults - and about half the amount

recommended for children 10 years old

good sources of iron, thianine, niacin and riboflavin. And they also contain magnesium, potassium, phosphorus, calcium, copper and at least twenty -

The potato is literally a mineral storehouse - one of the most natural, nutritious foods you can eat.

And they aren't fattening. When baked or boiled - they have fewer calories than the same amounts of

avocados, lima beans, bran flakes,

potato was the most efficient crop they could grow. It provided more food energy and nutrients on less acreage

than any other crop. So take a tip from the Irish - serve potatoes often.

Blackeye Peas Is it fact or fiction that good luck will follow you every day of the year if you

eat blackeye peas and corn bread on

For some people - eating blackeye peas becomes a New Year's Day occasion for an at - home party. In that

case, blackeye peas can be served right along with the other buffet foods. Or

For whatever reason - December is a

good time to put in a supply of dry beans and dry peas. And here's more

good news - they are in plentiful supply

There are many good things you can say about dry beans and peas. Here are

Easy storage. They come in small packages and demand no retrigeration.

They need only to be kept tightly covered and in a cool place.

Long shelf life. When properly stored they are available for emergency meals

or regular menu planning. Dry beans and peas aren't a seasonal

And they offer good food value. They are an excellent source of protein

food. They're good all year round.

and other essential nutrients.

they can be the main dish of a meal.

The Irish found out long ago that the

prunes, rice or sweet potatoes.

And that's not all. Potatoes are also

A single baked potato supplies about

meeting at the community building

meeting

Hint: Use glycerin instead of oil to lubricate your beater or grinder and you will have no unpleasant taste in your food.

Schedule

Monday, January 6, 8:30 a.m. Staff conference

Monday, January 6, 10:30 a.m. Report to county commissioners Wednesday, January 8, 10 a.m.

Wayside Extension Homemakers

Wednesday, January 8, 2 p.m. SADA meeting in Carthage Thursday, January 9, 9:30 a.m. Extension Homemakers County Council meeting

Thursday, January 9, 2:30 p.m. Allendale - Antioch Extension



# Personals

Mr. and Mrs. Steve Thompson of Clarksville, Va., visited Mr. and Mrs. Charles Hostetler during the holidays. The Thompsons are former Raeford residents.

Mrs. Lawrence Maddry and son Larry of Norfolk, Va., spent the holidays with her parents, Mr. and Mrs. J.L. McNeill. Here for Christmas Day with their son and family. Mr. and Mrs. Lawrence McNeill Jr. and children of Southern Pines, and their daughter and family, Mr. and Mrs. Dougald Clark and son of Fayetteville.

Mr. and Mrs. George Wilson of Raleigh spent the holiday week with her parents, Mr. and Mrs. Robert Gatlin.

Mrs. Jay Woodard and daughter Betsy spent Christmas with Mr. and Mrs. Wayne Harmon and son John in Atlanta, Ga.

Mr. and Mrs. Lee Roy Bowling and children of Charlotte spent Christmas with Mr. and Mrs. Sam Hiser.

Mr. and Mrs. John Goller and sons returned to their home in Greensboro Friday after a holiday visit with her parents, Mr. and Mrs. Younger Snead.

Mrs. Ruby Tomlin and Miss Pattie Sue Tomlin were special guests at a Christmas luncheon last Friday at Civilian Finance Office at Ft. Bragg. Mrs. Tomlin, an employee of the section, is on extended sick leave.

Mr. and Mrs. Carlton Niven, Carlton Jr. and Caroline, spent Wednesday until Friday in Roxboro with her mother, Mrs. Frank Hedrick.

Alvin H. Peckham and Mrs. Peter Clarke of Jamestown spent from Friday until Monday with Mr. and Mrs. David Scull and family. They were Sunday guests of Mr. and Mrs. M.V. Peele.

Mrs. Roy Conoly spent the Christmas holiday with her daughter and husband. Mr. and Mrs. Michael Hinnant in Goldsboro. Mr. and Mrs. Hinnant visited Mrs. Conoly Sunday. along with Mr. and Mrs. Dor. Conoly and family of Raleigh. Mr. and Mrs. Roy Conoly and family of Aberdeen and Mr. and Mrs. Charles Dean and family of Winston-Salem.

#### Club Calendar

An open meeting of the Raeford Woman's Club will be held Tuesday, Jan. 7, 8 p.m., at the Hoke Civic Center. Members are asked to bring their entries for the Fine Arts Festival between 9 and 12 that morning.

### Sr. Citizens Set Meeting

The Raeford Senior Citizens Friendship Club will meet Tuesday, Jan. 7 at 2:30 P.M. at the United Methodist Church in Raeford.

Mrs. Billy Cameron of the Hoke County school system will have charge of the program.

The first session of the arts and crafts class to be held Jan. 9 at the church is already filled, according to Josephine Hall, sentor citizens' co-ordinator. Interested persons may place their names on a waiting list.

#### STOP!!

Tired of lay offs, short time no future! Well known insurance company needs one good man looking for a career. Full training offered to right person who needs to earn \$10,000 per year. Excellent fringe benefits.

Call or Write Jim Morris, Manager

Southern Life Insurance Co

And dry beans and peas combine well. Used in chili or bean or pea soup with bacon - they form a powerful protein team. So for good eating all year long, serve dry beans and peas often.

P.O. Box 89 Laurinburg, N.C. 28352 Phone 1-276-7229



Our engagement gift to you! This lovely ruby and crystal wedding bowl...perfect as a beautiful centerpiece or a treasured momento. So come in and get yours...it's gift wrapped and waiting for you! NO PURCHASE NECESSARY!

Also ask about our Special Under 21 CREDIT PLAN for married or engaged couples . . .No Co-Signers Needed!

