

Social Events

Stork Shower For Mrs. Ruggles

The UMW of Sandy Grove United Methodist Church were hostesses for a stork shower Saturday evening honoring Mrs. Gordon W. Ruggles.

Upon her arrival at the church hut, Mrs. Ruggles was presented a novelty corsage.

After guests played several games Rev. and Mrs. Ruggles shared opening the shower of gifts.

A color note of pink and white was used in decorations. The refreshment table was covered with a white cloth and centered with an arrangement of pink roses flanked by tall pink candles. Mrs. Brown Hendrix poured punch. Cake squares and buttered pecans were served.

Mr. and Mrs. Brown Hendrix were honored also as they were celebrating their 28th wedding anniversary. Mrs. Hendrix received a corsage of white carnations.

Personals

Mr. and Mrs. H.T. Hine and sons, Donny and Larry, of Asheville, spent the weekend with Mr. and Mrs. H.T. Bundy.

Mrs. F.C. Cain of Elizabethtown, was weekend guest of Mr. and Mrs. B.B. Cole.

Mrs. Ralph Plummer has returned from a trip to Dothan, Alabama where she visited her son and family, Mr. and Mrs. John Plummer, Kim and Matthew. She was accompanied by Mrs. W.E. Plummer and Mrs. Stanley Griffith of Goldsboro who went to Auburn, Alabama.

Mrs. Tomlin Feted At Ft. Bragg

Mrs. Ruby C. Tomlin, who has recently retired from Civil Service employment at Ft. Bragg, was a special guest of the civilian pay section at Ft. Bragg. Employees gave a covered dish luncheon in her honor last Wednesday.

Mrs. Marie B. Russ, supervisor, introduced the guest of honor and her family. She presented Mrs. Tomlin with a crystal compote from the group.

After luncheon, several former

associates of Mrs. Tomlin at Ft. Bragg made brief speeches of appreciation. She was given a letter of appreciation by Col. Frederick Best, comptroller.

Attending from Raeford with Mrs. Tomlin were A.S. Tomlin, Patty Sue Tomlin, Mrs. A.S. Tomlin, Jr. and Shawn, and Mrs. Lucille Posey.

Birthdays

Patty Sue Tomlin

Miss Patty Sue Tomlin, daughter of Mr. and Mrs. A.S. Tomlin, celebrated her 17th birthday Saturday at Sir Walter Beauty School where she is a student.

Mrs. Tomlin served birthday cake to the students at noon.

Gifts for Miss Tomlin from her parents were crystal and china in her selected patterns.

Jessie Black

Jessie Black was honored with a birthday dinner February 27 at the home of his daughter, Mrs. R.C. Wiggins in Fayetteville.

The buffet dinner was served from the dining table which was centered with a red and white flower arrangement and balloons.

Guests included Mr. and Mrs. Edgar Edge and Mark. Mr. and Mrs. Richard Ramas, Michael and Christopher, Michael Doyle, Mr. and Mrs. R.C. Wiggins, Kathy, Donna, and Craig all of Fayetteville. Also Mr. and Mrs. Lib Wood, Gary, Pam and Wendy, Mr. and Mrs. Clarence Thompson, Mr. and Mrs. Stacy Hobson, and Mrs. Jessie Black all of Raeford.

BRIDGE

Mrs. Niven

Mrs. William T. Niven entertained bridge club members and the following visitors: Mrs. Younger Snead Jr., Mrs. Jimmy McBryde and Mrs. Gene Carter. She served dessert and coffee when guests arrived and Cokes and nuts during the evening.

Mrs. Wyatt Upchurch won the club prize and Mrs. Snead was winner of the visitor's prize. The bingo award went to Mrs. Sam Copper.

Hospital News

MOORE MEMORIAL
Mrs. W.K. Beaty
Tom Conoly, home
Billy Webb

McCAIN
Miss Delia Blue



Births

Sgt. and Mrs. Samuel Charles Phillips, announce the birth of a son, Samuel Shawn, on January 23, at Cape Fear Valley Hospital. Mrs. Phillips is the former Sue Gibson.

Mr. and Mrs. Edward L. Cameron of Warren, N.J., announce the birth of a son, Ian Peter, on February 28, at Overlook Hospital, Summit, N.J. Mr. Cameron is a former Raeford resident.

