

Social Events

Bridge

Mrs. Wilburn

Club members and two visitors, Mrs. Charles Morrison and Mrs. David Scott Currie, met with Mrs. Carroll Wilburn on Thursday night. She served dessert and coffee when guests arrived and nuts and Cokes during progressions.

Prizes went to Mrs. Morrison for high score, to Mrs. Joe Upchurch for bingo, and to Mrs. Earl Gordon for consolation. Club member Mrs. Bennie Kelly, who recently retired from her job at Burlington Industries, was presented a gift by the hostess.

Mrs. Davis

Thursday night, Mrs. Carson Davis Jr. entertained members of her bridge club and one visitor, Mrs. Bobby Wright.

Before the game the hostess served cheese fondue with fruit, Moravian cookies, nut bread and coffee. During the evening guests were served candy, pretzels and soft drinks.

Mrs. Sam Copper won the high score prize, Mrs. John Pecora was winner of the bingo prize, and Mrs. Martin Webb received the consolation gift. Mrs. Davis gave each winner a note promising to bring a gift from Mexico.

Mrs. James

Mrs. Jimmy James was hostess to her bridge club last Thursday evening. Guests were served dessert and coffee upon arrival. Cokes, nuts and candies were served during progression.

Prize for high score went to Mrs. Steeva Snead, second high to Mrs. Bobby Kilby and Mrs. John Biddix won bingo.

Engagement Announced



Mr. and Mrs. David Alfred Quick announce the engagement of their daughter, Jeannie Lynn, to John Stephen Davis, son of Mr. and Mrs. John C. Davis of Buie. The wedding will take place on March 15, at the First Baptist Church.

Personals

Mr. and Mrs. Sammy Prince of Tappahannock, Va., spent the weekend with their parents, Mr. and Mrs. Gene Angstadt and Mr. and Mrs. Paul Burnett.

Mr. and Mrs. Eli Shankle spent last weekend visiting their daughter and family, Mr. and Mrs. Andy Forloines and daughter Amy in Clarksville, Va., and their son and family, Mr. and Mrs. Bill Shankle and son Chris in Raleigh.

Mr. and Mrs. R.E. Neeley have returned from a trip to Florida.

Mr. and Mrs. Mike Prince of Columbia, S.C., were here for the weekend with their parents, Mr. and Mrs. Gene Angstadt and Mr. and Mrs. Tommy Macko.

Dr. and Mrs. Marcus Smith and their granddaughter, Mary Emily Ussery, have been vacationing in Florida.

Weekend guests of Mr. and Mrs. Larry Phillips were Mr. and Mrs. Bruce Phillips, Mr. and Mrs. Bob McGilivray and Mr. and Mrs. Dannie Inglehart of Raleigh.

Sewing Contest Scheduled

The sewing contest sponsored by the Raeford Woman's Club and Junior Woman's Club will be held Feb. 4 at 7:00 p.m. in the fellowship hall of the Methodist Church.

The theme of the contest is "Pretty and Practical Costumes for the Busy Clubwoman". Entrants may choose any fabric or material, but they may not add anything to the pattern. Garments may be changed only by removing articles.

The contest is open to all members of the RWC or RJWC. Chairman is Mrs. Steven Thomas, who may be reached at 875-4820.

Mrs. Thomas requested all entries be received by Jan. 28.

Stork Shower For Mrs. Williams

Mrs. Bobby Williams was honored with a stork shower Thursday evening at the home of Mrs. Jack Scarborough. Other hostesses were Mrs. Dale Riddle, Mrs. Larry Calloway, Mrs. Charlie Daniels and Mrs. Gary Adkins.

Hostess gifts for Mrs. Williams were a corsage and a stroller.

A pink and blue color note was used on the refreshment table where punch, cake squares, mints and nuts were served.

Out of town guests were Mrs. Leslie Kellam and Misses Marie and Sherri Lyn Kellam, all of Biscoe.