Mr. and Mrs. Larry Calloway announce the birth of a son, Larry Jason, March 1, at Cape Fear Valley Hospital. Mrs. Calloway is the former Esther Williams.

Hint:
If I had but two coins,
I would spend one for bread to feed my body:
And one for white hyacinths to feed my soul.

Poet forgotten...

Schedule:
Monday, March 10, 8:30 a.m. Staff conference

Tuesday, March 11, 9 a.m. North Lakes Homemakers meeting with Mrs. Lucille Bullard.

Wednesday, March 12, 2 p.m. Ashmont Extension Homemakers meeting with Mrs. Mary Seaford.

Wednesday-Thursday, March 12-13 Mrs. Willis and Mrs. Herman Koonce will attend Cultural Arts Seminar in Winston Salem.

Thursday, March 13, 2:30 p.m. Allendale-Antioch Extension Homemakers club will meet with Mrs. John Conoly and Mrs. Duncan McNeill.

Hearty Soup
A hearty soup -- the perfect warm-up -- can be a cost cutting meal when you start with a soupbone.

You'll probably have to ask for it though -- for soupbones are seldom found on display in the meat case.

A piece of beef shank or a bone from the chuck makes good soup. Or if you prefer a smoked pork flavor -- try neck bones, ham bones or hams.

Simmer the bone slowly in a large pot of water with seasonings. This develops the flavor and tenderizes the meat until it falls from the bone.

Then add your favorite vegetables. Some possible combinations are tomatoes, corn, cabbage, turnips and carrots. Or try adding cabbage, carrots, celery, green pepper and onions.

Other good additions to soups are beans, potatoes, noodles or rice. Add each ingredient to the simmering broth -- so boiling time will be the same as for regular cooking -- that way you won't overcook any of the vegetables.

By Ellen Willis & Brenda Canady

If you like your soup thickened, add a mixture of flour and milk or flour and water to the simmering pot.

The combinations of soups you make are up to your imagination. It all depends on the kind of soupbone you use and the vegetables you add.

Soup can be a delicious cold weather dish. Add a salad, bread and some milk -- and for relatively low cost, you have a tasty and nutritious meal.

Small Family

Cooking for one or two can be interesting if you stick to buying small quantities and make use of convenience foods.

So the newly-married homemaker or the woman who was used to cooking for a good-sized family and is now cooking for just her husband and herself -- needs to check her buying habits. No longer are the larger or giant-sized packages the best value.

For instance, the big boxes of cereal may get stale before all the cereal is eaten. A better buy for the retired couple or young married might be the more expensive individual serving size boxes.

Instead of the economical chuck roast, these shoppers may do well to look at the smaller one -- or two serving pieces of meat.

Instead of a 10-pound sack of potatoes, these women may need to buy their potatoes dried or frozen.

Convenience foods, too, may cut down on the amounts you need to buy. For instance, there's no need to have a large sack of flour around if you do most of your baking with packaged mixes.

Buying in smaller quantities or buying convenience foods may mean a large outlay of cash for each item.

But in the long run, it could prove to be a money saver. Fewer stale or spoiled products are thrown away.

Plate Sale

Sandy Grove United Methodist Church will hold a barbecue dinner Saturday from 11 a.m. to 8 p.m.

Minimum donation is \$2.

FRESH LEMON

Add fresh grated lemon peel to ready-mix puddings, cakes, icings and salad dressings to give them your personal touch and flavor, recommends Diane Fistori, extension food specialist, North Carolina State University.

<p>TOWN & COUNTRY CINEMA TOWN & COUNTRY SHOPPING CENTER NOW thru WED. 3/12 THE TOWERING INFERNO PG Wk. Days - 3:20 & 8:15 Sat.-Sun. 2:15-8:15 944-1198</p>	<p>SUNRISE DOWNTOWN SOUTHERN PINES NOW thru FRI. 3/6 "TNT JACKSON" (R) Starting SAT. 3/7 Sean Connery "THE TERRORISTS" Wk. Days-7:10 - 9:05 Sat-Sun-1:30-3:20-7:10-9:05 692-3013</p>
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MAR. 6 till MARCH 10 THUR. thru MON.

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