Hospital News

MOORE MEMORIAL
James B. Bowles
John Manning
Mrs. Raymond Ellis, surgery Monday
Clyde Teal
Mrs. Jasper Davis
Mrs. Truman Austin, home

McCAIN
Miss Delia Blue

BAPTIST
Bill McFadyen

FOR SOCIALS CALL
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Births

Mr. and Mrs. Brent Hardin announce the birth of a son, Michael Brent II, January 16, at Cape Fear Valley Hospital. Mrs. Hardin is the former Ann Jackson.

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- M-F Special Steak \$3.75
- Prime Ribs of Colorado Beef \$5.50
- Charbroiled Steak with Lobster \$7.95
- Tail \$7.95

All with Mashed or Baked Potato and Salad Bar

Many other Entrees to choose from
8:30 - 10:00 p. m.

Friday and Saturday Night Boss
John Lookabauch
to sing and play

From The Home Agent's Desk

by Ellen Willis & Brenda Canady

HINT: Sprinkle a liberal amount of baking soda or salt to extinguish a grease fire on the stove.

SCHEDULE:
Thursday, January 23 Raeford Extension Homemakers meeting.

Thursday, January 23, 5 p.m. North Raeford Extension Homemakers meeting.

Monday, January 27, 8:30 a.m. Staff conference.

Monday, January 27, 7:30 p.m. Mildouson Extension Homemakers meeting at the home of Mrs. M.L. Jones, Mrs. James Jones co-hostess.

January 29-30 Jewelry Workshop. IT'S NOT ONLY WHAT YOU EAT, BUT IT'S THE WAY THAT YOU EAT IT.

For many Americans, growing older often means putting on extra pounds. Little by little, often almost unnoticed, there is a steady gain each year - until one day, the realization dawns that they may be 10, 20, 30, or more pounds overweight.

For most middle-aged victims of so-called "creeping obesity" this excess poundage is often the result of lessened physical activity combined with overeating of high-calorie foods, according to doctors.

There are two obvious solutions in getting rid of pounds: to eat less, or course, and to be more active and burn up those calories through exercise. Yet another one, is to establish new eating habits and patterns, sometimes referred to by doctors as behavior modification.

Here are some fat-fighting strategies which illustrate the "It's not only what you eat, but it's the way you eat it" philosophy, as reported by the Health Insurance Institute.

Take smaller bites, chew very slowly, wait between bites and courses. Encourage mealtime conversation in between courses, to take your mind off food.

Choose raw fruits and vegetables that require lengthy chewing. This will result in a slower consumption rate and healthier digestion.

Have a small non-calorie snack about a half-hour or so before a regular meal. This will dull your appetite and will give you more control when eating your regular meal at home or in a restaurant.

Another good time for that non-calorie snack is before you go food shopping. Remember, if you don't bring those cookies into the house, they won't be there to tempt you.

Eat regularly three times a day.

Walk, don't ride, whenever possible.

For overly tense individuals, some doctors also recommend keeping a weekly record of familiar stress situations (which often lead to over-eating) and to have a small anticipatory snack before they are expected to arise.

One of the most important psychological aids in dieting, most successful dieters agree, is motivation. No diet is effective unless you are geared mentally to lose weight - and if you are in the proper frame of mind to do so, you will most likely succeed.

Cold winter days when you don't want to stir out of your house may be a good time to leaf through the cookbook and try out some new, exotic recipes. But many times these are the kinds of dishes that you don't have all the ingredients for.

Well - that still doesn't mean you have to give up your cooking fun. Some other ingredients that you do have on hand may work just as well.

For instance, does the recipe call for cream? If you don't have cream on hand, you may be able to substitute evaporated milk. You can - in such things as sauces, baked goods and candies.

If you're considering a gelatin-type salad - and whipped cream is one of the ingredients - evaporated milk will still work. To whip it, chill evaporated milk well and add a bit of lemon juice.

Ever run out of flour? If you need just a bit for thickening - substitute corn starch or quick cooking tapioca.

Here are some other tips. For an ounce of chocolate, you can substitute three tablespoons of cocoa plus a tablespoon of fat. And for a teaspoonful of baking powder, you can substitute a fourth teaspoon of soda plus a half teaspoon of cream of tartar.

So don't put that cookbook away just because you're lacking some of the ingredients. There are probably substitute staples in your kitchen you can use.

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